

Local San Diego Mom Publishes “It’s Ok To Cry” Book and Song to Help Kids Cope with Covid

San Diego, California – Kathryn Cloward, aka Kathryn the Grape, publishes new book and song as part of her self-help series for preschool and elementary school-age kids.

The new “It’s Ok To Cry” book is a resource for parents who are navigating through difficult conversations with their children about Covid. The book purposefully demonstrates that children, as well as their grown-up family members, will experience times of sadness, and that it is ok to cry and express how you feel inside.

The pages are filled with vibrant illustrations and everyday examples of life’s circumstances. The simplicity of the words shared with colorful images makes this book easy for parents to explain to children all of life’s events and emotions. Children who read this book will understand that it is ok for parents to cry, as they may now see as a result of the Covid crisis.

After reading the book, children will be able to better deal with their own emotions and accept the conditions around them.

The second half of the book is dedicated to children understanding that tears of joy are also something that both children and grown-ups experience. Children understand that people cry when they are happy – a somewhat foreign topic as most children are unaware of happy tears.

The “It’s Ok To Cry” book and song help parents start the conversation and check in with their children about how they are feeling during these uncertain times. The book effectively demonstrates to children that all people of all ages, experience both sad and happy tears and that it is ok to cry and work through your emotions.

Kathryn the Grape is the only mom-created, produced and published independent media series of its kind. Children and adults benefit from the social and emotional learning tools and life lessons shared in Kathryn the Grape books, music, and videos. By providing self-help tools through the four primary learning styles, all kids can comprehend the concepts in these series by coloring, singing, reading or dancing through the material.

Kathryn Cloward, aka Kathryn the Grape, is the founder and CEO of Kandon Unlimited, Inc., a heart-centered mindful media company purposeful about creating and producing positive and empowering media for people of all ages. An experienced and engaged speaker, Kathryn is passionate about elevating others to heightened levels of personal and professional fulfillment through her straightforward, animated, and vulnerable approach. Over the past twenty years Kathryn has spoken with groups of all sizes while leading sales trainings, self-empowerment seminars, and school assemblies. In 2012 she gave a TEDx Talk, “Choice Point Moments,” and shared insights weekly on her internet radio show The Ripple Effect with Kathryn Cloward.

Kathryn has consistently channeled her energy into graciously helping others by donating her time and resources to a variety of non-profit organizations and enrichment programs for youth. She joyfully helps raise awareness and money for local and national charitable causes by writing and producing impact songs. "We Are Champions" supports children braving cancer and their families, and was debuted at Rady Children's Hospital Auxiliary's 2017 Celebration of Champions. "My Name is Divine" supports refugee youth and their families and debuted at Exiled Voices Refugee Art Experience in 2017, a collaborative partnership between Intrepid Theatre Company and SAY San Diego. "Heroes" supports children and adults with MPS, ML, and related diseases, and debuted at the National MPS Society's International MPS Symposium in 2018.

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