

# familius

Helping Families Be Happy



NEW!

Featured cover art from  
*How our Food grows.*  
Find it on page 4.



FAMILIUS



Welcome to the

# FAMILY

Dear Family,

As I write this Summer 2023 catalog letter, there are women creating massive and important change and shifting the world toward a better one. The killing of Mahsa Amini in Iran and the subsequent uprising where women remove their hijabs and burn them in street bonfires—in conflict with the so-called morality police and Iran's religious leadership—is the most recent catalyst to, hopefully, improve women's rights.

Martin Luther King Jr., who was tremendously influenced by the women in his life, once said, "The arc of the moral universe is long, but it bends toward justice." But the reality is that the arc often bends very slowly. Gratefully, there are courageous women in every generation who pushed against patriarchal norms and moved the arc ever closer to our societal ideals.

At Familius, we are grateful for the women in our personal lives and for the women who have made—and continue to make—positive change in the world around us. In 2019, we published *She Spoke*, a children's nonfiction picture book that introduced fourteen women "who raised their voices and changed the world." This book included such seminal women as Dr. Maya Angelou, Dr. Jane Goodall, Malala Yousafzi, and Justice Sonia Sotomayor. We coupled the book with twenty-to-thirty-second audio clips of important messages these women gave the world. We've been thrilled with its success.

In 2020, we published *Courageous First Ladies Who Changed the World*, a board book primer showcasing great women like Jacqueline Kennedy, Eleanor Roosevelt, Abigail Adams, and Michelle Obama to help our youngest children appreciate women who stood beside the most powerful men in the world and made their own lasting and important contributions.

This year, we're grateful to release *She Spoke Too: 14 More Women Who Raised Their Voices and Changed the World*. Including Greta Thunberg, Mother Jones, Chimamanda Ngozi Adichie and others, the book is coupled with sound bites of important messages to galvanize our rising generation to action and appreciation of the sacrifices these women gave.

Each May in the US, we celebrate Mother's Day. Though we need not have daughters or sisters of our own to see the humanity in and demand rights for all women, Familius's mission is to help families be happy, so perhaps the very first place to start is with the women in our lives. As we focus on diversity, equity, and inclusion in our businesses, our books, and our lives, ensuring that our mothers, our sisters, and our daughters have full advantage of the opportunities the world has to offer is critical to making a better world.

We can start by being more grateful for the women who give us life. Happy Mother's Day.

*Christopher & Michele*





# How Does Our Food Grow?

BROOKE JORDEN & KITCHEN CONNECTION  
ILLUSTRATIONS BY KAY WIDDOWSON

*Fruits and vegetables all taste great,  
but how did they end up on your plate?  
The fresh and colorful foods you know  
came from farms—that's where they grow!  
Some grow underground and some hang from trees.  
Can you find them all? Let's look and see!*



Learn  
Together



Eat  
Together



Love  
Together

Every fruit, vegetable, grain, and legume has its own story: Where do they grow? How do they taste? And how do they impact our bodies and the world around us? In cooperation with Kitchen Connection, an organization committed to improving our food system through education, this colorful picture book introduces readers to the concepts of biodiversity, reducing food waste, and proper growing conditions for different crops in simple, accessible language. With cool facts and challenges throughout, fun rhyming verse, and charming illustrations, *How Does Our Food Grow?* tells the stories of more than a dozen of your favorite fresh foods. Knowing that our food choices make a difference in our health and the health of our planet empowers us to choose wisely. The more we know, the better we grow. **Ages 4–7**

ISBN-13: 978-1-64170-991-0

Product number: 550991

Price: \$17.99 (USD)

Jacketed hardcover, 10 × 10, 40 pages



**Ships: July 2023**

ISBN 978-1-64170-991-0



## Brooke Jorden

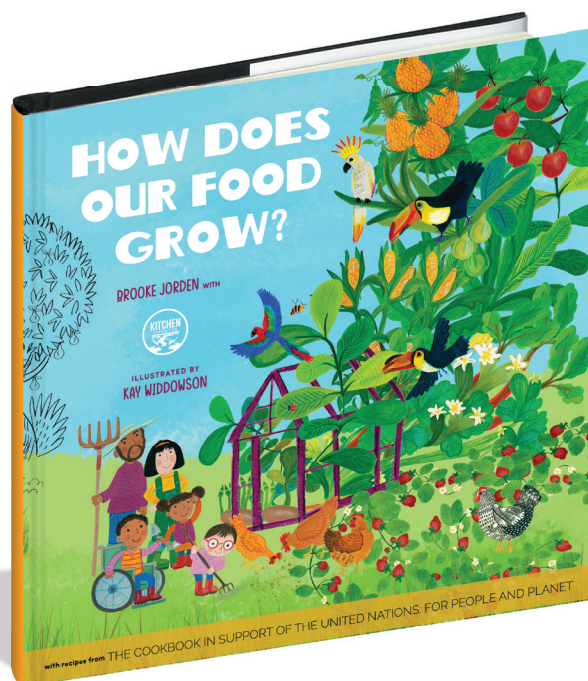
earned a BA in English and editing from Brigham Young University. She is the Editorial Director at Familius and the author of the Lit for Little Hands series, as well as other books for children.



## Kitchen Connection

is a program of the United Nations, housed between the Food and Agriculture Organization of the United Nations and the United Nations Department of Global Communications. It uses food as the vehicle to connect people to

each other, in support of a better food system and the United Nations Sustainable Development Goals.



- Features rhyming lines with sidebar fun facts about the produce you find in your local store or farmer's market.
- Endorsed by The School Meals Coalition and Ambassador Wennubst of Switzerland.
- Includes back matter by Kitchen Connection to teach children about sustainability, including recipes from around the world.



