



ABOUT THE BOOK

Rudy & Ali: A Listening Ear & A Cozy Corner is a gentle, two-story collection that helps children ages 4–8 understand and express big feelings during times of change. Told through the warm, steady eyes of two Clumber Spaniels, these stories offer comfort, emotional regulation skills, and reassurance.

Each tale is paired with a Parenting Section written by a family mediator, providing practical guidance for adults supporting children through transition, worry, or uncertainty.

WHY SCHOOLS/CLINICIANS USE THIS BOOK

- Supports emotional literacy, coping skills, and expression
- Reduces anxiety, worry, and self-blame in young children
- Provides developmentally appropriate language for difficult topics
- Encourages empathy, connection, and safe attachment
- Ideal for counseling, play therapy, SEL instruction, and family sessions
- Offers gentle entry points for conversations about divorce, moves, illness, and routine changes

ABOUT THE AUTHOR

Erin Birt, JD, CADC is a family mediator, Restorative Divorce® attorney, and child-focused conflict resolution professional with over twenty years of experience supporting families through life transitions. Her work centers on emotional safety, clarity, and stability for children. Erin lives in Illinois with her family and two beloved Clumber Spaniels, Rudy and Ali—the inspiration behind this series.

BOOK INFORMATION

Reading Age: 4–8
 Themes: Emotions & Feelings • Coping Skills • Change • Friendship • Pets
 Formats: Paperback & Hardcover
 Availability: Amazon, Barnes & Noble, and direct school/clinic orders
 Website: www.erinbirt.com

RUDY & ALI PRAISE

★★★★★

"I love the creativity of telling this story through Rudy and Ali's eyes. Loyal, steady, safe... meets families right where they are. I can't wait to share it."

Trina N.
LinkedIn



RUDY & ALI PRAISE

★★★★★

"A gentle and comforting story that helps children understand big feelings. Really well done."

T.B., Amazon Review



RUDY & ALI PRAISE

★★★★★

"This is wonderful! You are supporting so many children without voices this way. Way to go, Erin!"

Pamela, B.
Facebook



RUDY & ALI PRAISE

★★★★★

"My heart melted. Rudy came into Rescue & Placement after spending his young life in a kitchen pantry. This sweet Clumber now has a wonderful, kind story to share. Super proud of you, Rudy."

Clumber Spaniel Rescue & Placement
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