



LIZZIE CHARBONNEAU

YOUR WHOLE BODY

From Your Head to Your Toes,
and Everything in Between!

A book for families who want their children to learn about their entire bodies.

Your Whole Body helps parents teach their children the names of genitals in a comfortable way by seamlessly weaving in the explanations and illustrations for private parts as the book explores the body from head to toes. Written for ages 2-6, the vivid illustrations show children in everyday situations while providing detailed drawings of individual body parts.

ARCTICFLOWERPUBLISHING.COM

INFORMATION



Author Lizzie DeYoung Charbonneau believes it is important for young children to know about all of their body parts. To help, she wrote *Your Whole Body*, consulting with parents, child safety experts, pediatricians, gender specialists, and educators.

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Your Whole Body is available on Amazon and arcticflowerpublishing.com for \$17.99.

You can learn more at arcticflowerpublishing.com/books or by following [@yourwholebodybook](https://www.instagram.com/yourwholebodybook) on Instagram.

Finally, a book that weaves in the correct terminology for genitals with all other body parts. *Your Whole Body* will teach children the names of the body parts from head to toe, normalizing words that are often uncomfortable for adults to say.

Feather Berkower, LCSW
Child Sexual Assault Prevention Educator and Author
Parenting Safe Children (parentingsafechildren.com)



This book hits all the marks for providing accurate, inclusive, shame-free body literacy education! The illustrations are diverse, include representation of different abilities, and the book does not gender bodies.

Melissa Carnagey, LBSW
Sex Educator and Author
Founder of Sex Positive Families (sexpositivefamilies.com)

ABOUT US



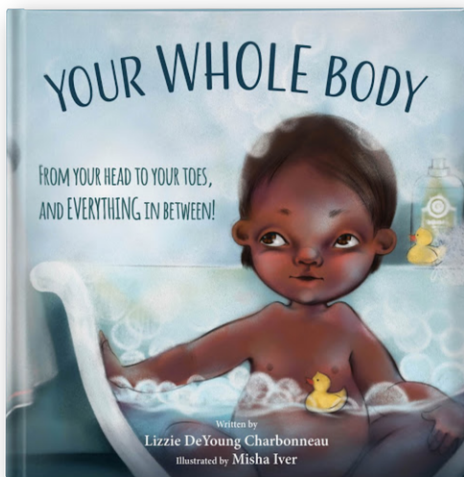
Lizzie DeYoung Charbonneau believes it is important for young children to know about all of their body parts. To help, she wrote *Your Whole Body*, consulting with parents, child safety experts, pediatricians, gender specialists, and educators.

In addition to being a children's book author, Lizzie is software developer and mother. She grew up in Anchorage, Alaska and currently resides in Massachusetts.

Misha Iver is an illustrator who has made her home in Burlington, Vermont.

Because she believes that children's literature represents inspiration, transformation, and hope, she feels lucky to work in this field where she can be a part of a significant and beautiful force.

Misha draws her deepest inspiration from nature, and her love for botanical illustration has made it a specialty of hers.



Lizzie knew it was important to teach her son the name of his genitals from an early age, but was uncomfortable saying words like penis, scrotum, and anus out loud. She wanted an age-appropriate and inclusive book to help her teach these words to her son. When she couldn't find what she was looking for, she wrote it. The result is *Your Whole Body: From Your Head to Your Toes, and Everything in Between!*

WHAT PEOPLE ARE SAYING

Your Whole Body is a beautiful tool to help children learn about all the parts of their body. I love that each page includes basic information palatable for even the youngest of readers and also more specific information for those more curious about the specifics of the human body. As a child sexual abuse prevention advocate and educator, I am thrilled to be able to recommend a book for children that covers all parts of human anatomy, including genitalia. It is so essential in empowering children that we do not make these most private parts of their body feel "taboo". Thank you Lizzie & Misha for this much needed resource!

Adrianne Simeone
Founder President, The Mama Bear Effect (themamabeareffect.org)



What a wonderful book! So thorough, inclusive and accessible for kids to understand. Kids are naturally curious about bodies and this is a great way to introduce them to the details that most books for kids don't cover. The way the book is laid out makes it very natural to feature genitalia in a shame-free and anatomically correct way. Lizzie gets it right! I definitely recommend this book for their abuse prevention library.

Rosalia Rivera
Consent Educator and Abuse Prevention Expert
Founder of CONSENTparenting (consentparenting.com)

Your Whole Body is a refreshing and simple, yet not simplistic, introduction to the human body and all its fascinating functions. The author is intentional and sensitive to include a wide variety of experiences and abilities, supported by excellent and inclusive illustrations, to help most every child find themselves reflected in the book. The book provides "head to toe" accurate and age appropriate information about various body parts and does this all without labeling bodies and functions using social gender stereotypes, euphemisms, or cutesy names. Use of accurate names for body parts and functions empowers children to build positive body images, to have confidence in knowing their own bodies and how they work, and to engage in open and honest dialog about their bodies and what happens to them. This book will help teach children respect for themselves and for others from a body-positive approach.

Ruben Hopwood, PhD, MDiv
Psychologist, Educator, and Author; Hopwood Counseling & Consulting, LLC



SELL SHEET

BOOK SPECS

8.5"x8.5", 44 pages

LINKS TO BUY

arcticflowerpublishing.com/shop

amazon.com/gp/product/B09Q2LL5XG

SOCIAL HANDLES

Instagram: [@YourWholeBodyBook](https://www.instagram.com/YourWholeBodyBook)

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Arctic Flower Publishing

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