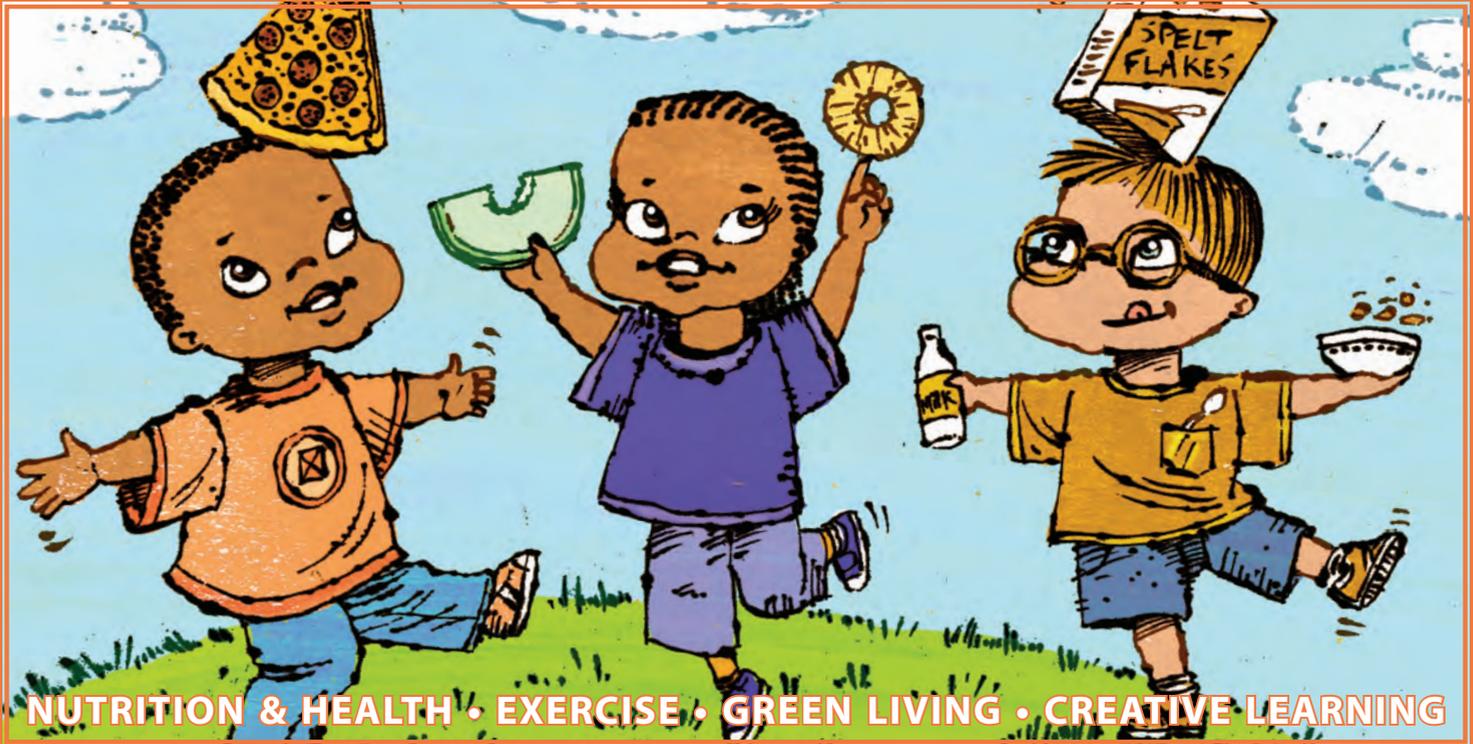


# *Great Books for Children & Parents*



**NUTRITION & HEALTH • EXERCISE • GREEN LIVING • CREATIVE LEARNING**

Kalindi Press  
HOHM PRESS

## **FAMILY & WORLD HEALTH SERIES**

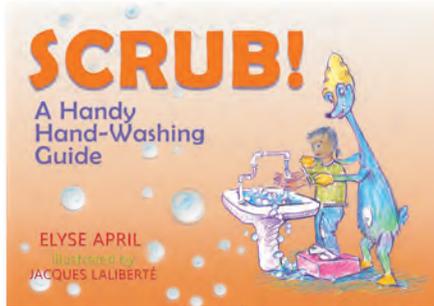
Kalindi Press and its affiliate HOHM PRESS are committed to publishing books that help promote self-responsibility, self-awareness and healthy lifestyles. We are proud to offer the acclaimed *Family & World Health Series* for children and parents, covering such themes as nutrition, dental health, reading, breastfeeding and environmental education.

