

ROOTED FAMILY MAGAZINE



A MINDFUL MUSICIANS PUBLICATION

NOVEMBER 2025 — ISSUE 10



Welcome

Discover the harmony of music and social-emotional learning. Explore insightful resources, creative tips, and inspiring tools to nurture growth and connection on every page.

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Monthly Inspirational Poster





HELLO, FROM CALLIE

The Grace of Wintering

There's something about November that invites us to slow down — to soften our pace, to listen more closely, to let silence hum beneath the noise. The light fades earlier, the air grows sharper, and suddenly we're reminded of what it means to be still.

It feels fitting, then, that this month's issue — the first under our new name, Rooted Family Magazine — carries that same intention. We chose Rooted because that's what we all long for in the wind and weather of parenting: a groundedness that holds steady, even when everything else feels uncertain.

And on our cover, you'll find the Silver Album — a collection of lullabies born from that same spirit of slowing. These songs are small offerings of stillness; reminders that rest can be sacred, that tenderness is strength, and that music has the power to steady both parent and child.

Lately, I've been reflecting on what it means to rest — not as a retreat, but as a rhythm. Forgiveness, too, feels like part of that rhythm. It asks us to pause long enough to notice what hurts before we try to move past it. I used to think forgiveness was something I offered to others, but I'm learning it begins within — in the quiet work of naming what aches and allowing it to soften.

Dr. Becky Kennedy often says that repair is more powerful than perfection. I hold onto that on the days when I lose patience, when I speak too sharply, when I wonder if I'm doing enough — as a mother, a partner, a professional. The truth is, none of us are perfect parents. We're simply learning to be kind while being human.

That's part of what November is teaching me: that slowing down doesn't mean falling behind. It's the pause before renewal, the inhale before the next phrase. And no one reminds me of that more than my daughter, Selah — whose name means to pause, to rest, to listen. She is my daily embodiment of that truth — and also the comic relief in it.

Just last week, she mastered the art of rolling up the base of her pack-n-play to use as a step stool for escape. She beamed with pride at her should've-been-naptime accomplishment, and I couldn't help but laugh. Even in the middle of our exhaustion, joy finds its way in. Maybe joy is the most forgiving thing of all.

As Mindful Musicians grows — through music, stories, and families like yours — I feel hopeful. The Silver Album reminds us that stillness sings too. That there is music in the quiet, healing in the pause, and beauty in staying grounded through the changing seasons.

So if you find yourself feeling unsteady this month, take a cue from the trees: sink deeper into your roots. Rest where you are. Trust that what's quiet now will rise again in its own time.