## Kay Widdowson

creates pictures for children's books, licensing and homewares. She lives and works from her tiny home studio on the edge of Chorlton nature reserve and overlooking allotments in Chorlton, Manchester UK. She loves to go into her studio everyday supervised by her rescue cat Beebee, tea and biscuits at the ready, radio on and create pictures all day.





**FRUITS AND VEGETABLES** all taste great, but how did they end up on your plate? The fresh and colorful foods you know came from farms—that's where they grow! Some grow underground and some hang from trees. Can you find them all? Let's look and see!

Different fruits and vegetables grow all over the world. What have you seen growing where you live?



Mashed into guacamole or on top of toast, this tropical fruit is a favorite for most. **AVOCADOS** are packed with healthy fats, grow on a tree, and have a pit in the middle—just like lychee. With a tough, bumpy outside and creamy insides to share, some people call it an "alligator pear."

It takes an avocado tree 3–5 years to grow its first fruit. But after that, they produce avocados every year! Avocados are delicious and nutritious, and a perfect fruit for babies just learning to eat solid foods.



A prickly **PINEAPPLE** has a secret to hide. Sweet yellow juicy goodness inside! They first grew in the rainforests of Brazil, where wise local farmers still harvest them with skill. Pineapples love climates with a tropical breeze, sunshine, rain and tall palm trees.

The original name of a pineapple is ananas because this is Guaraní for "fragrant and excellent fruit." The pineapple got its name in English because European explorers thought it looked like a pineapple.

#### ON SIKIL BI BUUL

**Black Bean Piquin**  
Sinaloa, Chay Chay  
Mexican Community  
Mexico

In a large bowl, combine the black beans with enough water to cover. Let them soak for 8 hours or overnight. Drain the beans and add to the pot. Add the onion, garlic, and tomatoes. Cook for 1 hour. Add the chili powder, cumin, and salt. Cook for 15 minutes. Serve with rice and avocado.

In a large bowl, combine the avocado with a cup of oil. Add the lime juice, salt, and pepper. Mix well. Add the onion, garlic, and tomatoes. Cook for 15 minutes. Serve with rice and black bean piquin.



#### INGREDIENT SPOTLIGHT

beans  
(black beans)



com



#### MAKE DO RATATOUILLE!

**Ratatouille**  
Provence, France  
United States

Ratatouille is a vegetable stew that is popular in Provence, France. It is made with eggplant, zucchini, tomatoes, and onions. The dish is often served with bread and a glass of red wine.

In a large bowl, combine the eggplant, zucchini, tomatoes, and onions. Cook for 1 hour. Add the olive oil, salt, and pepper. Cook for 15 minutes. Serve with bread and a glass of red wine.



#### INGREDIENT SPOTLIGHT

zucchini



com



Carbon Footprint  
0.18 kg CO<sub>2</sub>e  
The new recipe is 10% more sustainable than the old recipe.



# My House, My Family

C. HOPE FLINCHBAUGH

ILLUSTRATIONS BY LAUREL AYLESWORTH

*Sometimes I live with Mommy;*

*Sometimes I stay with Dad.*

*But we are all a family*

*Whatever house I'm at.*

THESE  
BOOKS  
HELP  
FAMILIES:



Learn  
Together



Love  
Together

No two families look exactly alike, but every family is tied together by love. With soft, charming illustrations, each child in *My House, My Family* introduces their own family situation—from adoptive and foster parents to single parents, from urban apartments to rural farms, and from one-child families to large ones. Regardless of the type of family or the size of the house, and regardless of the child's abilities or past experiences, every child feels at home when they feel loved and safe. **Ages 4–7**



## C. Hope Flinchbaugh

has authored over 250 stories for preschool, kindergarten, first grade, and second-grade school readers for the Association of Christian Schools International. Hope has authored and traditionally published three novels and two nonfiction books, and has co-authored numerous compilation books. She has written more than 75 articles for children and adult magazines. Hope's

"writing candy" is capturing the wonder of a child through the power of the story. She tells adults everywhere that the parents who read to their infants and toddlers will later enjoy high-level preschool and elementary readers. Besides, reading is fun!

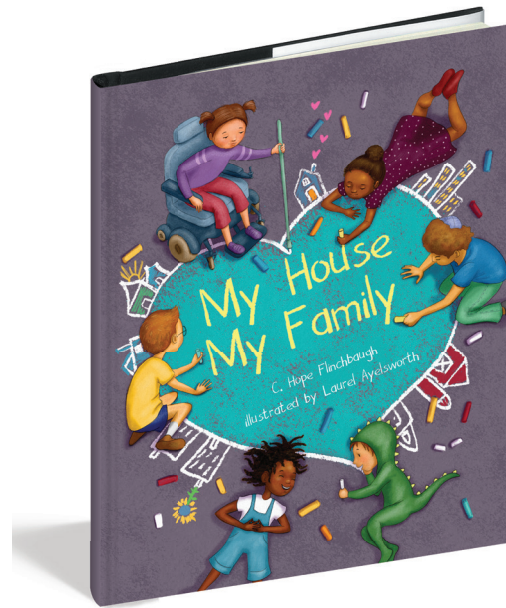


## Laurel Aylesworth

As an introverted kid growing up in Vermont, drawing came naturally to Laurel Aylesworth. Instead of going to the mall like most teenagers, you would find her in her room drawing scenes from *Lord of the Rings* or copying her favorite characters from *Elf Quest* comics.

