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How to Write a Children's Book in 30 Days or Less!

By Caterina Christakos

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The first time I attempted to write a children's book it took me three months and several years of promising myself I would do it "one day." In that time I managed to wash the dog a million times, rearrange my closet, get my apartment so clean that they should have done a commercial about it and procrastinate in ways that gave the word a new name.

When I actually sat down to write the book it took me two days and that was with editing. That is the longest that it has taken me to write a children's book since then and in reality, unless you are writing an epic it will not take you more than that period of time to write yours either, after you read this article.

Why then the title, "How to Write a Children's book in 30 days or less?" So that you will have time to wash the dog, clean the closets and get Mr. Clean to personally come in and interview you, in addition to writing a children's book that you will treasure forever.

The Six Keys to Getting Past Procrastination

–Visualize– Visualize your goal. Visualize your Story. Visualize your life the way you want it to be.

–Prepare– Prepare your work space. Prepare your family for your writing schedule. Prepare yourself for all the possibilities that will open up to you.

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–Create– Create an environment that you can work in. Create characters that you will enjoy spending time with. Create an entire world for them to come to life in.

–Announce– Announce out loud to yourself every morning what your goal is. Announce to those supportive of you that you are finally going to put pen to paper. Announce your need for their support and cooperation.

–Collaborate– Collaborate with other writers for ideas. Collaborate with your children and find out what kids actually

want to hear about. Collaborate with librarians in your area to see what types of stories are selling.

–Proceed– Proceed with your plan every day. Proceed to add pictures and ideas to your treasure map. Proceed toward the future that you deserve.

If you follow these six steps diligently, you should have more than enough time to write your book, give Fido his bath and make sure that your summer clothes are at the front of your closet. Good luck and have fun.

Caterina Christakos

click here for an autographed copy of How to Write a Children's Book in 30 Days or Less!
<http://www.howtowriteachildrensbook.com>

Caterina Christakos is a published children's book and how to author, as well as a freelance travel writer. Her work has been viewed both nationally and internationally.

Children Can Make A Difference For Human Rights!

By News Canada

(NC)—Why not celebrate Universal Children's Day on November 20th by doing an activity with your children? Here are a few ideas for how your family can promote and protect the human rights of all children around the world:

1. Write a letter: Families can write letters together to governments and opposition groups to speak out for children who face human rights abuses.
2. Be creative: Together you can make collages or do paintings about children's human rights.

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3. Wear it on your sleeve: Making your own t-shirts or hats with a social message is fun and easy with fabric paints.
4. Explore other cultures: Attend a multicultural event or cook a new dish together.
5. Make movies: If you have access to a video camera, encourage your kids to make their own videos about children's human rights.
6. Start a family book club: If your kids are older, let them pick a book on a rights-related topic and discuss it as a family.
7. Bring it to school: Children can ask their teachers if they can do a special class activity for Universal Children's Day.

For a free information package about children's human rights, please write to Amnesty International, 312 Laurier Ave East, Suite 200, Ottawa, Ontario, K1N 1H9 or call us at 1-800-AMNESTY (266-3789) or visit

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- News Canada

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