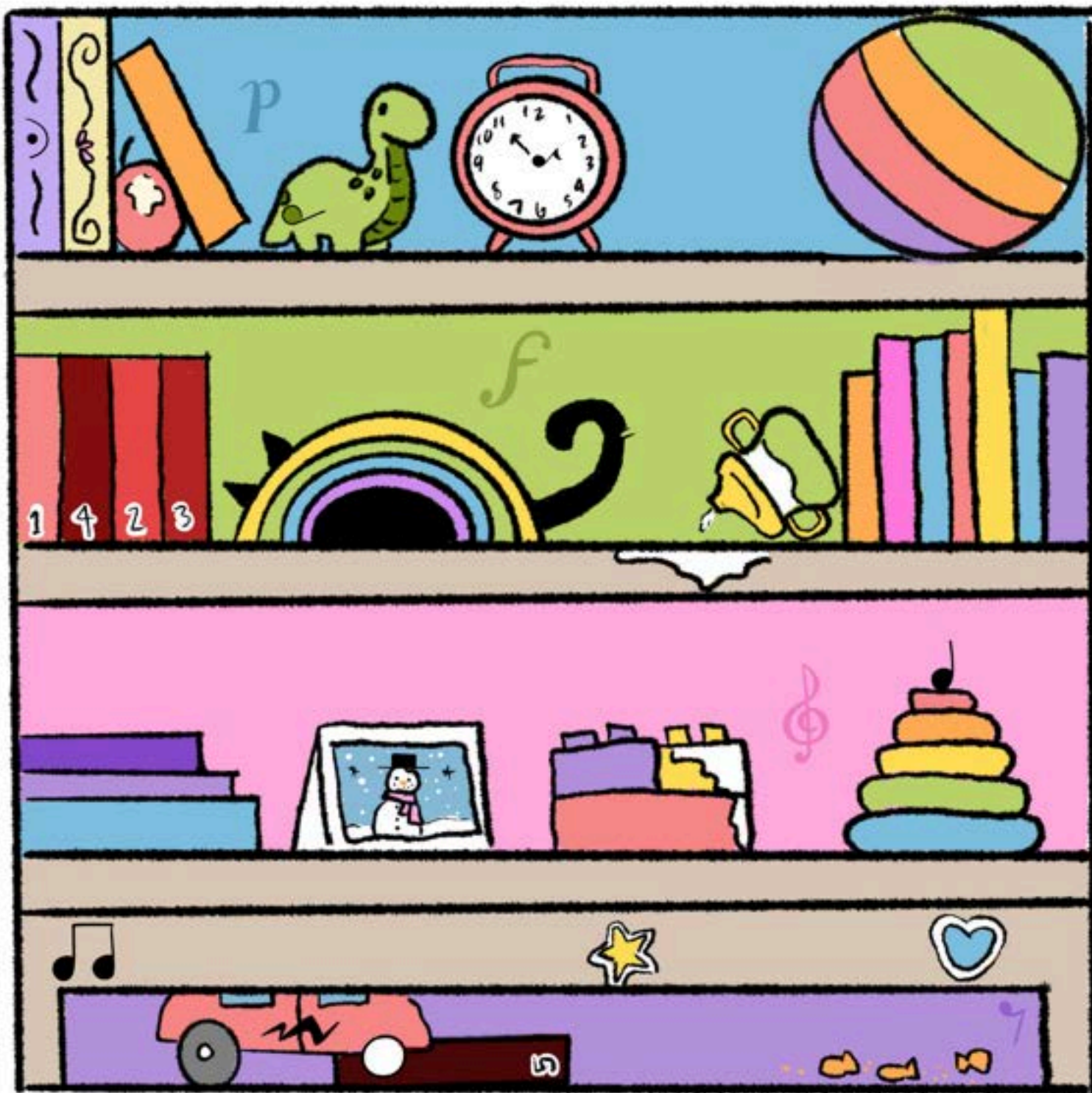
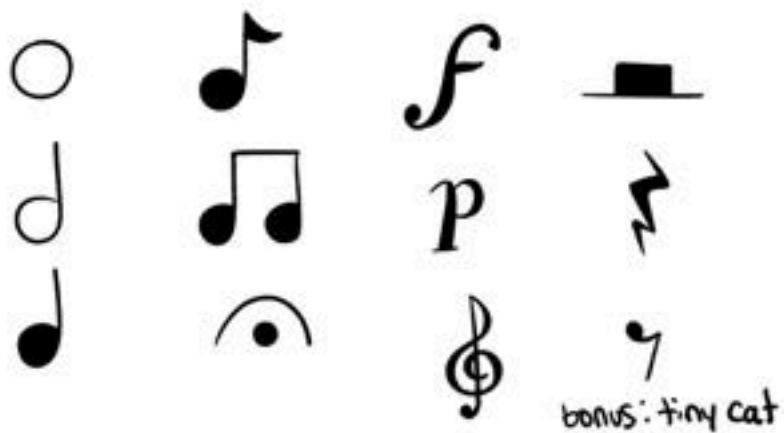
"Maybe forgiveness isn't about letting go. Maybe it's about letting be — the story, the hurt, the winter — until it softens enough to make room for spring."

With warmth and gratitude,

Callie Fitzgerald



Seek and Find





Green Album Book List

This book list was created to go hand-in-hand with our songs! Sometimes kids are faced with big, tricky topics, and stories can help explain them in ways that feel safe, clear, and fun. Each of these books does a beautiful job of diving deeper into the ideas we sing about, giving children the chance to explore and understand at their own pace.

Our songs are a playful way to remember the lessons, while the books give space to reflect and connect more deeply. Together, they create a joyful learning journey, full of music, imagination, and meaningful conversations that stick with children long after the song ends.

