

Lifes Little Bugs®

Kids healthy habits.





Watch out ... these books can cause good habits in young children!

- **Are you struggling to get them to wash hands, make healthy choices, brush teeth or show respect amongst many other important life skills?**
- **Tired of repeating yourself?**
- **How about your child actually asking to learn these good personal and social habits?**

Then you need to check out Life's Little Bugs award-winning books!

Engaging, fun books to explain to young children how and why we should learn these good personal and social habits!

*Good habits formed at youth
make all the difference!*
-Aristotle





Meet Tina

A brief introduction

Tina Stubbs is the Author and Illustrator behind 'Life's Little Bugs'. She set out to develop a series of picture books that motivate young readers to learn good healthy habits in a positive, fun way.

As a parent, Tina realised there wasn't much to engage young children and support parents and teachers when building essential life skills.

Using her London Art College diploma in Children's Illustration, she transformed the Life's Little Bugs characters she had designed into book illustrations. She then partnered them with the rhyming text she had written.

The books went on to win awards including Gold from a popular parenting site, and she was invited to Pinewood film studios to collect the prestigious 2017 'Sylvia Anderson Children's Author' award.



Life's Little Bugs **Books**

A brief overview

There are seven titles in total.

Each one is designed for small hands to hold

Current Height: 152mm

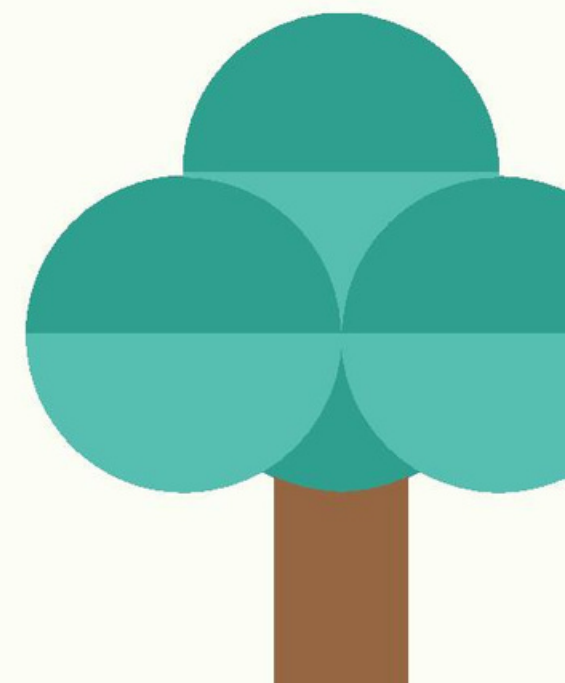
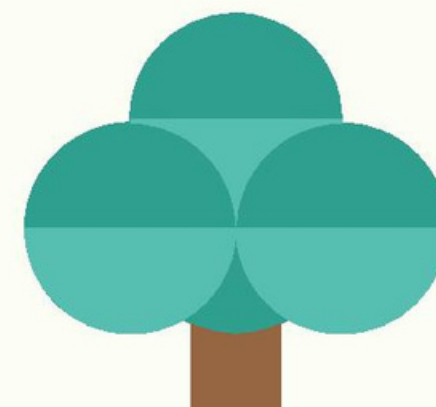
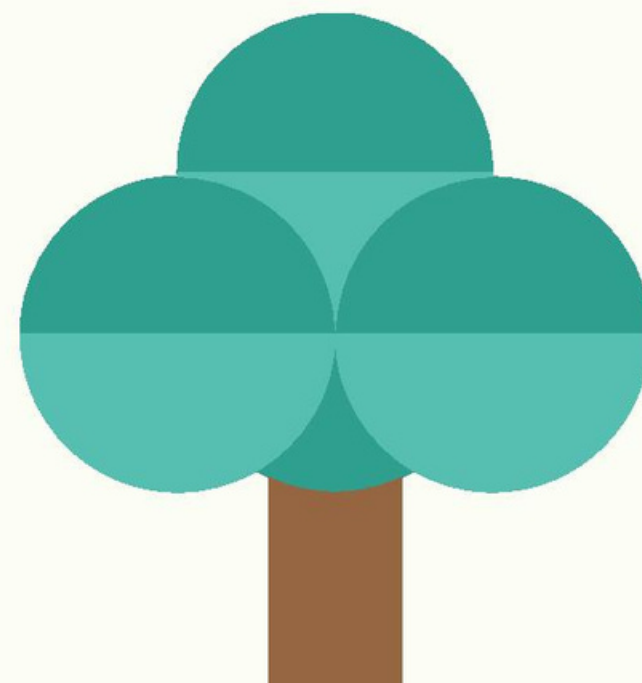
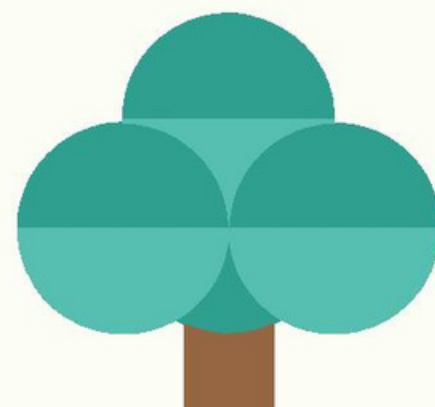
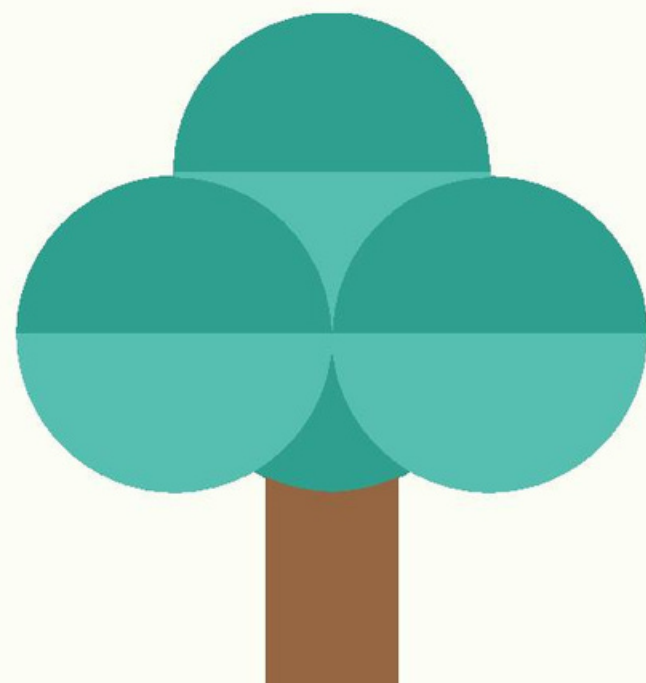
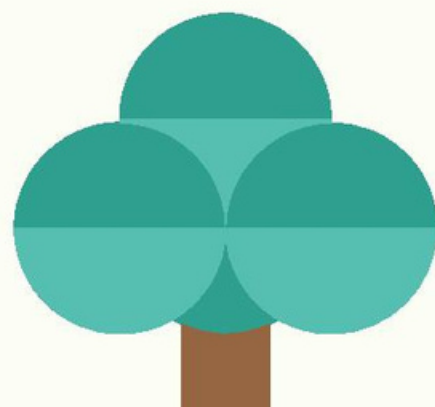
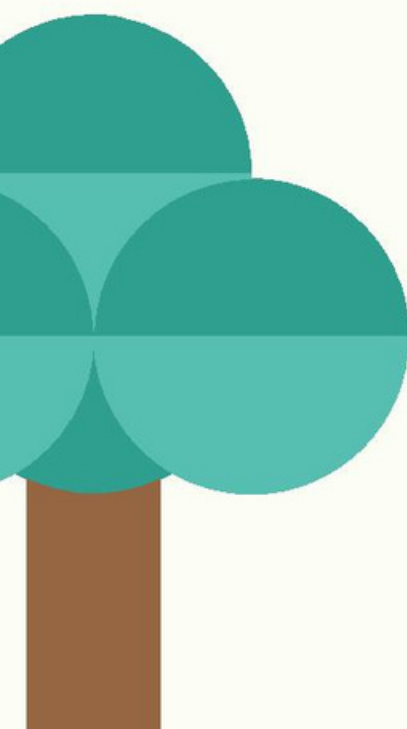
Current Width: 165mm

Spine: 3mm

Lamination: Gloss

Paper Stocks: 100gsm Bond

Here is a glimpse into each of our little books...





Flu Bug

Rrp £4.99

'To stop the spread of a Flu-like disease, cover your mouth when you cough, or you sneeze.'

Colds and coughs aren't much fun, but Flu Bug thinks it's all in a day's work to share germs around! Find out why the pigs don't want to cough, and the birds don't want to wheeze.

