

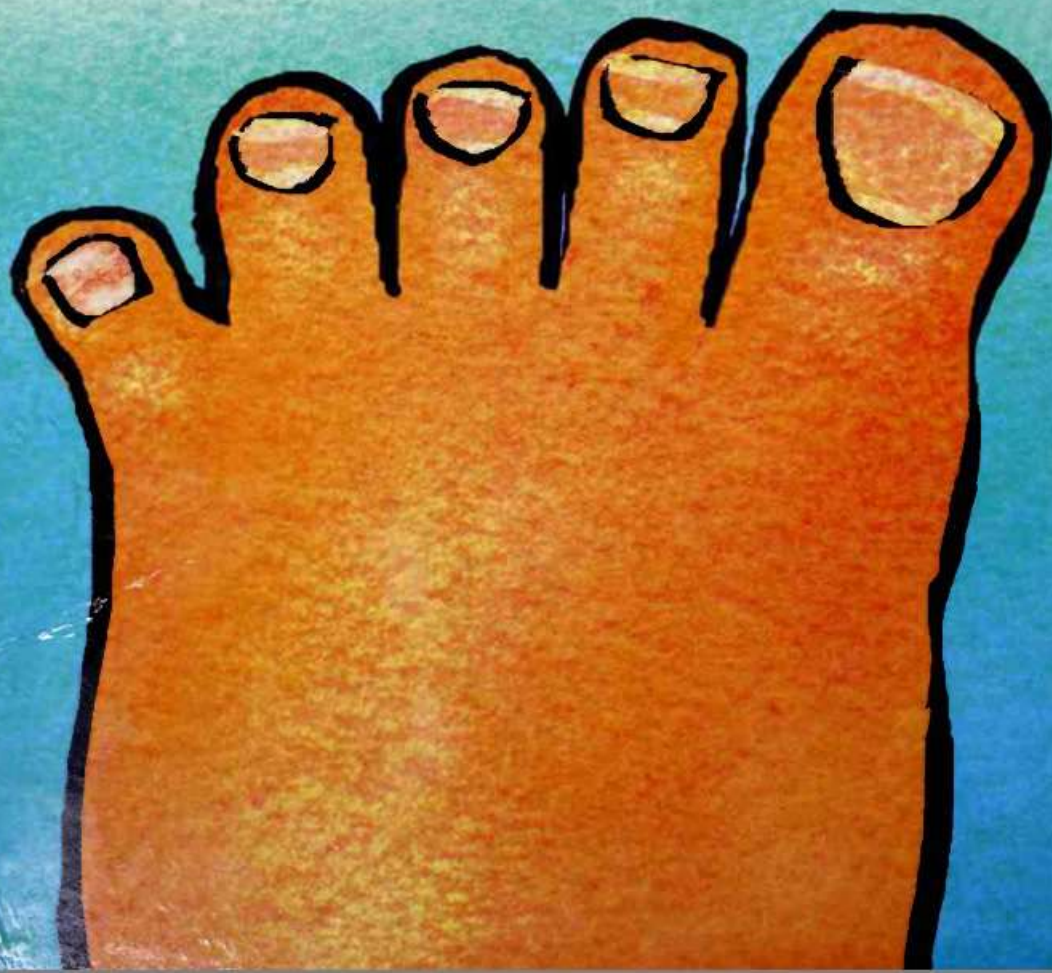


Feet
Are Not for
Kicking

By
Elizabeth
Verdick

Illustrated by
Mariëka Heinlen

Look at those feet!
Aren't they sweet?



Ten little toes, all in a row.

Let's count 1-2-3...



What are feet for?