Later, her career path naturally led to graphic design, but something was missing (namely,

Elves and magic). She found her calling as an illustrator after becoming a mother and hence, wading knee-deep in picture books from the library. She was inspired by the books crafted by Eliza Wheeler, Guojing, Kelly Murphy, Lee White, and other incredibly talented illustrators. Laurel strives to bring a sense of mystery, magic, and tenderness to her visual storytelling. Today, you can find Laurel still surrounded by picture books, sketch pads and pencils, her daughters, and a cup of jasmine tea at her side.



ISBN-13: 978-1-64170-993-4

Product number: 550993

Price: \$16.99 (USD)

Jacketed hardcover, 8 × 10, 32 pages



**Ships: July 2023**

ISBN 978-1-64170-993-4



- **Features diverse families and their special homes while affirming children of all backgrounds that a home is where your family is!**
- **Includes several homes with accessible features for children living with disabilities.**
- **Back matter includes a guide to help adults talk to children about different family dynamics.**



*My family's my mother.  
Our house is way up high.  
At night, we see the  
stoplight change  
And hear the cars whiz by.*







# Hear Them Roar

## 14 Endangered Animals from Around the World

JUNE SMALLS

ILLUSTRATIONS BY BECKY THORNS

THIS BOOK  
HELPS  
FAMILIES:



Learn  
Together



Heal  
Together

All around the world, animals that were once thriving are now endangered, from the black-footed ferret to the kakapo. Eventually, these amazing animals could be lost. With this fully illustrated guidebook + soundboard with buttons, kids can learn about the calls, snorts, squeaks, and roars of 14 endangered animals, discover the characteristics that make them special, and learn how conservationists and everyday people are helping bring them back from the edge of extinction. *Hear Them Roar: 14 Endangered Animals from Around the World* will make sure these animals are around for many generations to come!

Ages 5-7



**June Smalls** is a member of the Society of Children's Book Writers and Illustrators and a lover of literature. She resides in Northern Virginia with her hubby, The Kid, and an ever-growing assortment of animals.



**Becky Thorns** was born in Poland but spent most of her childhood growing up in Turkey. In 2010 she graduated from Leeds Arts University with a BA in Visual Communication. In 2016, she completed her MFA in media and design. She is a visual storyteller who enjoys taking a poetic approach to her art creating new, unknown lands. She uses traditional painting techniques aided by digital

methods. She also works with children's storybook publishers and loves illustrating magical and poetic stories.

Other sound board books available:



Allegro

\$24.99 ISBN-13: 978-1-64170-038-2



She Spoke

\$24.99 ISBN-13: 978-1-64170-131-0



ISBN-13: 978-1-64170-728-2

Product number: 550728

Price: \$24.99 (USD)

Picture book with soundboard,  
11 × 9, 32 pages

Ships: February 2022

ISBN 978-1-64170-728-2



- Unique format includes 32 pages of illustrated non-fiction content about fourteen endangered animals with a soundboard that features their calls, snorts, and roars.
- Facts throughout the book teach children about the environments and habitats throughout the world with animals from each continent represented.
- Encourages children to consider what causes extinction and how humans can help prevent it.



**QUICK FACTS**

- The polar bear is a **VULNERABLE** mammal found in the oceans and on the ice in the Arctic.
- Their fur is not white! Polar bear fur is hollow and see-through. When light hits it, it looks white. The skin underneath is actually black.



## POLAR BEAR



**P**olar bears are the largest land-based predator on Earth, weighing up to 1,700 pounds. Their main food is seal. They wait patiently at the holes in the ice where the seals come up for air, then dart forward. Their long necks and claws (which can be two inches long) help them catch their prey in those small holes.

Their bodies help them in the water too. Large front paws work as paddles, and a thick layer of fat keeps them warm and helps them float. Their long necks help keep their heads above the water.

Mothers give birth to one or two cubs, occasionally even three. They are raised in a den for three or four months before venturing out into the cold. The cubs will stay with their mother for two to three years before they go off on their own.



### ANIMAL VOICE

These quiet hunters are not very vocal, but they do roar, rumble, and cluff. They may give warnings to others or call to attract a mate. Cubs hunt to their mothers.



### WHAT ARE WE DOING?

Polar bears use the ice for hunting and to create dens to help raise their young. Loss of sea ice due to rising global temperatures means that polar bears must swim much farther in order to find food or mates. Humans must reduce greenhouse gas emissions to stop global warming and protect the polar bears' habitat.



**QUICK FACTS**

- The Sumatran orangutan is a **CRITICALLY ENDANGERED** primate found in the forests of the Indonesian island of Sumatra.
- Several types of trees rely on the Sumatran orangutan to distribute their seeds. Without the orangutans, those trees could disappear.



## SUMATRAN ORANGUTAN



**T**he name orangutan means person of the forest, which is fitting because these primates are one of the closest genetic relatives to humans. Like humans, they are smart. For instance, they teach and learn from each other. They also use tools: sticks are used for getting bugs out of holes, and leaves are used as gloves for handling prickly fruit.

Spending most of their lives in the trees, orangutans search for fruit, which makes up most of their diet. Their feet are similar to hands, allowing them to use both hands and feet to climb, eat, and use tools. Their arms are one-and-a-half times longer than their legs and help them climb and swing with ease. Each evening, they build a new nest of branches and leaves in the trees to sleep safely for the night. Some even make pillows to sleep on!

Female Sumatran orangutans only have babies every eight or nine years. Each baby is carried on their mother's back for about two years, and continues to nurse for another three or four years after that. Once they are grown, the young go off on their own.

Orangutans can live thirty-five to forty-five years in the wild and up to fifty years under human care.



### ANIMAL VOICE

Sumatran orangutans make many different sounds, including kiss-squeaks, long calls, barks, and hoots. The males have large throat sacs that amplify their long calls. They use these long calls to attract females and claim their territory.