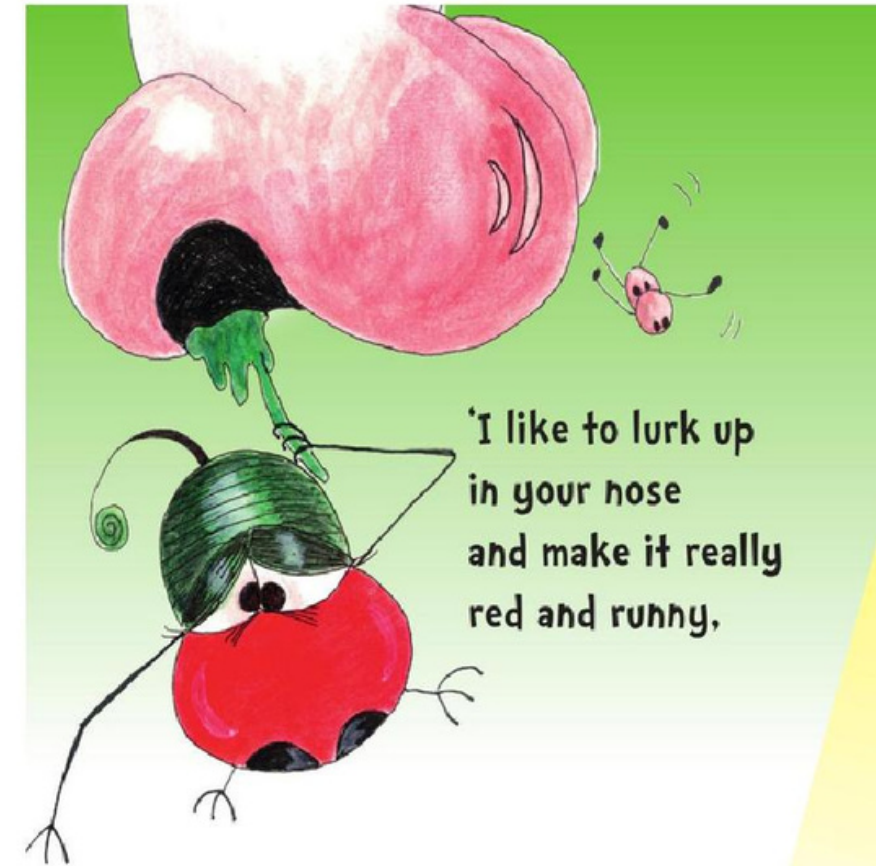
Read how we can make life a little more difficult for Flu Bug by following a few simple rules.

"Just thought you'd like to know how much we have used your Little Bug books at school – especially the Flu one! The children love them and this year we have used them as the basis for one element of our PSHE curriculum! So thank you very much – look forward to the next set???"

Take care – best wishes"

Sarah Harper

**If you don't want
to stay in bed
and ache all through
the day,
here are simple rules
to follow
that will keep
Flu Bug away....**



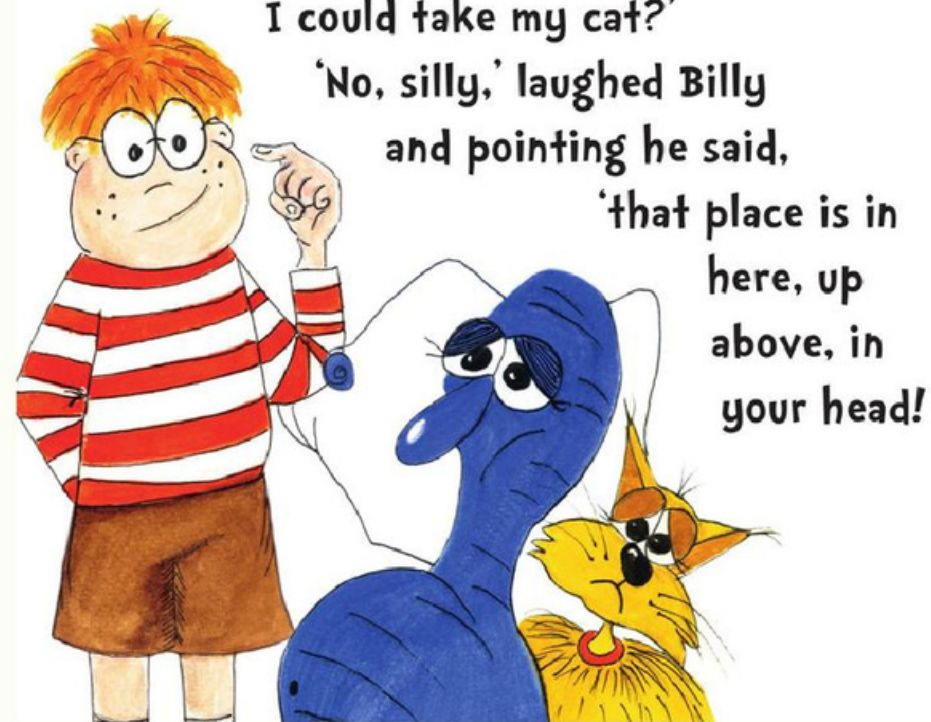
'I like to lurk up
in your nose
and make it really
red and runny,



and down your
throat I like to
hide until your
voice goes
hoarse and
funny!'

