



## **Lauren H. Kerstein, Author**

DARE TO DREAM DAZZLING DREAMS...  
THEY JUST MIGHT COME TRUE!

### ABOUT THE AUTHOR

**Longer Bio:** Lauren H. Kerstein is an award-winning author, psychotherapist, NYT-bestselling ghostwriter, and creative coach. She is a Jersey girl at heart who loves reading, drinking tea, and sipping kombucha. Lauren currently lives in Colorado with her husband, Josh, their two dragons...er, daughters, Sarah and Danielle, and her rescue dogs. Lauren is the author of the Rosie the dragon and Charlie picture book series (Illustrated by Nate Wragg/Two Lions) and HOME FOR A WHILE (Illustrated by Natalia Moore/Magination Press), and REMEMBERING SUNDAYS WITH GRANDPA (Illustrated by Nanette Regan/Beaming Books), and HOPE RODE (Illustrated by Becca Stadlander/Union Square Kids). Lauren also writes books in her field, and released a new book in August 2025 entitled: *Emotion Regulation: Helping Children and Adolescents Take Charge of Their Feelings*. Lauren's books include themes of courage, flexible thinking, friendship, social emotional learning, foster care, seeing your strengths, sensory issues, and emotion regulation. She is represented by Deborah Warren with East West Literary Agency. Lauren is a long-time member of SCBWI and the 12x12 PB Challenge, runs a creative coaching business, is a judge for Rate Your Story, and is one of the founders of #ReVISIONweek. Her writing goals are simple. Read voraciously. Embrace feedback. Grow each day. Work hard. Be passionate. Write courageously. Touch children's hearts.

**Shorter Bio:** Lauren is an award-winning author, psychotherapist, creative coach, screenwriter, and NYT-bestselling ghostwriter. She is the author of the Rosie the Dragon and Charlie picture book series, *Home for A While*, *Remembering Sundays with Grandpa*, and *Hope Rode*. Lauren writes books in her field and just released a book about emotion regulation. Her board books with Creative Publishing Services are due out this Spring. Lauren is one of the founders of #ReVISIONweek, a judge with Rate Your Story, and is a long-time member of 12x12 and SCBWI. She is represented by Deborah Warren with East West Literary Agency. Her writing goals are simple. Read voraciously. Embrace feedback. Grow each day. Work hard. Be passionate. Write courageously. Touch children's hearts.

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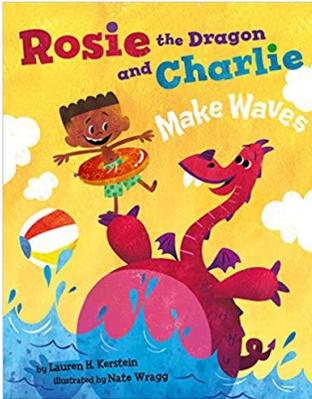
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## ***ROSIE THE DRAGON AND CHARLIE MAKE WAVES***



It's summertime, and you're invited for a rollicking day at the pool with Charlie and his pet dragon (and best friend!), Rosie. But be careful—swimming with a dragon can be, *um*, challenging. As Rosie and Charlie blow bubbles (don't forget your umbrella!), practice flutter kicks (watch out for tidal waves!), and offer shoulder rides (hang on tight!), Rosie proves that dragons make the most fun pets ever. Now if only Charlie can keep Rosie's attention focused on the rules at the pool and NOT on her gummy snacks (you know, the ones that cause stinky dragon breath!)...Grab your towels and sunscreen and join Rosie and Charlie for a fun-filled summer adventure!

### **BOOK INFORMATION**

Illustrator: Nate Wragg

Publisher: Two Lions

Pub Date: June 1, 2019

Pages: 40 pages

ISBN-13: 9781542042925

Age: 4-8 years

Book Trailer: <https://www.youtube.com/watch?v=-a9oEc6jHtQ>

### **REVIEWS**

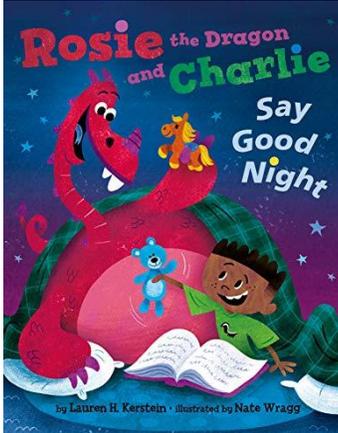
“The digital illustrations are bright, playful, and attractive, well suited to the story... There are some young dragon lovers and fans of mischief who will revel in this silly romp.”