### WHAT ARE WE DOING?

Conservationists are rescuing orangutans that have been illegally kept as pets, as well as orangutan orphans, and teaching them how to survive in the wild. They must teach them everything, including how to climb trees, find food, and build nests.

Palm oil plantations and other human developments have destroyed the orangutans' habitat. Conservation groups and multiple governments are working together to protect natural areas. Conservation groups are also teaching people about palm oil plantations how to reduce human-orangutan conflict.



**QUICK FACTS**

- The kakapo is a **CRITICALLY ENDANGERED** bird found only on the island of New Zealand.
- This large bird may have been the last of its kind.



## KĀKĀPŌ



**T**he kakapo is a strange bird. Known as the owl parrot, this large, nocturnal bird is the only parrot in the world that can climb trees. It is also the only parrot that can fly. The kakapo is a large bird, about the size of a chicken, with a long, thick beak. It is a very social bird, and it is known for its loud, raucous calls. The kakapo is a very curious bird, and it is known for its ability to climb trees. It is a very intelligent bird, and it is known for its ability to solve problems. The kakapo is a very unique bird, and it is a very important part of New Zealand's wildlife.

### ANIMAL VOICE

The kakapo is a very social bird, and it is known for its loud, raucous calls. It is a very intelligent bird, and it is known for its ability to solve problems. The kakapo is a very unique bird, and it is a very important part of New Zealand's wildlife.

### WHAT ARE WE DOING?

Conservation groups are working to protect the kakapo from extinction. They are working to create a safe environment for the kakapo to live in, and they are working to educate the public about the importance of the kakapo. Conservation groups are also working to protect the kakapo's habitat, and they are working to ensure that the kakapo is not hunted or captured for the pet trade.



**QUICK FACTS**

- The cotton-top tamarin is a **CRITICALLY ENDANGERED** primate found only in the rainforests of Colombia.
- They are known for their long, white hair on their heads.

## COTTON-TOP TAMARIN



**N**ewly discovered in the rainforests of Colombia, the cotton-top tamarin is a very unique primate. It is known for its long, white hair on its head, which is why it is called the cotton-top tamarin. It is a very social animal, and it is known for its loud, raucous calls. The cotton-top tamarin is a very intelligent animal, and it is known for its ability to solve problems. The cotton-top tamarin is a very important part of Colombia's wildlife.

### ANIMAL VOICE

The cotton-top tamarin is a very social animal, and it is known for its loud, raucous calls. It is a very intelligent animal, and it is known for its ability to solve problems. The cotton-top tamarin is a very important part of Colombia's wildlife.

### WHAT ARE WE DOING?

Conservation groups are working to protect the cotton-top tamarin from extinction. They are working to create a safe environment for the cotton-top tamarin to live in, and they are working to educate the public about the importance of the cotton-top tamarin. Conservation groups are also working to protect the cotton-top tamarin's habitat, and they are working to ensure that the cotton-top tamarin is not hunted or captured for the pet trade.





# Creature from the Woods

MEGAN ALMS

ILLUSTRATIONS BY FABRIZIO DI ALBO

THESE  
BOOKS  
HELP  
FAMILIES:



Read  
Together



Play  
Together

*As I watch you prance around,*

*I can't help but smile.*

*You remind me of a creature*

*from the woods, my child.*

*You have a deer fawn's timid steps*  
*into the unknown.*

*But your steps have gotten bigger*  
*as you've learned and grown.*

With tender words and lush illustration, this sweet board book compares a child's movements and mannerisms to creatures from the woods. From the fox to the bear to the bunny, each baby animal explores the world around them and learns along the way—just like children do. The rich woodland colors and sweet animal families will make *Creature from the Woods* a bedtime favorite! **Ages 0–3**

ISBN-13: 978-1-64170-740-4

Product number: 550740

Price: \$9.99 (USD)

Jacketed hardcover, 7 × 7, 20 pages



**Ships: April 2023**

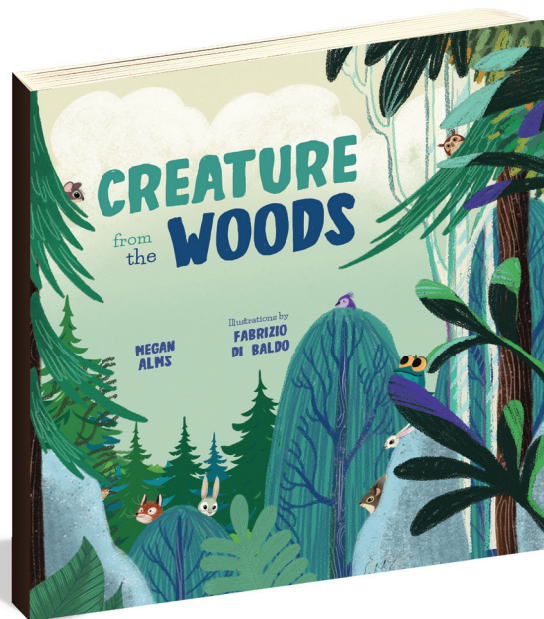
ISBN 978-1-64170-740-4



**Megan Alms** is a graduate of Taylor University and currently works for Platinum Literary Services. She has had more than 80 poems and articles published in both local and national publications, and one of her poems was chosen to be permanently stamped into a sidewalk in her hometown in 2017.



**Fabrizio Di Albo** lives in Rome, Italy. He graduated in 2001 with a degree in fine art and semiotics, before earning a PhD in illustration at the Comics International School and a second PhD in graphic design at the European Design Institute. Fabrizio works as an Art Director and illustrator in Rome.