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Infant to 12 years old

## SCRUB!

*A Handy Hand-Washing Guide*

English Language Edition

## ¡FROTA! / SCRUB!

*Una Guía Práctica Para Lavarse Las Manos /  
A Handy Hand-Washing Guide*

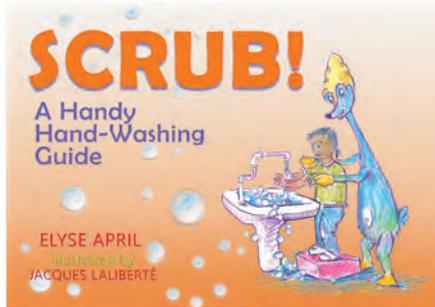
Bi-Lingual Edition

By Elyse April

Illustrations by Jacques Laliberté

The author and illustrator of this bright, upbeat children's book are clear: *We can inspire our kids to wash their hands, and maintain other simple health measures, without demonizing germs, adding more fear and anxiety to their already over-stressed lives.* Neither do we need to encourage them to wage "war" on microbes as if these are the enemy. Nor should we inspire shame and panic when any of us forget or don't do it "right."

Sure, our kids need to wash their hands! We all benefit from this, especially now when faced with a global pandemic. But there is an alternative to fear-based and germ-phobic approaches in presenting a simple rhyming "song" that kids can learn and sing for the length of their hand-washing procedure. This is a positive way to elicit fun, and a light-hearted relationship to health, while at the same time making the point clear.

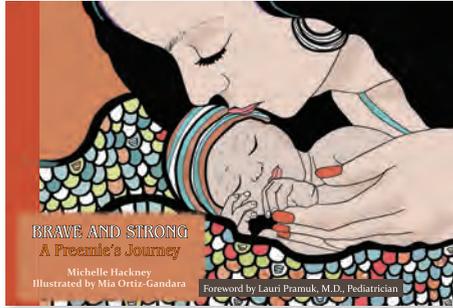


Hello Dear Reader,  
Help keep the children safe...

Share this NEW upbeat handwashing song SCRUB!  
by Denise Incao:

- Go to [Familyhealthseries.com](http://Familyhealthseries.com)
- Click on the Scrub title
- Click on the Bubble on the right hand side to view the FREE video

Sing along with them!



ISBN: 978-1-942493-51-8 (English)  
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ISBN: 978-1-942493-52-5 (Bi-Lingual)  
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Children's Picture Book/  
Families and Relationships

## Brave and Strong *A Premie's Journey*

English Language Edition

## Valiente y Fuerte *El viaje de un bebé prematuro*

## Brave and Strong *A Premie's Journey*

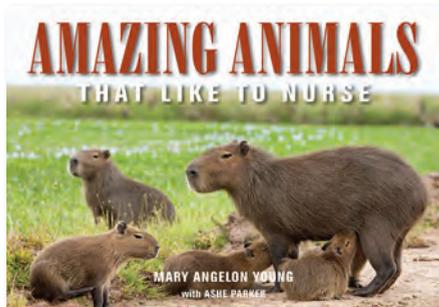
Bi-Lingual Edition

by Michelle Hackney

Illustrations by Mia Ortiz-Gandara

Foreword by Lauri Pramuk, M.D., Pediatrician

This easy-to-read picture book—available in both English and Bilingual editions—imagines a premature baby's journey into the world, told from the baby's perspective. The title, VALIENTE Y FUERTE / BRAVE AND STRONG, characterizes the mood of the book, which is meant to encourage moms and other family members about the inherent urgency for survival that these newborns possess. While not avoiding the serious issues caused by stress and risk that exist on all parts (mothers, families, child's), the book presents a positive outcome with a successful birth and love as triumphant.



ISBN: 978-1-942493-48-8 (English)  
32 pages, paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-942493-49-5 (Bi-Lingual)  
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8 ½ X 6 inches; \$10.95

Juvenile Fiction/  
Children's Picture Book

## Amazing Animals *That Like to Nurse*

English Language Edition

## Animales Sorprendentes

*Que Amamantan a Sus Crias*

## Amazing Animals *That Like to Nurse*

Bi-Lingual Edition

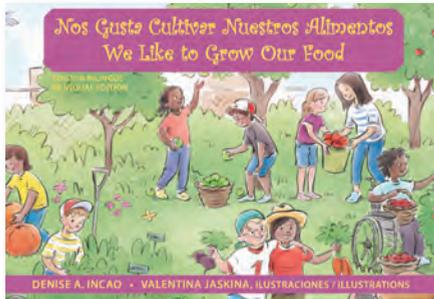
by Mary Angelon Young with Ashe Parker

This 32-page children's picture book—available in both English and Bilingual (English-Spanish) editions—introduces readers to some of the most fascinating and unusual animals. All of them are mammals . . . so they all like to nurse! *Did you know that Quokkas are thought to be the world's friendliest animal? That some Kangaroos actually live in trees? That Rock Hyraxes are known to sing songs?* These 3 are among the 12 amazing animals that adults and children can learn about and welcome as new friends in this book.

This is the latest addition to the outstanding line of breastfeeding/nursing titles available from Hohm Press.



