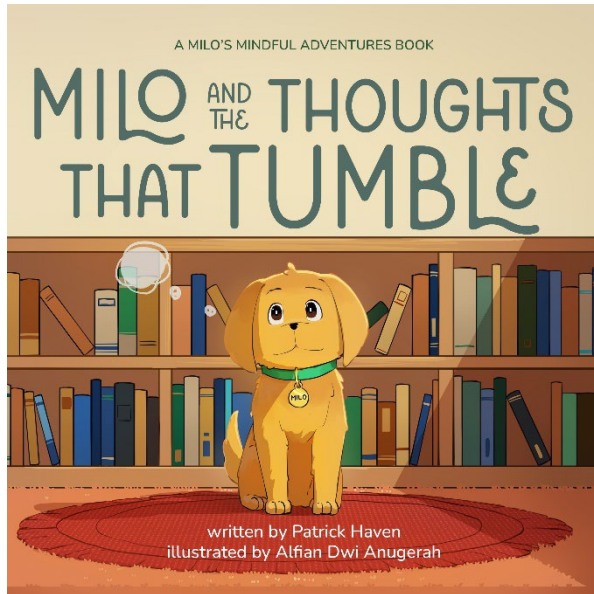


MILO AND THE THOUGHTS THAT TUMBLE

Book 1 in Milo's Mindful Adventures

Patrick Haven, Author • Alfian Dwi Anugerah, Illustrator



TITLE INFORMATION

Print Publication Date: October 5, 2026
eBook Publication Date: October 14, 2026
Publisher: LightHouse Kids™
Publishing House: PH Publishing Co.
Trim Size: 8.5 × 8.5 in.
Page Count: 40
Age Range: 4–8
Grade Range: PreK–Grade 3

THE BOOK'S APPROACH

At the center of Milo's experience is a three-part approach: **Name it. Check it. Swap it.** Together, these steps give children and the adults who care for them a shared language for approaching challenging thoughts.

Some thoughts arrive quietly. Others tumble in unexpectedly and can be challenging to make sense of.

When Milo finds himself caught in a tumble of confusing thoughts, he isn't sure what to do next. As his worry begins to grow, two trusted companions, Savi and Finn, help him discover a gentler way forward. Together, they practice naming the thought, exploring what's happening, and finding a kinder thought to carry with him.

Milo and the Thoughts That Tumble is available in hardcover (\$24.99) and paperback (\$14.99), with the eBook edition (\$7.99) scheduled for release October 14, 2026.

STORY FIRST

The emotional tools within the book are woven naturally into the narrative rather than presented as a lesson. Children experience the story through Milo, Savi, and Finn, allowing the emotional concepts to emerge organically through authentic relationships and meaningful experiences instead of interrupting the reading experience.

GENTLE EMOTIONAL LITERACY

Milo and the Thoughts That Tumble helps children recognize that thoughts are a normal part of everyday life and encourages them to respond with curiosity rather than fear or shame. Through Milo's journey, young readers discover that they are not defined by every thought they experience and that difficult thoughts can be approached with kindness, courage, and understanding.

READERS & SHARED READING

Milo and the Thoughts That Tumble is written for children ages 4–8. While designed to be accessible to emerging readers, the story is especially well suited for shared reading experiences between children and the adults who care for them. The book is intended for children navigating the everyday thoughts, worries, and emotions that accompany growing up, while remaining enjoyable as a warm, character-driven picture book for any young reader.

ABOUT THE SERIES

Each book explores a different aspect of children’s inner experiences while remaining a complete story that can be enjoyed independently. Together, the books build a shared emotional language that grows naturally over time, giving children and caregivers familiar ideas and trusted characters they can return to again and again.

ABOUT PATRICK HAVEN

Patrick Haven is the author of *Milo and the Thoughts That Tumble* and the creator of the *Milo’s Mindful Adventures* series. He writes with the belief that children’s stories can be both engaging and enduring, offering families books they will return to throughout childhood.

ABOUT THE PUBLISHER

LightHouse Kids is the children’s imprint of PH Publishing Co., dedicated to publishing thoughtfully developed books that encourage curiosity, emotional growth, and meaningful conversations. PH Publishing Co. is an independent publishing company devoted to thoughtfully developed books crafted to endure.

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MEDIA CONTACT

Patrick Venetz

Founder & Publisher

PH Publishing Co.

press@phpublishingco.com

(917) 730-9331

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