- A sweet, feel-good poem that parents will enjoy reading as much as children will enjoy hearing it.
- Features comparison between a human child's actions and woodland babies.
- Adorable woodland creatures and their babies are featured throughout.
- Perfect for baby shower gift giving.





# Buttons

KALLI DAKOS

ILLUSTRATIONS BY NICHOLA COWDERY

*I button my shirt  
and my coat up too,  
and I think of all the work  
that buttons do.*

In this adorable, brightly colored board book, a little girl discovers the magic of buttons. From buttons at home to buttons at school, kids will see buttons in new and fun-loving ways as they learn about the world. And at the end, children will be delighted to find one very special button that all children have and love—their belly buttons!

Buttons will inspire little fingers to join in all sorts of new daily activities, but watch out! Because kids love pressing buttons, no matter what the buttons do! **Ages 0–3**



ISBN-13: 978-1-64170-756-5

Product number: 550756

Price: \$9.99 (USD)

Board book, 7 × 7, 20 pages

 **Ships: July 2023**

ISBN 978-1-64170-756-5



- **Introduces readers to the many buttons in their day-to-day life.**
- **Helps children build excitement and curiosity for manipulating buttons. Board book format aligns with the 2–3 age range APA suggests for developing button motor skills.**
- **Bright illustrations and hilarious reveal at the end are sure to delight parents and children!**



**Kalli Dakos** is the best-selling author of many books for children. She uses her knowledge as a reading specialist to create books that help children fall in love with words, language, ideas, and stories. Her hope is that all children will be exposed to books and experiences that inspire them to become readers.



**Nichola Cowdery** is an illustrator, picture book writer, and animal lover living in Japan. Yumi studied Japanese literature in college and then studied painting while doing various jobs.





# The Phone Book

**Stay Safe, Be Smart, and Make the World Better with the Powerful Device in Your Hand**

JESSICA SPEER

ILLUSTRATIONS BY LESLEY IMGART

**THIS BOOK HELPS FAMILIES:**



Learn Together



Read Together

So... you got a phone! You can text your friends, play games, and take cool pictures! You have the whole world in your pocket—power to be used as a force for good or, um, not so good.

Fraught with cyberbullying, disinformation, fake stuff, tech addiction, and so much more, the digital world can be downright sad, awkward, and nasty. But have no fear, kids—*The Phone Book* is here! Packed with research-based explanations, techy tidbits, and real stories from hundreds of teens and preteens, this phone book (the fun kind) will be your guide on the path of light, teaching you healthy phone habits and ways to stay safe online. And while you're on your journey, super illustrations, activities, and secret codes will reveal the power of your phone and the superpowers you have to wield it. Go forth, be informed, and slay the dark side of technology!

**Ages 8–13**

ISBN-13: 978-1-64170-990-3

Product number: 550990

Price: \$14.99 (USD)

Stationary, 5 × 8, 160 pages



**Ships: July 2023**

ISBN 978-1-64170-990-3



## Jessica Speer

is the author of the highly acclaimed middle-grade books, *BFF or NRF (Not Really Friends)?* *A Girls Guide to Happy Friendships* and *Dissecting Middle School*. Her research and writing help readers navigate the tricky and awkward stuff that life tosses our way. Combining humor, the

voices of kids, and research-based explanations, Jessica unpacks difficult topics in ways that connect with tweens and teens. In addition to writing, speaking, and leading programs, she's the mother of two daughters. She has a Master's Degree in Social Sciences.



## Lesley Imgart

is a German illustrator living in Edinburgh, Scotland. She came to study for her BA in the UK and returned for an MA (and the salt and vinegar crisps). Since then, she has worked as an Illustrator and comic artist, telling other people's stories as well as her own.



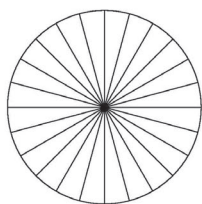
- **Currently, there are limited resources for parents as they try to help their kids develop healthy screen habits. Research reveals that the age kids get their first phone is trending younger each year. In 2019, more than half of 11-year-olds in the US had a smartphone. Kids are also spending more time on screens, increasing negative cognitive, psychological, and physical impacts on well-being.**
- **Quizzes, weird facts, and fun activities explore topics such as FOMO, disinformation, privacy, cyber bullying, and more. Humor and real stories ensure the content is entertaining and relatable instead of preachy.**
- **Lastly, the book includes stories and quotes from tweens and teens. Their authentic voices and wisdom are shared throughout the book, making the subject matter real and relatable.**





*"Why Tech Companies Want You Staring at Your Phone." This chapter alone is worth the price of the book. The Phone Book really should be required reading for any child about to get a connected device. I have a feeling they will even thank you for it."* — **Diana Graber**, Author of *Raising Humans in a Digital World* and Founder of *Cyber Civics and Cyberwise*

(Each slice = one hour of a 24-hour day)



Compare your two circles. How does your usual day compare to your ideal day? Would you change anything to make your usual day more like an ideal day? Please write your response below.

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#### Techy Tidbit:

Algorithms are ways that search engines, social media, and apps use your old screen behaviors to send you new content, videos, and ads. What you watch, what you "like," and what you do on your phone triggers similar content to keep you on your phone. For example, watching a funny cat video leads to more cat videos. Yay!

12



about the sport he loves and works to connect with others about baseball. When he started his blog at age 11, he never imagined it would have such an impact on his life.



Not only did Devan's blog help him create a positive digital footprint, but it also helped him gain skills and experience for a career in sports journalism. Now that's a home run! (Corny pun, but I couldn't resist.) How can you, like Devan, use your hobbies and interests to form your digital footprint?

