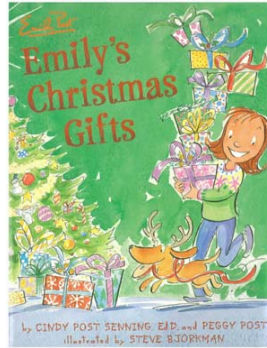


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Emily's Christmas Gifts

The Gifts of Kindness and Consideration for Children 4-7 Years Old

By Cindy Post Senning, Ed.D. and Peggy Post

BURLINGTON, VT—Although the holidays are “the most wonderful time of the year,” they can also be a minefield of manners meltdowns as people rush through shopping malls, prepare elaborate meals, and open potentially disappointing presents with not-so-favorite relatives. It’s especially challenging for small children, who don’t know that they may hurt Grandma’s feelings when they say, “Yuck! I hate fish!” or “I already have this doll!”

Cindy Post Senning, Ed.D. and Peggy Post have written *Emily's Christmas Gifts* (Collins; September 2008; \$16.99) as a reminder of how to keep the holiday spirit alive. In *Emily's Christmas Gifts*, young Emily expresses how much she loves giving gifts, but she tells young readers that the most important gifts don’t go under the tree. In her words, “These are the gifts of kindness and consideration. Even though they don’t cost a cent, everyone appreciates them.”

“The emphasis during the holidays should be on your relationships,” says Senning. “All manners are a way of expressing consideration, respect, and honesty to the people around you. Children are never too young to learn how much people appreciate these principles. Whether they help their grandmother down the stairs or greet guests at the door, they can see how every little bit helps people feel good.”

Steve Bjorkman’s lighthearted watercolor illustrations bring Emily’s world to life as she helps another child with her nativity costume, lends a hand with dinner, puts up lights

with her Dad, and acknowledges that sometimes people get a little cranky during all the holiday commotion. Her solution? Dad will be thrilled, Mom thankful, and Grandma and Grandpa full of pride when you help out, express your gratitude, and focus on kindness during the holidays.

Emily's Christmas Gifts the newest book in a series of ten Emily Post titles for children from HarperCollins Children's Books (Collins). Additional titles include *Emily's Magic Words* (for ages 3-5), *Emily's Everyday Manners* (for ages 4-7), *The Guide to Good Manners for Kids* (for ages 8-13), and *Teen Manners: From Malls to Meals to Messaging and Beyond* (for ages 14-18).

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About the Authors

CINDY POST SENNING, ED.D., is co-director of The Emily Post Institute, Inc. where she oversees the book program, develops etiquette curriculum for children's programs, and conducts seminars and workshops across the U.S. and internationally. Cindy is the co-author, with Peggy Post, of *Emily's Christmas Gifts*; *Emily's Magic Words*; *Emily's Everyday Manners*; *The Gift of Good Manners: A Parent's Guide to Raising Respectful, Kind, Considerate Children*; and *The Guide to Good Manners for Kids*. Cindy has a doctorate and a master's in education and thirty years experience in health care and public education. Her experience uniquely qualifies her to write definitively on the subject of children's manners in the 21st century. Her media interviews include *The New York Times*, *The Wall Street Journal*, *Parents*, *Newsweek*, *Nick Jr.*, *Girls' Life*, *The Christian Science Monitor* and *Real Simple*. She has also appeared on *The Today Show* and *Fox and Friends*.

PEGGY POST has written over a dozen books on etiquette, including co-authoring *Emily's Christmas Gifts* with Cindy Post Senning. Peggy is a nationally recognized authority on etiquette, and millions seek her advice through her monthly columns in *Good Housekeeping* and *Parents* magazines. Peggy conducts speeches and seminars across the country and teaches table manners classes to children of all ages. She has appeared on *Dr. Phil*, *The Oprah Winfrey Show*, *Live with Regis & Kelly*, *Good Morning, America*, and *The Today Show*.

EMILY'S CHRISTMAS GIFTS

by Cindy Post Senning, Ed.D. & Peggy Post

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