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32 pages, paperback;  
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ISBN: 978-1-935826-48-4 (Bi-Lingual)  
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Gardening / Children / Nutrition

# We Like to Grow Our Food

English Language Edition

# Nos Gusta Cultivar Nuestros Alimentos

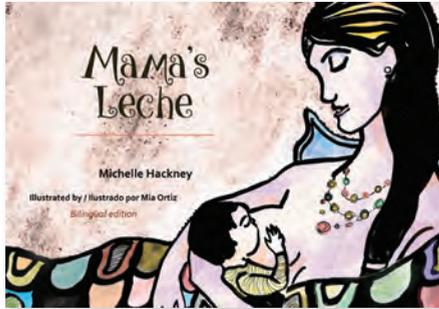
# We Like to Grow Our Food

Bi-Lingual Edition

by Denise Incao

Illustrations by Valentina Jaskina

*We Like to Grow Our Food* is both a storybook and an instruction guide. Young children can follow the progress of a group of characters who take their garden through the seasons. In the process, they learn the steps to creating their own garden. And this bilingual version is unique because it places the garden in a city, on a small plot of land—could be in a schoolyard, or as part of a community project. Whether our readers live in urban or rural environments, they can use the encouraging and simple text to start creating a new world: a new and healthier food source for themselves and their families. With simple text, and captivating illustrations by Siberian artist, Valentina Jaskina, *We Like to Grow Our Food* promises to open a new door to adventure and enjoyment even for those who have been previously reluctant to get their hands dirty.



## Mama's Leche

by Michelle Hackney and Mia Ortiz (illustrator)

Bi-Lingual Edition

This bilingual children's picture book about breastfeeding is uniquely told from the infant's perspective. Soft, tender illustrations depict baby looking into Mama's eyes, feeling nurtured and protected. The gentle and playful text helps to remind children of these profound feelings. *Mama's Leche* encourages and celebrates the mother-infant bond that is naturally established through nursing.

This is the newest addition to Hohm Press's distinguished collection of books to encourage breastfeeding, including the classic *We Like to Nurse* (and its sequel, *We Like to Nurse Too*), *Breastfeeding Your Priceless Gift to Your Baby and Yourself*, and *Ready to Wean*. Based in the ongoing commitment to family health and the wellbeing of infants and children, Hohm Press is proud to present this new title.

Michelle Hackney is a full-time homeschooling mother of five, living in Las Cruces, New Mexico.

Mia Ortiz is an illustrator, a public school art teacher and mother of two sons, living in El Paso, Texas.



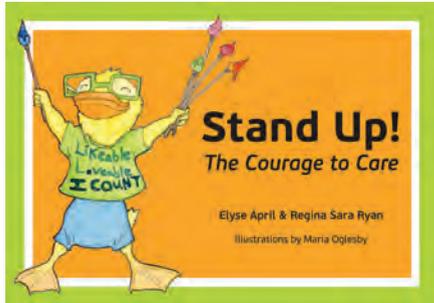
ISBN: 978-1-942493-24-2

32 pages; paperback;

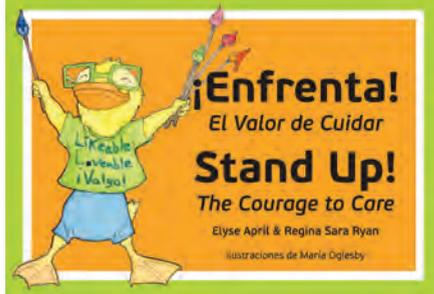
6 ¼ X 8 ½; \$10.95

Children (Infants & up)

Parenting / Childcare



ISBN: 978-1-942493-17-4 (English)  
32 pages; paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-942493-33-4 (Bi-Lingual)  
32 pages, paperback;  
8 ½ X 6 inches; \$10.95

Ages: infant-6; Bullying / Self-Esteem

## Stand Up! The Courage to Care

English Language Edition

## ¡Enfrenta! El Valor de Cuidar/ Stand Up! The Courage To Care

Bi-Lingual Edition

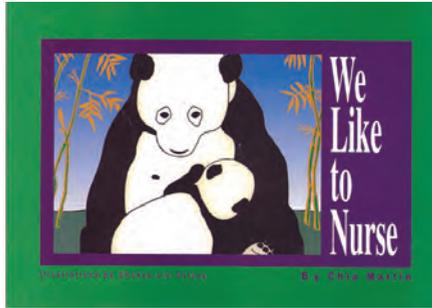
by Elyse April and Regina Sara Ryan

Illustrations by Maria Oglesby

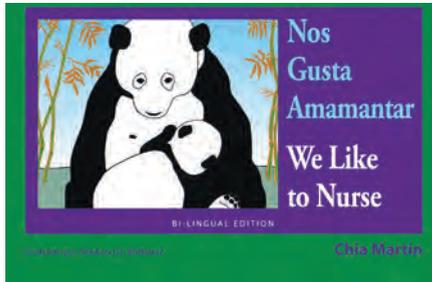
In 12 playful and adventurous scenarios, young or baby animals take a stand that demonstrates courage in the face of a challenge, along with kindness and willingness to help others. Short simple text makes for easy comprehension. The book can serve as a stimulus for lots of adult-child discussion of principles like courage, discernment and caring.

A preventative for the pre-school child, this is a valuable contribution to anti-“bullying” literature that never mentions the word. Instead, it is packed with impressions to encourage creativity, individuality and confidence, skills that can combat the susceptibility to peer pressure so damaging to children.