Walking



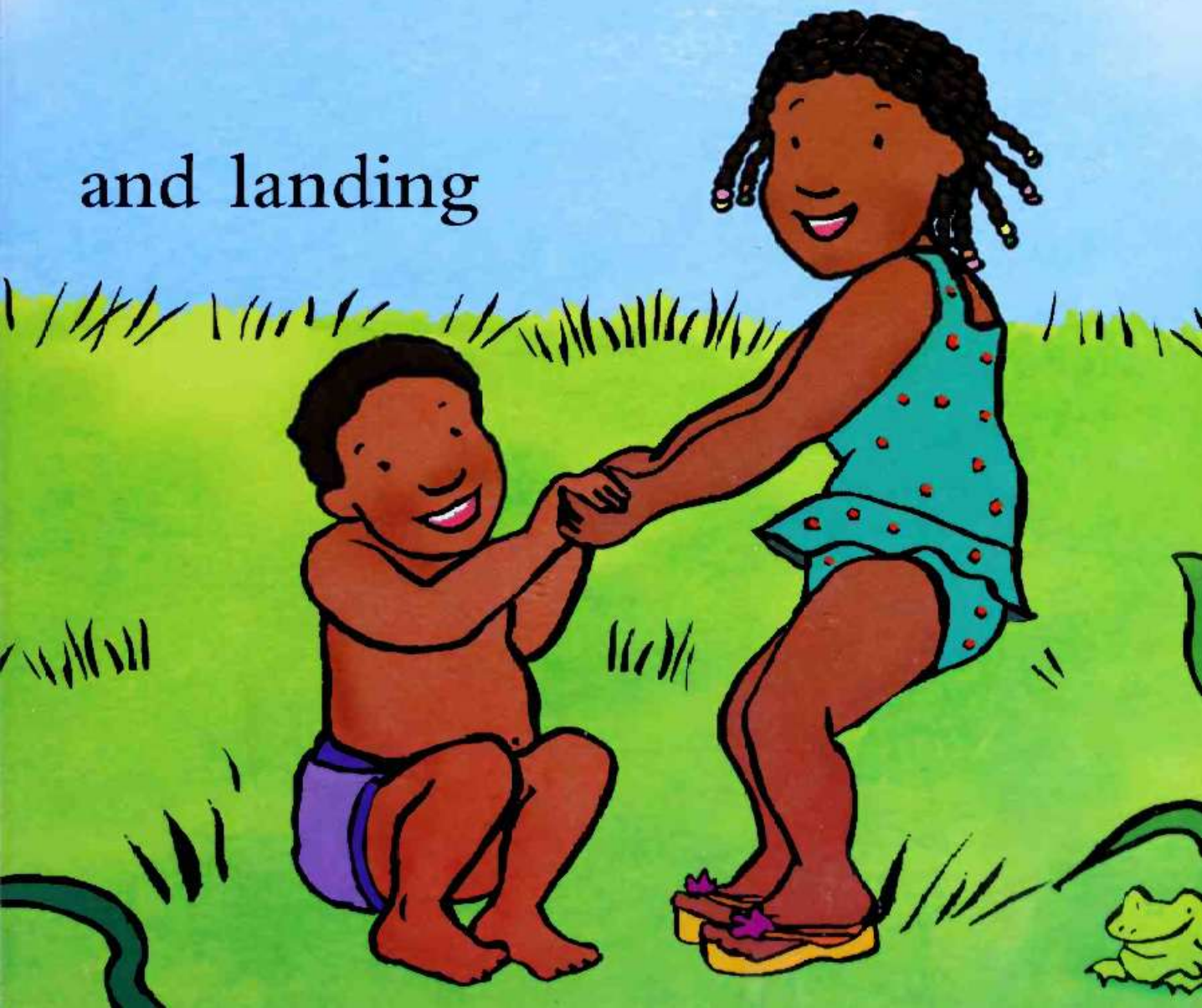
Standing



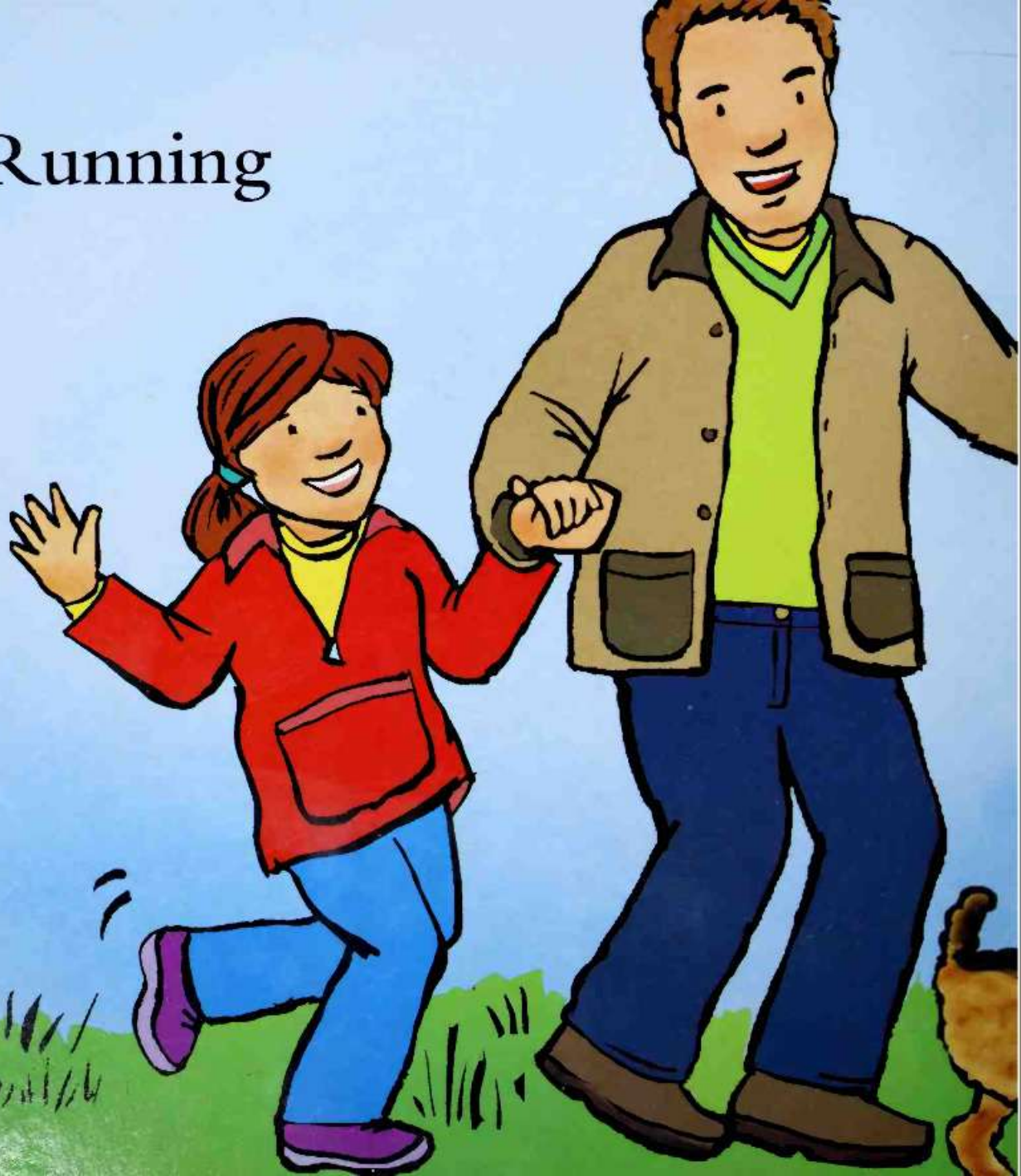