Keep your mouth well covered,
if you need to cough or sneeze.
When you go to wipe your nose,
then, use a tissue not your sleeve.
Put all your dirty tissues down the
loo or in the bin.
Please don't leave them on the
floor for Flu Bug to live in.
Keep your hands nice and clean,
to stop the coughs and sneezes.
This way we can stop Flu Bug
from going where he pleases.

Hum Bug was puzzled,
'this place, where is that?
Is Imagination somewhere
I could take my cat?'



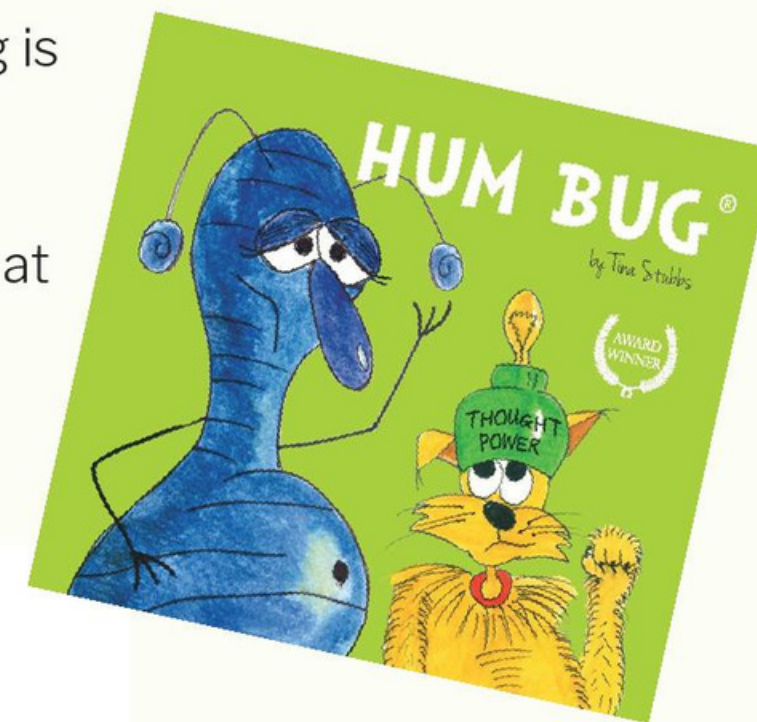
'No, silly,' laughed Billy
and pointing he said,
'that place is in
here, up
above, in
your head!'

Hum Bug

Rrp £4.99

If you think you can, you will see... you will be the best you can be! Hum Bug is that miserable little bug who always says, 'I can't!'

Enjoy reading how positive thinking helps Hum Bug to think 'I can!' And what a positive change it makes to them and those around them.



'Say to yourself, I will and I can,
then say it all over again and again.'