—*Kirkus Reviews*

“Kerstein's playful story about friendship, patience, and responsibility for a pet is nicely matched by Wragg's bold, colorful illustrations, rendered in blocky shapes and a vivid color palette. New pet owners are the natural choice for this one, but kids with younger siblings might appreciate it, too.”

—*Booklist*

## ***ROSIE THE DRAGON AND CHARLIE SAY GOOD NIGHT***



Rosie the dragon's bedtime routine has been a little bumpy lately. But not to worry! Charlie is prepared with his lists, rules, and fire extinguisher—everything a boy needs to help guide his pet dragon (and best friend) to a peaceful night's sleep. But with bath-time bubble trouble, fiery-hot pajamas, and stuffed animal search-and-rescues, tucking this dragon into bed is *not* an easy task. And what happens when thunder strikes? Snuggle up with this adorable duo as they conquer bedtime the best way: together!

### **BOOK INFORMATION**

Illustrator: Nate Wragg

Publisher: Two Lions

Pub Date: September 1, 2020

Pages: 40 pages

ISBN-13: 9781542018487

Age: 4-8 years

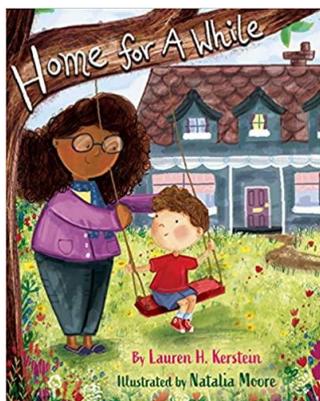
Book Trailer: <https://youtu.be/WTzpglfNyHs>

### **REVIEWS**

"This humorous story is a sweet representation of caretaking and patience, with a parallel that can extend to older and younger siblings as well as to parent-child relationships, perhaps making young readers a bit more self-reflective and empathetic."

—*Kirkus Reviews*

## ***HOME FOR A WHILE***



Calvin is in foster care, and he wants to trust someone, anyone, but is afraid to open his heart. He has lived in a lot of houses, but he still hasn't found his home. When he moves in with Maggie, she shows him respect, offers him kindness, and makes him see things in himself that he's never noticed before. Maybe this isn't just another house, maybe this is a place Calvin can call home, for a while.

### **BOOK INFORMATION**

Illustrator: Natalia Moore

Publisher: Magination Press/ American Psychological Association

Pub Date: February 2, 2021

Pages: 32 pages

ISBN-13: 9781433831874

Age: 4-8 years

Book Trailer: [Home For A While Trailer - YouTube](#)

### **REVIEWS**

**\*\*STARRED REVIEW\*\***

"takes apart the fostering experience as few books have—from the newcomer's point of view...**VERDICT** Most books with this much purpose fall down on the lessons. This one transcends them, for a true story of how a home happens."

— *School Library Journal*

"...the book is as much a model for foster parents as it is a story to provide validation of foster children's experiences...Gentle and wise—especially as a read for foster parents."

— *Kirkus Reviews*

## ***REMEMBERING SUNDAYS WITH GRANDPA***



Henry and his mom feel Grandpa's love in all his special places: in the rocking chair where he read stories with silly voices, in the cucumbers that always made him hiccup, and in the jewelry box he used to wind up so they could dance. As they remember the many loving moments they shared, they work through their grief.

*Remembering Sundays with Grandpa* illustrates how even when someone is no longer part of the physical world, their love lives on forever.

### **BOOK INFORMATION**

Illustrator: Nanette Regan

Publisher: Beaming Books

Pub Date: November 7, 2023

Pages: 32 pages

ISBN-13: 978-1506487410

Age: 4-8 years

Book Trailer: <https://youtu.be/hGH0s9o9KGI>

### **REVIEWS**

*Remembering Sundays with Grandpa* is a heartwarming story about bereavement. Sensitively written, it can help a child work through their grief after the loss of a grandparent or another special person.

—**StorySnug**

Sundays weren't the same for Henry since his grandpa died. He is grieving, looking for comfort, and asking big questions like "why did he have to die?" Henry's mom gently helps him find comfort in memories and together they remember, grieve, and begin to heal.

This is a beautiful book that directly deals with the pain of loss. The author is a psychotherapist and masterfully opens doorways to impossible conversations and healing both for our littles and for us.