Leaping



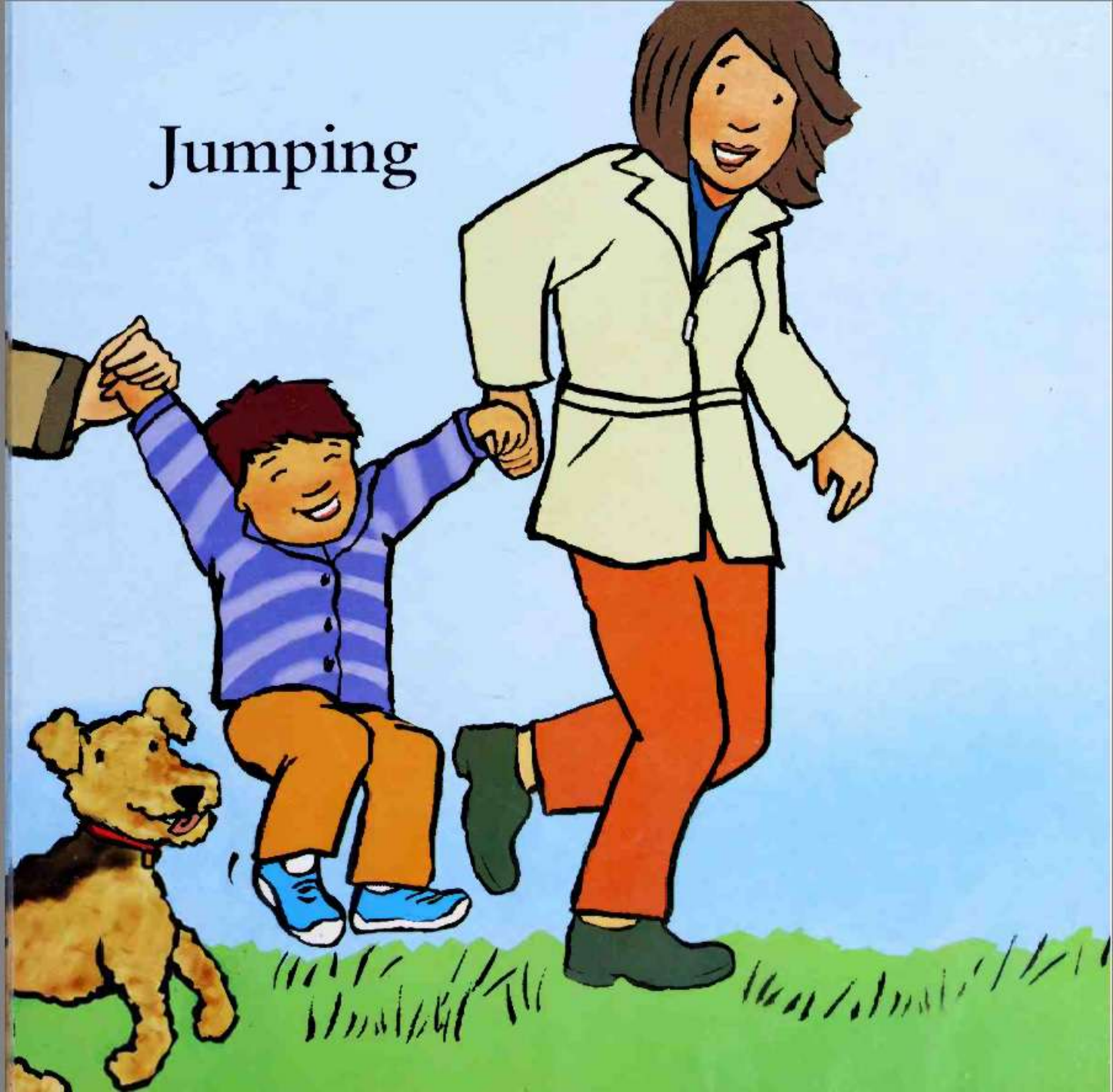
and landing