*A must read for young children. It is never too early to build self-esteem and confidence and to empower our children with skills to protect them from being bullied, or from bullying.*  
—THERESA LANDAU, WIC Director, Morrisania, N.Y.; MS, RD, CDN, CLC



ISBN: 978-1-934252-45-4 (English)  
32 pages; paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-890772-94-9 (Bi-Lingual)  
32 pages; paperback;  
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Children / Breastfeeding

## We Like To Nurse

English Language Edition

## Nos Gusta Amamantar / We Like To Nurse

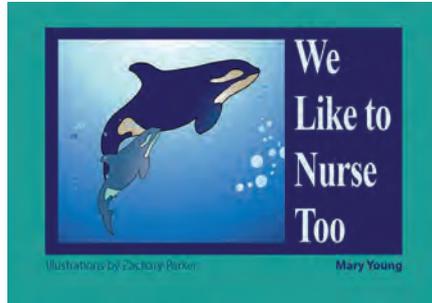
Spanish / English Bi-Lingual Edition

by Chia Martin

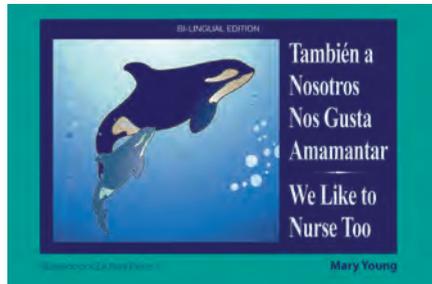
Illustrations by Shukyo Lin (Rainey) Mithuna

This unique children's book celebrates the mother-child relationship, reminding young children and mothers alike of their deep feelings for the bond created by nursing. In brilliantly colored illustrations, this book encourages the motherly art of breastfeeding and appeals to the curiosity and fascination that young children have for this process in both humans and animals.

Also available: Spanish language (only) version, ISBN: 978-1-890772-41-3  
and Chinese language version, ISBN: 978-1-890772-68-0



ISBN: 978-1-890772-98-7 (English)  
32 pages; paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-890772-99-4 (Bi-Lingual)  
32 pages; paperback;  
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Children / Breastfeeding

## We Like To Nurse Too

English Language Edition

## También A Nosotros Nos Gusta Amamantar / We Like To Nurse Too

Spanish / English Bi-Lingual Edition

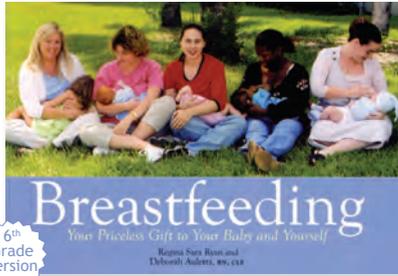
by Mary Young

Design by Zachary Parker

This children's picture book focuses attention on our kinship with all mammals, using simple text and delightful full-color illustrations of animal mothers naturally feeding their babies. Children learn about the nursing habits of animals they love from all parts of the world—porpoises, dolphins, sea lions, orca whales and others. This book is the sequel to Hohm Press's highly successful *We Like to Nurse*.

Mary Young is an educator, and an author of many books, including *We Like to Live Green* (Hohm Press, 2009).

*"We like to Nurse Too shows that we humans are part of 'The Design' with responsibility to ourselves, to our babies, and to Mother Earth to make the decision to breastfeed our own young."* —Denise Pungler, MD, FAAFP, IBCLC



## Breastfeeding

*Your Priceless Gift to Your Baby and Yourself*

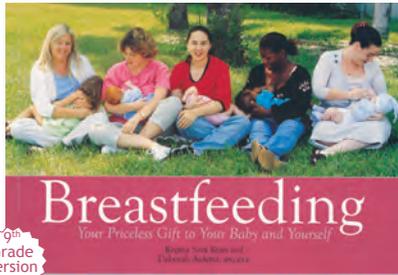
English Language Edition

## Amamantar

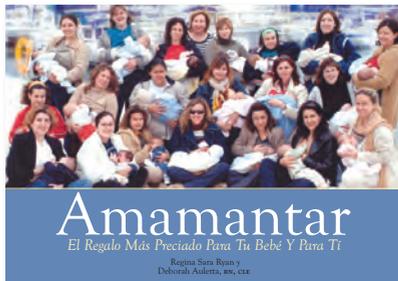
*El Regalo Más Preciado Para Tu Bebé Y Para Tí*

Spanish Language Edition

by Regina Sara Ryan and Deborah Auletta, RN, IBCLC



These inspiring books plead the case for breastfeeding as the healthiest option for both baby and mom. Twenty compelling reasons why “breast is best” are each explained and documented, including recent data that breastmilk feeds the brain in a unique way. More than twenty tender photos demonstrate the beauty and power of the mother-infant bond that is established and strengthened through nursing.



