



Jamie Is Jamie

A Book About Being Yourself
and Playing Your Way



Afsaneh Moradian

**Illustrated by
Maria Bogade**

free spirit
PUBLISHING®

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Library of Congress Cataloging-in-Publication Data

Names: Moradian, Afsaneh, author. | Bogade, Maria, illustrator.

Title: Jamie is Jamie : a book about being yourself and playing your way / Afsaneh Moradian ; illustrated by Maria Bogade.

Description: Minneapolis, MN : Free Spirit Publishing Inc., [2018] | Summary: Jamie is excited about making friends at a new school, but after playing with dolls and action figures, trying ballet and fixing a toy car, his classmates wonder if Jamie is a girl or a boy. Includes tips for adults. | Identifiers: LCCN 2017033493 (print) | LCCN 2017044573 (ebook) | ISBN 9781631982910 (Web PDF) | ISBN 9781631982927 (ePub) | ISBN 9781631981395 (hardcover) | ISBN 1631981390 (hardcover)

Subjects: | CYAC: Play—Fiction. | Gender identity—Fiction. | Schools—Fiction. | Moving, Household—Fiction.

Classification: LCC PZ7.1.M66825 (ebook) | LCC PZ7.1.M66825 Jam 2018 (print) | DDC [E]—dc23

LC record available at <https://lcn.loc.gov/2017033493>

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Reading Level Grade 2; Interest Level Ages 4–8;
Fountas & Pinnell Guided Reading Level K

Edited by Brian Farrey-Latz
Cover and interior design by Shannon Pourciau

10 9 8 7 6 5 4 3 2 1
Printed in China
R18860118

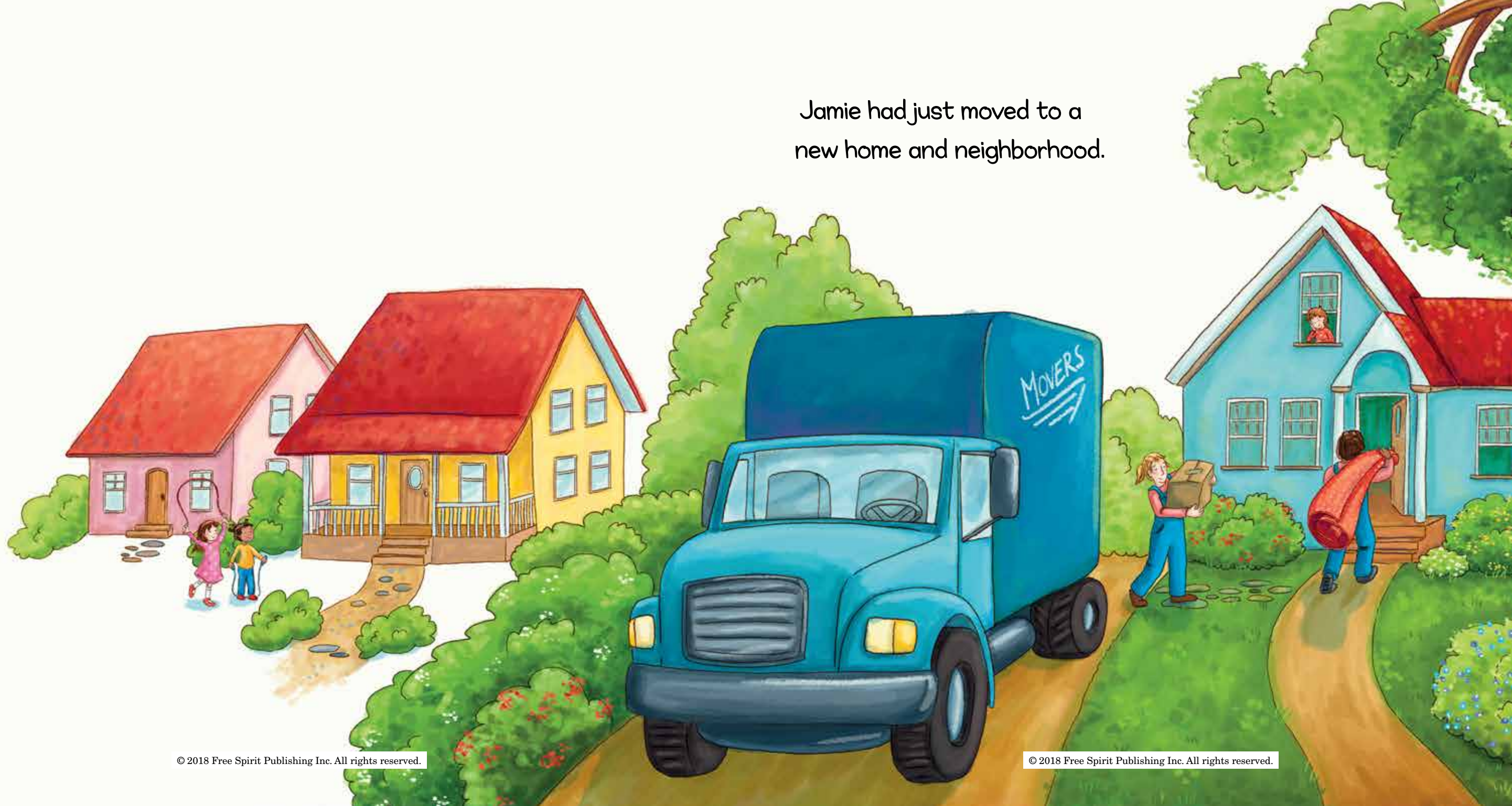
Free Spirit Publishing Inc.
6325 Sandburg Road, Suite 100
Minneapolis, MN 55427-3674
(612) 338-2068
help4kids@freespirit.com
www.freespirit.com

