

**I Am  
Important!**



Written by **Michelle Lowbeer**

Illustrated by **Carolynn Yoe**

Character illustrations by **Goran Vitanovic**



I am important!

This book belongs to the  
**WONDERFUL and IMPORTANT**



Hi, I'm **Hairy Thought-Buster**, a Superhero for young minds. I bust children's negative thoughts, before they turn into negative beliefs!

Reader, here is one request I have of you:  
*Please don't believe every thought you think... especially the thoughts that don't feel good!*

It would make my job so much easier and allow me to go on vacation more often.

It will help to make your life better, too! ❤️

Hi, I am the **"I Am Important" Fluffy**, one of Hairy Thought-Buster's helpers. See if you can find me on each double-page of this book!



**I am important!**

## Praise for *I Am Important*

‘I love this book. It lets parents know that their actions have consequences in a respectful and loving way. **A must read with your child.**’

*Shelly Lefkoe, parenting educator, co-founder of the Lefkoe Institute and founder of Parenting the Lefkoe Way*

‘This is a beautifully written and illustrated story for children. In an age where parents and caregivers are so often distracted by technology, here is a wake-up call for adults, and a book with the message that every child needs to hear... “You are important”. I highly recommend this book to all parents.’

*Jacqueline Green, parenting coach, host of The Great Parenting Show*

‘This is an awesome concept. Every busy parent needs to make time to read this with their child.’ *Rachel McCann, primary school teacher*

‘Wow, what you are doing is so important!’ *PJ, psychologist*

‘I love this book!’ *Lisa Ladonski, parent*

‘It’s an amazing concept, and worth telling everyone!’ *Mark Havas, parent*



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We *do* encourage Hairy Thought-Buster’s image to be reproduced in imaginations all around the world to help bust pesky negative thoughts.

Hairy Thought-Buster would love to star in his own kids TV show, as well as make an animated movie musical, so that he can impact more children. Please contact us ([hello@hairythoughtbuster.com](mailto:hello@hairythoughtbuster.com)) if you can help make his dreams come true!

*I Am Important* is available at special quantity discounts for bulk purchases. For details, write to [hello@hairythoughtbuster.com](mailto:hello@hairythoughtbuster.com).

No characters were harmed in the making of this children’s book. A negative thought was, though. To it, we say PHOOEEY.

[www.hairythoughtbuster.com](http://www.hairythoughtbuster.com)

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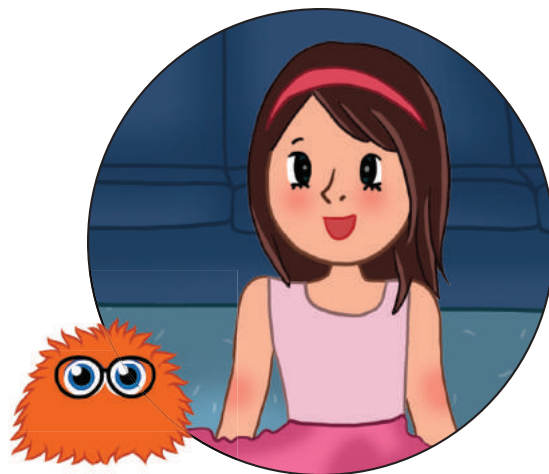


# ***I Am Important!***

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## Dedications

This book is dedicated to Shelly Lefkoe, a wonderful and inspiring parenting educator. Thank you so much for all your wisdom and teachings.

And also to Ilan, Katherine and Hannah... you are so much more important than my phone!

- Michelle Lowbeer

To my husband, KL, for his endless support.

-Carolynn Yoe



## A note from the author

Dear Parents,

I know first-hand how difficult it can be to break a phone habit.

My phone is on me almost all the time, and I use it for so many different things - taking photos, checking email, looking things up on the Internet, and using Facebook as a means to distract myself from my emotions... especially around my kids' bedtimes!

I am no phone saint. (For inspiration in this area, please look to the wonderful Rachel Macy Stafford ([handsfreemama.com](http://handsfreemama.com))).

But. I am very aware of the impact that my actions might be having on my children.

