

# WHAT I LOVE RIGHT NOW



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## BOOK AND TOOLS FOR PARENTS, EDUCATORS, MENTORS, COACHES

### One Trusted Adult and Ripple Journals

I love them because...

The goal of the book, *One Trusted Adult*, the workshops and their new *Ripple Journals* are something I deeply believe in. Children thrive when they have someone they trust in their corner. Although most adults are well meaning, Brooklyn Raney offers tools and walks us through the skills and mindset we need to be who our children need.

*Young people who can name a trusted adult inside their home and a trusted adult outside their home are less likely to bully or be bullied, less likely to suffer from depression and less likely to abuse substances. They are more likely to be able to turn toxic stress into tolerable stress, that resilience word we are always talking about.*— Brooklyn Raney, founder of [One Trusted Adult](#)

## CHILDREN'S BOOK AND TOOLS

### Circles All Around Us by Brad Montague

I love it because...

It's a beautiful book about the importance of community. The accompanying tools are lovely and easy to use. Author Brad Montague is also the creator of *Kid President*, another favorite of mine.

*In the circles all around us, everywhere that we all go, there's a difference we can make and a love we can all show.*—Circles All Around Us



## MENTAL HEALTH RESOURCE FOR CHILDREN

### Child Mind Institute

I love it because...

The Child Mind Institute offers tons of quality resources through their Family Resource Center. So much of the tangled ball of our children's behavior and experiences are directly related to mental health. It's time to get kids more of the help they need, particularly after the pandemic. Think about signing up for their newsletter.

*We're dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need.* – Child Mind Institute

### KATIE'S CORNER

#### Movies

As a Tangled Ball team member, military spouse and a mother of two boys, ages 8 and 9, I often ask Katie, *What do you think?* or *What are your kids doing?* or *As a parent, what kind of information and/or tools are the most helpful?*

When I asked her about her current favorite movies for kids, she mentioned the Marvel series.

More info: Here's what [Common Sense Media](#) has to say about the Disney Marvel series according to specific ages.