BOOKS



I Am!: Affirmations for Resilience
by Bela Barbosa

SONGS

Centrally
Rooted

MINDFUL MUSICIANS



BOOKS



How Full Is Your Bucket? For Kids
by Tom Rath

SONGS

Care A
Being



No Means No!
by Jayneen Sanders

ChalkTalk



Just Ask!
by Sonia Sotomayor

Curiosity



After the Fall (How Humpty Dumpty
Got Back Up Again)
by Dan Santat

Don't Give
Up

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BOOKS



Why Should I Help?
by Claire Llewellyn

SONGS

Feels Good Too



Monsters Don't Eat Broccoli
by Barbara Jean Hicks

Fruits &
Veggies



The Magical Yet
by Angela DiTerlizzi

Try Again



Everybody Makes Mistakes
by Kayla Chalko

Good Kid

MINDFUL MUSICIANS



BOOKS



So Many Smarts!
by Michael Genhart

SONGS

Hear Me



Say Hello
by Rachel Isadora

Hello



You Matter
by Christian Robinson

I Am
Somebody



I Love You with All My Heart
by Noris Kern

Ride

MINDFUL MUSICIANS



BOOKS



The Grand Hotel of Feelings
by Lidia Brankovic

SONGS

So Many Ways



A World of Possibilities:
An Exercise in Mindfulness
by Frank Sileo

Square



Waiting Is Not Forever Board Book
by Elizabeth Verdick

Wait



I Like Myself!
by Karen Beaumont

Wiggle
Waggle

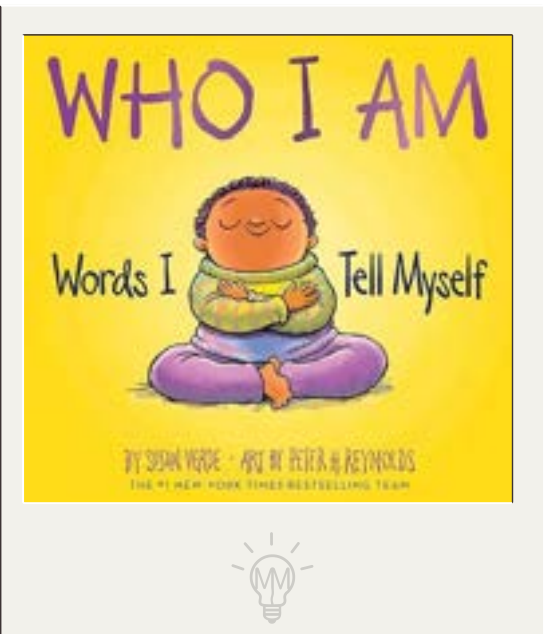
FROM PAGES TO PRACTICE

BY ANA MARIA LOCKE

This book review highlights books that parents might already be familiar with, but with a fresh perspective. Each book explores topics we sing about on the Mindful Musicians Green Album, offering new ways to connect music and meaningful lessons with your child

Who I Am by Susan Verde is a beautiful and simple book that gently explores a big topic in a kid-friendly way. With its warm and engaging illustrations, it introduces children to self-talk and the power of words. The story acknowledges that everyone struggles at times and that feeling worried or having hard days is completely normal.

This book opens the door to important conversations about emotions, resilience, and being a safe place for your child to share tough feelings. It reminds readers that difficult emotions will pass and that understanding them is an important part of growing up. *Who I Am* is a wonderful tool for fostering connection, empathy, and emotional well-being.



Reflection Questions to use with your book:

1. Let's reflect on our day: What is something you did today that you feel proud of?
2. It's important to let yourself feel all your feelings. What feelings were hard for you today?
3. Have you ever made a mistake? What did you learn from it?
4. Do you think grownups make mistakes? Why or why not?
5. What are some words you know are true about yourself, no matter what?
6. In the book, the character uses self-talk to stay calm and confident. What is something kind you can say to yourself when you feel worried or upset?
7. The book shows that feelings come and go. What helps you when you need to let a tough feeling pass?
8. The illustrations show calm, peaceful moments. Where is a place you feel safe or peaceful, like the character in the story?

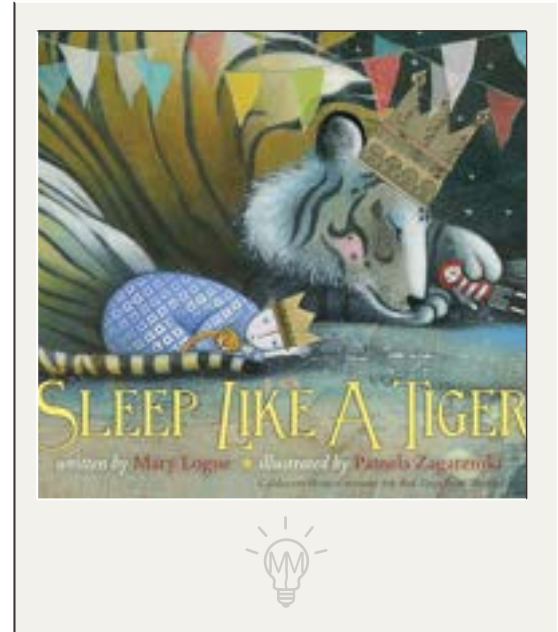
Tip* After they answer, offer your personal experiences as a child and adult to build connection and show empathy.