Our children are meaning-making machines. They are always concluding things about themselves based on their interactions (or lack thereof) with us; it's how they make sense of the world. **Their negative conclusions - if left unchallenged - will go on to form beliefs which can limit them for the rest of their lives.**

And according to research, nearly one-third of children feel unimportant when their parents are using smartphones\*.

So I wrote this book because I wanted my children - and children the world over - to know that they are important, even in the presence of busy or digitally distracted parents.

**This book was not written to make you feel guilty, or ashamed, or beat up on yourself about your use of electronic devices.**

If you're having those feelings (which are normal), they're caused by what I call "hairy" thoughts - thoughts like "I'm not good enough" or "I shouldn't be spending so much time on my phone" or "I've damaged my child".

I lovingly invite you to let go of any hairy thoughts, and show yourself some compassion. Many times adults can use the help of Hairy Thought-Buster too!

**What you *can* do is to use your current state of awareness about digital distraction (and its potential impact on your child) to choose differently going forward.**

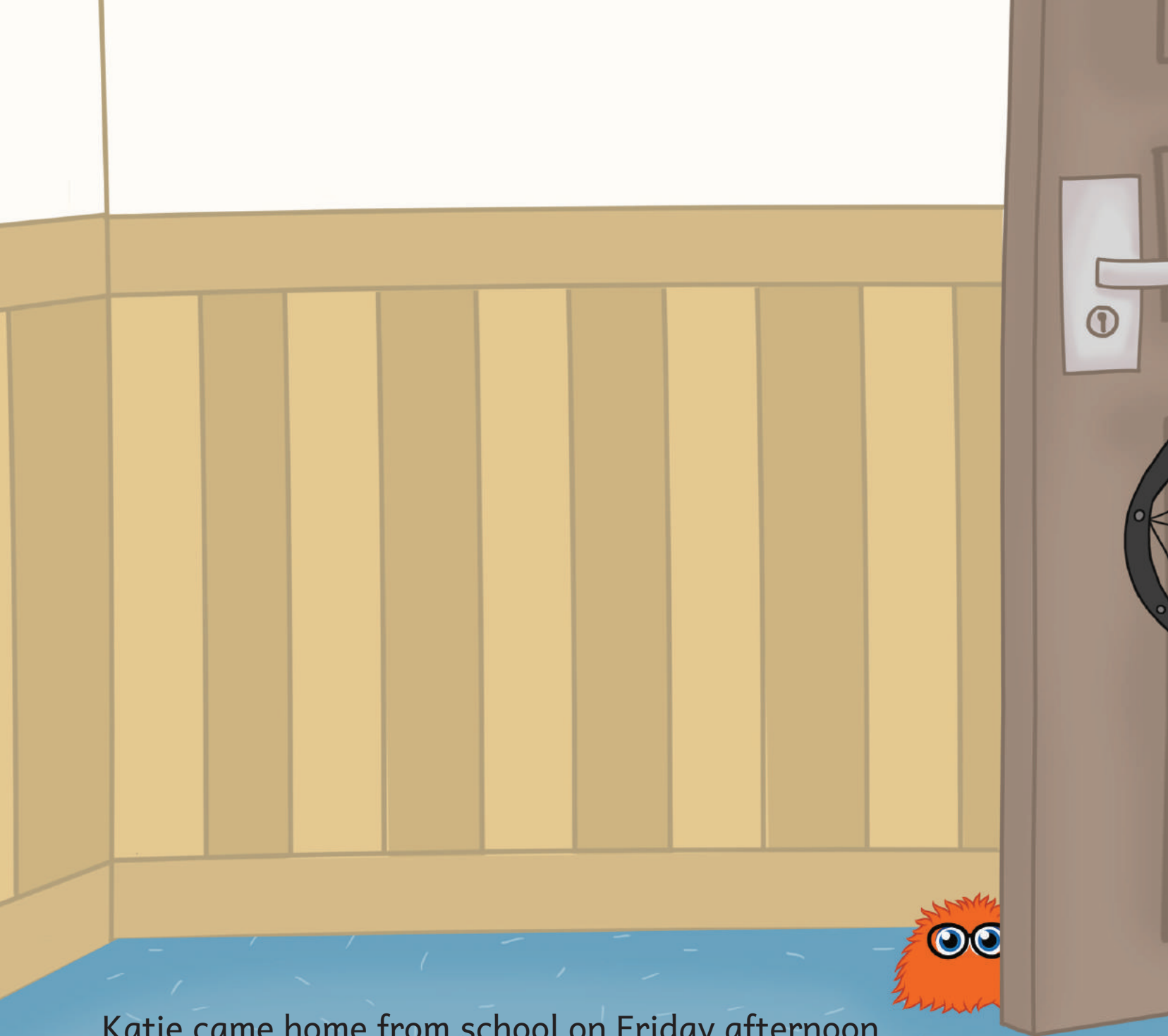
And please read this book with your child (as many times as it takes for the message to sink in), discuss it with them (see discussion questions at the back) and **let them know how important they are to you.**

