

Dear Educator,

I recently came across Dr. Naaila Chagani's work on Heart Safety, and I knew immediately: my child needs this.

Heart Safety is a framework that helps children notice what their body, heart, and mind are telling them, and trust what they notice. Dr. Chagani describes it simply: we teach children about body safety, but we rarely give them language for the quieter moments when a friendship, a classroom dynamic, or even a well-meaning adult starts making them question themselves.

She is a child-development expert with a doctorate from Tufts University and the author of *Seeds of Self-Trust*, a collection of bedtime stories built around the Heart Safety framework. She offers school programming ranging from a single story-based classroom visit to full student workshops, parent evenings, and educator professional development.

I would love for our school community to have the chance to experience this, even if it starts with something as simple as a storytime in one classroom. I think many of our families and students would benefit from the language and the ideas she is bringing to children.

You can learn more about her school programming at **seedsofselftrust.com**. I hope you will reach out to her.

Warm regards,