FROM PAGES TO PRACTICE

PART 2

Sleep Like a Tiger by Mary Logue is a gentle bedtime story with whimsical illustrations that are sure to enchant your child and inspire beautiful dreams. Every child has moments when they'd rather stay awake than drift off to sleep, and this book lovingly explores that feeling.

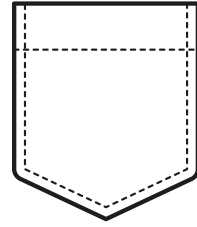
Through lyrical language and comforting imagery, the story highlights how many different animals sleep, offering sweet bedtime thoughts that can help little ones settle down. *Sleep Like a Tiger* provides a soft, soothing way to end the day—a perfect book for creating calm, connection, and a quiet moment with your child before sleep.



Reflection Questions to use with your book:

1. What was something that made you smile today?
2. What is something you love about yourself?
3. In the story, the girl thinks about many different animals. What animal would you like to be in your dream tonight?
4. What helps your body feel calm when you're getting ready for sleep?
5. If you could choose a cozy place to sleep—like a den, a nest, or a warm patch of sun—where would it be?
6. The girl realizes she is getting sleepy even when she says she isn't. How does your body tell you it's getting tired?
7. What is one thing you are grateful for at the end of today?
8. Who helps you feel safe and cozy at bedtime?

POCKET PAUSE



Fold, cut, and create—a Pocket Pause to help you feel great!

DESCRIPTION

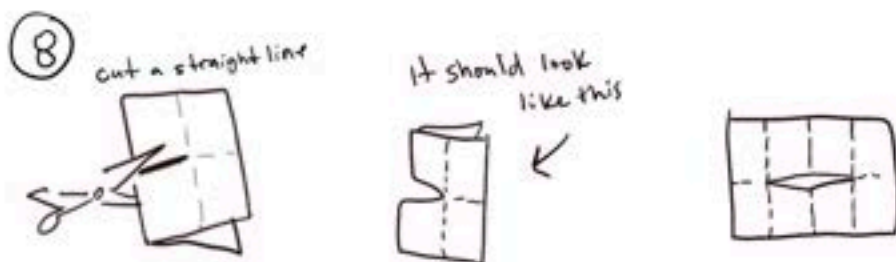
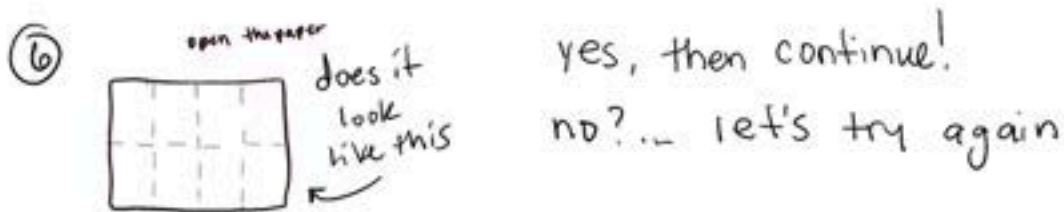
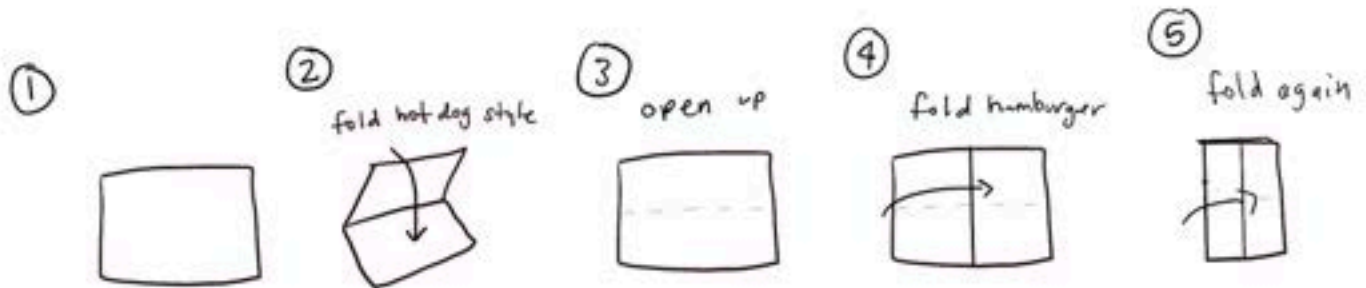
The Pocket Pause book is a small, portable tool designed to help kids calm down and feel better when they're having a tough time. It's filled with simple activities and calming ideas they can use to take a break, focus, and reset their emotions.

Easy to make and carry, the Pocket Pause empowers kids to practice self-regulation anytime, anywhere.