♥ With great love, ♥  
Michelle Lowbeer  
*Parent, Author & Superhero Assistant*

\* <https://www.parenting.com/news-break/kids-feel-unimportant-to-cell-phone-addicted-parents>

*"Children are not a distraction from the important work. They are the important work."*  
- John Trainer, MD.





Katie came home from school on Friday afternoon excited to show her mother the spider she had made in art class that day.

“Mummy, come and see what I made at school today!”  
Katie said.

There was no response.





“Mummy?” Katie called.

She looked for her mum in the kitchen and in the dining room. Eventually she found her mother in the study looking at her iPad.

Again.

Katie’s mother always seemed to be looking at her iPad.  
Or her phone.  
Or the computer.



“Mummy, I want to show you what I made at school today!”  
Katie said.

“Hmmm?” her mother replied, not looking up.

“Look, I made a spider!”  
Katie said, dangling the  
spider halfway between  
her mother’s nose  
and the iPad.



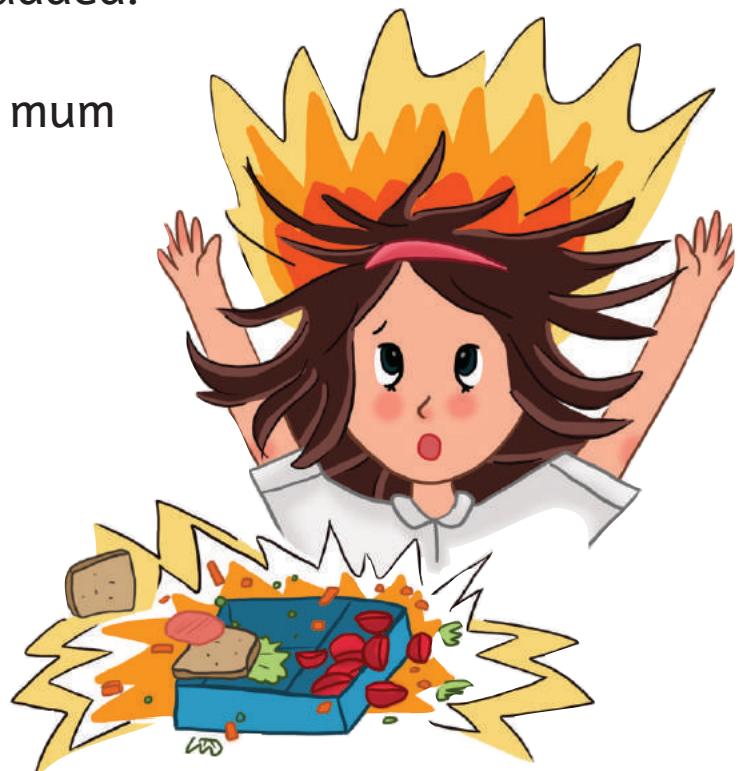
“You made a spider. That’s nice darling,” Katie’s mum said,  
looking up at the spider for a second, before returning her  
gaze to the iPad.

“Oh, and my hair caught on fire today, after my  
lunchbox exploded,” Katie added.

“That’s nice, dear,” Katie’s mum  
replied, not looking up.  
“Just give me a minute.”

A minute passed.  
And so did another one.

Katie’s mother was still  
looking at her iPad.





On Saturday afternoon, Katie decided to put on a show.

She arranged all the dining room chairs in two rows for the audience members to sit down on. She placed her teddy bear and dolls on chairs in the back row.

Katie dressed as a ballerina and practiced some dance moves that she had learned in class.

