Taking care of yourself

Taking care of ourselves helps us take care of our families. We have some ideas on how parents and caregivers can care for themselves during these very difficult times.

Wordless books
Learn about books without words

Black Storytime Live!
Join us virtually on Saturday, December 26 at 10:30 am

Caregiver Moment
Try free online yoga classes with Adriene (and Benji the dog)

We ❤ LGBTQ+ kids & teens!
Resources for LGBTQ+ kids and teens feeling
How to talk with kids about gratitude

Scientists who study the brain tell us that positive emotions like appreciation and gratitude are good for our brains, our minds and even our bodies. We have ideas for exploring the wonder of gratitude with kids.

Take a break from screens and send a thank you

It’s been a year with a lot of challenges. We want to give thanks to those who have helped us with things big and small throughout the year. Join us in showing gratitude for those in our lives that have brought us joy!