INSTRUCTIONS

1. Print it out: Ask an adult to help you print the Pocket Pause page.
2. Fold it up: Follow the folding steps in the pictures carefully to make it into a book.
3. Cut the spot: Use scissors to cut along the line shown in the picture (ask for help if needed!).
4. Take it anywhere: Slip it into your pocket and use it when you need a moment to pause and relax!

Fold your Pocket Pause

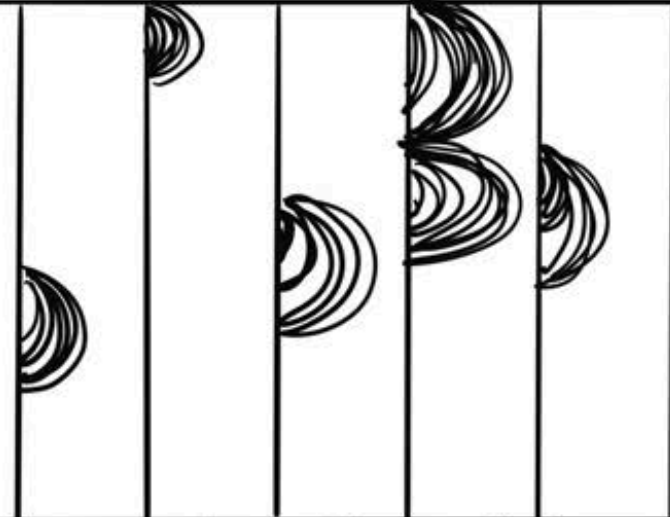


POCKET PAUSE

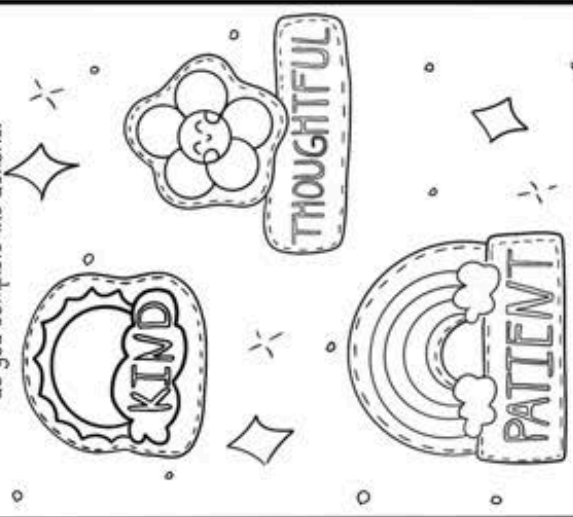
SPY

- ☆ 5 animals
- ☆ 4 plants
- ☆ 3 red things
- ☆ 2 frog jumps
- ☆ 1 hug

Pause. Lets scribble and breathe.



To earn each badge, complete one act of kindness, one thoughtful gesture, and one demonstration of patience. Color in each badge as you complete the actions.



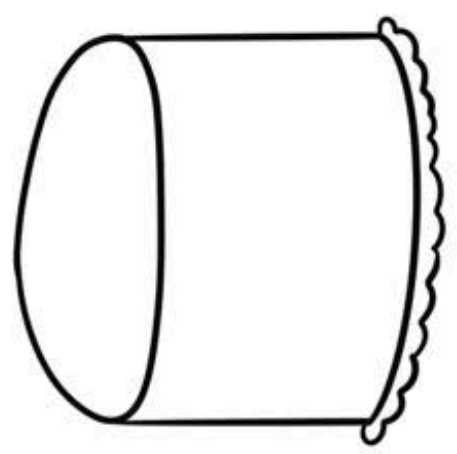
Dear Me,

Write a letter of love to yourself to read when you are having a tough day.

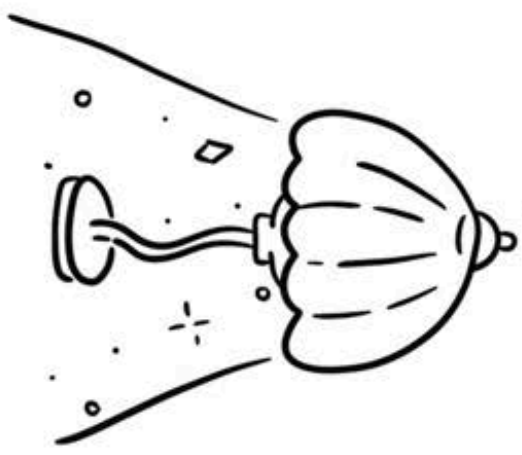
Can you find these words:
together laughter joy kind safe love breathe

T	O	J	B	S	B
O	L	J	O	S	R
G	A	O	V	A	E
E	V	Y	V	F	A
T	G	E	Y	E	T
H	H	L	K	L	H
E	T	V	I	O	E
R	E	A	N	V	H
T	R	G	D	E	V

Sometimes giving your brain time to do something else can help you calm down. Like decorating this cake! Decorate your dream cake here.