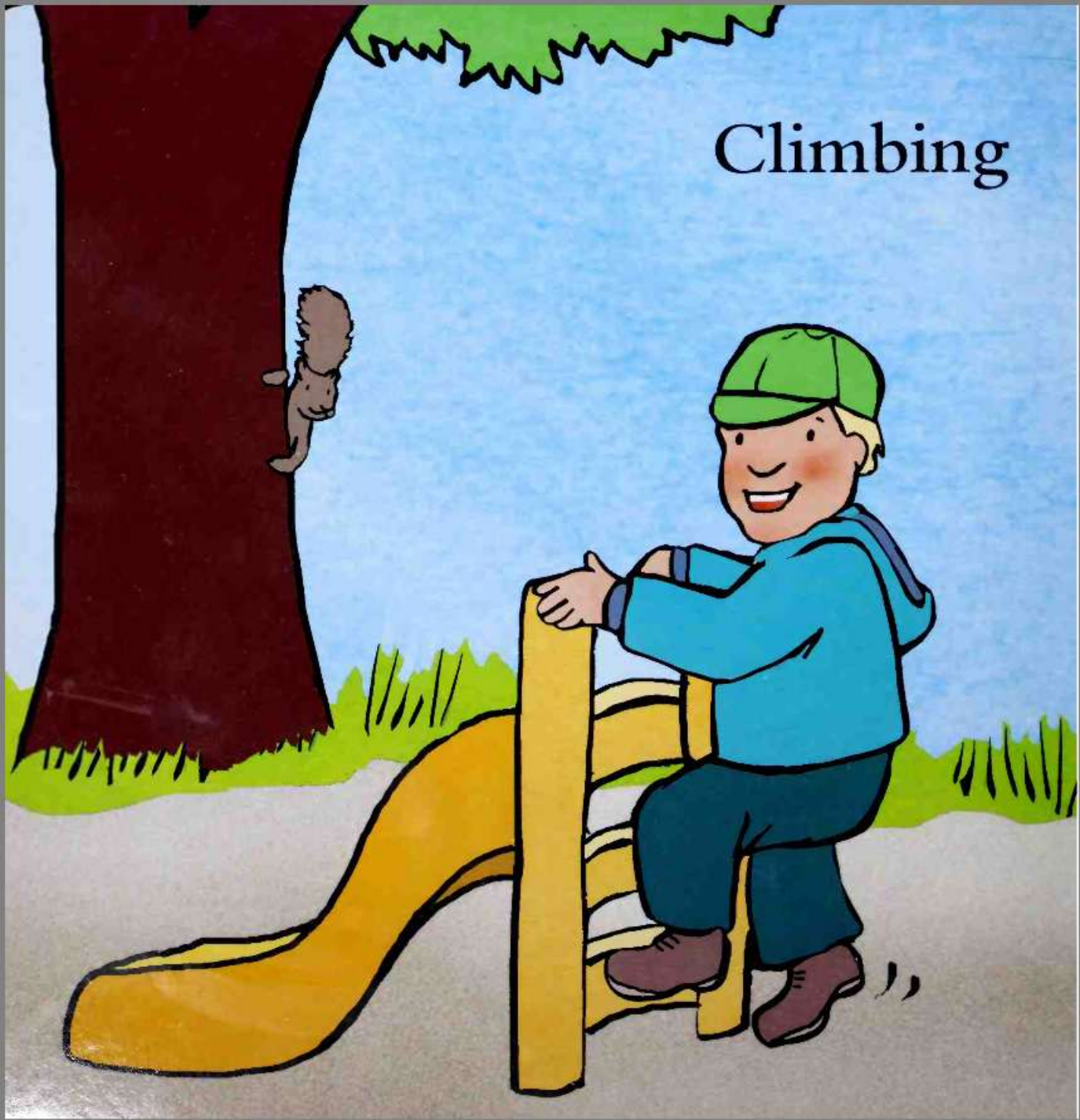
Running



Jumping



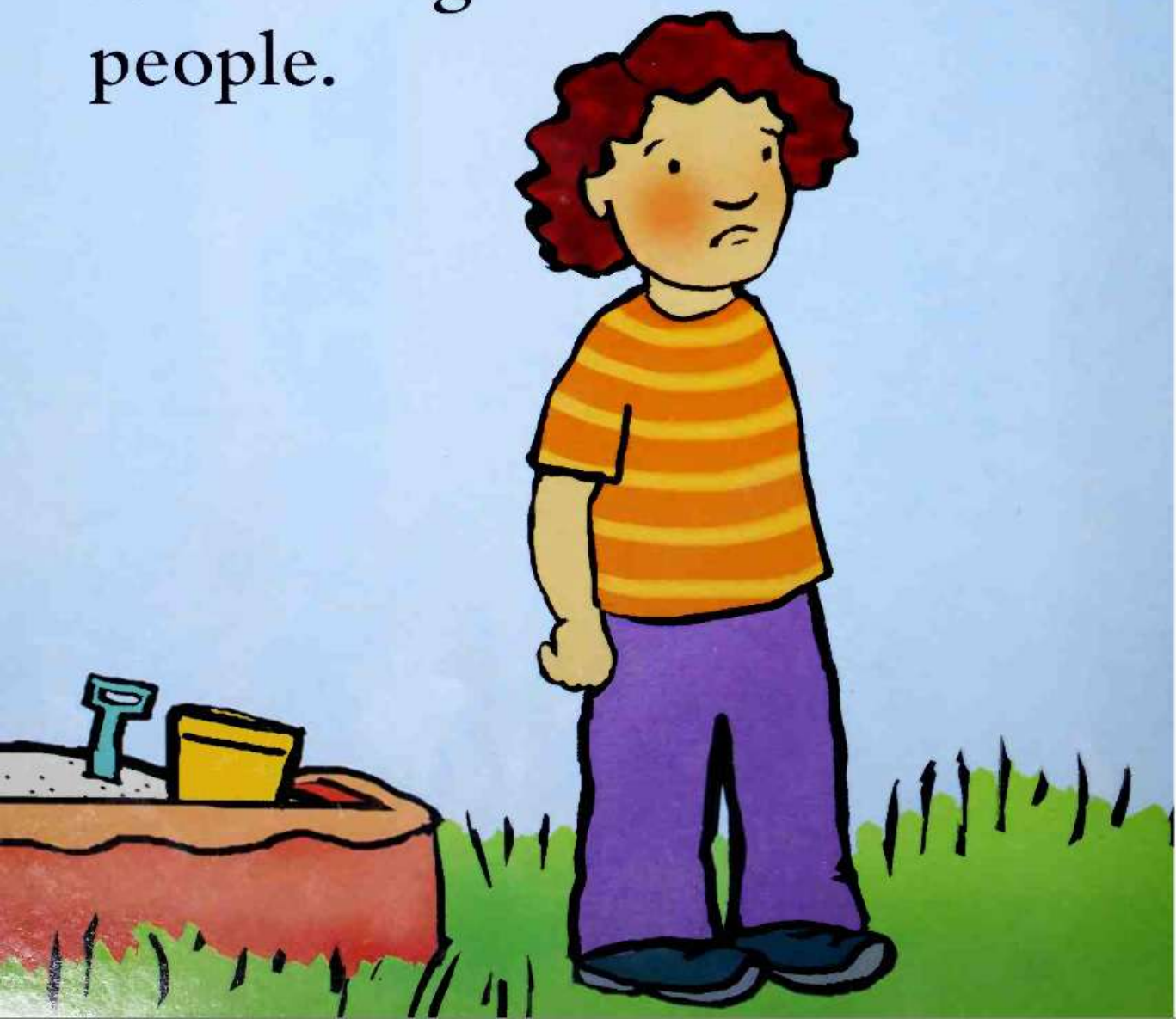
Climbing



and pumping



Feet are not
for kicking
people.



Ouch! Kicking hurts.

