

STAFFORD · HOUSE · BOOKS

SPRING 2024 CATALOG



Dear Reader,

This year marks the fifteenth anniversary of Stafford House Books! We continue to grow and thrive as we adapt to shifts in the publishing industry. There is a growing trend toward the digital domain, with a higher demand for audiobooks and ebooks; however, print books are still the most popular book format. In addition, the top trends in children's books for 2024 include diversity, inclusivity, and digital illustration. More and more illustrators are turning to digital tools to create their artwork, including Emma Allen, the illustrator for Stafford House Books' Little Mouse Adventures series. This series is a Moonbeam Children's Book Awards Gold Medal winner for the Best Book Series in the Picture Book category. All the books in the series are available in print as well as ebook format.

We continue to be on the cutting edge of the publishing industry with our children's book content. We have added a Little Mouse plush stuffed animal for children to take on their very own adventures. In addition, the sixth book in the Little Mouse Adventures series debuts in August, just in time for Back-to-School Month. This eighty-page illustrated chapter book is written for children ages six to nine. The story follows the main character, Little Mouse, who discovers that true greatness is determined by the way he treats others.

Stafford House Books is committed to creating unique content with engaging illustrations, as this blend plays a vital role in the educational development of young readers. Our mission is to break down socio-economic and cultural barriers by providing everyone with access to yoga and mindfulness, especially children. Since 2009, we have published books, music, and other educational resources to help children, students, parents, and educators enrich their lives and manage stress.

The continued uncertainty in the world has many seeking ways to calm their minds and bodies. This has in turn led to an increased interest in our backlist, such as *The ABCs of Yoga for Kids* in hardcover and paperback, *My First Yoga ABC* board book, and *The ABCs of Yoga for Kids Learning Cards*. We are also thrilled to report that *The ABCs of Yoga for Kids* is available at army and navy bases around the world to provide military parents and children with a healthy activity to practice together.

We thank you for allowing us the opportunity to be able to enrich your lives with the gift of yoga and mindfulness.

All the best,

Stafford House Books

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STAFFORD HOUSE BOOKS

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NEW!

In Search of the Holy Grail

Written by Teresa Anne Power • Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 6

When yoga-loving Little Mouse moves from the city to his grandparents' farm, he learns that kindness and appreciation can help make friends anywhere. Together, Little Mouse and his new friends must band together to find the magical Holy Grail to defeat an enemy threatening their happy community. With a little yoga, mindfulness, and teamwork, Little Mouse and friends are in for the adventure of their lives!

A great mouse shows his greatness by the way he treats others.

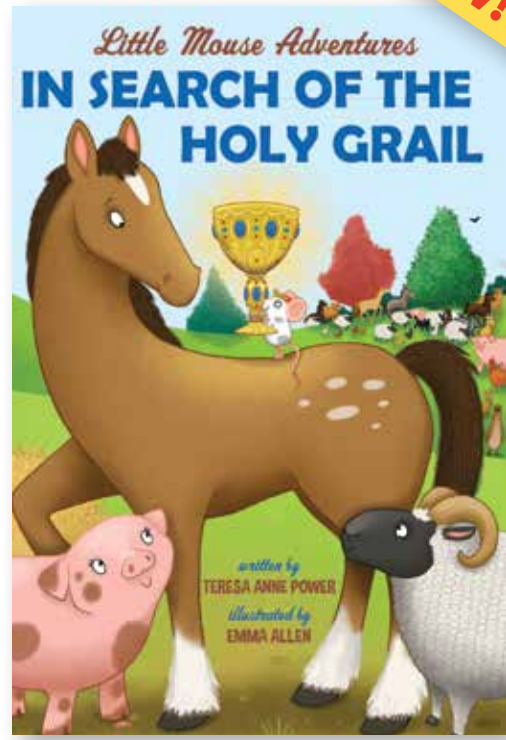
In Search of the Holy Grail is the first chapter book in the award-winning Little Mouse Adventures series.

“An endearing story about Little Mouse’s Journey from the City to the Farm and all the characters and lessons he learns along the way. The characters are very well-developed and they learn to understand each other’s differences to fight a common enemy. . . . There were so many moments in the book that brought me through a range of emotions—from Little Mouse learning to understand his friends’ differences to the journey of finding the Holy Grail—the characters’ adventures are fun, moving, and inspirational.”