Imagine you are in a dark room that represents a tough feeling. Take a deep breath and imagine turning on this lamp. What colors do you want to shine from this light to represent the love you have for yourself.





Ask Callie

"Ask Callie" is your chance to submit questions about music, mindfulness, and parenting—where we answer commonly asked questions to support you and your family's journey.

Q1: This month's letter touched on stillness and forgiveness. How do you see those ideas showing up in family life?

Stillness and forgiveness are both about making space—space to breathe, to reset, to begin again. In families, that might look like taking a deep breath before responding, or letting go of a rough morning without holding on to blame. Forgiveness isn't about excusing behavior; it's about releasing tension in our own bodies so we can stay connected. Children learn that through us—when they see us pause, repair, and rejoin the moment.

Q2: The Silver Album is full of lullabies. Why are bedtime rituals so important for children's emotional health?

Bedtime is the nervous system's invitation to rest, but for many kids it's also when their minds race. Predictable rituals—like a song, a story, or a gentle stretch—signal safety. They tell the body, You can let go now. A consistent bedtime rhythm builds trust in the world and in their caregivers. It becomes an anchor they can return to, even on hard days.

Q3: Ana Maria wrote this month about creating magical bedtime routines. What does that look like from a brain-based perspective?

Routine builds what's called "neural scaffolding"—a framework of predictability the brain can lean on. When kids know what's coming next, their stress hormones drop and they can transition more easily. Adding moments of warmth—like gratitude, soft lighting, or music—activates oxytocin, which deepens the sense of safety. That's what turns a routine into a ritual: it nourishes connection, not just completion.

Q4: This issue includes a book list to pair with the Green Album songs. How can stories help parents start meaningful conversations?

Stories are bridges. They give children language for big emotions and abstract ideas. When we read a story about kindness, courage, or repair, it externalizes those themes so they can talk about them more easily. It's not, "What did you do today?" but "What did that character feel?" Books open gentle entry points for empathy, reflection, and values—without pressure.

Ask Callie continued

Q5: With winter approaching, how can families embrace slowing down without feeling guilty for doing less?

Nature models this for us—everything rests to prepare for renewal. Families thrive when they allow that rhythm, too. Doing less isn't laziness; it's restoration. When we align with quieter seasons, we give our minds and bodies a chance to integrate growth. Let the dark evenings and slower pace remind you that rest is productive.

Q6: How does music support forgiveness or emotional repair between parent and child?

Music bypasses words and moves straight into the emotional centers of the brain. A shared song or hum can reset connection faster than a lecture ever could. When a parent sings softly after a conflict, it communicates safety and belonging nonverbally. It's the nervous system's way of saying, I still love you, and we're okay.

Q7: Many readers struggle with their own restlessness at night. Any advice for parents, not just kids, around bedtime regulation?

Our bodies need rhythm just like our children's do. Try ending your day with a sensory cue—dim lights, herbal tea, soft sound, or journaling. The brain associates these repetitive actions with calm. And if the mind starts spinning, try humming or slow breathing. You're teaching your nervous system what peace feels like, one evening at a time.

Q8: What's one takeaway you hope families carry from this month's themes?