—**Charlotte H. Offsay (Picture Book Recommendations)**

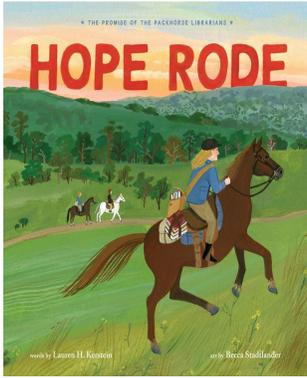
In her recently released book, *Remembering Sundays with Grandpa*, Lauren Kerstein approaches the heavy topic of loss in a light, fresh and child-friendly manner. This book is appropriate for children ages 3 - 8. It can be helpful in addressing any kind of grief, whether it be a grandparent, a friend, a pet, or even a separation as in foster care or adoption. Lauren touches on many important points in dealing with a grieving child that I strongly support and promote as a therapist.

—**Vasilia Graboski - Psyched Writer**

This is a sweet story that addresses the death of a grandparent and how a child comes to terms with their grief.

—**Imagination Soup**

## ***HOPE RODE***



Following the Great Depression, literacy rates in the country had dwindled, and education and opportunities were harder to come by, especially in areas like rural Appalachia. But still, there was a dream: a vision of a nation in which reading was accessible to all—even those in the most remote places. The Packhorse Library project of the 1930s and 1940s called upon Kentucky women to make that vision a reality and rise to the difficult and demanding job of delivering books on horseback. The Packhorse librarians were brave, steadfast, and resilient. For years, the women endured rough terrain, harsh conditions, and exhaustion. And with each book delivered and reading lesson taught, the librarians ushered in a new era for Kentuckians.

### **BOOK INFORMATION**

Illustrator: Becca Stadtlander

Publisher: Union Square Kids

Pub Date: August 12, 2025

Pages: 48 pages

ISBN-13: 978-1454948483

Age: 4-8 years

Book Trailer: [https://www.youtube.com/watch?v=blgH\\_hn1pQc](https://www.youtube.com/watch?v=blgH_hn1pQc)

### **REVIEWS**

“In lyrical language, Kerstein salutes the packhorse librarians—women who were hired by the Works Progress Administration to provide mobile library services to remote areas of Kentucky.”

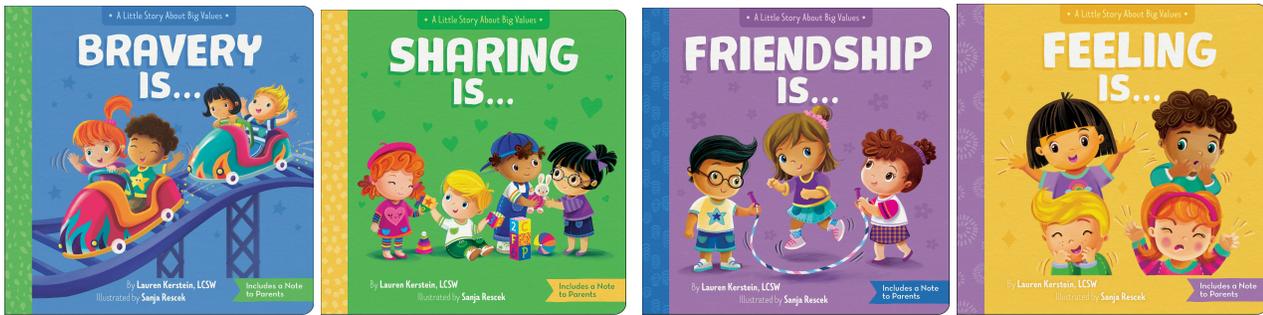
### *—Booklist—SLJ*



Lauren Kerstein.

Looking back at the making of her book, Kerstein concluded, “What emerges is the complexity of the phenomenon of the Pack Horse Library Project and its many layers—from its historical significance to its social-emotional learning component, to the story of the remarkable strength and resilience of people during hard times. My hope is these books will raise kids’ awareness and appreciation of this program and that they will look at their own librarians and their book-filled libraries in awe and with gratitude.”

## ***A LITTLE STORY ABOUT BIG VALUES***



With bright and colorful illustrations; fun, rhyming text; and simple scenarios, Licensed Clinical Social Worker, Lauren H. Kerstein, puts her experience working with children on full display in this new board book series where toddlers will love reading along and learning.

**Bravery is . . .** trying new things . . . bravery is making mistakes and trying once more.

**Sharing Is . . .** spying the last cookie in the jar, and breaking it in half, with smiles brighter than any star.

**Friendship is . . .** Like treasure-shiny and rare. Friends are always ready to show they care.

**Feelings are . . .** soft and fluffy like a cloud. Tummies warm when you feel proud.

### **BOOK INFORMATION**

Illustrator: Sanja Rescek

Publisher: Books are Fun/ Creative Kids Press

Pub Date: Spring 2026

Pages: 12 pages

ISBN-13: 9798992167306, 9798992167337, 9798992167320, 9798992167313

Age: 0-3 years