"Busy Bodies, Busy Brains" by Kristie Anyabwile
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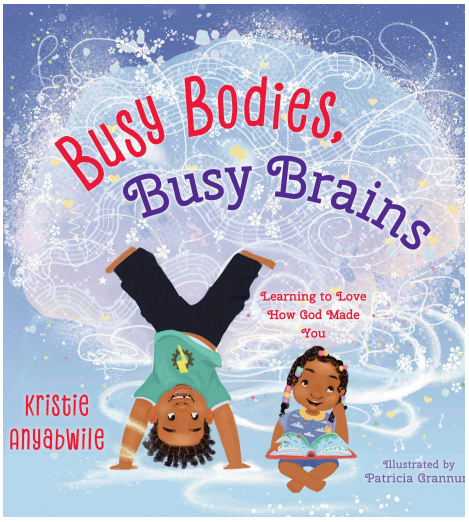
Media Contact: jill.waggoner@lifeway.com

Busy Bodies, Busy Brains Helps Children See Neurodiversity as Part of God's Design



BRENTWOOD, Tenn., May 15, 2026—More families than ever are navigating conversations around ADHD, autism, sensory differences and neurodiversity. Today, roughly 1 in 31 children in the United States are identified with autism spectrum disorder, and an estimated 7 million children have been diagnosed with ADHD (source).

New children's book "Busy Bodies, Busy Brains" (B&H Kids, July 2026) by author and Bible teacher Kristie Anyabwile invites readers into the inner world of a neurodivergent child, capturing the whirlwind of activity in his mind and body and offering a unique perspective on how he navigates the world.

Through playful storytelling and heartfelt encouragement, this book aims to help children ages 4-8 understand that the qualities that may sometimes make them feel different are not mistakes to fix, but part of the intentional way God created them.

Anyabwile's own late-adult ADHD diagnosis helped shape the heart behind the story and deepened her compassion for children navigating busy minds and bodies.

"My prayer for this book is that readers of all ages would see that our differences are a part of how God made us. They are wonderful gifts both adults and children can use to show how great God is!" said Anyabwile. "I hope this sweet story also encourages empathy and understanding among neurotypical children while equipping parents, teachers and ministry leaders to better support children with busy bodies and busy brains.""I also pray that the themes of dignity and worth root deep in the hearts of

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readers, as we all experience times of change or discomfort in our bodies," the author emphasized.

A "Caregiver Connection" section in the back of the book provides practical tools for continuing those conversations prompted in the book, including discussion questions, encouragement for caregivers and Scripture that reinforces the book's message of identity, purpose and belonging.

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ABOUT THE AUTHOR

Kristie Anyabwile is passionate about Bible literacy and uses her gifts to train women to study and teach God's Word. She has served in children's ministry in various capacities throughout much of her Christian life and is committed to helping children love and follow Jesus. A late adult diagnosis of ADHD helped Kristie better understand her own neurodiversity and has deepened her compassion for children with busy bodies and busy brains. Kristie and her husband, Thabiti, have been married for more than thirty years. They have three adult children, two sons-in-law, and live in Washington, DC, with their dog, Justice.

While not a medical or therapeutic professional, Kristie is passionate about helping children and caregivers feel seen, encouraged, and equipped through compassionate, faith-based storytelling.