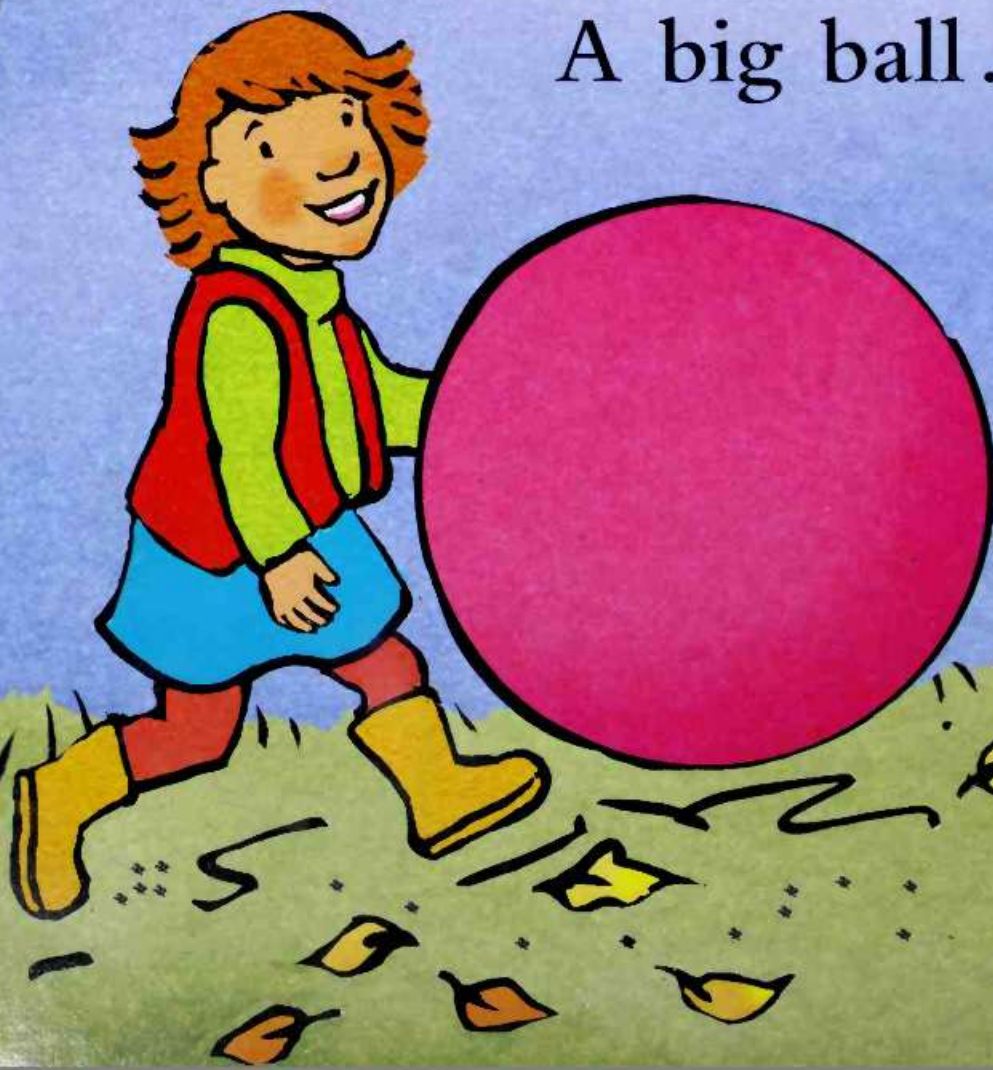


OOOOWW!



If you want to kick,
what can you kick?

A big ball...

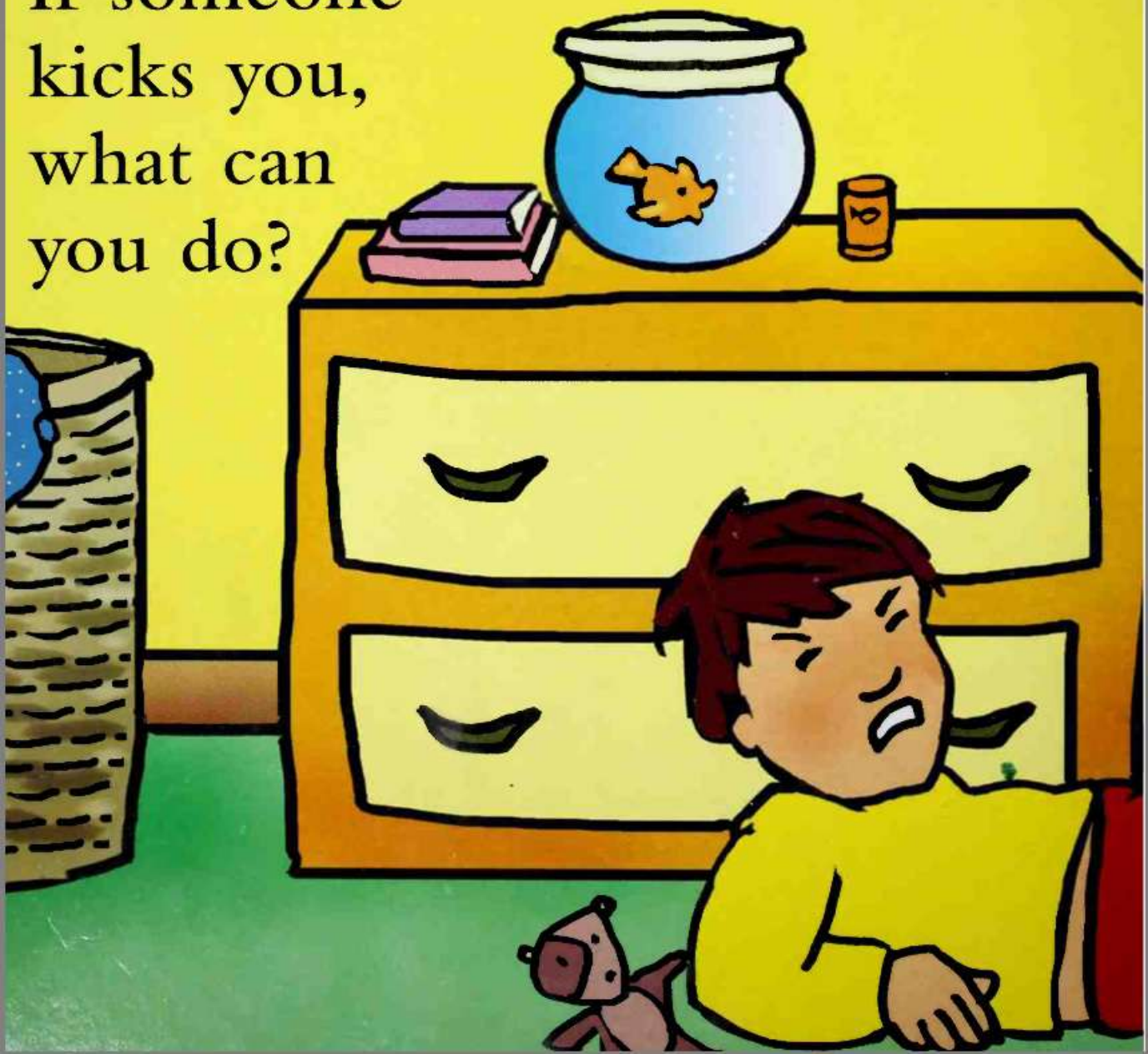


a little ball...

or leaves in the fall.

