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Book Tip Sheet

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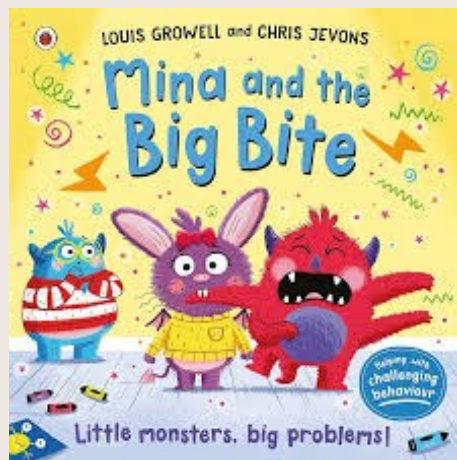


COLLABORATE SPEECH
PATHOLOGY

Mina and the Big Bite

Chris Jevons and Louis Growell

Mina is a little monster who lives with her dad and two brothers in Monster Town. She is calm and gentle, yet she can bite when she feels overwhelmed by loud noises or activities. Everyone feels anxious and upset sometimes but it's not ok to hurt ourselves or other people when we feel this way. Mina learns some safe new ways to manage her big feelings!



BEFORE READING...



- ▶ Read the title of the book with your child as you move your finger under the words from left to right.
- ▶ Describe the picture on the front cover together. Talk about what is happening and how each of the monsters might be feeling (angry, sore, surprised). Chat with your child about times when each of you felt these feelings.

WHILE READING...



- ▶ Allow your child to hold the book and turn the pages.
- ▶ Place stress on and speak more loudly for the words that are in **BIG BLACK FONT** when reading to add expression and encourage interest.
- ▶ Notice how Mina says "I'm sorry" when she makes a mistake. Talk about how saying sorry when we do something wrong helps us to fix things.

AFTER READING...



- ▶ Notice what Mina does when her two big brothers are annoying her at the end of the book: she takes a deep breath and says what she needs "I need some quiet time."
- ▶ Practice deep breaths and asking calmly for what we need when things get tricky at home and in the community. If you can model this for your child, it is likely that they will follow you and develop these skills too!

Email read@unitedway.com.au for address changes or any questions!