

**ISBN 978-0-692-08102-0****USA \$12.95 Canada \$13.50****25 pgs.****Publication date: September 17, 2018****#pequenobook**

**The Mother Company Foundation Releases First Bilingual Children's Book
"Un Pequeño Libro Sobre Sentimientos" or "A Little Book About Feelings"**

Book tackles children's big feelings with an empowering approach

Los Angeles, CA –The Mother Company Foundation (TMCF) has released their newest children's book, *Un Pequeño Libro Sobre Sentimientos*, the first bilingual installment in the organization's award-winning series of children's picture books for 2-6 year-olds. Guided by the mission to "Help Parents Raise Good People," the non-profit's newest book is part of a series of products aimed to encourage young children's social and emotional wellbeing and counter the toxic effects of stress and trauma. *Un Pequeño Libro Sobre Sentimientos* takes an empowering, modern approach to help young children cope with hardship and feel less alone in their big feelings.

"It is our goal at The Mother Company Foundation to create a generation of emotionally articulate people," said Abbie Schiller, TMCF President, "Countless studies show that when you give young children the words and appropriate ways to express their big feelings, they lead happier, healthier and more productive lives. This book is our contribution toward that goal for children in both English and Spanish-speaking homes." Samantha Kurtzman-Counter, TMCF CEO added, "All children, but especially those who are undergoing stress or trauma, need tools to understand and express their feelings in order to thrive. This book aims to do just that, reaching across language barriers to connect children through their common experience of emotion."

Written by Samantha and Abbie, and illustrated with hand-felted adorable characters and diorama-style images, children are encouraged to recognize the wide range of human emotions in order to help establish empathy and compassion. Readers will find it comforting to learn that feelings are both universal and transitory. They can benefit by knowing that there are many different feelings, some "achy and uncomfortable" and some "light and warm," but all are OK.

The Mother Company Foundation is releasing this book as part of a commitment to supporting the Spanish-speaking community within the United States, especially in light of recent current events. They have partnered with the Child Care Resource Center (CCRC) and Para Los Niños, two well-known nonprofit social service/educational organizations dedicated to supporting vulnerable children and families across Los Angeles. CCRC will be donating 10,000 copies of *Un Pequeño Libro Sobre Sentimientos* to children enrolled in Head Start Birth to 5 programs; Para Los Niños will collaborate to create bilingual lessons for classrooms and early education centers nationwide, based on the social and emotional themes in the book.

Additionally, in conjunction with the launch of the book, TMCF is dubbing into Spanish their Emmy-winning children's TV series, "Ruby's Studio" distributed by American Public Television. The first episode, "Ruby's Studio: The Feelings Show" will be available on iTunes, Amazon Prime, and on public television stations nationwide during Hispanic Heritage Month, starting September 15th. For information on air times and other products, visit www.TheMotherCo.com.

About The Mother Company Foundation

TMCF is the non-profit arm of The Mother Company, founded in 2010. The Mother Company reaches two million parents, educators and caregivers per month across multiple platforms, including a world-renowned expert resource site (TheMotherCo.com), social media (@TheMotherCo), as well as through their line of children's books, TV shows, apps, and related products. The company has won over 25 parenting and media awards, including an Emmy for their children's series, "Ruby's Studio." They have received the highest accolades from CommonSenseMedia.org, and become a bestseller on Amazon. Currently, their "Ruby's Studio" children's series airs in 46 countries along with their 10 children's picture books. The Mother Company Foundation works with outstanding non-profit partners to ensure that this potentially life-changing content reaches underserved families, nationwide.

Abbie Schiller and Samantha Kurtzman-Counter are sought-after parent experts, social entrepreneurs, authors, and Emmy-winning show creators, known widely as "The Mother Company Mamas." They speak frequently at conferences, contribute to Babble.com, DotComplicated, ScaryMommy, and HuffPo, and regularly appear on talk shows, news segments, and in editorial.