She practiced curtsying to what she imagined was loud applause.

And then she was ready.





“Daddy, Daddy, come and watch my show!” she called out to her father.

“Er... I’m busy right now, honey,” her dad called back from the study, typing away at his computer. “Give me five minutes.”

Okay, Daddy!” Katie called back.

When five minutes were up, she called out, “Daddy, five minutes is up now!”



“Yes, okay,” her father said with a sigh, as he pushed himself away from his computer. Katie gave him a ticket and ushered him to his seat.







“Mummy?” Katie called to her mother. “Come and watch my show!”

“I’m on the phone!” her mother replied. “You go ahead without me.”

“Mummy, it’s going to be the best show ever!” Katie said.

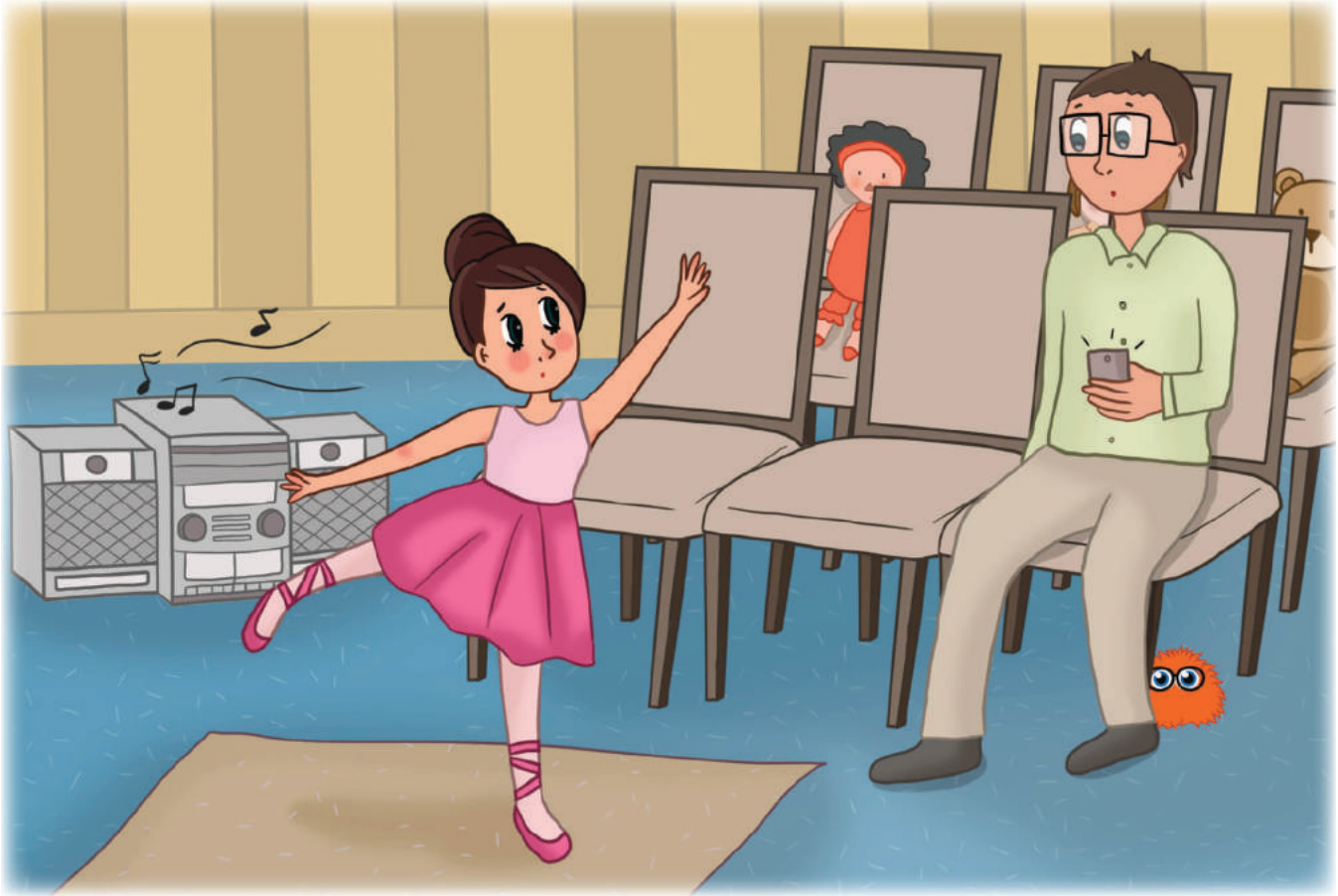
“Katie, I’m on the phone. Please don’t interrupt me again.”