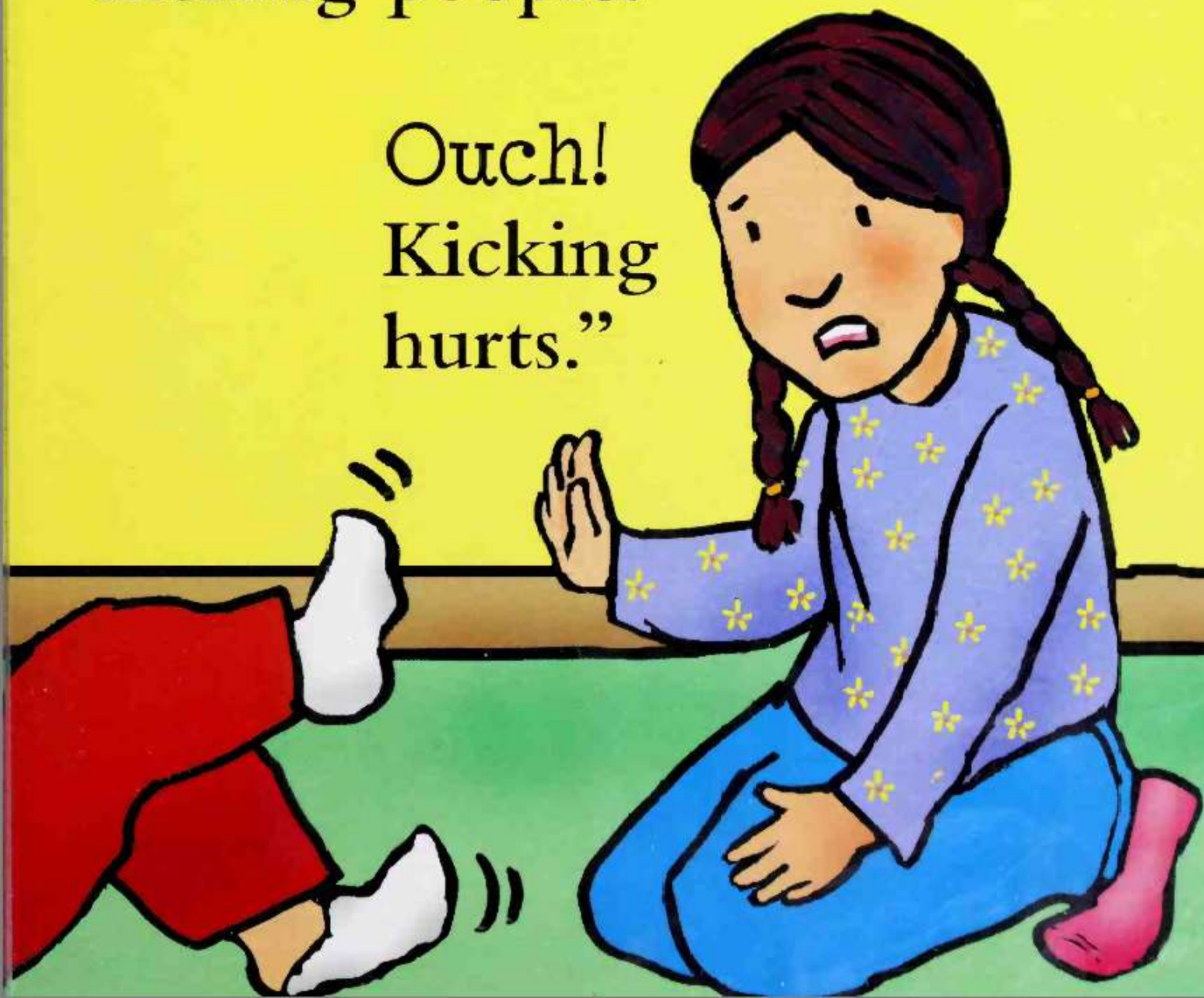


If someone
kicks you,
what can
you do?



Say: "Feet are not for
kicking people.

Ouch!
Kicking
hurts."

