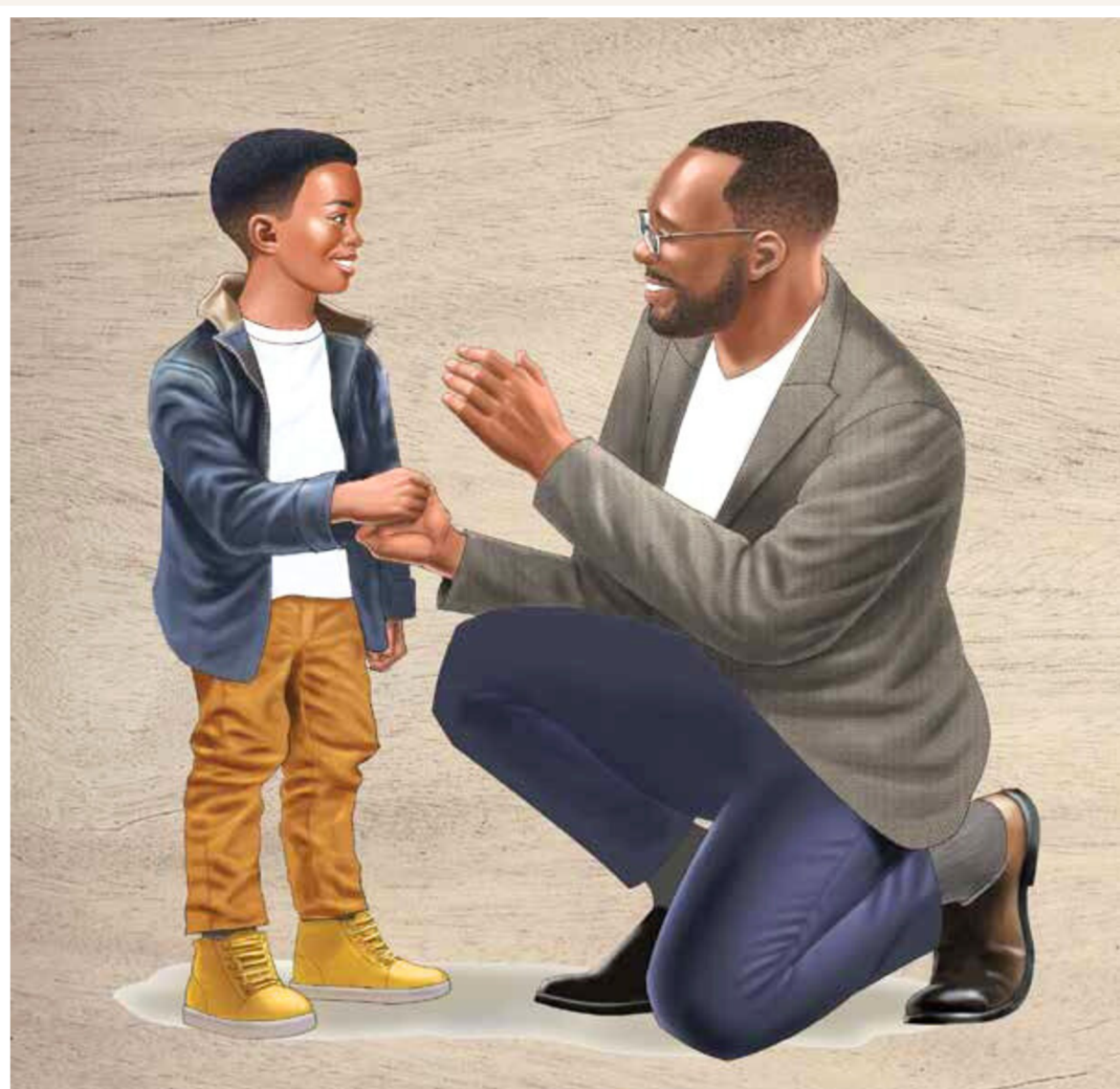


A Parent's Guide to "Jonathan's Journal"

Fostering Emotional Well-being
Through Journaling (Ages 8-11)



PREVIEW ONLY

Message from the Author



Dear Parents and Guardians,

Thank you for picking up this guide. If you're reading this, it means you're invested in your child's emotional world, and that is the most wonderful gift you can give them.

The journey through ages 8 to 11 is a time of incredible change, often filled with intense emotions, from stress and anxiety to frustration and confusion. I wrote "Jonathan's Journal" to create a relatable story that shows your child they are not alone in these feelings and that there are healthy ways to navigate them.

My greatest hope is that Jonathan's story will open a door for meaningful conversations between you and your child. Thank you for being their guide on this important journey.

Warmly,

James Robinson

"My greatest hope is that Jonathan's story will open a door for meaningful conversations between you and your child."

PARENTS GUIDE TO JONATHAN'S JOURNAL
PREVIEW ONLY



Jonathan's Journal

About the Book

"Jonathan" is a fictional story designed for young readers aged 8-11. It explores the power of journaling as a tool for self-discovery and emotional processing. Through Jonathan's experiences, readers will learn how expressing their emotions in a healthy way can lead to greater self-awareness, resilience, and overall well-being.

James Robinson

Author, Jonathan's Journal



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Why This Book Matters

The pre-teen and early teen years are a time of significant emotional and physical change. Young people in this age group often experience a wide range of intense emotions, including:

- Stress related to school and social expectations
- Anxiety about fitting in and peer pressure
- Confusion and insecurity about their changing bodies and identities
- Frustration and anger stemming from feeling misunderstood or unheard

"Jonathan" provides a relatable and engaging way for young readers to understand that these feelings are normal and that there are healthy ways to manage them.



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