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ABOUT THE BOOK

MUM & ME: THE PERFECT TEAM



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A touching and empowering picture book about Katie, a young carer who helps her mum. A celebration of love, resilience, and the special bond between children and parents living with difference.

Katie is a bright, caring little girl who helps her mum in lots of different ways. From making tea to lending a hand on busy days, Katie shows that even small acts of kindness make a big difference.

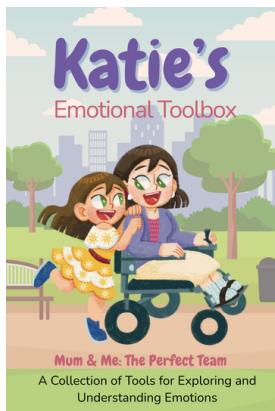
This beautifully illustrated story gently shines a light on young carers – children who take on extra responsibilities at home – and celebrates the love, resilience, and teamwork between parent and child.

Perfect for families, schools, and professionals, Mum & Me: The Perfect Team is both a comforting story and a meaningful resource to start conversations about empathy, inclusion, and the challenges some children face.

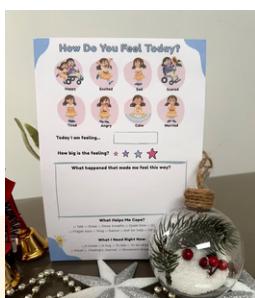


OTHER RESOURCES I HAVE CREATED

KATIES EMOTIONAL TOOLBOX



Talking about feelings can be hard – especially for children. That's why I created Katie's Emotional Toolbox Cards: a gentle, practical resource to help children recognise, name, and manage their emotions. Each card is designed to spark conversations, encourage emotional literacy, and give children the tools they need to feel more confident in expressing themselves. Whether at home, in the classroom, or in counselling sessions, these cards offer a fun and supportive way to explore big feelings in a safe space.



FEELINGS TEAR OFF PAD

A perfect companion to Mum & Me: The Perfect Team and Katie's Emotional Toolbox. This tear-off pad encourages children to name and share their feelings, making emotional conversations simple and supportive.



HOW DO YOU FEEL TODAY – POSTER

An A4 poster for your home, classroom, or any child-friendly space. It helps children recognise and express how they feel, creating a safe, calm visual tool for daily emotional check-ins.

ABOUT THE AUTHOR



BIOGRAPHY

Hi, I'm Fiona!

A disabled mum, counsellor, and children's author who uses a wheelchair.

I write books that help families talk about big feelings, real-life challenges, and the power of kindness.

When my health changed and my mobility became limited, my children were still young and they naturally stepped into the role of young carers. I was parenting alone at the time, and they quietly supported me in ways most people never see or understand. That experience inspired me to write stories that shine a light on young carers, disability, and emotional wellbeing.

MY AIM...

Through Mum & Me: The Perfect Team and Katie's Emotional Toolbox, I aim to help children feel seen, valued, and supported. Whether they're living with a parent or family member who has a disability, learning about emotions, or just needing a little reassurance. So if you are a parent, teacher, or carer, these resources are here to open conversations, build empathy, and remind every child they're not alone.



AUTHOR VISITS

Fiona's author visits bring Mum & Me: The Perfect Team to life through an interactive reading and a gentle discussion about kindness, young carers, and inclusion in everyday life.

Children take part in simple activities that help them explore empathy and celebrate the small acts of kindness they show at home and in school.

Book Title	Mum & Me: The Perfect Team
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Where to Buy	www.bonnieheartsbooks.co.uk

MUM & ME: THE PERFECT TEAM

REVIEWS

“

PRIMARY TEACHER

A beautiful story that opened up so many important conversations in my classroom.

My pupils loved Katie from the very first page. The book made it so easy to talk about kindness, empathy and what it means to help someone you care about. We'll definitely be using it again during PSHE.

“

SENCO / SCHOOL STAFF

Perfect for assemblies and small-group work.

The story is simple but powerful, and the accompanying cards make it so easy to build activities around emotions, helping and understanding others. A brilliant resource for schools.

“

PARENT & CARER

My daughter asked to read it again the next morning.

We both saw ourselves in Katie and her mum. It's gentle, reassuring and full of heart. The kindness challenge was such a lovely touch too, we did it together and it genuinely changed our week.

“

CHILD'S REVIEW (AGE 7)

Katie is my favourite because she helps people even when it's hard.

I liked the pictures and I want to do the kindness challenge with my friends at school.



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