



Dear Parents,

Today your child was involved in a lesson about self-esteem. We read the book ***The Garden Gathering*** by Julie Woik, which shows how we can find ways to feel good about ourselves, or turn things around when we feel bad about ourselves.

I encourage you to ask your child what he or she has learned from the reading of this book, and to discuss ideas that could help everyone in the family to have positive feelings about themselves and each other.

You may want to practice by commenting on the great qualities that you recognize in one another. And, always remember to give praise whenever it is deserved.

Thank you for helping us to help your children to grow and become adults who value their own self-worth.

Sincerely,



The Life and Times of Lilly the Lash - The Garden Gathering

The first in a series of children's books aimed at increasing self-esteem in children from the ages of two and up. Please visit Lilly's website at www.lillythelash.com for further details.