



**For Immediate Release**

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**Spirituality & Practice Showcases Heartwarming Children's Literature  
Perfect for Sharing this Holiday Season**

Claremont, CA -- This holiday season consider sharing with the children in your life stories that teach them about the power of friendship to lessen sorrows, the refugee experience, gender identity, and inspiring role models who have changed our world. There is a stark lack of children's book reviews produced by spirituality websites, and SpiritualityandPractice.com (S&P) has taken up the task of filling this void. Over the past two years the S&P team reviewed over 80 children's books for the [Children's Books section](#) of the website. These picture books, from both major publishers and religious presses, cover such themes as grief, loneliness, perseverance, ecological stewardship as well as such classic spiritual practices as gratitude, wonder, and mindfulness.

For example, *My Shoes and I (Mis Zapatos Y Yo)* written by Rene Colato Lainez and illustrated by Fabrico Vanden Broeck is a bilingual picture book about the rugged journey a boy and his shoes make from El Salvador to the United States. *A Friend Like Iggy* written by Kathryn Cole with photos by Ian Richards tells the true tale of an accredited facilitator dog providing support to children who disclose abuse. *Big Breath* written by William Meyer and illustrated by Brittany R. Jacobs features endearing watercolor illustrations and gentle instructions for breathing in spaciousness and light. And *The Undefeated*, written by Kwame Alexander and illustrated by Kadir Nelson celebrates the resilience and accomplishments of African Americans.

S&P views spirituality as a powerful way to introduce themes of support and the connections that sustain us into the lives of young children, and the holidays as the perfect time to share these stories. Program Director and Senior Editor Patricia Campbell Carson, who writes many of the reviews, says she is impressed with, "the visions of heartwarming possibilities that current children's books present as a counterweight to society's ailments. The books I've seen this year are steppingstones to build a strong, loving future by nourishing children's psyches . . . and encouraging many grown-ups along the way."

Beyond the stories and lessons, children's books thrive on the collaboration of authors and illustrators. For instance, the first scene in *Grandpa's Stories*, written by Joseph Coelho, shows a

young girl and her grandfather in a garden, where he tells her, “You’re too old to hold hands” -- and they hold hands anyway. Allison Colpoys’ ink drawings, painted in mostly primary colors with a suggestion of finger paints, reveal a priceless connection between the two simply by a gaze: hers on tiptoe smiling upward, received by his tender downward glance.

Children’s books bring together art, creativity, and powerful stories about growing up and learning about the complex lives of others. We at S&P encourage you to take some time this season to reflect on the stories that you want to share with the young ones in your life. We believe that our collection of children’s book reviews is a great place to start that journey.

SpiritualityandPractice.com is a multifaith website providing resources for spiritual journeys. It is the leading source of online spirituality e-courses, with nearly 180 programs available on-demand and new courses offered regularly. The website’s unique Wisdom Archive includes articles on the practices of the world religions, 7,400 book reviews, 4,800 book excerpts, 5,800 film reviews, profiles of spiritual teachers, quotes collections, blogs, and more.

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