



***Unshakable Kids:
Three Keys to Raising Spiritually
Strong and Emotionally Healthy
Children***

by Lauren Gaines

Trade Paper ISBN: 978-1-5409-0245-0
\$17.99; 224 pp
Ebook ISBN: 978-1-4934-4322-2
Release date: September 12, 2023

*To schedule an interview or request a
copy of the book, please contact:*

Molly Nagelkirk
616-676-9185 Ext. 186
mnagelkirk@bakerpublishinggroup.com

How to Raise Kids with Sound Minds and Whole Hearts Who Stand Firm in Their God-Given Identities

Parents today face a seemingly insurmountable challenge: raising strong, resilient children in a world that feels darker than ever. Constant worry, stress, and fear lead parents to question themselves and ask: Is the world too broken a place to raise a child who thrives? Am I equipped to support my child's mental and emotional health when my own feels shaky? How do we combat the mental health crisis plaguing our children?

In *Unshakable Kids: Three Keys to Raising Spiritually Strong and Emotionally Healthy Children* (Baker Books, September 2023), Lauren Gaines shares concrete strategies for purposeful parenting that combine her expertise in school psychology (including a master's degree) and her personal experiences as a mother of three. Lauren is the founder of *Inspired Motherhood*, an online community where mothers find encouragement along the journey of parenting.

Lauren approaches parenting armed with both biblical wisdom and proven psychological research that help parents shape and strengthen their child's minds, hearts, and identities to enter the world with unshakable confidence. With practical advice on how parents can be role models of spiritual strength and emotional health, *Unshakable Kids* gives parents the power to model and teach key skills such as metacognition, meditation on Scripture, and combatting negative thoughts with truth. Lauren asserts that the atmosphere of a home provides a firm foundation for children where they can discover themselves and learn to handle adversity, disappointment, and other challenges. By applying her down-to-earth insights, parents can confidently equip their children with the tools and weapons needed to face the world with grace and strength.

Lauren is available for interviews and willing to discuss how to:

- Transform from meltdown mama to peaceful parent
- Support healthy brain development in children
- Build identity and self-esteem rooted in God's design
- Establish a joyful home with rhythms of rest



About the Author

Lauren Gaines is a writer, teacher, mother, and creator of Inspired Motherhood, a thriving online community for moms to find practical tools to raise spiritually and emotionally healthy kids. While Lauren has a master's degree in school psychology and experience teaching undergraduate psychology, she currently stays busy as a mother of three. She and her husband, Darryl, live in Bethlehem, Pennsylvania, with their children.

PRAISE for *Unshakable Kids*

"Brimming with unshakable truth, undeniable research, and unfailing tools, this book will give you the practical help you need to build a firm foundation for your kids to stand on! I appreciate Lauren's simple yet profound Brain Builders and grounding principles in each chapter."

Amy Seiffert, author of *Starved*

"Raising Jesus-loving, emotionally healthy kids just got simpler . . . and it all starts with emotionally and spiritually healthy parents. Utilizing her background in psychology, Lauren Gaines delivers clear strategies for transforming stress-filled households into peace-infused homes. She speaks the truth Christian parents need to hear while offering practical tools that will help them succeed."

Stephanie Gilbert, author and cohost of the *Pastors' Wives Tell All* podcast

"*Unshakable Kids* is a book that shook me to my core in the most life-affirming way. Lauren's authenticity shines, creating a heartwarming welcome as she leads the conversation with honesty, courage, and grace. As a pediatric nurse practitioner, I know every mom will be encouraged and inspired by the practical advice Lauren gives for those longest days and shortest years of early mothering. As a professor, I am wildly enthusiastic about the Brain Builders and Faith Formers, practical tools for any stage of parenting. But as a mom of four teens, reading this book made me feel deeply seen and understood as I reflected on my own journey to raise spiritually strong and emotionally healthy children. This book gifts moms with hope and comfort in knowing we are not alone in the God-inspired mission of motherhood."

Jessica L. Peck DNP, APRN, CPNP-PC, CNE, CNI, FAANP, FAAN, author of *Behind Closed Doors*, past president of the National Association of Pediatric Nurse Practitioners

Get Connected

www.laurenkgaines.com
www.inspired-motherhood.com

Instagram

@inspired.motherhood

Facebook

/inspiredmotherhoodhome

Twitter

@inspiredmomblog



Sample Interview Questions for Lauren Gaines *Unshakable Kids*

- Thanks for joining us, Lauren. For those who may not be familiar with you yet, tell us a little about your background and what you do.
 - Can you share about what you are observing in the world that led you to write *Unshakable Kids*?
 - A large portion of *Unshakable Kids* focuses on self-work for parents. Why focus so much on adults in a book about raising children?
 - Three key areas are addressed in the book: mind, heart, and identity. What led you to pinpoint these three, and why are they so important in raising strong kids?
 - You use the phrase “taking our thoughts captive” throughout the book. Can you unpack what this means and why it is necessary in building mental and emotional health?
 - Metacognition is a complex topic referenced throughout your book. What is this, and how can parents go about teaching this skill to their children?
 - In chapter 4 of your new book, you address the most common mental mistakes. Could you share a few of them as well as tips on how to avoid them?
 - Social media is a hot topic among families today. How do you see social media impacting children, and what approach should parents take regarding screen time?
 - In chapter 7, you write, “Research has shown that an authoritative parenting approach is most beneficial for a child’s social, intellectual, moral, and emotional growth.” Can you unpack what an authoritative approach looks like?
 - *Unshakable Kids* emphasizes the importance of familiarity with Scripture. What are some ways parents can integrate the Bible into their family life?
 - The last section of your book focuses on the home. How does a home atmosphere connect with emotional and spiritual health?
 - What final words or encouragement would you share with parents listening/watching/reading?
 - Where can our audience go to connect with you and purchase a copy of *Unshakable Kids*?
-

To schedule an interview or request a copy of the book, please contact:
Molly Nagelkirk | 616-676-9185 Ext. 186 | mnagelkirk@bakerpublishinggroup.com