—BookSirens

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids’ Yoga Day.

Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.



ISBN: 978-1736622063	Category: Juvenile Fiction
Price: \$12.95	Ages: 6–9
Format: Hardcover Picture Book with Dust Jacket	Publication Date: August 6, 2024
Trim: 6" x 9"	Ebook ISBN: 978-1736622070
Pages: 80	Ebook Price: \$6.95

MARKETING

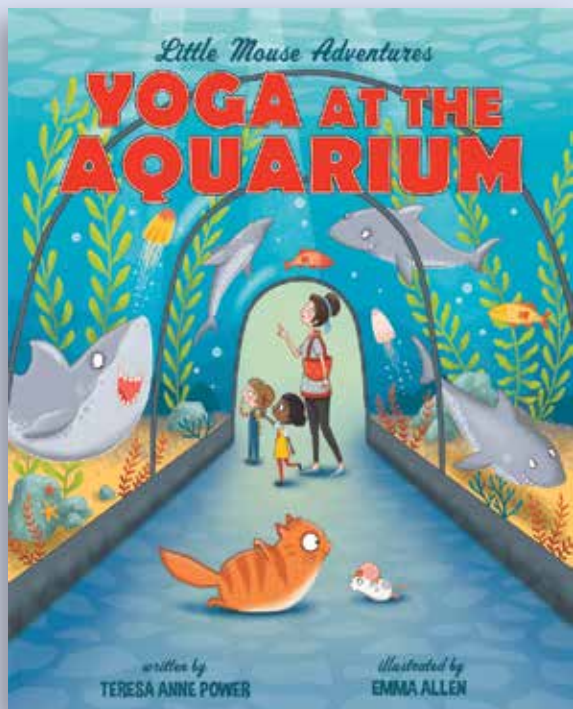
- Print, national TV, radio, and online marketing campaigns. Advance galley mailing.
- To be released in conjunction with Back-to-School Month and Kindergarten Readiness Month.
- Author tie-in events with libraries, bookstores, and schools.



Little Mouse Plush 7" Stuffed Animal

Children can now take Little Mouse on their own adventures with the new Little Mouse stuffed animal, perfect as a complement to the series or as a stand-alone furry friend!

ISBN: 978-1736622087
Price: \$12.95
Format: Stuffed Animal
Ages: 3 and up
Availability Date:
 February 1, 2024



ISBN: 978-1736622018

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: June 1, 2023

Ebook ISBN: 978-1736622049

Ebook Price: \$6.95

AWARD

**Moonbeam Children's Book Award,
Best Picture Book Series**

Gold

Yoga at the Aquarium

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 5

Join Little Mouse on a hot summer day as he visits the aquarium for the first time with his best friend, Mr. Opus, the orange tabby cat. Together, they meet and learn about all kinds of animals, such as octopi, dolphins, crabs, turtles, and even sharks! Along the way, Little Mouse has lots of yoga fun and learns to appreciate the similarities he shares with his new aquatic friends, as well as the differences.

“Little Mouse and Mr. Opus are courageous and inspiring. . . *Yoga at the Aquarium* is a fun way to explore the undersea world and promote wellness for kids of all ages. I cannot wait to share this story with my aquarium friends.”

—Jose Bacallao, Exhibits Director,
Cabrillo Marine Aquarium

“In Little Mouse’s latest adventure, we’re introduced to poses that are so much fun to try out together! This, along with many interesting facts about marine animals, makes this an amazing book to engage both body and mind.”

—Yon Kahlon, founder of Nooksy

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids’ Yoga Day.

Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.

Halloween Yoga

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 4

Get excited for Halloween and learn some simple, not-so-spooky yoga poses at the same time with Little Mouse and friends! Your ghosts and goblins will stretch like witches, ghosts, and black cats with this charming board book set to rhyme from bestselling author Teresa Power.

“Easy to read, fun to follow along with and to do the poses as you read it. . . . Children will fall in love with the spooky and fun poses that they can incorporate into practice every day of the year (not just at Halloween).”

