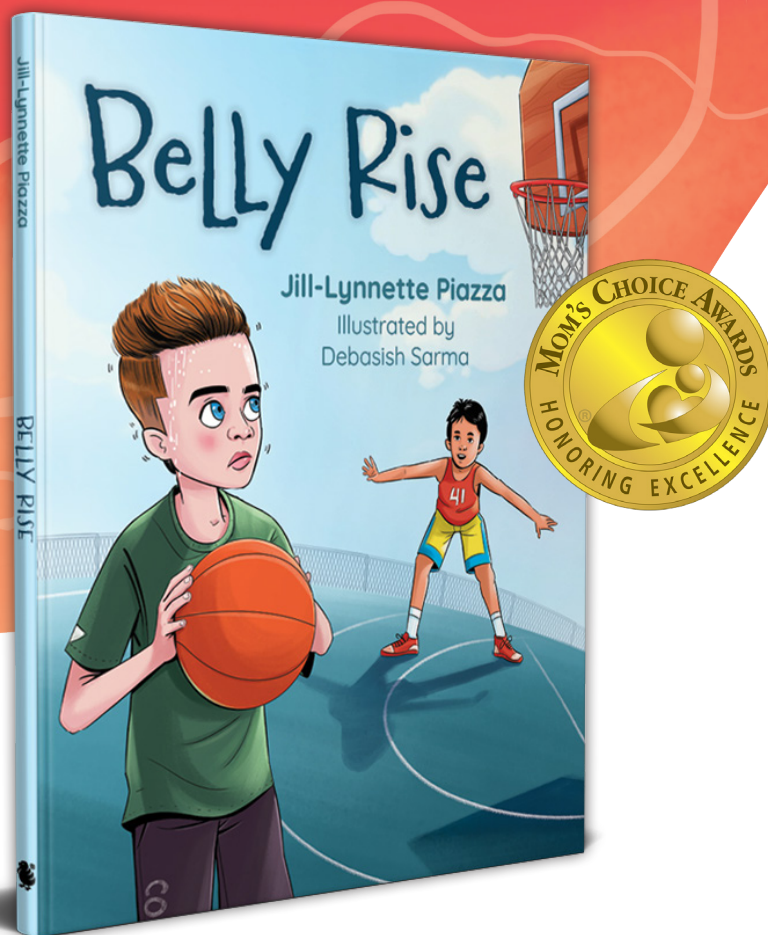


“I can feel so nervous, like butterflies are literally inside my belly! Sometimes, I even feel nauseous or dizzy. Do you ever feel this way too?”



## MOM'S CHOICE AWARD WINNER (GOLD)

This validating and educational new children's book by debut author **JILL-LYNNETTE PIAZZA** sheds light on anxiety, offering mindful coping practices and tips for managing mental health.

Hardcover Available Now  
ISBN: 9781637558690  
US \$19.95

MASCOT  
**KIDS!**   
an imprint of Amplify Publishing Group

# About *Belly Rise*

We all face anxiety, no matter what stage of life we are in. For children, though, it may be difficult to manage the fluttery, nervous feelings caused by stressful or unfamiliar situations. The unpleasant physical sensations that come with panic and anxiety can be debilitating and scary. ***Belly Rise* aims to teach children that their thoughts and feelings are valid and that there's nothing to be ashamed of when it comes to anxiety.** Rooted in the practice of mindfulness, the book offers practical tips for coping with “belly rise” moments—**giving children a voice in their struggle.**

Additionally, *Belly Rise* fosters guidance and discussion questions for adults on how they can support children in conversations about mental health. It is easy for parents and guardians to feel overwhelmed and unsure of how to help, especially if they don't experience anxiety themselves. When read as a partnership between a child and their trusted adult, the book can serve as a bridge of healthy communication, understanding, and openness.



# About Jill-Lynnette Piazza

**Jill-Lynnette Piazza** is a former New York elementary educator with fourteen years of experience. She also has a master's degree in reading. As a classroom educator, Jill provided effective strategies to students with a variety of needs. Such needs include addressing anxiety, ADHD, and other health impairments. Jill is no stranger to the challenges of anxiety herself and has learned coping skills for over two decades with knowledgeable professionals.



# What Readers Have to Say:

“A great book to enable kids to put a name to feelings they may not fully understand. With the stress and big emotions many kids feel, this book shows them they are not alone and gives them strategies that may help.” —**Jennifer M. Fair, School Librarian Teacher**

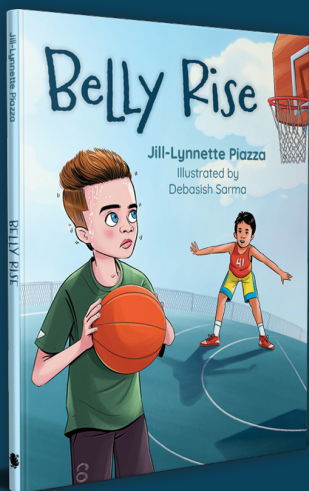
“This book presents the issue of childhood anxiety in such a warm and user-friendly way. My niece and nephew loved the book, and I loved watching them feel seen and cared for. It’s a beautiful and thoughtful piece of literature for kids of all ages (helpful for parents/adults/aunts too!).” —**Leah Fisher**

“I have been an educator for over twenty-seven years, and this book is a wonderful addition to my classroom! It allows children to relate to the main character and his anxiety. It gives useful ways for them to deal with their anxiety, and it is such a fun and enjoyable book. The illustrations are spot on. As someone in the field of education, I highly recommend this book for all ages and all levels. I can’t wait to see what she writes next!” —**Michelle Dick, Teacher**

“I especially liked the discussion questions at the end. Great idea. Open discussion can help in so many ways. Helping kids who don’t even realize what they’re feeling is anxiety and learning some tools on how to deal with it is incredible. Great book!” —**Mike M.**

“I would love to use *Belly Rise* as the Book of the Month in our school. I really liked how the main character was a boy. I have three sons and feel that it’s harder for them to express their struggles compared to girls.” —**Suzanne C, School Administrator**

“*Belly Rise* was a quick and easy read for all age groups, even adults! My small children loved it, and it gave me good tips to discuss with my children to help cope with nerves in new places. My twelve-year-old also enjoyed it, as he suffers from anxiety and is learning new ways to cope with it through counseling. Would definitely recommend!” —**Stephanie C., Reviewer**



Order your copy of *Belly Rise* today!

Available Now

ISBN: 9781637558690

US \$19.95 / CAN \$26.95

Available everywhere books are sold.

Distributed by Mascot Kids, Ingram,

Baker & Taylor, American West.