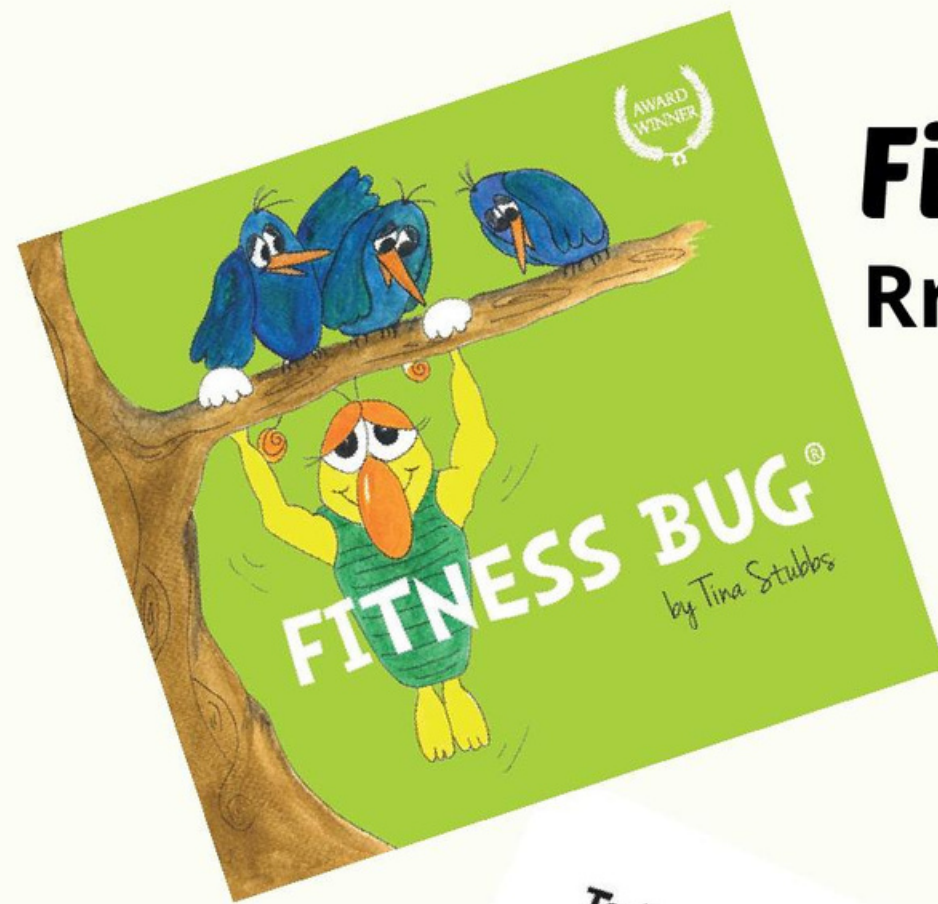
The Hum Bug, he groaned
as he went on his way,
but he felt he should try it
the very next day.

It was hard to begin with he truly did find,
but he carried on planting good thoughts
in his mind.

He kept on repeating 'I can' and 'I can',
and he said it again and again and again.



"World Book 2018 day was enhanced by Tina's attendance – even with the snow! The children enjoyed sharing the books and learnt about growth mindset at the same time. What a lovely idea and a good value resource for any school."
Nathan Butler-Broad Headteacher @ Battle Primary School