“Okay,” Katie said, feeling a little hurt. “Well, you’re just going to miss out then.”

Katie pressed the play button on the CD player, took a deep breath, and made her grand entrance onto the stage.

She danced as gracefully as a fairy.





About halfway through the dance, Katie heard a *ping* sound coming from somewhere in the audience.

She saw her father take his phone out of his shirt pocket, read a message, and start to type something in reply.

Katie tried to engage her father again with some even bigger and more graceful dance moves, but it was no use.

She had lost the battle for her father's attention.

The music ended, and Katie curtseyed.

Her father put his phone down and clapped loudly. But Katie felt he hadn't really been interested in watching her dance.

She gave him a half-hearted smile, and took her teddy bear and dolls out for pretend tea and scones to hide her disappointment.





“I wonder why Mummy and Daddy didn’t really want to watch my dance show,” Katie thought.

“And yesterday, Mummy wasn’t really interested in seeing the spider I made at school either. Hmmm....”

Katie thought and thought, and then she thought some more. Finally, she came up with the only answer that made any sense. “I guess maybe I’m not that important,” she said to herself.



The more Katie thought about it, the more she decided that it must be true. If Katie was important, then surely her parents would notice her more, and not spend so much time on their electronic devices.

So Katie went to bed that night thinking she was not-that-important. Not-that-important-at-all.



Just before she closed her eyes to drift off to sleep, there was a sudden flash of light in her room.

In the afterglow of the light, Katie saw a small, hairy creature with a red cape and shorts. In his hand he was carrying what looked like a wand.

He smiled at her, and said in a voice just loud enough for her to hear:

*“I flew here in my cape and shorts,  
‘Cos you’ve been having hairy thoughts!”*



“Who are you?” Katie asked, sitting straight up and rubbing her eyes, thinking that she must be dreaming. “And what are hairy thoughts?”

“I’m Hairy Thought-Buster!” the creature replied.  
“Hairy thoughts are the negative thoughts you think that simply aren’t true. I’m here to bust them with my magic popper.

What you think is really, really important. And some of the thoughts you think about yourself... well they could affect you for the rest of your life!”



“So, let’s see...” continued Hairy Thought-Buster. “You had the thought *I’m not important*. Well I can see why you might have had that thought, and in fact children all over the world are thinking the same thing about themselves right now!” he said. “But that doesn’t make it a true thought. It’s absolutely not true at all, not for anyone. In fact, that thought deserves to get flushed down the toilet.” He popped Katie’s thought-bubble with his magic popper, leaving a blank space above Katie’s head.





Then Hairy Thought-Buster started blowing softly into Katie's ear.

"What are you doing?" she asked, giggling a little. It was ticklish.

*"I'm giving you a thought that's new, A thought about yourself that's true,"* Hairy Thought-Buster replied.



When he had finished, Katie looked up. She saw a big shiny thought-bubble with the words 'I am important!' written on it.

"You are important, my dear, simply because you are alive," continued Hairy Thought-Buster. "And it's true, no matter what anyone else says or does."

Katie grinned. This thought made her feel *good*.





“Do you want to know the real reason why your mummy and daddy are so often looking at screens, or talking on their phones?” Hairy Thought-Buster asked.

Katie nodded. She had been trying to work this one out for a while.

“Well, sometimes they’re doing important things on their devices, like working, or making arrangements for you and the family. But sometimes they can get attached to their devices. It can be hard for them to tear themselves away,” Hairy Thought-Buster said.



“So sometimes the big people in your life need a very important person,” he continued, smiling and pointing his finger at Katie “to remind them to *look up*, and help them to see the beauty and wonder and magic of life that is all around them. Do you think you might be able to do that?”

Katie beamed and nodded. She really was important after all.

And before you could say “magic popper”, Hairy Thought-Buster was gone.



Katie closed her eyes and drifted off to sleep.

