"All Kinds of Weather" by Abbey Wedgeworth
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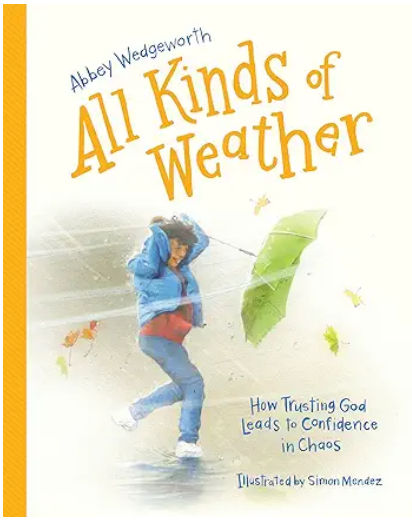
New children's book "All Kinds of Weather" helps kids navigate anxiety and build resilience



BRENTWOOD, Tenn., April 15, 2026—Though childhood anxiety continues to rise, recent studies show children who are given tools to process their emotions and build resilience early on are far more likely to thrive, even in the face of uncertainty.

New children's picture book "All Kinds of Weather" (B&H Kids, September 2026) by Abbey Wedgeworth, author, speaker and homeschool mom of three, offers a tender, hope-filled story that helps children navigate life's ups and downs with confidence, reminding them they can trust in God's care and control. "All Kinds of Weather" is written for children ages 5-10, particularly those who may be coping with emotional overwhelm, fear, change, grief, instability or other difficult circumstances.

"My prayer for this book is that it opens the door to conversations between parents and their children about emotions and resilience," Wedgeworth says. "Children—and the grown-ups who care for them—need to be reminded we are never alone and we can trust God."

A "Caregiver Connection" page in the back of the book equips parents with practical tools to continue those conversations, including questions and Scripture to help families engage more deeply with the themes of the story.

"No matter your age, change and unexpected circumstances can feel overwhelming," Wedgeworth adds. "I hope this book reminds children they are never alone, no matter what the forecast life may bring."

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To request an interview, please contact Jill Waggoner at jill.waggoner@lifeway.com or 615.330.6821.

ABOUT THE AUTHOR

Abbey Wedgeworth is an author and speaker who helps moms apply the hope of the gospel to everyday parenting struggles. She's the author of "All Kinds of Weather," "Help! I'm Ruining My Kids!" (Zondervan Books) and the Training Young Hearts Series (The Good Book Company). Abbey and her husband, David, live on the South Carolina coast with their three sons. Learn more at abbeywedgeworth.com.

INTERIOR SAMPLE SPREADS

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TALKING POINTS & INTERVIEW ANGLES

- **Cultural connection:** Many children show anxiety symptoms. This book can be a tool to help combat those feelings and build emotional resilience, starting when children are young.
- **"Worl' in Progress" parenting:** It's easy in parenting to feel responsible, and ultimately guilty, when our children struggle. Abbey can help parents apply the gospel to this area of their lives, placing their dependence on the Lord and giving grace to themselves.
- **Importance of building resilience in l'ids:**
    - Children with strong early resilience skills are up to 50% less likely to develop anxiety and depression later in life.
    - Early emotional regulation skills are one of the strongest predictors of adult mental health outcomes.
- **Author's personal connection:** Discuss Abbey's personal and family connections to this story and how she has helped her three boys build resilience and trust in the Lord.
- **Faith meets practical tools:** The book and the "Caregiver Connection" included in the book offer questions, Scriptures and an action guide to translate this book to real life—perfect for parents, counselors, teachers, childcare providers, foster parents, ministry volunteers or family members walking with a child through a tough season.

POSSIBLE INTERVIEW QUESTIONS

- What inspired you to write "All Kinds of Weather"?
- Were there specific moments in your own life or motherhood that shaped this story?
- With experts saying childhood anxiety is on the rise, what do you think kids today are carrying that maybe they weren't before?
- What do adults often misunderstand about anxiety in children?
- How have your own children shaped the way you think about emotions and resilience?
- In your own motherhood journey, how have you learned to walk through "storms" with your children and family?
- How can parents help their children move through hard emotions instead of trying to fix or avoid them?
- Can you share about the specific Psalm used in the book and how it can encourage anxious hearts?
- What are some simple, practical ways families can build emotional resilience at home?

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- What does the gospel offer to a child experiencing anxiety or fear?
- Are there specific Scriptures that have anchored your family in difficult seasons? What have you learned about training refrains and building resilience?
- What do you hope a child feels after reading this book? What do you hope a parent or caregiver takes away?
- If a child is in the middle of a “storm” right now, what would you want them to know?

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