Free Spirit offers competitive pricing.

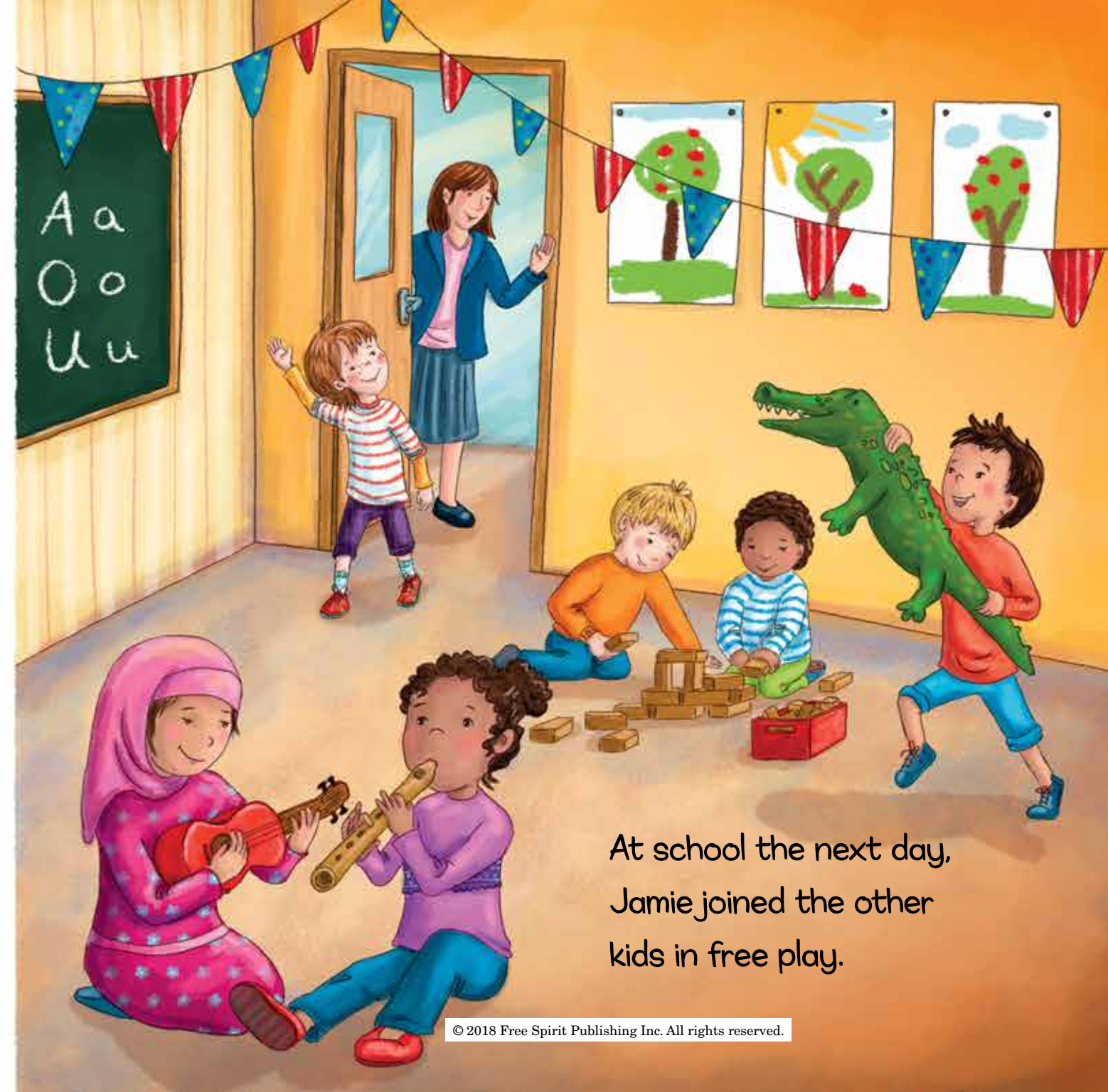
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For Roya