The next day Katie caught the train into the city with her mother to do some shopping. They shared the train carriage with six other people, all of whom were staring at their electronic devices.

Katie remembered Hairy Thought-Buster's words and the important job she had to do.





“Look up!” Katie said to her mother.

Katie’s mother looked up from her phone. She looked up to see the other people on the train carriage. She looked up to see the rolling green hills out the window. And she looked up to see her beautiful daughter Katie, who was looking at her with hope in her eyes.





Katie's mother began to smile, her eyes sparkled with magic and her whole body filled with joy. "I'm sorry," she said quietly. "You are so important to me. Sometimes I forget."



She reached out to give Katie a great big hug.

It was then that Katie knew in her heart, and not just her head, how important she really was.



And so, dear reader,

Even though the big people in your life might sometimes be distracted by their electronic devices, or perhaps they're too busy with other things to give you the attention that you really want, please know this:

***You are important.  
Just because you  
are alive.***



Speak up when you have something important to say, and always remember to be yourself!

♥ **I love you so much,** ♥  
**Hairy Thought-Buster**

And by the way, if you've got a negative thought that needs busting (that is, a thought that doesn't feel good), please let me know! If I'm not too busy, I will come pay you a visit!

Email me at [thoughts@hairythoughtbuster.com](mailto:thoughts@hairythoughtbuster.com)  
(You may need to get your big people to help you with this.)



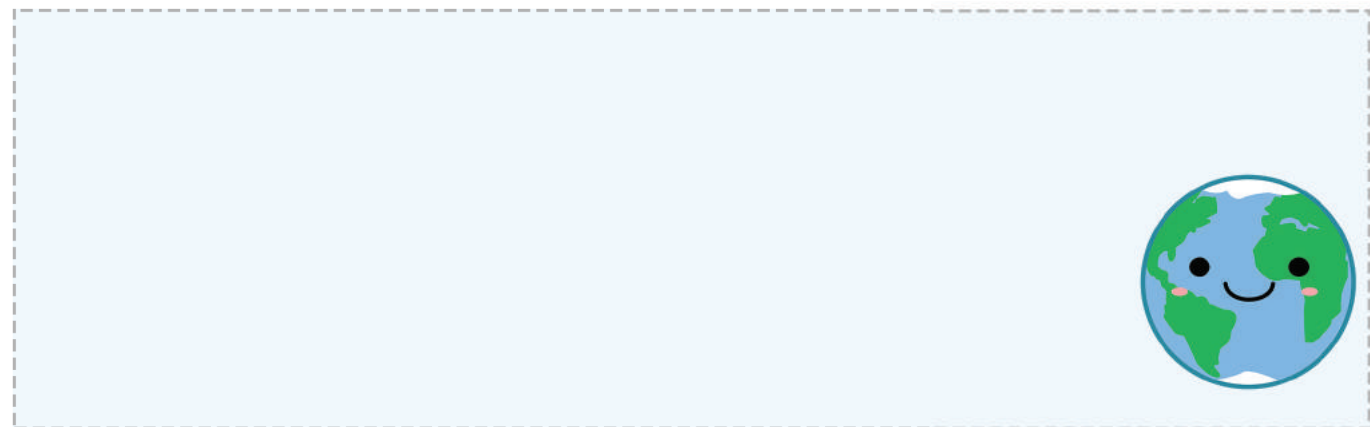
# How I can make an **Important** Difference!!

Draw or write about how you have made an important difference in the world, and how it made you feel. For example, you might have given someone a hug, or helped clean up some garbage.