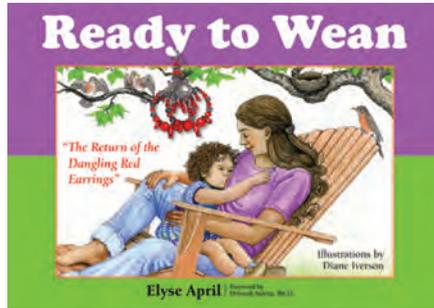
“What if a woman’s choice to breastfeed impacted the future life of her child, her own health and the health of the planet? This book clarifies how and supports women in making that choice intelligently.”—Meryn Callander & John W. Travis, MD, MPH, founders, Alliance for Transforming the Lives of Children (aTLC)

ISBN: 978-1-890772-48-2 (English) \$9.95

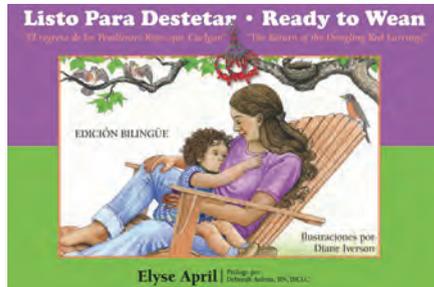
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ISBN: 978-1-890772-57-4 (Spanish) \$10.95

32 pages; paperback; 8 ½ X 6 inches; Children / Breastfeeding



ISBN: 978-1-935387-30-5 (English)  
32 pages, paperback;  
8½ X 6 inches; \$9.95



ISBN: 978-1-935387-60-2 (Bi-Lingual)  
32 pages, paperback;  
8½ X 6 inches; \$10.95

Children's Picture Book /  
Breastfeeding / Parent-Child

## Ready to Wean

### *The Return of the Dangling Red Earrings*

English Language Edition

## Listo Para Destetar / Ready to Wean

### *El regreso de los Pendientes Rojos que Cuelgan /*

### *The Return of the Dangling Red Earrings*

Spanish / English Bi-Lingual Edition

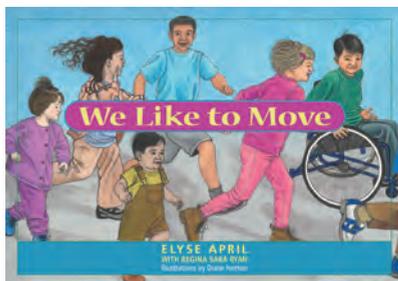
by Elyse April

Foreword by Deborah Auletta, IBCLC

Illustrations by Diane Iverson

The transition from nursing to weaning is a rite of passage. It can either be a time full of stress, regret and confusion, or a joyous celebration of growth.

*Ready to Wean* is for mothers and nursing children, to help them both communicate their deep love and respect for one another. The author believes that it is never too early for moms and dads to talk to their baby with tenderness and dignity, and to explain that nursing together is a cherished and special time. Yet, when mother no longer chooses this mutual task, or for health or other reasons cannot continue, then it is better for parent and child to begin the weaning.



## We Like To Move

English Language Edition

## Nos Gusta Movérnos

Spanish Language Edition

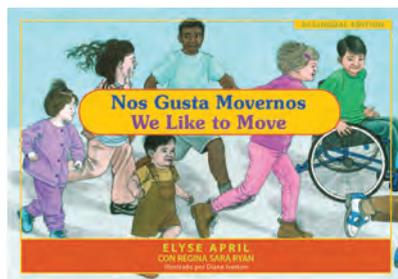
## Nos Gusta Movérnos/

## We Like To Move

Spanish / English Bi-Lingual Edition

by Elyse April

Illustrations by Diane Iverson



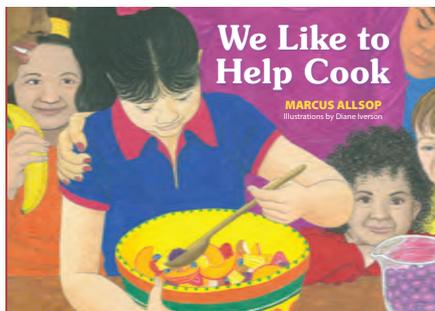
Obesity prevention for children is one of the nation's prime objectives. The children in these brightly-colored picture books (available in English or Spanish) are engaged in many different forms of physical activity. The book also presents multicultural characters — including African, Hispanic, Caucasian and Asian children and adults, along with varied locales from a busy city street scene to a country landscape.

ISBN: 978-1-935826-02-6 (English) \$9.95

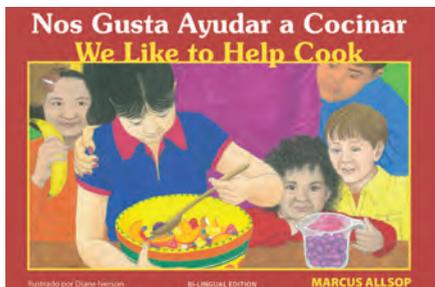
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ISBN: 978-1-935826-08-8 (Bilingual - Spanish/English) \$10.95

32 pages; paperback; 8 ½ X 6 inches; Children / Fitness



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ISBN: 978-1-935826-00-2  
(Bilingual - Spanish / English)  
32 pages; paperback;  
8 ½ X 6 inches; \$10.95

