
KINDNESS Matters June, 2026

From KIND Families <kari@kariabaker.com>

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To Kari Baker <kari@kariabaker.com>



"Come to me, all who labor and are heavy laden, and I will give you rest." Matthew 11:28



SURVIVING MAY-CEMBER



It's June, which means Maycember is officially behind us! Praise God! For those of you still navigating the end of school, I recommend deep breathing, prayer, and reasonable (or unreasonable) quantities of dark chocolate to get you through.

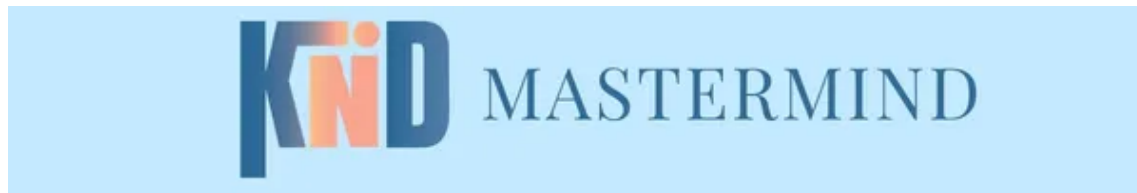
Our family celebrated the end of Brady's Freshman year like we had survived a zombie apocalypse. Social, academic, and organizational pressures hit peak levels at school and at home, so I was incredibly thankful to see this genuine smile as he completed his "chucking" ceremony after each final.

I may need to continue my dark chocolate regimen, however, just to process the fact that I now have a Sophomore in high school. Congratulations, Brady!

ALGORITHM OR ALL-GOD-RYTHYM?

May was blessed with new connections, book club talks, and podcast appearances, but the most surprising event of the month was the response to a free e-book offer I ran for **Finding KIND** on Amazon. Orders started to flood in the first day, and by the end of the promotion, the book almost doubled its sales for all formats since its release in October 2024!

Some people speculated the Amazon algorithm sparked the order frenzy, but I have a different idea. Instead of an algorithm, I believe it was an “**ALL-GOD-RHYTHM**”. He knew exactly which families needed the message of encouragement and hope and led them to an opportunity to read it for free. He also reminded me that the purpose behind Finding KIND was always inspiration, not profit, so I have lowered the price on all formats of the book going forward!



REST VS. ROUTINE

When Brady was younger, I started planning his summer activities months in advance of the last day of school. He thrived on routine and predictability, and boredom was usually a recipe for dysregulation. My strategy was to fill every week with a camp to keep him on a similar schedule and to allow me some precious time for work, chores and errands. At the start of summer, we'd hang up a huge poster board with different colored blocks representing each week of the camps, with therapies sprinkled in where possible. There were very few down days for either of us and we'd roll into the first day of school as if we'd never left.



Now that Brady is a teenager, I still worry about too much downtime, mostly because I don't want his attention fixed on a screen all summer. However, after a challenging year, my focus for Brady this summer is rest. His body is manifesting the stress he feels in various ways and so is mine. Except for some physical therapy, we are keeping the calendar clear, and looking for

opportunities to recharge our bodies, reclaim our peace, and restore our connection to a God who doesn't just ask us to lay down in green pastures, He makes us. This summer, don't forget to schedule rest into your calendar.



BEYOND WORDS BOOKSHOP

For those of you in the greater Phoenix area, I am excited to share a little gem called the **Beyond Words Bookshop** in Mesa, AZ!

My friend Kelly Boggs opened this retail location over a year ago after finding success with pop-up bookstores around the Valley. Kelly is a former teacher with a passion for reading and a calling to develop the same passion in others. Her shop is compact and cozy, packed with books, gifts, and artwork that will make a true bookworm swoon. She personally curates her inventory to lift readers up, in her own words, “seeking reads that celebrate virtue, promote healthy relationships, and inspire personal growth”.

Kelly has built much more than a retail store; she is building a community. She hosts book clubs, summer reading programs, story time, and frequently invites authors to discuss and sign books, including me! Visit Kelly's website at <https://beyondwordsbookshopaz.com/> for hours and location. Even if you are not in Arizona, you can support her by purchasing online at <https://bookshop.org/shop/beyondwordsbookshop!>

KIND Families Resources at Your Fingertips:

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