



Helping little ones say
"Goodbye for now" using:

The Kissing Hand

By Audrey Penn

In this story, Chester raccoon is feeling scared to leave his mommy to go to Kindergarten.

His Mommy helps him feel safe by telling him the story of the "Kissing Hand",

Mommy kisses the inside of Chester's hand, and this magical kiss stays with him all day to help remind him "Mommy loves you".



Compiled by
Sam Chaplin LICSW,
for families of the Children's Clinic

Mrs. Raccoon smiled. "Now," she told Chester, "whenever you feel lonely and need a little loving from home, just press your hand to your cheek and think, 'Mommy loves you. Mommy loves you.' And that very kiss will jump to your face and fill you with toasty warm thoughts."



Small children feel comforted by rituals
These can be special songs, sayings, or actions that we repeat

Since kids learn by practicing...
think of a ritual as a way that kids learn and remember how to feel safe when they are sad or worried.

Sad and worried feelings are normal.
It's okay for kids to feel these things.

Sometimes, as parents, we feel like it's our job to make those feelings go away.
But... that's not our job.

A parent's job is to help kids know that they are safe,
even when they are having uncomfortable feelings

Read

You can find used + new copies of the book on Amazon. It's also available in Kindle form:

[The Kissing Hand book](#)

Watch

If you can't get a copy of the book, there is a great read-aloud version on YouTube:

[The Kissing Hand read-aloud](#)

Create

Use coloring pages or an art project to talk more about the kissing hand (descriptions on next page)

Make it your own

When your little one needs some help to feel safe when saying goodbye,

kiss the center of her palm to remind her that you always love her, even when you're apart

Hand-Tracing Project



SUPPLIES:

Paper, and your choice of Markers, Pencil, or Crayons

DIRECTIONS:

1. Lay out a piece of paper on a flat surface
2. Have your child place their hand, palm-side down, on the piece of paper, fingers spread out
3. Hold still!
4. Trace their hand with your marker, pencil, or crayon
5. Now, it's your turn! Help your little one trace your palm next to theirs on the page

Check out the cute poem on the next page!
You can read this together and draw a heart
in the center of the palms of each of your hands.

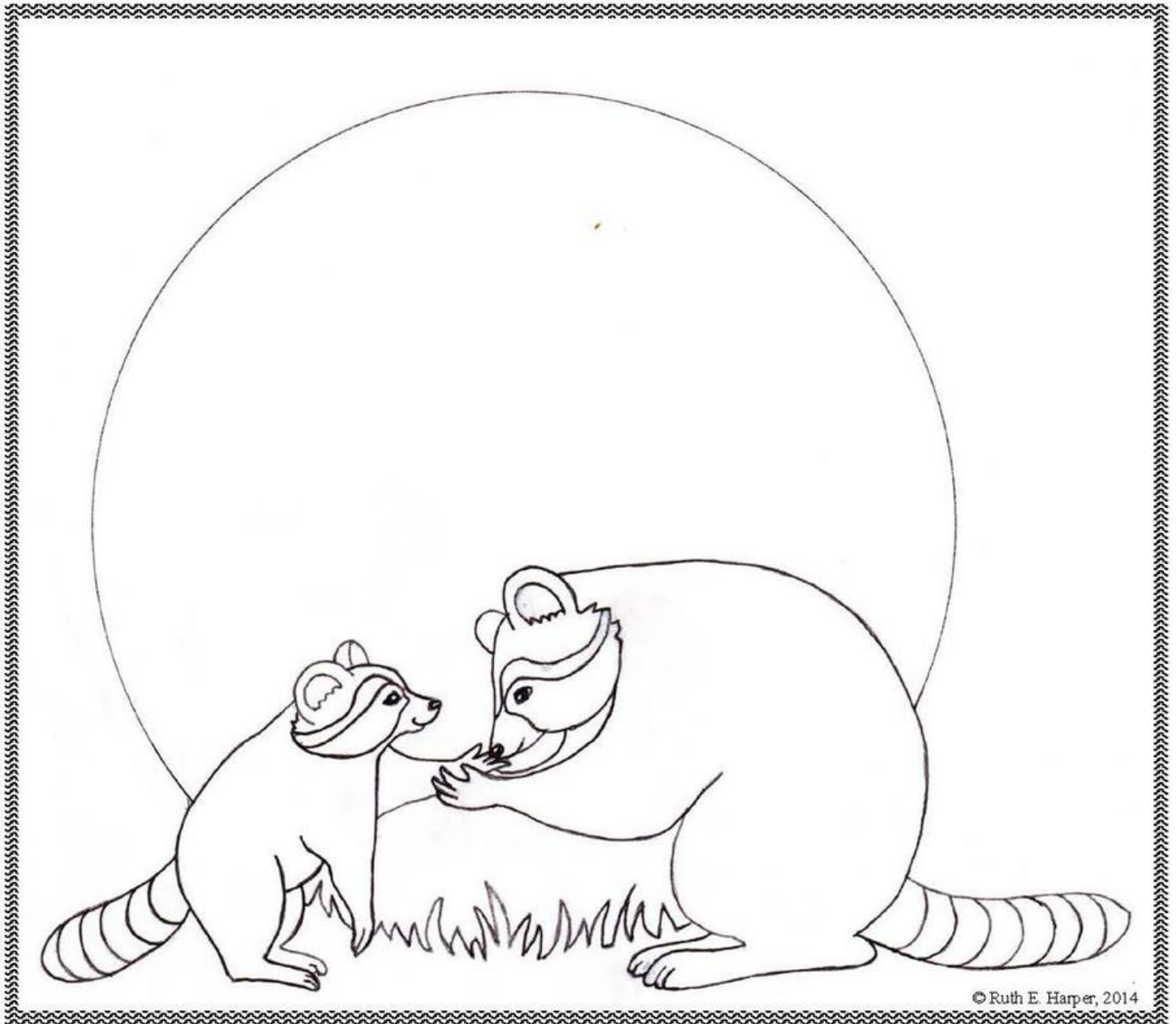


Here's a special trick I know
When I'm sad and scared to go.
Take my hand and kiss it here.
This kiss from you, I will hold dear.
Down my hand and up my arm,
Into my heart the kiss goes on.

Print out this page + color it in together!

My Name: _____

My age _____



Chester gets a kiss in the palm of his hand!

Can you color them with little furry lines? Add whiskers.
Don't forget they have a black mask! What color is the moon?
Can you add a red heart?