Children / Health and Nutrition

## We Like To Help Cook

English Language Edition

## Nos Gusta Ayudar a Cocinar/ We Like To Help Cook

Spanish / English Bi-Lingual Edition

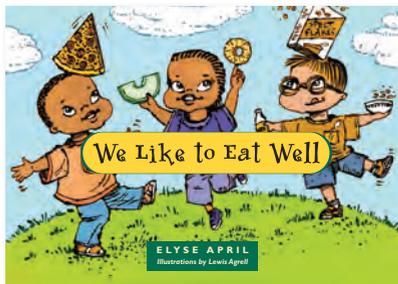
by Marcus Allsop

Illustrations by Diane Iverson

All the young children in these brightly-colored picture books (available in both English and Spanish) are helping adults to prepare healthy and delicious foods – all in accordance with the Healthy Diet Guidelines illustrated by the USDA MyPlate. Simple text, plus some rhymes, make the books easy to read, and appealing to both kids and parents. Children help themselves or assist the adults by performing many age-related tasks, like pouring, shaking, washing, mashing and mixing – actions that most young children love to do.

*From the text:*

We like to tear up ...  
lettuce or other leafy greens.  
Lots of different colors make our salad like a rainbow—  
purple cabbage, yellow corn and bright orange carrots.



## We Like To Eat Well

English Language Edition

## Nos Gusta Comer Bien

Spanish Language Edition

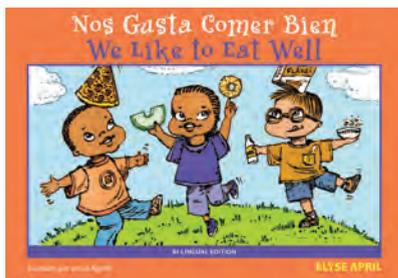
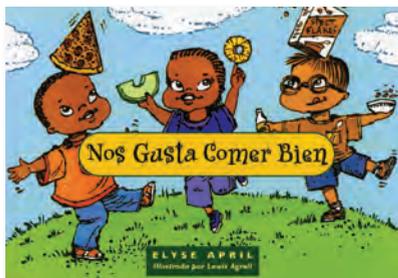
## Nos Gusta Comer Bien/

## We Like To Eat Well

Spanish / English Bi-Lingual Edition

by Elyse April

Illustrations by Lewis Agrell



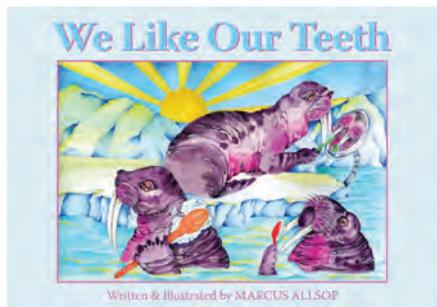
*What we eat is vitally important for good health ... but so is how we eat ... where and when we eat ... and how much we eat ... especially in reducing obesity and diabetes II, which have reached epidemic proportions in the U.S. This book encourages young children and parents to develop the healthy eating habits that can last for a lifetime.*

ISBN: 978-1-935826-04-0 (English) \$9.95

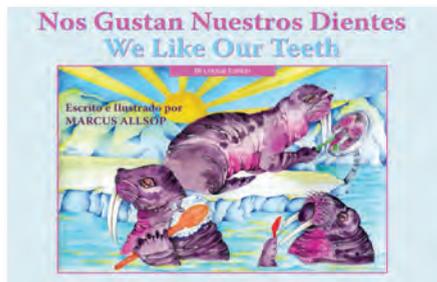
ISBN: 978-1-935826-11-8 (Spanish) \$10.95

ISBN: 978-1-935826-01-9 (Bilingual - Spanish/English) \$10.95

32 Pages; paperback; 8 1/2 X 6 inches; Children / Nutrition



ISBN: 978-1-890772-86-4 (English)  
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8 ½ X 6 inches; \$9.95



ISBN: 978-1-890772-89-5 (Bi-Lingual)  
32 pages; paperback;  
8 ½ X 6 inches; \$10.95

Children / Dental Health

## We Like Our Teeth

English Language Edition

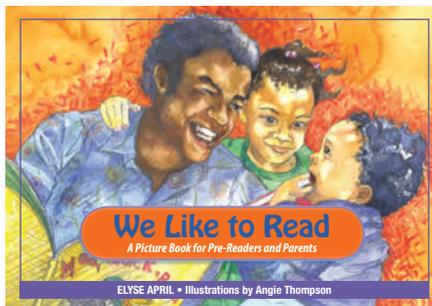
## Nos Gustan Nuestros Dientes / We Like Our Teeth

Spanish / English Bi-Lingual Edition

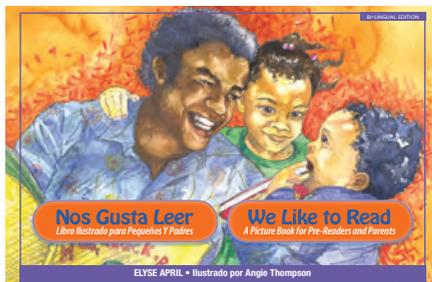
written and illustrated by Marcus Allsop

These picture books (English language and English/Spanish editions) for children and parents will encourage them to care for their teeth. Bright, whimsical images show baby and adult animals caring for their own strong, healthy teeth. The clever, rhyming text spells out the basics of good dental hygiene: brushing, flossing, dental visits, healthy foods, etc.