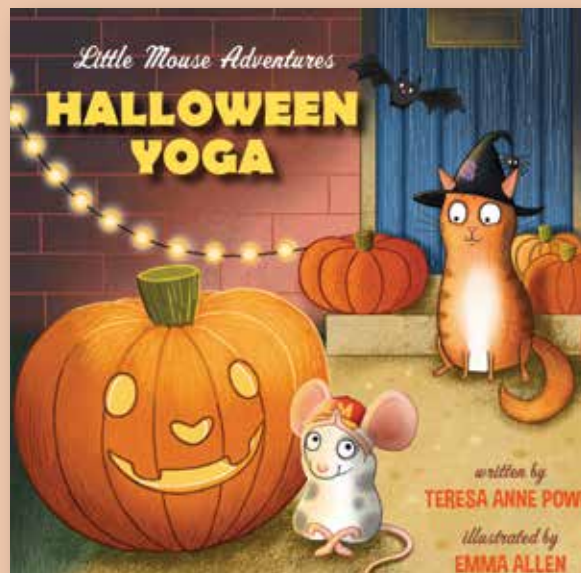
—*Working Mommy Journal*

“Little Mouse and friends prove that yoga is for everybody. *Halloween Yoga* teaches us that caring for ourselves is fun!”

—**Adriene Mishler, teacher, writer, and founder of Yoga with Adriene and Find What Feels Good**

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Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.



ISBN: 978-1734478693

Price: \$8.95

Format: Board Book

Trim: 6.5" x 6.5"

Pages: 30

Category: Juvenile Fiction / Holidays & Celebrations / Halloween

Ages: 2–5

Publication Date: September 1, 2022

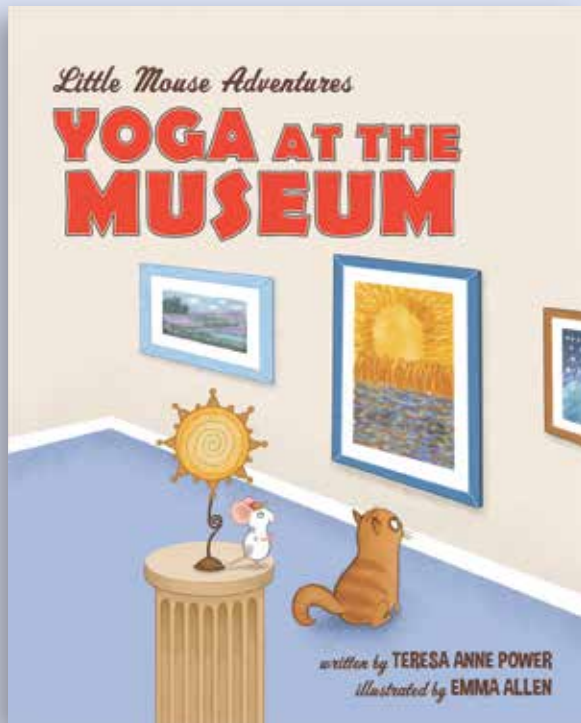
Ebook ISBN: 978-1736622001

Ebook price: \$6.95

AWARD

**Moonbeam Children’s Book Award,
Best Picture Book Series**

Gold



ISBN: 978-1734478655

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: May 18, 2021

Ebook ISBN: 978-1734478662

Ebook Price: \$6.95

AWARD

**Moonbeam Children's Book Award,
Best Picture Book Series**

Gold

Yoga at the Museum

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 3

Join Little Mouse and his feline friend, Mr. Opus, as they introduce young children to classic artwork by Vincent van Gogh, Georgia O’Keeffe, Frida Kahlo, and many others while learning simple, related yoga poses. This playful book combines art appreciation and yoga while gently teaching children how to navigate the excitement and uncertainty of new experiences.

“This sweet book reminds us that even our youngest friends have frustrating moments, and it gives easy-to-do yoga poses to help calm and recenter our thoughts. Paired with beautiful artwork from around the world, this book is a great addition to any home library.”

—Liesl Mahoney, Associate Educator for School and Family Programs, Brandywine River Museum of Art

“This delightful story shows children how creative exploration through art, yoga, and mindfulness practices can bring the balance needed to conquer even the trickiest parts of the day.”

—Jill Kelsey, Editor-in-Chief, *First Time Parent Magazine*

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids’ Yoga Day.

Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.