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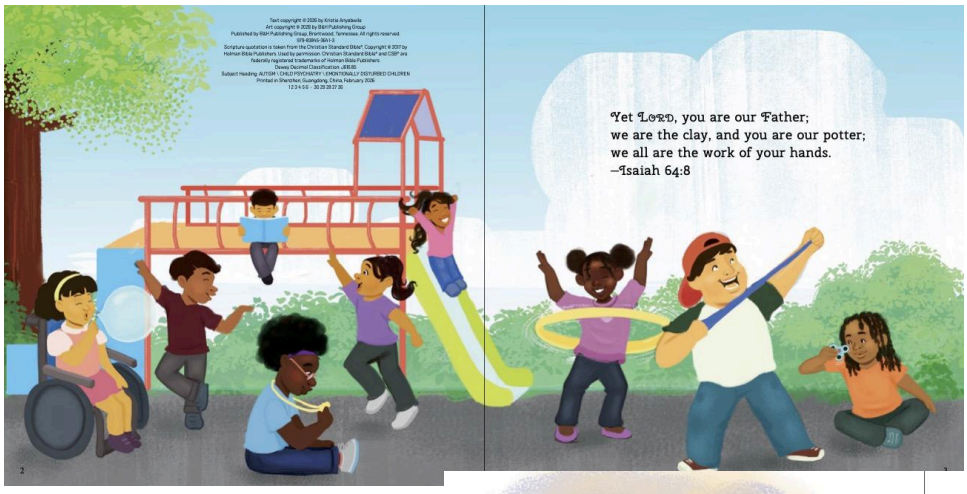
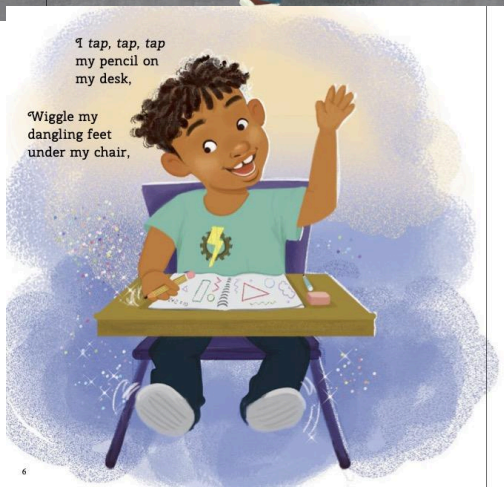
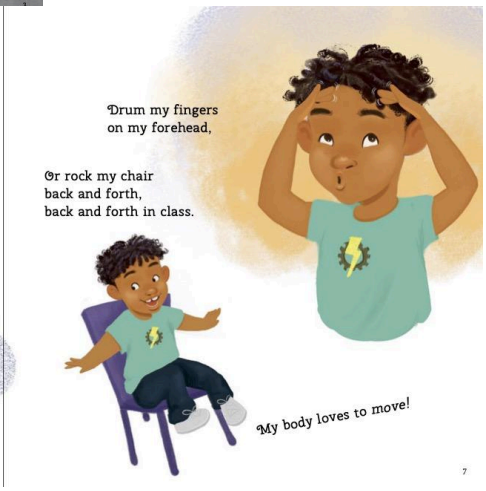
INTERIOR SAMPLE SPREADS







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TALKING POINTS & INTERVIEW ANGLES

Please note: Kristie Anyabwile writes from personal experience, faith, and parenting perspective. She is not a licensed medical or mental health professional, and the book is not intended to provide medical, psychological, or therapeutic advice.

- **Neurodiversity Part of Everyday Family Life** As awareness and diagnoses continue to rise, more families, classrooms and churches are learning how to support children with ADHD, autism, sensory processing differences and other forms of neurodiversity. Today, roughly 1 in 5 children in the US are considered neurodivergent, including approximately 7 million children diagnosed with ADHD.
- **A Picture Book That Helps Children Feel Seen** "Busy Bodies, Busy Brains" invites readers into the inner world of a neurodivergent child, helping children better understand what it can feel like to experience the world differently while reminding them they were intentionally created by God.
- **Moving to Better Understanding & Empathy** The book encourages parents, teachers, ministry leaders, and peers to respond to neurodivergent behaviors with compassion and curiosity rather than frustration or shame.
- **Personal Story Behind the Message** The author's own late-adult ADHD diagnosis inspired the heart behind this story, deepening her understanding of both herself and children navigating busy minds and bodies.

POSSIBLE INTERVIEW QUESTIONS

- What inspired you to write "Busy Bodies, Busy Brains"?
- How did your own ADHD diagnosis shape the story?
- What do you wish the people around you had understood when you were a kid?
- Why is it important for neurotypical children to learn empathy and understanding at an early age?
- What are some common misconceptions people have about children with ADHD or other neurodivergent traits?
- What does Psalm 139:14 mean to you personally in light of your own diagnosis?
- How can churches become more supportive and welcoming for neurodivergent children and families?
- What conversations do you hope this book starts in homes and classrooms?

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- What encouragement would you give parents who are navigating a recent diagnosis with their child?
- What do you hope neurodivergent children feel when they read this book?
- How can the themes of this book encourage any child during times of physical challenge or change?

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