Fitness Bug

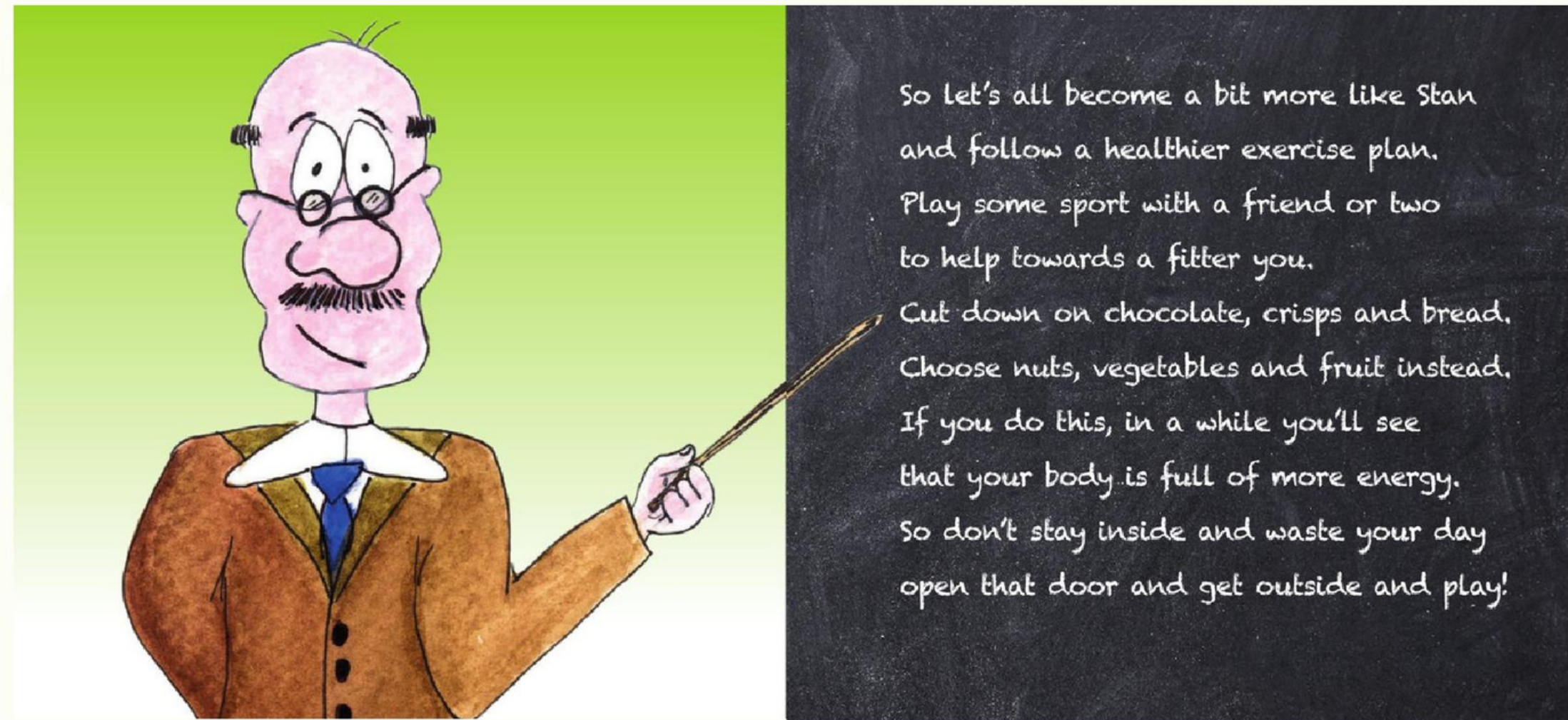
Rrp £4.99

"Love the fitness bug, great idea getting children involved in sport and exercise"
Sanjee Jayasekera

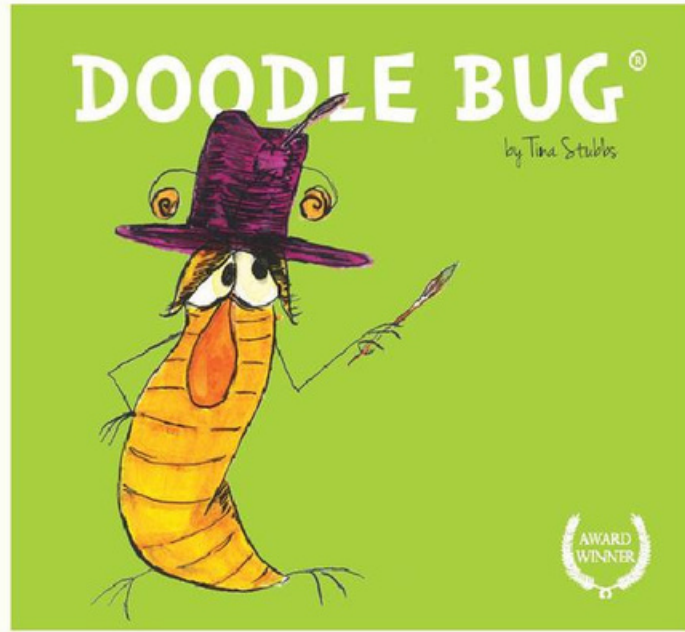
'With good food and exercise right from the start, you'll always stay healthy and happy of heart.

'Fitness Bug loves nothing more than a healthy meal, and a few star-jumps to liven up. Join in this story and read how Fitness Bug helps others, like 'Stan the Frog' who is too much of a 'lump to jump'. Read how they help to change Stan's sluggish ways to a fun and happier lifestyle!.

Today he's going jogging,
and tomorrow it's a hike.
Then after that he wants to have
a long ride on his bike.



So let's all become a bit more like Stan
and follow a healthier exercise plan.
Play some sport with a friend or two
to help towards a fitter you.
Cut down on chocolate, crisps and bread.
Choose nuts, vegetables and fruit instead.
If you do this, in a while you'll see
that your body is full of more energy.
So don't stay inside and waste your day
open that door and get outside and play!



Doodle Bug

Rrp £4.99

'If addicted to doodling your urge must be checked, and on places, not yours you must show them respect'.

'Doodle Bug is obsessed with drawing on EVERYTHING, and always ready with a spare paintbrush in their hat. Read how they upset others by disrespecting their things and how a little thoughtfulness and kindness gives a happy ending..

"Awesome books for little ones to learn life skills and lessons!"

Jemma Wilson

He doodles all morning,
until it is night,
and even his poor dog
wakes up with fright.
He is covered in doodles
they're blue, green and red
with the words 'I love doodling'
drawn on his head.



He paints on a gate,
and a fence, and some trees,
with pictures of dragons
red moons and blue bees.
But just then a voice loudly shouts out to him,
'Hey, Mr Doodle Bug what are you doing?'