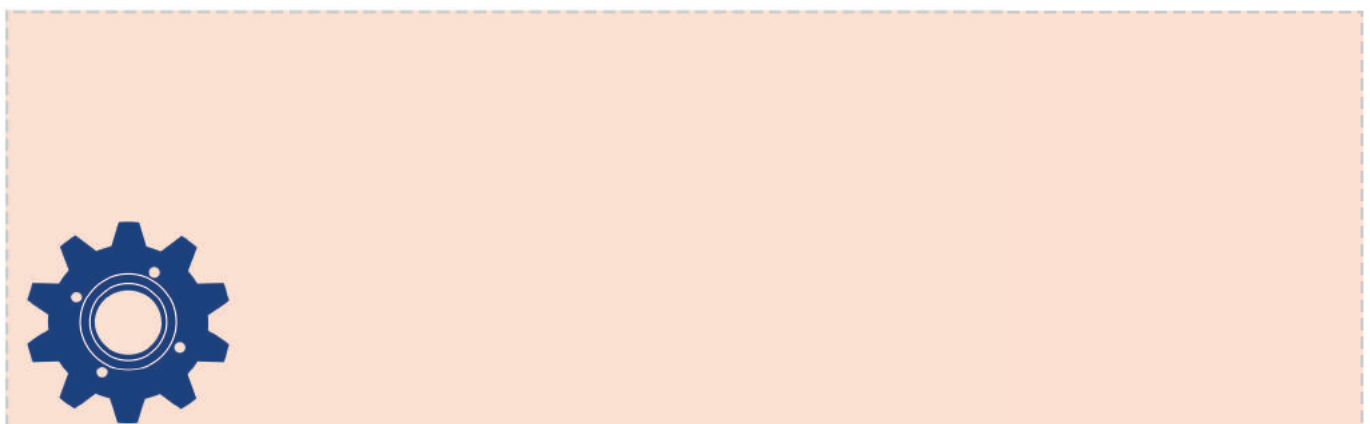


I am important!

Draw or write about how you can make an important difference in the world in future:



If you were to invent something new for the world, what might it be?





## Discussion Questions

Parents / caregivers, here are some questions to spark discussion in your family.

- ♥ What did you think of the story? What was your favourite part and why?
- ♥ What negative thoughts do you sometimes think? Are they true?
- ♥ Do you think I use my phone too much?
- ♥ Do you get as much special attention from me as you would like?
- ♥ What signal could you use if you wanted to get my attention and I was on the phone?
- ♥ If you were to set the rules in our house around screen time, what would that look like?
- ♥ In what ways do you think electronic devices help improve our lives? And in what way do they make our lives worse?
- ♥ How would life be different if we didn't have electronic devices?

# Meet The Fluffies!



**I am loved.**



**I am enough.**



**I am important.**



**I am capable.**



**I am unique.**



**I am creative.**



**I am worthy.**



**I am never alone.**



**I am powerful!**



**I belong here.**



**I am no better than  
anyone else and no-one  
is better than me.**



**I am OK,  
just the way I am.**



Download your FREE Fluffies poster  
"The Truth of You!" at [TheFluffies.co](http://TheFluffies.co)



Don't wait for Hairy Thought-Buster...

**Teach the children in your life how to bust their own negative thoughts!**



I can't do it.

I'm not creative.

I'm not good enough.

There's something wrong with me.

Register for Thought-Busting Academy! at [hairythoughtbuster.com/academy](http://hairythoughtbuster.com/academy)

**Fluffies t-shirts now available!**



Check out the whole collection at [hairythoughtbuster.com/shop](http://hairythoughtbuster.com/shop)

## Michelle Lowbeer



Michelle Lowbeer is a renegade poet, storyteller and Superhero's assistant. Together with Hairy Thought-Buster and The Fluffies (and hopefully her positive parenting approach, which she remembers to apply to her two daughters around 68% of the time), she is on a mission to help children grow up with empowering self-esteem beliefs on the inside - no matter what is happening on the outside.

She is the author of two other children's books: *What Hannah Found* and *ABC Explore Singapore*.

In her spare time Michelle likes to get down on the floor to play horsey with small children. And make plays on words that 3 year olds just cack themselves over. (She just can't seem to help herself.)

Michelle and her husband Ilan are blessed with two amazing daughters and a cat; they all live together in a messy house in Sydney Australia.

## Goran Vitanovic

Goran is an artist, painter, graphic designer and illustrator. He lives in Belgrade, Serbia with his wife Katarina, three daughters and dog Ella.

Aside from painting and hanging around with his kids, he loves to engage in creative projects like Hairy Thought-Buster.

## Carolynn Yoe



Carolynn Yoe is an illustrator based in Singapore. As a child she enjoyed drawing and filling her textbooks and walls with doodles and crayon art. Her dreamy and colorful illustrations appeal to both adults and children alike.

She has a love for dogs and confesses to collecting too many dog postcards.