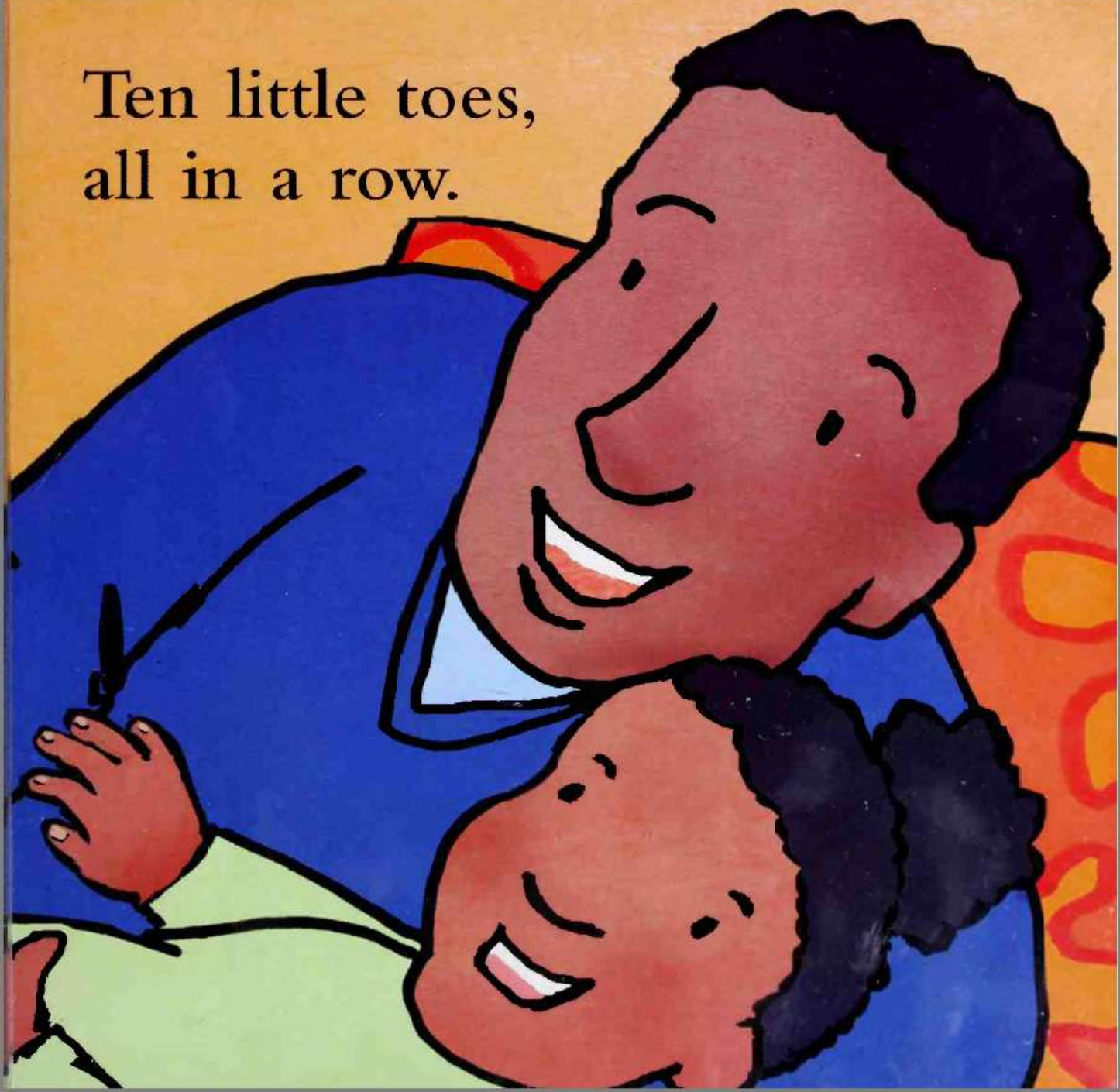


Look at those feet!
Aren't they sweet?

Wiggle them around!



Ten little toes,
all in a row.



Feet are not
for kicking
someone...







... feet are
for **FUN!**

A Message for Parents and Caregivers

Toddlers are bundles of energy, and they love to run, jump, tumble, and explore all the wonderful things that their legs and feet help them do. But these little explorers are often unpredictable: one moment they're smiling and the next they're throwing a tantrum—complete with screaming, crying, and kicking. (If you've ever been kicked by a tantrum-throwing toddler, you know how much it can hurt!)

When children this age are angry or frustrated, they tend to lash out with their voices, hands, and feet. These explosive moments are normal, but when they happen, someone might get hurt. Toddlers need help understanding that hurting others isn't okay. We can teach them that feet are not for kicking people—because kicking hurts. And we can reinforce this message by emphasizing all the positive things our feet let us do.



Tips to help toddlers be sweet with their feet

- Watch for signs that a child may be frustrated, cranky, angry, tired, or distressed—times when kicking is more likely to occur. Step in before kicking begins.
- Stay calm when tantrums happen. If a child is kicking and flailing, move him or her to a safe place so no one gets hurt. Holding a thrashing toddler may or may not help—it depends on the child. Do your best to speak softly and express empathy until the tantrum subsides.
- If a child kicks someone, you can use the phrase “Feet are not for kicking people.” Say it gently and kindly, without yelling or scolding. You might add: “Ouch! Kicking hurts.”
- Help energetic little ones stay active throughout the day, so they’re less likely to use their feet to hurt someone else. Give them plenty of opportunities to run, jump, climb, dance, pedal a tricycle—and, of course, kick a ball!

EARLY CHILDHOOD/AGES 0-3

Oppenheim Toy Portfolio Gold Book Award • Read, America! Selection • Dr. Toy's Smart Play/Smart Toy Products Winner • Creative Child Magazine Seal of Excellence



Feet Are Not for Kicking

“Look at those feet! Aren’t they sweet!” Yes—when they’re walking, standing, leaping, and landing. And when they’re kicking balls or leaves. But not when they’re kicking people. In simple words and colorful pictures, this book helps little ones learn to use their feet for fun, not hurting others. Includes helpful tips for parents and caregivers.

Other books in Free Spirit’s award-winning Best Behavior™ series:

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