The Night before Kids' Yoga Day

Written by Teresa Anne Power

Illustrated by Anna Abramskaya

*It's the night before Kids' Yoga Day!
Are you ready to celebrate?*

It's Kids' Yoga Day eve and children around the globe are fast asleep. But one group of young yogis can't wait and decide to hold their very own celebration under the stars. In this send-up of the classic poem "The Night before Christmas," a mother is inspired by an impromptu yoga session in her backyard led by kids for kids. Readers will learn the simple yoga poses performed on Kids' Yoga Day every year, but no prior knowledge of yoga or this international holiday is required!

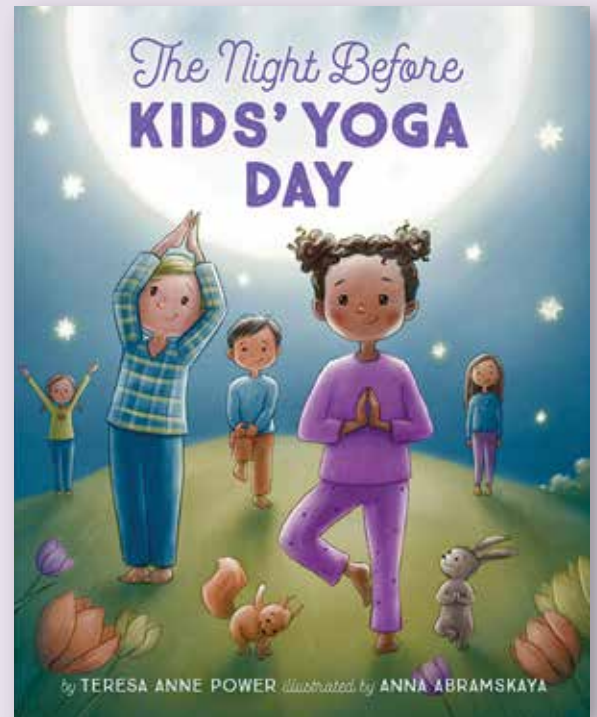
Kids' Yoga Day is a free celebration taking place every April. Since 2015, hundreds of thousands of children and their caregivers from over 40 countries have united to do the same routine at the same time around the globe. The result is magic.

"Kids' Yoga Day is a model to ensure greater success in groups, neighborhoods, cities, states, and nations. Kids' Yoga Day each year is a new beginning."

—Henry Hall, *Let's Move*, West Los Angeles

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids' Yoga Day.

Anna Abramskaya was born in Sevastopol, Ukraine, and graduated from Kharkiv State Academy of Design and Arts. Upon graduation, she moved to Washington State, where she lives with her husband and two daughters.



ISBN: 978-1734478624

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: February 9, 2021

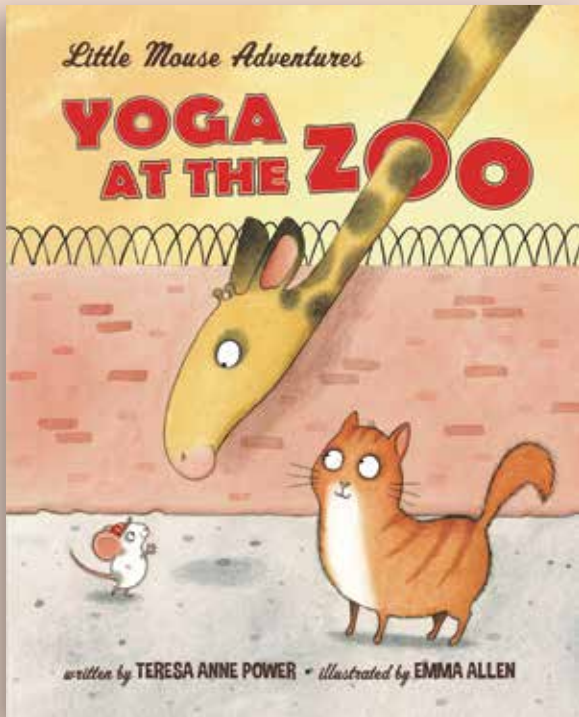
Ebook ISBN: 978-1734478631

Ebook Price: \$6.95

AWARD
Family Choice Award
Gold

A Tradition plus a Global Movement

- The 9th Annual Kids' Yoga Day took place on April 5, 2024. See kidsyogaday.com for more information.
- #kidsyogaday trends annually on social media, with videos and photos posted by teachers, schools, librarians, parents, yoga instructors, and others.