#### Weird Fact:

In Finland, throwing mobile phones is a sport. Not kidding! The distance record, to date, is 110 meters. Hopefully they have rock-solid phone cases!

30

because the results are based on what each person has searched in the past. Hmmm . . . kinda strange that the answers are not the same.



#### STRAIGHT TALK FROM TEENS: WHAT DO YOU DO TO KEEP SCREEN TIME FROM TAKING OVER YOUR LIFE?

With persuasive design, cool games, and apps, it's easy to get lost in screen time. No wonder «different text color» phubbing/different text color» is at an all-time high! Here's how some teens keep their screen time in check so they can spend time doing other things they want or need to

"I really want to be a good athlete, which means I need to practice, take care of myself, and sleep. I prioritize that over screen time. Once I finish my training and homework, I relax on my phone."

Your idea:

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#### Definition:

**Phubbing** (noun): the practice of ignoring the people you are with to pay attention to your phone.

#### Weird Fact:

In Taiwan, parents can be fined \$1,600 if their kids spend too much time on screens. Taiwanese lawmakers approved the Child and Youth Welfare and Protection Act, a law modeled after similar laws in China and South Korea that aim to limit screen time to a healthy level.

As you read this chapter, you may wonder why tech companies are allowed to design social media, games, and other apps in ways that keep people glued to screens. Why aren't there more laws to protect kids from greedy and snoopy tech companies? Who is policing the companies' behavior? Efforts are underway to safeguard kids, but lawmaking is a loooooong, slowwwwww process.

14



#### CRACK THE SECRET CODE—DIGITAL REPUTATION

Unscramble the letters in each word to unlock the code. One word has been unscrambled for you to get you started. Yes, it is the shortest word—we didn't want to make this too easy for you! If you get stuck, see the answer key in Chapter 10.

1. IGHNTNON \_\_\_\_\_
2. OUY \_\_\_\_\_
3. EASHR \_\_\_\_\_
4. OENNNLI \_\_\_\_\_
5. SI \_\_\_\_\_
6. AVIPRET. \_\_\_\_\_



#### SUMMARY—DIGITAL REPUTATION

Your digital reputation matters. What you post, share, and like shapes how people see you and get to know you. Essentially, what you share online shapes the story of you. Here's a checklist to help you put your best digital footprint forward. (Yeah, another corny pun.)

31



#### SCREEN STORY: IS THE TIDE TURNING? HOW LAW-MAKERS ARE CATCHING UP WITH TECHNOLOGY

In 1998, the US Congress passed the Children's Online Privacy and Protection Act. This law provides some privacy protections for kids under 13, but the law has fallen waaaaayyyy behind the times. Apple's smartphone wasn't even invented until 2007!

However, several US states are starting to update their laws. In 2020, California enacted the Consumer Privacy Rights Act. This law aims to protect privacy, allowing teens more data and privacy options. The law also requires that parents approve any data that tech companies collect on kids younger than 13. In 2022, the European Commission passed a law called the Digital Services Act that requires tech companies to share information about how their algorithms work. This law also requires companies to monitor their platforms more effectively for illegal and harmful content.

So stay tuned. Maybe by the time this book hits shelves, more of these laws will be in place!



15



# Oh \$#!% What's for Dinner?

## No-Fuss Weeknight Recipes You'll Swear By

MARIA SANSONE

THIS BOOK  
HELPS  
FAMILIES:



Eat  
Together



Love  
Together



Learn  
Together

Maria Sansone—TV host, tastemaker, and social media personality—knows that between work, life, and family, weeknights can be a struggle. You'll come home exhausted and ready to fall into bed and then realize you haven't even thought about dinner! But making great food doesn't have to be complicated. *Oh \$#!%, What's for Dinner?* shares Maria's method for weeknight dinner success.

Inspired by her genuine personality and authentic broadcasting style, which have made her digital cooking series a hit, Maria reveals 65 delicious, no-fuss recipes for real people and real families. Each recipe can be made in about 30 minutes and includes common, everyday ingredients that can be found in your pantry and are both healthy and affordable. With family favorites like spaghetti and meatballs, meatloaf, mac and cheese, and more, this collection of weeknight dinners is kid-friendly, easy, and perfect for those hectic nights when you forgot about dinner. You'll be adding these recipes to your rotation in no time!

ISBN-13: 978-1-64170-738-1

Product number: 550738

Price: \$24.99 (USD)

Paper-over-board Hardcover, 8 × 10, 128 pages



**Ships: April 2023**

ISBN 978-1-64170-738-1



### Maria Sansone

is an Emmy award winning television host with an illustrious career in broadcasting. She's a media personality, lifestyle expert, tastemaker, and mom of 2.



#### NEW ENGLAND CLAM CHOWDAH

Chowdah is a rich, creamy soup from New England, and having a "chowdah party" can be your best bet for a quick and easy weeknight meal. This recipe is a twist on the classic, but it's still packed with all the flavors you love. The soup is made with a base of cream, butter, and onion, and is topped with a mix of clams, corn, and dumplings. It's a perfect comfort food for a busy night.

**Ingredients:**

- 1/2 cup butter
- 1/2 cup onion, finely chopped
- 1/2 cup celery, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup mushroom, finely chopped
- 1/2 cup clam juice
- 1/2 cup heavy cream
- 1/2 cup corn, frozen
- 1/2 cup clams, fresh
- 1/2 cup dumplings, frozen
- 1/2 cup cheese, shredded

**Instructions:**

1. Melt the butter in a large pot over medium heat. Add the onion, celery, carrot, and mushroom. Cook for 5 minutes.
2. Add the clam juice and heavy cream. Simmer for 10 minutes.
3. Add the corn, clams, and dumplings. Simmer for 10 minutes.
4. Top with the shredded cheese. Serve hot.



