

PRESS RELEASE

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LightHouse Kids Releases *Milo and the Thoughts That Tumble*, First Book in *Milo's Mindful Adventures*

**New picture book introduces children ages 4–8 to a repeatable way of responding to
challenging thoughts through warm, emotionally authentic storytelling**

SAN PEDRO, Calif., October 5, 2026 — LightHouse Kids, an imprint of PH Publishing Co., today announced the publication of *Milo and the Thoughts That Tumble*, a new children's picture book written by Patrick Haven and illustrated by Alfian Dwi Anugerah. The book is the first installment in *Milo's Mindful Adventures*, a thoughtfully structured series designed to help children understand and respond to their thoughts and feelings through gentle storytelling, warm characters, and repeatable tools.

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

In *Milo and the Thoughts That Tumble*, Milo finds himself caught in a tumble of challenging thoughts and 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.

Thoughtfully developed for children ages 4–8, the book combines emotionally authentic storytelling with practical tools that families can continue using after the story ends. 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.

“I wanted Milo’s story to give children a way to recognize that having a challenging thought doesn’t mean they have to stay stuck in it. The goal was to create something memorable

enough for a child to carry with them, but meaningful enough for families to return to together,” said Patrick Haven, author of *Milo and the Thoughts That Tumble*.

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. Print editions are available through Amazon and to booksellers, libraries, and other trade accounts through Ingram. Direct retail ordering from PH Publishing Co. is available at phpublishingco.com.

About *Milo’s Mindful Adventures*

Milo’s Mindful Adventures is a thoughtfully structured picture book series that helps children understand and respond to their thoughts and feelings through warm storytelling and repeatable tools. Each story is designed to stand on its own while building a shared language that children and the adults who care for them can return to as new emotional experiences arise.

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. His work combines emotionally authentic storytelling with practical, repeatable tools designed to encourage meaningful conversations between children and the adults who care for them about thoughts, feelings, and emotional growth. Patrick Haven writes with the belief that children’s stories can be both engaging and enduring, offering families books they will return to throughout childhood.

About LightHouse Kids

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. The imprint focuses on stories that respect children’s imaginations while creating lasting value for families, educators, and communities.

About PH Publishing Co.

PH Publishing Co. is an independent publishing company devoted to thoughtfully developed books crafted to endure. Through its publishing imprints, the company develops books with an emphasis on thoughtful storytelling, careful design, and lasting value for readers.

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