ISBN: 978-0998107097

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: March 1, 2020

Ebook ISBN: 978-0998107059

Ebook price: \$6.95

AWARDS

**Moonbeam Children's Book Award,
Best Picture Book Series**

Gold

Mom's Choice Award

Gold

Independent Publisher Book Award

Silver

Living Now Book Award

Silver

Yoga at the Zoo

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 1

Come along with curious, lovable Little Mouse and his best friend, Mr. Opus, the wise tabby cat, as they go to the zoo for the first time and meet new animal friends. This playful book teaches kids how to deal with new experiences, emotions, and friendship through simple yoga poses.

“Meet inquisitive and outgoing Little Mouse, his cat friend Mr. Opus, and his human friend Tammy. . . . No yoga experience is necessary to appreciate the book’s quiet mind mentality!”

—*Foreword Reviews*

“A delightful book that introduces the important yoga practices of self-regulation and self-calming in a way that a young child can appreciate.”

—**Sat Bir Singh Khalsa, PhD, Assistant Professor,
Harvard Medical School**

“A must-share with children! I love this sweet story with imaginative illustrations and a simple message that will truly resonate with kids (and adults)!”

—**Sara J. Weis, bestselling kids’ yoga author**

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Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.

Mindfulness at the Park

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 2

Lovable, curious Little Mouse is back to help kids use yoga and mindfulness to solve problems and manage emotions in *Mindfulness at the Park*! In this beautifully illustrated book, Little Mouse and his best friend, Mr. Opus, a lovably lazy cat, go on an adventure to a bustling neighborhood park filled with new sights, sounds, and people.

Blending humor and fun, *Mindfulness at the Park* gently imparts ways to navigate the excitement and uncertainty of new experiences and be more present in the world around us.

“Continuing the series’ mission to promote a love of yoga among children, this latest installment of Little Mouse Adventures explores mindfulness, encouraging happiness, peace, calm, and quiet. . . . The text is easy and accessible to young practitioners, who can engage its lessons whether they are at home, school, or in the park on a sunny afternoon.”

—*Foreword Reviews*

“This is a beautiful children’s book that is fun to read together . . . to practice mindfulness together as a family. It gives you great starting tools to begin your own practice as a family and to understand the importance of mindfulness. Combine this with adorable characters and illustrations—this book is a win win!”

—*Working Mommy Journal*

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ISBN: 978-1734478600

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: September 1, 2020

Ebook ISBN: 978-1734478617

Ebook price: \$6.95

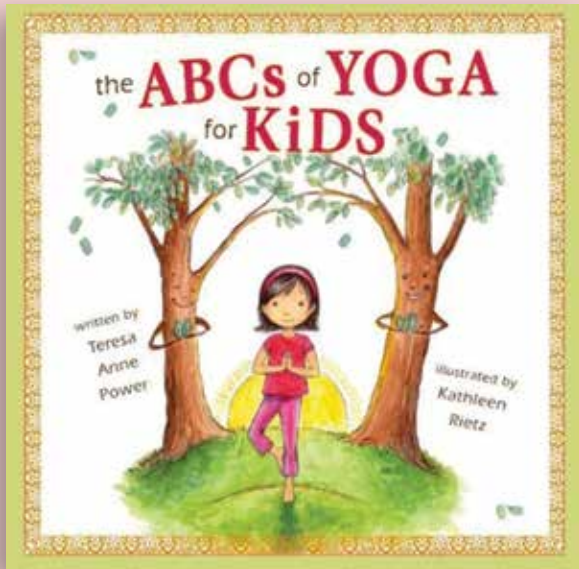
AWARD

**Moonbeam Children’s Book Award,
Best Picture Book Series**

Gold

Mom’s Choice Awards

Gold



The ABCs of Yoga for Kids

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

This is the book that started it all! *The ABCs of Yoga for Kids* uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. The 56 different poses featured in the book delightfully promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. Children have a lot of fun learning new positions, new letters, and new ideas. This book will delight and bring joy to the early yoga practitioner.

“Yoga offers so many benefits to mind, body, and soul that it’s wonderful to start kids at a young age. The best way to do that is to make it fun—and this book certainly does that. With its beautiful illustrations and instructive vignettes, it makes learning yoga like play. I love it!”