Marcus Allsop was born and educated in the north of England, and studied fine art at Newcastle College of Arts and Technology. Interested in holistic living, he is part of an intentional community, and an advocate for children's health and well-being. Allsop works as a chef cooking for a group of forty adults and children, and is the author of Hohm Press's popular book, *We Like to Help Cook*.



ISBN: 978-1-935826-07-1 (English)  
32 pages; paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-935826-10-1  
(Bilingual - Spanish / English)  
32 pages; paperback;  
8 ½ X 6 inches; \$10.95

Children / Reading

## We Like To Read

*A Picture Book for Pre-Readers and Parents*

English Language Edition

## Nos Gusta Leer / We Like To Read

*Libro Ilustrado Para Pequeños Y Padres /*

*A Picture Book for Pre-Readers and Parents*

Spanish / English Bi-Lingual Edition

by Elyse April

Illustrations by Angie Thompson

*We Like to Read / Nos Gusta Leer* provides a new look at how to teach and encourage reading by using play and “attachment parenting” – i.e., lots of physical closeness and learning by example. The upbeat rhyming format provides cues for parents and caregivers on how to provide a foundation for reading while enticing children with game-like activities. The need for this book has never been greater!

“I love this beautiful book, filled with the tenderness of all our children’s sensibilities and senses. It will be treasured by many, many little ones.”

—Jonathan Kozol, author, educator



ISBN: 978-1-890772-85-7 (English)  
32 pages; paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-890772-90-1 (Bi-Lingual)  
32 pages; paperback;  
8 ½ X 6 inches; \$10.95

Children / Music

## We Like To Play Music

English Language Edition

## Nos Gusta Tocar Música / We Like To Play Music

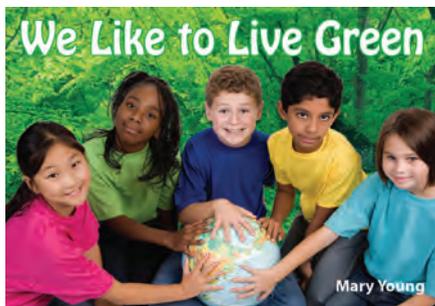
Spanish / English Bi-Lingual Edition

by Kate Parker

Design by Zachary Parker

Human communication skills are helped by exposure to music at an early age—even before birth! Infants and young children need music as a way to rhythmically organize sounds, and to express emotions and messages. *We Like to Play Music* is an easy-to-read picture book full of photos of children playing music, moving to a beat and enjoying music alone or with parents or peers. The rhyming text, using the simplest vocabulary, says how everyone can play music. It emphasizes that no special training is needed to shake a rattle, dance to a beat, or even to form your own “band.”

Kate Parker is a former pre-school teacher and mother of a four-year-old daughter. She has been performing music live since 1999, and touring Europe as a singer with several bands since 2003.



ISBN: 978-1-935387-00-8 (English)  
32 pages; paperback;  
8 ½ X 6 inches; \$9.95



ISBN: 978-1-935387-01-5 (Bi-Lingual)  
32 pages, paperback;  
8 ½ X 6 inches; \$10.95

Children / Environment

## **We Like To Live Green**

English Language Edition

## **Nos Gusta Vivir Verde / We Like To Live Green**

Spanish / English Bi-Lingual Edition

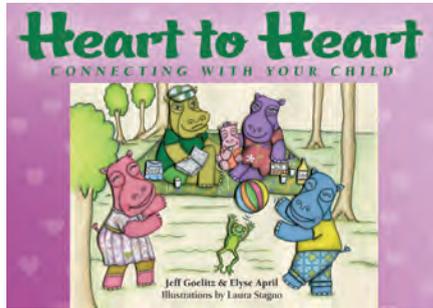
by Mary Young

Design by Zachary Parker

This Earth-friendly book provides an introduction to vital environmental themes in ways that will appeal to both young children and adults. We can all recycle and reuse, conserve water or grow a garden! Lively full-color photo montages demonstrate how to make a difference in a world threatened by pollution and ecological imbalance.

Mary Young is an educator, and an author of many books, including *We Like to Nurse Too* (Hohm Press, 2009).

“We must teach children to love and appreciate the Earth before we ask them to save it. This book covers the fundamentals of our environment through beautiful images and illustrations, encouraging a basic appreciation for the Earth and all creatures.” —Shannon Ramsay, *Trees Forever*; Chair, National Alliance for Community Trees.



# Heart to Heart

## *Connecting With Your Child*

by Jeff Goelitz and Elyse April  
Illustrations by Laura Stagno

This is a book about conscious and conscientious childraising. *Heart to Heart* shares inspirational and practical information to help parents and caregivers of young children lessen their stress and establish healthier communication in their relationships with children.