Gum Bug

Rrp £4.99

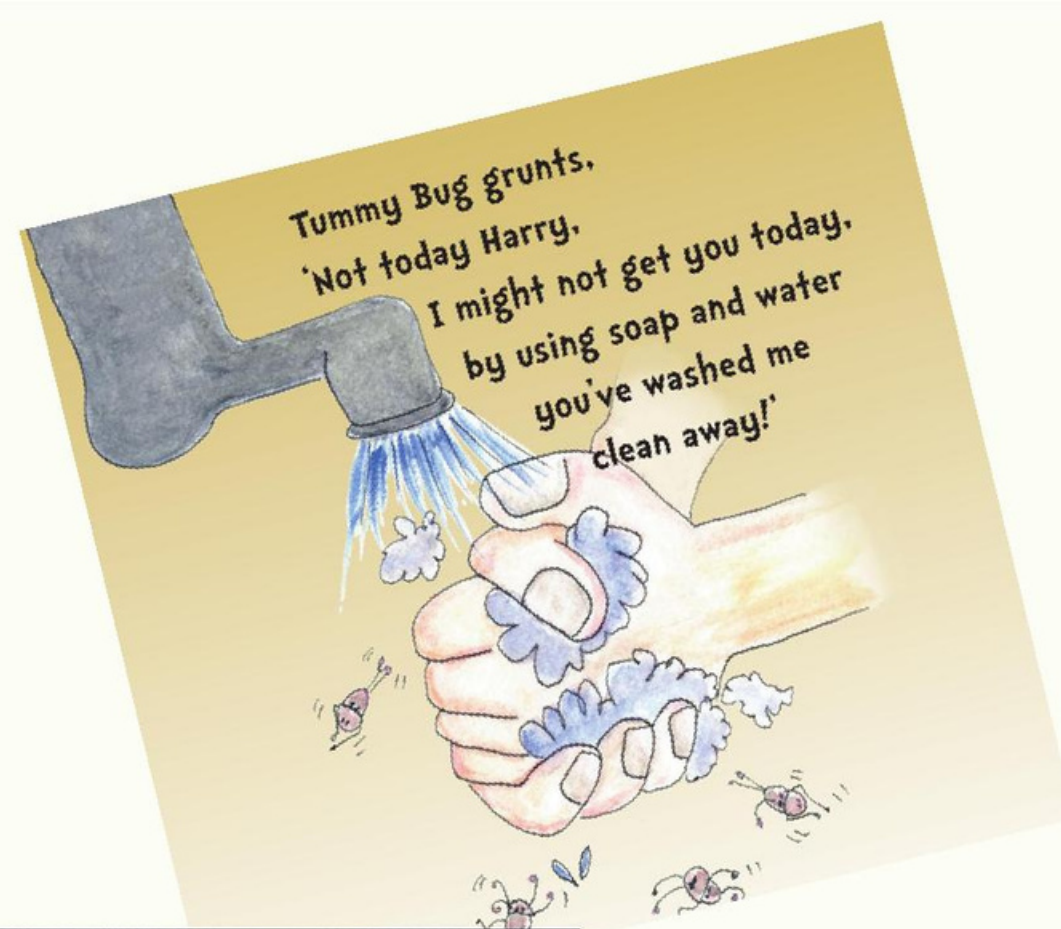
'To keep out Gum Bug and decay your teeth need cleaning every day.

'Gum Bug loves to damage our teeth and gums with a 'plaque attack!' But we can prevent this from happening by learning how to stop Gum Bug from giving us bad teeth with their nasty ways by following the simple oral care rules in this book.

We are all given two sets of teeth,
it's a fact that you probably know.
When the first set falls out,
then from right underneath
your second set soon starts to grow.

