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**In memory of Mary Cameron Robinson.
Cammy's spirit will forever live on.**

This book is made possible by:



Prevention and education of eating disorders is the mission of the MCR Foundation. Founded in 2006 after the death of Mary Cameron Robinson, the MCR Foundation raises awareness, provides resources, education, and most importantly, hope for those suffering from eating disorders including their families and friends.

Foreword

As a school counselor, I find myself addressing concerns about dieting and negative eating thoughts and behaviors at increasingly younger grade levels. For instance, a six year old's choice to eat only lettuce for lunch, an eight year old's discussion about the insoluble fiber in her snack, and a ten year old's fear of wearing stretch pants to dance class are just a few of the realistic situations recently appearing at my door.

How to be Comfortable in Your Own Feathers uses a creative approach to speak to children who may be currently struggling with body-image concerns. Due to the sensitive nature of this topic, it is important that adults understand how to use this book effectively. This story is written in a manner that gives children an opportunity to apply the characters' experiences to their own lives. It also demonstrates appropriate adult responses that encourage the development of healthy eating habits.

The story and underlying messages may be interpreted by children in various ways; therefore, adults should be mindful that further questions surrounding the topic of body-image and unhealthy eating patterns could develop. Depending on the situation, adults may want to consult with a physician and/or a trained mental health professional.

Written in true "Julia Cook" form, this book is a great resource for early intervention that is destined to make a positive impact on the lives of many children and adults!

A handwritten signature in black ink that reads "Sarah I. Springer". The signature is written in a cursive, flowing style.

Sarah I Springer, Ed.M., M.A.

I am a bluebird. I have strong wings and pretty blue feathers that match the sky.



**My mom always says that I'm lucky to be a bird.
She says that all birds are beautiful creatures.**

But that's not what the hummingbird at school told me. The hummingbird is the most popular bird in my class.



Everyone wants to be like her. She can flutter better than any bird I have ever seen. At recess, she was trying to teach all of us how to do it.



*"Flap your wings faster,
just like me!*

*Not like a duck,
more like a bee.*

*Of course, it would help
if you all weren't so big.*

*You just can't flutter
if you look like a pig!"*





We all tried and tried, but none of us could do it very well.
Sparrow did the best of all of us. She even fluttered a couple of times.

Chicken flapped as hard as she could, but she couldn't even
get her feet off of the ground once.

I got my feet to leave the ground easily enough, but every time
I flapped, I flew.

I couldn't get my wings to flutter at all.

