

The Kissing Hand: The Book That Helps Children Overcome Separation Anxiety

What is The Kissing Hand?

The Kissing Hand is a heartwarming story about a raccoon named Chester who is afraid to go to school. His mother helps him overcome his fears by giving him a special "kissing hand" to take with him. The kissing hand is a reminder of his mother's love and support, and it helps Chester feel more confident and secure when he's away from home.



The Kissing Hand (The Kissing Hand Series) by Audrey Penn

★★★★☆ 4.9 out of 5

Language : English

File size : 52565 KB

Text-to-Speech : Enabled

Screen Reader : Supported

X-Ray : Enabled

Word Wise : Enabled

Print length : 32 pages



Why is The Kissing Hand so effective?

The Kissing Hand is effective because it uses several techniques that have been shown to help children overcome separation anxiety. These techniques include:

- **Positive reinforcement:** The kissing hand gives children a positive reward for going to school. This helps them to associate school with

something positive, which makes them more likely to want to go.

- **Modeling:** Chester's mother models positive coping skills for him. She shows him how to use the kissing hand to help himself feel better when he's feeling scared. This helps Chester to learn how to cope with his own anxiety.
- **Cognitive restructuring:** The Kissing Hand helps children to challenge their negative thoughts about school. Chester learns that school is not a scary place, and that he can handle being away from his mother.

Who can benefit from The Kissing Hand?

The Kissing Hand is a great book for any child who is experiencing separation anxiety. It's especially helpful for children who are starting preschool or kindergarten for the first time. However, it can also be helpful for children who are struggling with other transitions, such as moving to a new home or starting a new activity.

How to use The Kissing Hand

The Kissing Hand is a simple book to use. Here are a few tips for getting the most out of it:

- **Read the book to your child several times before the first day of school.** This will help them to become familiar with the story and the characters.
- **Create a kissing hand with your child.** You can do this by tracing your hand on a piece of paper and then cutting it out. Help your child to decorate the hand with markers, crayons, or stickers.

- **Talk to your child about the kissing hand.** Explain that the hand is a reminder of your love and support, and that it will help them to feel better when they're feeling scared.
- **Encourage your child to take the kissing hand with them to school.** They can keep it in their pocket or backpack, or they can wear it on a necklace or bracelet.

Where to find The Kissing Hand

The Kissing Hand is available in bookstores, libraries, and online. You can also find it in Spanish and other languages.

The Kissing Hand is a heartwarming and effective book that can help children overcome separation anxiety. It's a must-read for any parent who wants to help their child feel more confident and secure when they're away from home.

Alt attribute for image of The Kissing Hand book:

A raccoon named Chester is holding a kissing hand that his mother has given him. The hand is a reminder of his mother's love and support, and it helps Chester feel more confident and secure when he's away from home.



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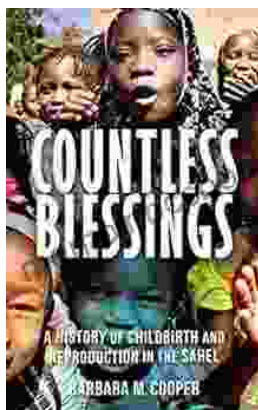
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