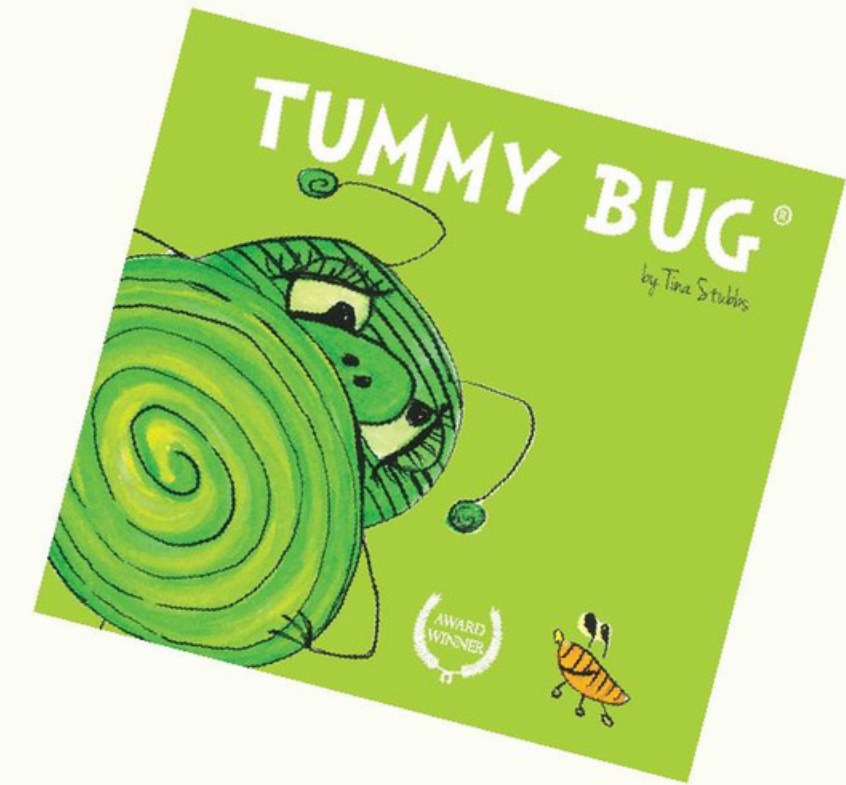


So remember...
To keep out Gum Bug and decay,
your teeth need cleaning twice a day.
A pea size of toothpaste you will need
to keep gums healthy so they won't bleed.
Just clean with care,
remove all plaque,
use circular movements
and start from the back.
For added protection remember to floss,
Spit rather than rinse and try dental
mouth wash.
If all of these rules
you retain in your sights,
you'll be proud of your smile
and with your nice pearly whites!



Tummy Bug

Rrp £4.99



Tummy Bug doesn't like soap
or anything you have that's clean,
and with washed hands he just can't cope,
your cleanliness will make him scream!
Always wash your hands,
after visiting the loo,
and always wash them properly
before you eat food too.
Use both soap and water
to keep them clean,
he doesn't like washed hands
or fingernails that gleam.
Remember to do this everyday
to keep that Tummy Bug away!

'Washing hands before meals and after the loo means the miserable Tummy Bug won't affect you.'

With a swirling tummy of green and yellow, Tummy Bug is a rather unhygienic fellow. Read how Jeff, the cat and Mrs Beamer keep them away and learn how you can prevent those nasty illnesses by reading where Tummy Bug lives and then put into practice doing the things they don't!

"I am a parent of two children and my two children love these books. The images made them laugh and they enjoyed reading the rhyming text. I enjoyed it as I could see that it was reiterating important lessons for them but in a fun way which made them more receptive to the educational points. I thought these books were so valuable that I arranged for Tina to come to our school and do an educational talk. The feedback from the other parents was outstanding. Watch out Julia Donaldson – you have an aspiring educational author who is sure to set the childrens literacy world alight!"

Rachel Tombs - LinkedIn Expert | LinkedIn Trainer | Social Media for Lawyers



Litter bugs leave lots of rubbish
in the countryside and town.
Anywhere they see the chance
to throw it out or dump it down.
Mouldy fruit and half-drunk bottles,
worn out shoes, a smashed-in telly,
bent up wheels from a bike,
and grandpa's pants, now old and smelly!



They pick up a can floating by in the lake.
'Thanks Litter Bug,' quacked a passing drake.
They bring down a kite
tangled round a small tree.
'Thanks Litter Bug,' buzzed a queen bee.
They rescue a trolley from mud in a bog.
'Thanks Litter Bug,' croaks a hopping frog.



Litter Bug

Rrp £4.99



'Don't chuck rubbish or wrappers and cans anymore put them all in a bin, and not on the floor.

'Litter Bug is a silly bug that thinks it is fun to drop litter with their sidekick 'Fly' always close by.

Read how PC Blue changes Litter Bug's messy ways by making them understand the harm they are causing to the environment and how they can help it instead.



Life's Little Bugs Book Set

Rrp £24.99

Stir up kids' imagination and fire up their brain waves with rhyming text and relatable characters to encourage healthy habits. All seven titles are included in this neat and small hand friendly book set.

Use Life's Little Bugs books as an individual learning aid for one specific healthy habit or the whole book set to support and encourage fundamental practices to a young child.

Before you know it, children will be 'bugging you' to read another Life's Little Bugs book and learn a new healthy habit!



"As a father of 2 boys, Jack aged 5 and Alfie aged 3 these books have proved to be a godsend in some of the more difficult jobs to get these 2 little monkeys to do e.g. washing hands after the toilet, cleaning teeth in the morning and night, putting rubbish in the bin. They are a fantastic way to introduce children to these tasks whilst having loads of fun and watching them form a relationship and bond with each bug. They now associate all of these at first mundane tasks now with the bug that relates to each one, its great fun watching them talk to the bug toys and work together to make these things far more fun and more importantly a natural thing to do.

Chris Bevis - Business Development rep at Beaverswood