- Features 65 quick and easy dishes for home cooks that find themselves constantly wondering "what am I going to cook for dinner?"
- Maria Sansone found success during the pandemic with her "Real Cooking Live" digital series with over 20k engaged viewers each week from all across the country.
- Author appears regionally on NBC 10 Boston's *The Hub Today* and is the host of *Mom2Mom* Podcast and AppleTV show.



#### CHICKEN GYRO BOWL

Inspired by the Greek gyro, this is a delicious and easy-to-make dish that's perfect for a busy weeknight. The bowl is filled with tender chicken, fresh vegetables, and a creamy sauce. It's a healthy and flavorful meal that the whole family will love.

**Ingredients:**

- 1/2 cup chicken, cooked and shredded
- 1/2 cup cucumber, diced
- 1/2 cup tomato, diced
- 1/2 cup onion, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup mushroom, finely chopped
- 1/2 cup clam juice
- 1/2 cup heavy cream
- 1/2 cup corn, frozen
- 1/2 cup clams, fresh
- 1/2 cup dumplings, frozen
- 1/2 cup cheese, shredded

**Instructions:**

1. Melt the butter in a large pot over medium heat. Add the onion, celery, carrot, and mushroom. Cook for 5 minutes.
2. Add the clam juice and heavy cream. Simmer for 10 minutes.
3. Add the corn, clams, and dumplings. Simmer for 10 minutes.
4. Top with the shredded cheese. Serve hot.

#### EMBARRASSINGLY EASY CHILI

Ready for the weeknight chili? This is a quick and easy recipe that's perfect for a busy weeknight. The chili is made with a base of beans, tomatoes, and spices, and is topped with a mix of cheese and onions. It's a healthy and flavorful meal that the whole family will love.

**Ingredients:**

- 1/2 cup beans, cooked
- 1/2 cup tomatoes, diced
- 1/2 cup onion, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup mushroom, finely chopped
- 1/2 cup clam juice
- 1/2 cup heavy cream
- 1/2 cup corn, frozen
- 1/2 cup clams, fresh
- 1/2 cup dumplings, frozen
- 1/2 cup cheese, shredded

**Instructions:**

1. Melt the butter in a large pot over medium heat. Add the onion, celery, carrot, and mushroom. Cook for 5 minutes.
2. Add the clam juice and heavy cream. Simmer for 10 minutes.
3. Add the corn, clams, and dumplings. Simmer for 10 minutes.
4. Top with the shredded cheese. Serve hot.





## SANSONE'S SUNDAY SAUCE

MAKES ENOUGH FOR 1 POUND PASTA PLUS 1 PINT

I must admit, I haven't exactly signed off with the entire family, so sharing this recipe is an "ask forgiveness, not permission" situation. But, here goes . . .

Simply having this sauce simmering on the stove reminds me of Sundays and growing up a Sansone. Like many Italian-American families, Sundays revolved around church and sauce. Sometimes at my parents' house, sometimes at my grandparents' . . . I didn't really realize where we got together, the common denominator was the sauce. Making this keeps my heritage and all those wonderful memories alive. When the sauce "is on" and filling the house with those unmistakable aromas, I can still picture my grandfather in his white undershirt, sitting at a giant place of spaghetti at the head of the table. After dinner he'd say, without fail, "I'm never eating again, not never even."

It takes longer than any other recipe in this book, but sauce isn't just appetizer for us—it's a ceremony! So go ahead and make ahead on Sunday and you've got yourself a key ingredient for a bunch of easy, weeknight meals.

2 TABLESPOONS OLIVE OIL  
1 POUND BONELESS COUNTRY-STYLE PORK  
RIBS  
1 POUND SWEET ITALIAN SAUSAGE LINKS  
1/2 POUND GROUND BEEF (80/20)  
2 CLOVES OF GARLIC, MINCED  
2 CANS (28 OUNCES EACH) GROUND OR  
CRUSHED TOMATOES

1 CAN (28 OUNCES) TOMATO PUREE  
1 TEASPOON GARLIC SALT  
1/2 TEASPOON BLACK PEPPER  
1 TEASPOON DRIED OREGANO  
1 TABLESPOON SUGAR

- 1 Heat olive oil in a large sauce pot over medium-high heat. Add pork and sausage and cook 3–4 minutes on each side or until the outside is golden brown. Remove and set aside.
- 2 In the same sauce pot, brown the ground beef. Remove some grease from the pan.
- 3 Push meat to one side of the pan; add garlic and cook for 1 minute, being careful not to burn. Stir in tomatoes and tomato puree.

*STIR THE SAUCE! is a common phrase shouted across rooms in many Italian households. (If ya know, ya know!) And for good reason! If you don't give it a frequent good stir, it'll burn, and you'll end up with black bits floating about in your beautiful sauce. So, let this be a cautionary tale and "stir the sauce!"*

*You can make a larger batch by adding an additional can of tomato puree, adjusting the seasonings to taste, and doubling the ground beef.*



- Return pork and sausage to the pot and add garlic salt, pepper, oregano, and sugar; stir well.
- 4 Allow sauce to come to a boil, then turn heat down to lowest setting and simmer, uncovered, for at least 3 hours. (My family cooks it ALL day. [We found 3 hours to be the magic number].)
  - 5 Season with salt and additional pepper to taste.