Jamie had just moved to a new home and neighborhood.



There was so much to do—unpack boxes of toys and clothes and explore the yard outside. Most of all, Jamie was excited to start school and make new friends.



At school the next day, Jamie joined the other kids in free play.

Tips for Teachers, Parents, and Caregivers



As adults, we want to teach children about the world around them and help them learn appropriate and positive behavior. However, children thrive when given time to think and act for themselves. Through play, children learn how to interact with one another, work together, resolve conflicts, and become social beings. Here are some tips to make playtime learning time:

Let children play freely. Children begin to play by copying the world around them. If a boy wants to play house and be the “mommy,” or a girl wants to be the “daddy,” this is not an indication of who the child will grow to be as an adult. Children copy what they know and what they see. Role play is a common and important aspect of playtime, and allowing children to make their own decisions during play helps them build confidence.

Keep in mind that toys have no gender. Encouraging children to play with any toy they choose enables them to

develop their social and cognitive skills without restrictions. As adults, we want to teach our children that the world is open to them and that they can dream and aspire to be whatever they want in the future. So if a boy wants to walk around in high heels and a girl wants to paint a beard on her chin, it’s all part of their development.

Let children try to work out their differences on their own. It’s tempting to step in to try to organize games or solve small disputes. But when we do this, we deprive children of the chance to use their words and to react to children who think differently or want to do things differently. If two friends don’t want to play the same game, watch from afar and see if they can figure out a compromise on their own before rushing in to solve the problem. Of course, there are times when adults need to step in to help children resolve conflicts—especially if the children have become physical or are too frustrated to talk. But first, give them the chance to explore their feelings and to find constructive ways to express those feelings on their own.

Provide children with creative playing materials. Children who are given the chance to play freely with a variety of materials learn to think creatively and use their imaginations. For example, a child might decide that building blocks can be used to build towers and cities one day, then decide that the blocks are guests at a tea party the next day. There is no “correct” way to play