—**Mariel Hemingway, actress**

“A cute and colorful introduction to the art of bendiness and inner peace for children. . . . Power uses simple language to explain the intricate art form to youngsters.”

—*Foreword Reviews*

“Make[s] yoga accessible to even the youngest practitioner without reinventing it, dumbing it down, or ‘baby-fying’ it. It isn’t just yoga for kids; it’s good yoga for kids.”

—*Yoga Journal*

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids’ Yoga Day.

Kathleen Rietz has loved art from the time she was a little girl and has painted and drawn throughout her entire life. She resides in Chicago, Illinois.

ISBN: 978-0982258705

Price: \$19.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 10" x 10"

Pages: 32

Category: Juvenile Nonfiction

Ages: 3–5

Publication Date: September 16, 2009

Paperback ISBN: 978-0982258798

Paperback Price: \$9.95

Spanish Edition Paperback ISBN:

978-0982258743

Spanish Edition Paperback Price: \$8.95

AWARDS

Mom’s Choice Award, Gold

Family Choice Award, Gold

Independent Publisher Book Award, Gold

Living Now Book Award, Silver

Parent Tested Parent Approved Award

Moonbeam Children’s Book Award, Bronze

National Best Books Award

Finalist

The ABCs of Yoga for Kids Learning Cards

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids* Learning Cards feature 56 beautifully illustrated flashcards, each depicting a simple yoga pose and corresponding letter of the alphabet. The flashcards contain colorful illustrations from the bestselling book *The ABCs of Yoga for Kids*. They're perfect for learning not only yoga but the alphabet as well. Each pose delightfully promotes flexibility and coordination while encouraging kids to incorporate healthy activity into their daily lives.

“Best-selling and award-winning LA-based author and educator Teresa Anne Power brings fun into teaching by using the A, B, C's as a framework for introducing the teachings and techniques of yoga to kids. Perfect for educators and parents, this guide can be utilized repeatedly for maximum impact.”

—*LA Yoga*

“I am loving the learning cards. I use them in my preschool yoga classes. The illustrations are beautifully and gracefully drawn. . . . Enjoy these incredible cards—I certainly do!”

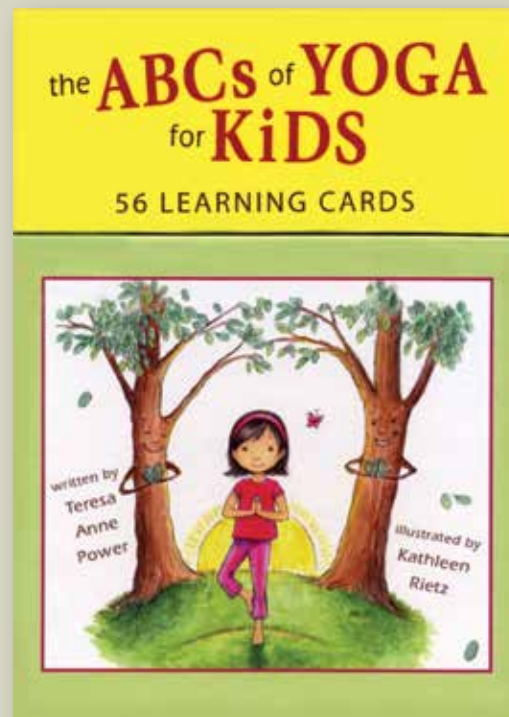
—Siri Krishna Khalsa, preschool yoga teacher

“I do this at home with my own children (ages 2 and 7). With nothing but a mat and these cards (and me offering guidance occasionally from the background) they can spend a good hour of silly giggles exercising their bodies.”

—*YogaintheLibrary.com*

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Kathleen Rietz has loved art from the time she was a little girl and has painted and drawn throughout her entire life. She resides in Chicago, Illinois.