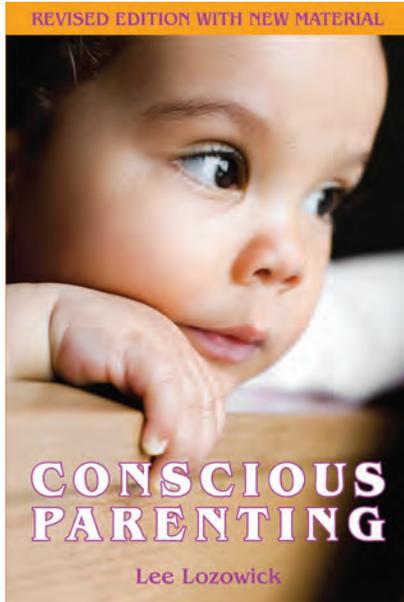
Uniquely designed as a children's book, it encourages adults and children to consider together how they can deepen their bonds of love through care, active listening and genuine attention. Picture books as a medium for parenting education are particularly useful. They are fast and easy to read, and generally light-hearted, a fact most appreciated by busy and overstressed parents.



Parenting / Family Communications  
ISBN: 978-1-935387-43-5  
32 pages; paperback;  
8½ X 6 inches; \$9.95

A welcome addition for parents and caregivers of young children, with calming, friendly illustrations and text that gets right to the "heart" of the message. In our careworn days of living so fast, we can all use the lessons of slowing down, taking time with others and dialing-in to our feelings. *Heart to Heart* reminds us of what really matters!

— Bonnie Williams, Director, Arizona Head Start Association



# Conscious Parenting

## *Revised Edition*

by Lee Lozowick

If you are willing to question your relationships, not just to your children, but all your relationships, read this book.

Lee Lozowick was a passionate child advocate and a writer who left no stone unturned when it came to self investigation of our social persona and preconceived notions of right and wrong. Every time I read this book I am confronted by my own limited thinking. The author addresses a wide range of topics that any “conscious” parent might consider—from our children’s needs in the first six months of life, through their challenging teenage years. The power of Lozowick’s dedication to children, and his incisive and encouraging words fill every page.

ISBN: 978-1-935387-16-9  
360 pages; paperback;  
6 x 9 inches; \$19.95

Staff Pick by Elyse April, Kalindi Press, Family & World Health Series, Coordinator and Publicist

# WHAT THE EXPERTS SAY ABOUT OUR BOOKS

"I love this beautiful book (*We Like to Read*), filled with the tenderness of all our children's sensibilities and senses. It will be treasured by many, many little ones." —Jonathan Kozol, Educator, *NY Times* Bestselling Author.

"*We Like to Nurse Too* shows that we humans are part of 'The Design' with responsibility to ourselves, to our babies, and to Mother Earth to make the decision to breastfeed our own young." —Denise Punger, MD, FAAFP, IBCLC, private practice, Florida.

"*Free Range Learning* will encourage anyone considering homeschooling, and will explain to anyone else why so many families are making this choice." —Ron Miller, Ph.D., Editor, *Education Revolution Magazine*.

"*We Like to Eat Well* gives parents and their children healthy and positive nutrition messages in an entertaining format." —Judy Lee-Norris, MPH, RD; Nutrition Program Manager, Community Health Services for Yavapai County (Arizona)

"I am proud to have books like *We Like Our Teeth* in my practice to help teach parents and children in an accurate, entertaining way." —Ryan Brown, DDS, Pediatric Dentist; Member of ADA and American Academy of Pediatric Dentistry.

"*We Like to Live Green* covers the fundamentals of our environment through beautiful images and illustrations, encouraging a basic appreciation for the Earth and all creatures." —Shannon Ramsay, Founder & President, *Trees Forever*.

"I'd love for parents and kids everywhere to learn the simple lines on these pages (*We Like to Move*) by heart - and to start moving when they come to mind." —Alan Greene, MD, FAAP, Pediatrician, Lucile Packard Children's Hospital at Stanford University and Founder [www.DrGreene.com](http://www.DrGreene.com)

"*Breastfeeding: Your Priceless Gift to Your Baby and Yourself* is a sweet, simple presentation of 20 diverse and compelling evidence-based reasons why breast is best. Great book for encouraging more moms to breastfeed." —Peggy O'Mara, Editor and Publisher, *Mothering Magazine*

"This heartwarming story is a reminder of the need for each of us to become involved in our communities. It is never too early to learn the message contained in *Rosie, The Shopping-Cart Lady*." —Elaine L. Chao, Former U.S. Secretary of Labor, and former CEO of United Way of America.

"A little book (*Heart to Heart*) that can make a big difference! Its messages are simple and clear. A truly wonderful gift for children and parents alike." —Jim Taylor, Ph.D., author of *Your Children are Listening: Nine Messages They Need to Hear from You*.

*The responsibility of being with children either  
in an official capacity as a teacher or parent, or  
simply as a friend or companion, is literally a  
responsibility for the future of humankind.*

—Lee Lozowick

from *Conscious Parenting*, revised edition, Hohm Press

**Kalindi P<sub>ress</sub> / HOHM PRESS:** Great Books for Children & Parents

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