



BOOK ANNOUNCEMENT

To schedule media interviews, or to request images, excerpts, or review copies, contact:

Stephanie A. Sibal, Senior Publicist

800.282.1865 x206 | sibal.1@nd.edu

Ave Maria Press, Inc., P.O. Box 428 Notre Dame, IN 46556

A Ministry of the United States Province of Holy Cross

LET WHAT YOU SAY TO YOUR KIDS INSPIRE YOU TO GROW CLOSER TO GOD

NOTRE DAME, Ind.—In *Don't Forget to Say Thank You: And Other Parenting Lessons That Brought Me Closer to God*, Lindsay Schlegel reimagines the common phrases we repeat as parents—such as “Do you need help?” “Say thank you.” “Wait a minute.”—and applies them to our relationship with God. In doing so, she demonstrates how reflecting on our vocation as mothers can inform and illuminate our role as a daughter of God, drawing us closer to him.

When we start to hear the things we're telling our kids as wisdom from God, it's clear that the lessons we are trying to teach our kids are ones we also need to learn as children of the Most High.

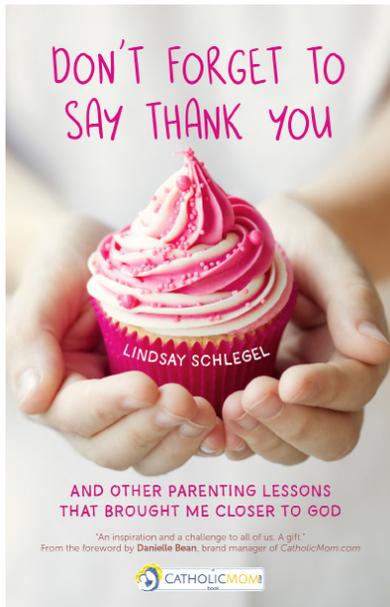
Asking her daughter, “Do you need help?” caused Schlegel to reflect on the importance of the Communion of Saints and reaching out for the assistance she needs. Telling her children, “Say you're sorry” reminded her of the necessity of Confession and seeking forgiveness. And pleading that a toddler “wait a minute” while she looked for her crackers forced Schlegel to consider how she needed to have both more patience and more trust that God would take care of her.

Schlegel invites us to apply the same lessons she learned to our own lives as parents and as children of God through reflection questions and a prayer at the end of each chapter. She also suggests saints to whom we can look for inspiration and guidance, reminding us that we are not alone as we strive to more accurately reflect the image of our heavenly Father.

ABOUT THE AUTHOR

Lindsay Schlegel is a freelance writer and editor and a regular contributor to *Verily* magazine and *CatholicMom.com*. She served in various roles in the book publishing industry for more than a decade.

Schlegel earned a bachelor's degree in English and German from Boston College in 2008. She lives with her family in northern New Jersey.



Don't Forget to Say Thank You

*And Other Parenting Lessons
That Brought Me Closer to God*

A CatholicMom.com Book

By Lindsay Schlegel

ISBN: 978-1-59471-809-0

160 pages • \$15.95

Also available as an eBook.

*“A must-have for parents
that beautifully and
sometimes humorously
reveals the many
opportunities we have
to grow in holiness in the
parenting trenches. Find
encouragement, a new
perspective, and renewed
strength in your parenting
life with this gem of a book.”*

Kate Wicker

Author of *Getting Past Perfect*
