

I Can Be Me,



BRILLIANTLY

A book about self love and gender expression



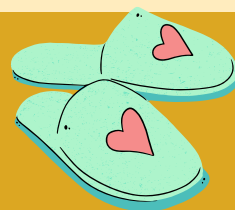
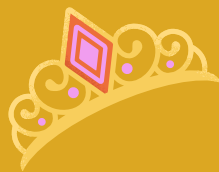
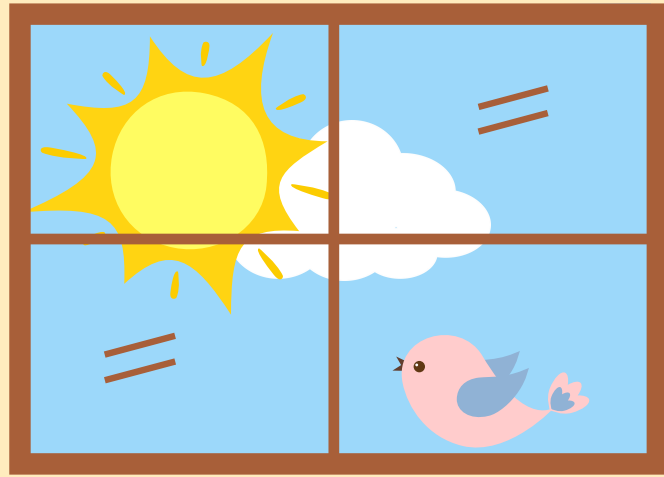
GUIDE

Child Life Private Practice

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I can be me when I wake-up each day!



What will I do? What will I play?

I can be me in pants or a dress.



So many choices, my room is a
mess!

I can be me when I go to school.



I read books about people like me!
And how special people can be.

I can be me when I play with
my friends.



They can be them, and I can be me.
And so can she and he!

I can be me in all different ways!



I can sing. I can dance,
and perform on a stage.

When I grow-up,
who knows who I'll be!



A firefighter, chef, doctor or teacher.
I love to dream of the me I can be.

I feel lots of ways when I feel like me.
Sometimes I'm happy, sad, silly or scared.



I might feel mad, worried, calm or proud.
It's okay to feel all of my feelings inside or out loud.

When I am me I am smart. I am loved.
I am brave. I am strong. I am kind.



When I am me I am silly. I am fun.
I am all of these things all wrapped into one!

The most important thing to remember,
from January all the way to December.



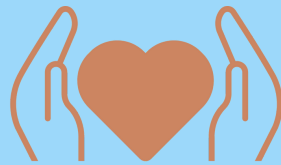
The exact me that I want to be,
is amazing and special, and brilliantly me!

For more information surrounding ways to support your child,
students or community connect with our team at GUIDE.

www.HowToSupportChildren.com

: @GUIDE.ChildLife

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