



# Just Because I Am: A Child's Book of Affirmation

*Lauren Murphy Payne M.S.W. LCSW*

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Young children need support and encouragement as they learn to value themselves and recognize their own worth—"not because of the things I do, not because of what I look like, not because of what I have . . . just because I am." This book of sweet, simple affirmations for children helps them respect their bodies, acknowledge their own needs, and name their feelings. *Just Because I Am* invites little ones to love, accept, and feel good about themselves exactly as they are. A special section for parents, teachers, and caregivers includes activities and discussion questions to use with children.

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