ISBN: 978-0982258736

Price: \$19.95

Format: Flashcards plus Hard Box

Trim: 4.25" x 5.5"

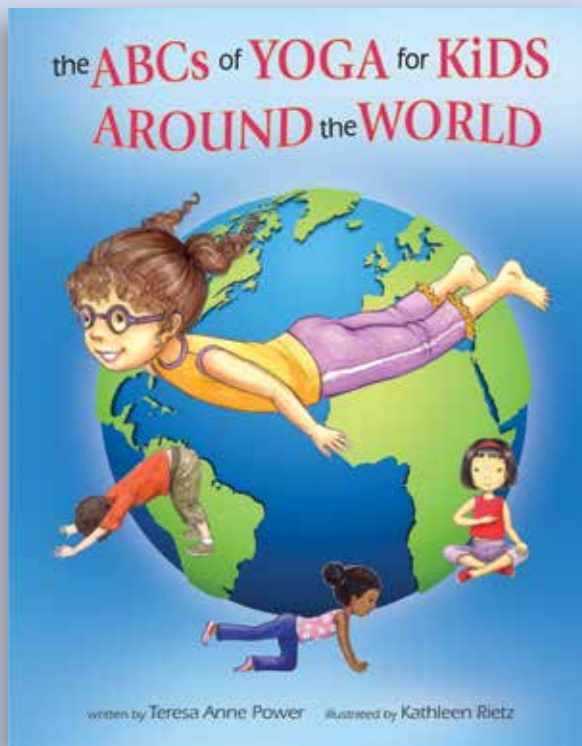
Pages: 56 Cards

Category: Juvenile Nonfiction

Ages: 3–5

Publication Date: April 1, 2011

*“With nothing but a mat
and these cards . . . they can spend
a good hour of silly giggles
exercising their bodies.”*



ISBN: 978-0982258781

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 11"

Pages: 32

Category: Juvenile Nonfiction

Ages: 3–5

Publication Date: April 7, 2017

AWARDS

Benjamin Franklin Award

Silver

Mom's Choice Award

Silver

Living Now Book Award

Silver

Yoga Digest "Best Read"

Creative Child Magazine

Book of the Year Award

The ABCs of Yoga for Kids around the World

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids around the World* takes you and your child on a fun-filled tour of over 30 countries. This beautifully illustrated book uses the alphabet, charming rhymes, and kid-friendly facts to introduce children to yoga while teaching them more about different areas of the world (including how to say “hello” in the language of each country). A follow-up to the international bestselling *The ABCs of Yoga for Kids*, this book also features simple yoga poses that are suitable for children (and adults) of all ages and athletic abilities. Written in honor of International Kids’ Yoga Day, *The ABCs of Yoga for Kids around the World* celebrates both our diversity and oneness at the same time. Early yoga practitioners (and their parents, caregivers, and teachers) will delight in learning new yoga poses, new letters, and fun facts about this wonderful world in which we live.

“Whether a cobra from Thailand or a waterfall from Zimbabwe, the movements are fun and easy to emulate. . . . This engaging choice is meant for sharing, especially during family storytime.”

—*Booklist*, American Library Association

“A great tool to introduce children (and adults too!) to yoga in a fun and interactive way. . . . Any parent of small children, fitness fan, or youth fitness teacher would benefit from reading!”

—LaTasha Lyons, certified children’s fitness specialist and physical education teacher

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My First Yoga ABC

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

My First Yoga ABC is a board book for infants to help them learn not only the alphabet but some simple yoga poses as well. Each page has a block letter of the alphabet with a corresponding yoga pose. Young children will delight in practicing yoga while reciting their ABCs!

The ABCs of Yoga for Kids A Guide for Parents and Teachers

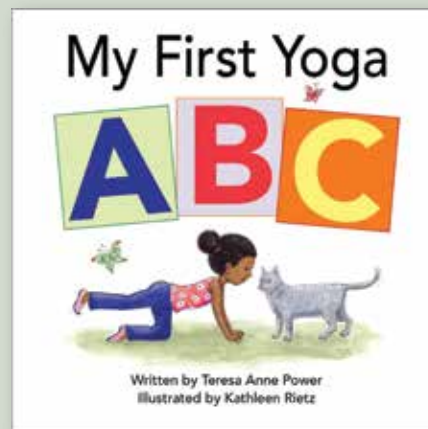
Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The ABCs of Yoga for Kids: A Guide for Parents and Teachers is a companion to *The ABCs of Yoga for Kids*, an award-winning bestselling picture book that uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. This guide supports parents and teachers who wish to learn more about yoga for kids, including how to implement yoga in children's daily lives. Readers will gain insight into what yoga is, how it can contribute to a child's active lifestyle, and how it can be used to alleviate many childhood challenges. This easy-to-use guide offers basic instructions for teaching yoga to kids and a sample children's yoga routine. A bonus CD is included with the book, featuring three original children's yoga songs.

