

Tessie Tames Her Tongue

A Book About Learning When to Talk and When to Listen

Tessie puts a positive spin on children who talk too much while she learns to listen as much as she speaks

MINNEAPOLIS, MINN.—From school success to stronger leadership—even better manners—developing listening skills is essential to a child's growth. Through bright and talkative Tessie, author Melissa Martin delivers practical ways for children to open their ears and wrangle their mouths in *Tessie Tames Her Tongue*, wonderfully illustrated by Charles Lehman.

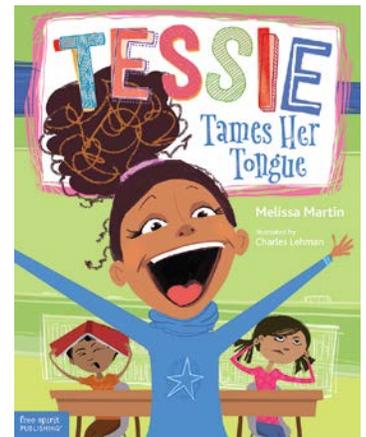
While children will have fun with Tessie's playful language and zany ideas, parents and educators will appreciate the message that being a better listener goes beyond just closing one's mouth. With the help of her teacher and school counselor, Tessie realizes her potential as an intelligent and caring student who entertains her classmates with funny stories.

Martin's goal was to make sure talkative children had a picture book that highlights their strengths and teaches the communication skills of listening and talking. *Tessie Tames Her Tongue* provides an accessible story with practical solutions, making it perfect for bookshelves in counselor's offices, in school libraries, in the classroom, or right at home.

To request a review copy or set up an interview with the author, please contact Free Spirit's publicist, Amanda Shofner, shofner@freespirit.com.

**SEPTEMBER 2017
RELEASE**

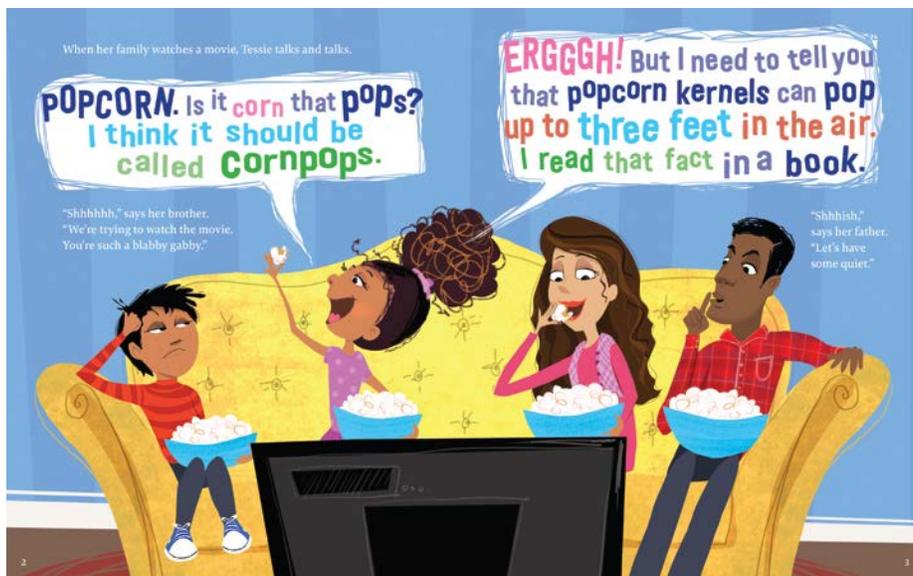
**Media Contact
Amanda Shofner
612.746.6848
shofner@freespirit.com**



Tessie Tames Her Tongue

By Melissa Martin
Illustrated by Charles
Lehman

Juvenile Fiction/Growing Up
ISBN 978-1-63198-133-3
\$14.99, hardcover,
36 pp., full-color, 8" x 10"
Ages 5–9



—more—



About the author:

Melissa Martin, Ph.D., is a clinical child therapist with experience as a play therapist, adjunct professor, workshop leader and trainer, and behavioral health consultant. Her specializations include mental health trauma treatment, EMDR (eye movement desensitization and reprocessing), and expressive therapies. A self-syndicated newspaper columnist, she writes about children's mental health issues and parenting. Melissa lives in Ohio.



About the illustrator:

Charles Lehman is an illustrator, a Boy Scout leader, a dad, and an all-around great guy. He lives and works in Orlando, Florida, with his wife and four children. They have a traveling family singing group often compared to the Von Trapps. He has worked with many publishing houses and magazines in his illustrative career.

**About Free Spirit Publishing
(www.freespirit.com)**

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social-emotional health and their educational needs. Free Spirit's mission is to help children and teens think for themselves, overcome challenges, and make a difference in the world.