

MEDIA KIT - THE LOVE TANK

A book about empathy, kindness, and self-awareness
for children ages 4-8



"Creatively encourages preschoolers to regulate their emotions and practice kindness." - Kirkus Reviews

"The Love Tank by Andrea Mendoza-Vasquez is a charming love story... The metaphor of having a love tank inside you makes it easier for the younger child to understand some of the situations discussed in the book." - Readers' Favorite



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About The Book: THE LOVE TANK

How can we give our children an understanding of the value of love, kindness, empathy, and compassion?

It can be challenging to explain the importance of giving and receiving love.

Why do some people behave hurtfully? How can we respond with kindness and compassion?



The Love Tank guides children in imagining a superpower container inside their bodies that fills up with love.

The book explains what can happen when someone's love tank is full--or empty, and how we can help others to fill their love tank.

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About The Author: Andrea Mendoza-Vasconez, PhD

I am a mother, a behavioral scientist, a teacher, an advocate, and a story-teller. I was born and raised in Ecuador and moved to the United States at 18 to attend college at Connecticut College.



After working as a television producer and middle school teacher, I returned to school to earn a master's degree in Public Health from Claremont Graduate University and a doctoral degree in Public Health from University of California San Diego and San Diego State University.

I completed my postdoctoral training at Stanford University and currently serve as an Assistant Professor at the Brown University School of Public Health.

My love for writing and storytelling led me to create Wholesome Children Books.

As a mother, I found it challenging to explain difficult topics to my daughter, and storytelling became an effective way for me to communicate these ideas.



Motherhood also allowed me to experience love and nurturing on a new level.

This has led me to explore topics such as love, compassion, connection and authenticity in my children's books.



Upcoming Books in this Series:

WHOLESOME CHILDREN: SELF-AWARENESS SERIES

How can we help our children to understand the value of love, kindness, empathy, compassion, authenticity, gratitude, and connection?

The Wholesome Children: Self-Awareness series explains these concepts by guiding children to play make-believe and imagine.



Stay tuned for upcoming books in the Wholesome Children book series:

- *The Gratitude Goggles* - Pretending to wear our gratitude goggles, we are able to understand gratitude as an antidote for consumerism, dissatisfaction, and even depression.
- *The Puzzle Piece* - If we are each a unique puzzle piece in the giant puzzle of the world, we can understand why it is important to be authentic and stay true to ourselves.
- *Pool Floaties* - Comparing ourselves to pool floaties, we can understand the interconnectedness of humanity and our world.
- *The Steering Wheel* - Imagining that we have a motor and a steering wheel in our bodies, we learn that we need to hold onto our loving and compassionate side for direction in life.

Beginning with *The Love Tank*, this book series uses stories and metaphors to communicate valuable messages and lessons that children can understand and learn from.

Author Q&A

What inspired you to write this book?

My 3-year-old daughter Olivia walked into the room while I was crying. She asked why, and I struggled to find the right words. I wanted to explain the tragic news of a school shooting, but I knew she was too young. So, I shared the idea of a "love tank," which helps us understand that, while there are no *good* or *bad* people in this world, sometimes people do bad things and hurt others because they don't have enough love in their own lives (their love tank is empty). I explained that I always hug her, kiss her, and tell her that I love her because I want her love tank to be full, so she can treat others with kindness and compassion. And I explained that by spreading kindness, we can help fill other people's love tanks, too. One morning, I woke up and the story was in my head; the words just started flowing. The book was writing itself. I decided to publish this book to help other children to understand these complex concepts.

How can your book help children and parents?

The concept of the love tank can help children to communicate their needs and can help parents to address these needs in a respectful way. Many times, when my daughter is "acting up" she is just asking for love and attention. So, when she starts "acting up", I ask her, "does your love tank need a re-fill?" and the interaction usually ends with a tickle fight and hugs (averting the meltdown). Another way this concept can help is, for example, when other kids "act mean" to our children. We can discuss how other children's actions probably have more to do with their own love tanks needing a re-fill, so that our children are better able to respond with kindness and to not take things personally, which can protect their self-esteem.

Author Q&A

Where did the idea of the Love Tank come from?

Psychologists sometimes use the concept of an emotional or love tank to explain whether our emotional needs are being fulfilled. Drs. Gary Chapman and Ross Campbell, for example, discuss the idea of an emotional tank or love tank in the book "The 5 Love Languages of Children: The Secret to Loving Children Effectively." I will be sharing about this and other books and resources in our blog "Blog for Wholesome Parenting," which is accessible via our website www.wholesomechildrenbooks.com.

What other resources do you share via your website and your blog?

In our blog I will be sharing and discussing various books and resources that have helped me on my parenting journey. There are books with practical parenting advice such as "No Bad Kids" by Janet Lansbury, as well as books focused on self-healing as a parent, such as "Giving the Love that Heals," by Harville Hendrix and Helen LaKelly Hunt. Becoming a mother turned things upside down for me and made me think about my path, as I seek fulfillment both as a mother and an agent of positive change in our world. So, in our blog I will also share resources related to pursuing our path and finding purpose. Many messages conveyed in my children's books are inspired by various adult books and resources that I will be sharing.

In our website we also have free coloring and activity pages that anyone can download, as well as crafting ideas for each book. While crafting together, parents and children can bond, connect, and spend quality time. We will continue to add crafting ideas as each new book is launched.