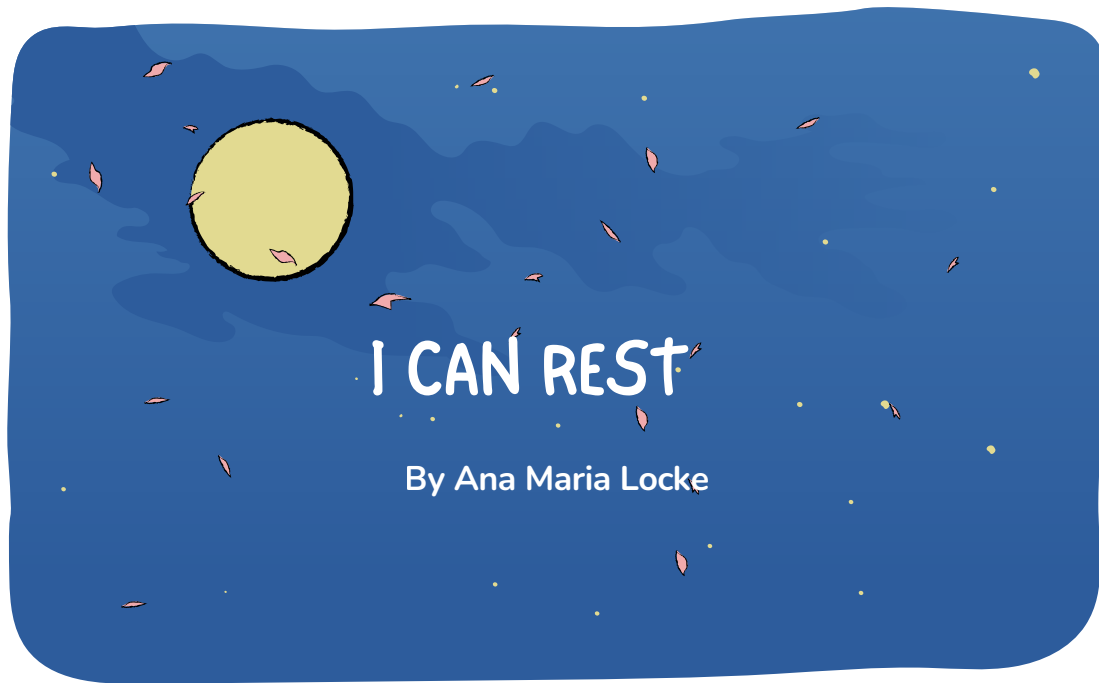
That slowing down is sacred work. Forgiveness, rest, and rhythm aren't luxuries—they're foundations for resilience. When families embrace quiet connection, they're not stepping away from growth; they're deepening it. That's how we raise children who know how to begin again—with gentleness toward themselves and others.

Q9: What's your favorite way to end the day on a peaceful note?

Recently, after the house quiets, I light a candle, put on soft music, and sit for a minute in gratitude—sometimes for big things, sometimes just that we made it through bedtime. It's a simple ritual, but it turns the ordinary into something sacred...and I sleep a whole lot better!



We would love to hear your questions! Send Callie an email at callie@mindfulmusicians.org



It's the end of the night, your window of tolerance is at zero, and the kids still won't go to sleep. You're desperate for a break, but somehow the hardest part of the entire day – the biggest hurdle, always shows up right when you have the least energy left: bedtime.

A while back, I realized something that changed everything:

I could trick myself – and my kid.

It wasn't actually the end of the day. It was simply the next magical thing we got to do together.

Bedtime could be calm, sweet, even whimsical. It didn't have to feel like a battle.

We started a bedtime routine when my kiddo was literally a newborn. No, really – we did the same steps every night from the very beginning. And of course, it was still hard. They cried, we comforted, we left, we tried again. But something beautiful happened over time. Friends and family would visit and notice that even if my daughter had a tough day (don't we all?) she had a routine she could rely on. And because of that, she grew to be incredibly independent.

Now that she's six (and a half!), she still has days when she needs extra support. But the years of sticking to this routine mean that bedtime is an expectation, not a negotiation. And the way we let the routine evolve with her growing independence gives her a real sense of control and confidence.

We've also made it a point to include words of affirmation and gentle reflection. As an adult, I often get to the end of the day and start mentally listing everything I still need to do or didn't get to. But I've been working on modeling something different. My daughter and I end our day by journaling and sharing things we're proud of ourselves for doing, big or small.

Teaching our children to care for themselves can happen at any time of day, but nighttime offers something extra special. These rituals help them wind down, find comfort, and grow their inner voice of kindness. And someday, when they're in college studying for a big exam or preparing for an important job interview, that deep-rooted nighttime rhythm – the one that brought them comfort and love as a child, will still be there. A quiet, steady reminder that they know how to take care of themselves.

I CAN REST

I've done my best; I've worked real hard

I stood up when I fell down;

I took a breath

I took some time; To make choices that make me proud

Now I deserve rest

I can rest

Now I deserve rest

I can rest

OooooOoooooh

OooooOoooooh

Repeat from the top



Zzz... Menu - I Can Rest

Materials Needed:

- Printed Zzz... Menu (blank or ready-made) OR
- Paper and markers to make your own
- Optional decorating supplies

Description:

Bedtime can feel rushed and stressful, especially when parents need a moment to themselves. A Zzz... Menu turns bedtime into a calm, connected routine. Kids get to choose their bedtime steps, which builds cooperation and makes the evening feel sweeter.

Instructions:

1. Explain the Idea

Tell your child: “We’re making a Zzz... Menu — a list of things we do before bed, plus some sweet choices we can pick to make bedtime cozy.”