## STREET-STYLE SAUSAGE & PEPPERS

SERVES 4

As an Italian kid growing up in Erie, PA, the annual St. Paul's Italian Festival was a big event on the social calendar! The vendors would line up and you couldn't mistake the familiar smell of sausage and peppers! There was bingo for the women, beer for the men, and games for the kids. Every Italian in town was there, so we knew everybody and it's such great memories. When I moved to NYC, I absolutely loved hanging out in Little Italy and cruising Mulberry Street seeing diners at fresco on the sidewalk, smelling all the smells, and hearing a bit of Italian in the air. I never missed the San Gennaro Festival where I could feel nostalgic and, of course, get one of those sausage and pepper "sanguinette" (like my Papa used to say). This skillet meal couldn't be easier! So, add a sausage link and a heaping spoonful of juicy peppers to a buttered hoagie roll and transport to the streets of Little Italy, USA.

1 TABLESPOON OLIVE OIL  
1 1/2 POUNDS ITALIAN PORK SAUSAGE  
(SWEET AND/OR HOT)  
3 BELL PEPPERS, CUT INTO STRIPS

1 LARGE YELLOW ONION, ROUGHLY CHOPPED  
1/4 TEASPOON SALT  
1/4 TEASPOON PEPPER

- 1 Heat olive oil in a large skillet over medium-high heat; add sausage and brown on all sides.
- 2 Add sliced vegetables to the hot pan and coat in sausage drippings. Reduce heat to medium while tossing occasionally for 5 minutes. Season with salt and pepper.
- 3 Simmer partially covered and stir occasionally for 30 minutes.
- 4 Uncover and cook for another 10 minutes or until sausages are cooked through.

*- Add small potatoes to make it a full meal!*  
*- Green peppers are most budget-friendly, and they'll work just fine, but I love to add the color and sweetness of yellow and red ones.*



## INSTANT RAMEN REVAMP

SERVES 4-6

This was inspired by the best meal I ever had! Picture it . . . a very rainy day in Tokyo, Japan. I was twenty-something years old and on the work trip of a lifetime! My TV crew and I had been busy shooting all over Japan. We were cold, soaking wet, and (I'm being real) slightly hungover from last night's sake, and we were starving. Low and behold we stumble upon a ramen shop. We duck out of the rain, head down a dark flight of stairs, and find ourselves in the coziest little restaurant. The waiter brings over piping hot ramen, a bowl of pickles, and a mug of cold beer. All the conditions were right—and it was the best meal I ever had! Now, this recipe is not that. It couldn't possibly be. But there are countless ways to upgrade your instant ramen. Top with hot sauce and serve with a bowl of pickles and a cold beer (Tokyo style).

1 TABLESPOON SALTED BUTTER  
1 CLOVE OF GARLIC, MINCED  
1 TABLESPOON FRESH GRATED GINGER  
3 CUPS SLICED SHIITAKE MUSHROOMS  
1 TABLESPOON SOY SAUCE  
1/2 TEASPOON PEPPER  
6 CUPS CHICKEN BROTH, DIVIDED  
1 CUP WATER

1 EGG  
3 CUPS CHOPPED BOK CHOY  
2 PACKAGES (3 OUNCES EACH) RAMEN  
NOODLES, SEASONING PACKET DISCARDED  
1 CUP COOKED CHICKEN, PORK, OR TOFU  
(OPTIONAL)  
1/2 CUP FINELY SLICED GREEN ONIONS

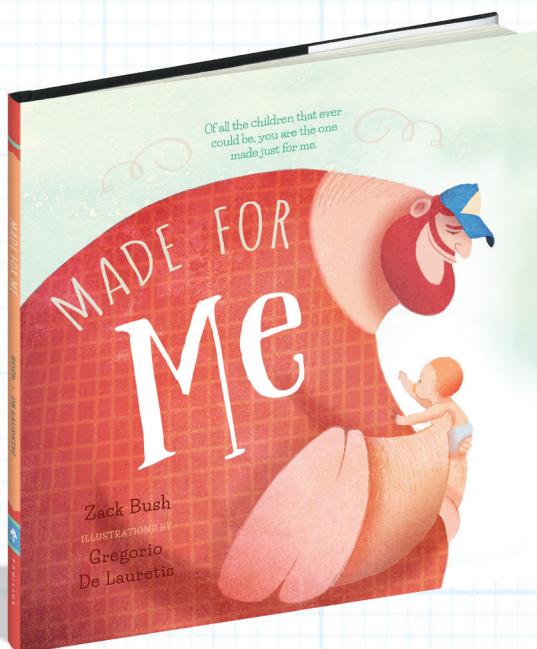
- 1 Heat butter in a large heavy-bottomed soup pot over medium heat. Add garlic and ginger and sauté for 1 minute. Stir in mushrooms, soy sauce, pepper, and 1 cup of chicken broth. Cook for 5 minutes or until mushrooms are tender. Pour in the remaining chicken broth and water and bring to a boil.
- 2 In a small bowl, whisk the egg. Slowly add the whisked egg to the heated soup while gently stirring. Add bok choy and noodles and cook until noodles are tender. Mix in cooked protein, if desired. Garnish with fresh green onions.

*- I'm no MD, but I swear this has medicinal capabilities! When you're feeling run down, had too much fun last night, or just need to warm up on a cold day, a piping hot bowl of ramen is just what the doctor ordered.*





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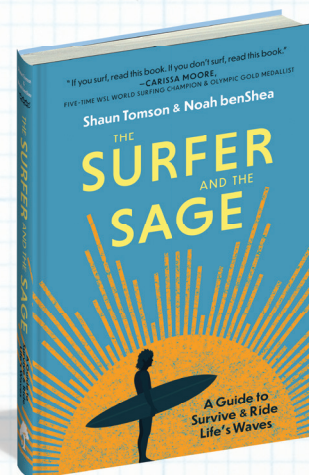
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