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ISBN: 978-0998107004

Price: \$8.95

Format: Hardcover
Board Book

Trim: 6" x 6"

Pages: 30

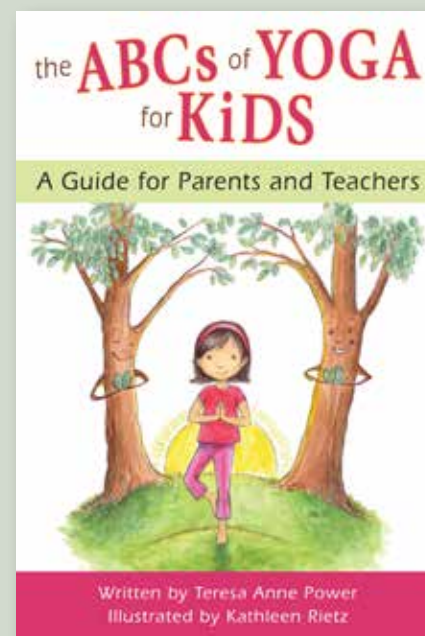
Category: Juvenile
Nonfiction

Ages: 0-3

Publication Date:
March 1, 2018

Ebook ISBN:
978-1734478648

Ebook price: \$6.95



ISBN:
978-0982258774

Price: \$8.95

Format: Softcover Book
plus CD

Trim: 6" x 9"

Pages: 60

Category: Exercise and
Fitness for Children,
Nonfiction

Publication Date:
April 8, 2016



ISBN: 978-0982258712

Price: \$9.95

Format: Poster

Trim: 20" x 30" (comes folded)

Ages: 3–8

Publication Date: December 1, 2017

The ABCs of Yoga for Kids Poster

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids* poster unfolds to display simple kids' yoga poses from A to Z and is perfect for homes and classrooms. It was selected as one of the ten best yoga posters by Ezvid Wiki.

AWARD

**Top 10 Best Yoga Posters,
Ezvid Wiki**

The ABCs of Yoga for Kids Banner

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids* vinyl banner displays simple kids' yoga poses from A to Z and is perfect for indoor or outdoor use in a classroom, in a yoga studio, or at home.

Children will not only learn the alphabet from these delightfully illustrated products but also learn how to incorporate healthy activity into their daily lives.

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ISBN: 978-0998107028

Price: \$24.95

Format: Vinyl Banner

Trim: 36" x 24"

Ages: 3–8

Publication Date: July 30, 2018



Ordering Information

Individual customers

Order online

Stafford House Books
www.staffordhousebooks.com

Order by phone

APG Sales & Distribution
(800) 327-5113

Order by email

APG Sales & Distribution
dfelt@apgbooks.com

Bulk orders

Discounts are available for orders of 10 or more copies of a single title. Please contact us or see our website for further information:
www.staffordhousebooks.com

Trade orders

Please contact APG Sales & Distribution

(800) 327-5113

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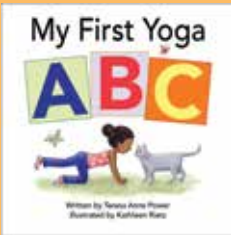
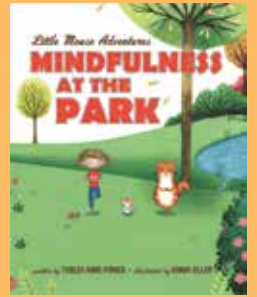
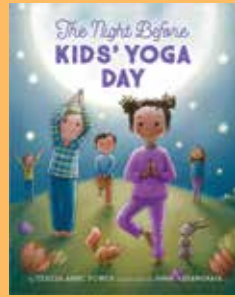
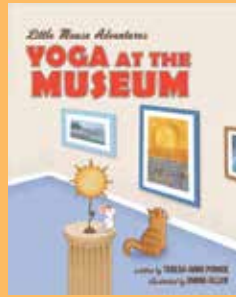
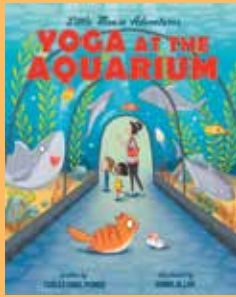
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