2. Brainstorm Together and create two lists:

A. Bedtime Basics

- Brush teeth
- Pajamas
- Bathroom
- Fill water
- Tidy a few toys

B. Sweet, Cozy Add-Ons

- A quick cuddle
- One bedtime song
- A calming breath
- A special affirmation
- Share one good thing from today

3. Make the Menu

Write your items on the printed menu or create your own. Add drawings or decorations if you want.

4. Use It Nightly

Hang the menu where your child can see it. Let the menu be your routine so bedtime feels calmer for everyone.

Zzz...

menu

SLEEPERS

Dim the Lights

Turn on the Mindful Musicians Silver Album

Tidy

Choose Pajamas

MHINS

Potty

Wash Hands

Brush Teeth

Wash Face

DESSERTS

Lotion

Choose a stuffy

Story Time & Cuddles

Affirmations



Zzz...

menu

STARTERS

Dim the Lights

Turn on the Mindful Musicians Silver Album

Tidy

Choose Pajamas

MIDNIGHT

Potty

Wash Hands

Brush Teeth

Wash Face

DESSERTS

Lotion

Choose a stuffy

Story Time & Cuddles

Affirmations



Zzz...

menu

STRETCHES

Dim the Lights

Turn on the Mindful Musicians Silver Album

Tidy

Choose Pajamas

WASHES

Potty

Wash Hands

Brush Teeth

Wash Face

DESSERTS

Lotion

Choose a stuffy

Story Time & Cuddles

Affirmations





Zzz...

menu

STARTERS

DRINKS

DESSERTS



I can rest.



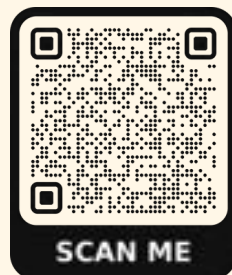
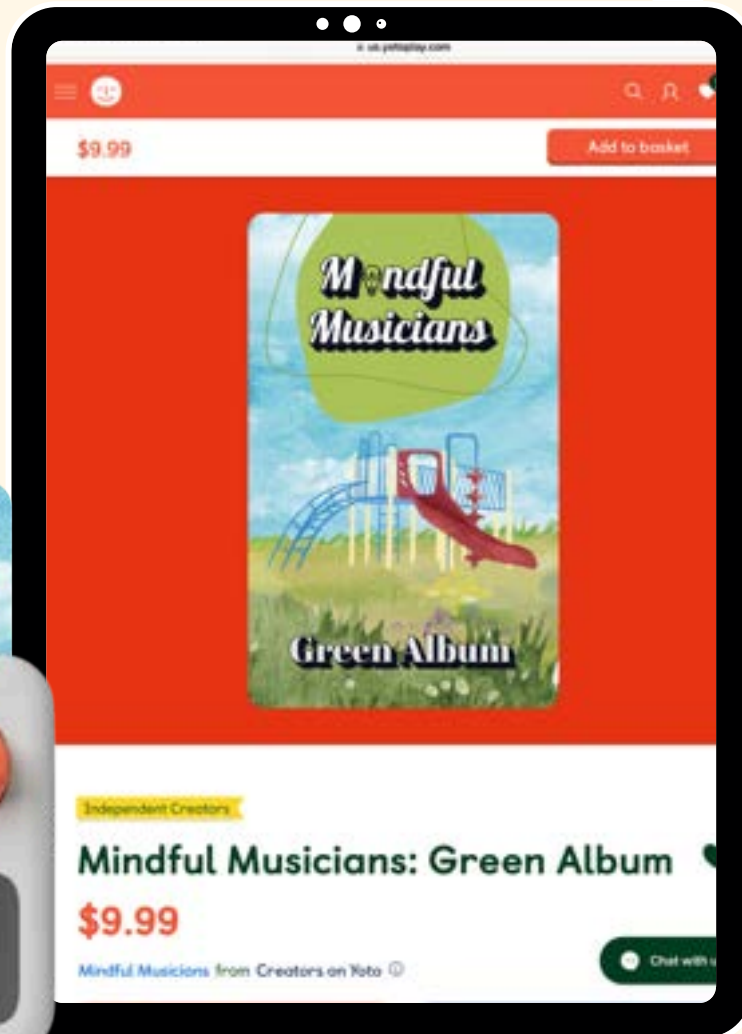


I can rest.



FIND US ON YOTO

provide an easy, screen-free way to incorporate music and mindfulness into your children's daily routine.



UNLOCK MINDFUL MUSIC

<https://us.yotoplay.com/products/mindful-musicians-green-album>