

Dear Parents,

We hope that your children enjoy Mom and Her Super Heroes. Even though this book is a children's book, it is based around a number of conversations that we have had with Nathan since the Covid-19 crisis started.

As you will see, half of the pages are colouring book pages and half the book have empty squares. We encourage your children to not only colour in the colouring book pages, but to also do their own illustrations on the other pages. The last page is for your children to thank their own Super Heroes.

We would also like to encourage you to scan or take a photo of one of your child's completed pages that they are especially proud of and email them to us at mom@nathanssuperheroes.com

Please add your child's first name, age, city (optional) and province or state and we will put your child's artwork on our social media and our website.

As with all of our projects, we like to support charities with the sale of our books. Seeing as Mom and Her Super Hero is a free eBook, we are asking those who like this book and are financially able to contribute, that you show your gratitude by donating to one of our charities.

If you like this book and would like to make a donation, please visit one of the charities that the Gratitude and Appreciation Summit supports. These charities can be found on the back page of this book.

You can also find out more about our other books at <https://nathanssuperheroes.com>

Stay Safe – Stay Healthy

Keven McTaggart
Nathan's Super Hero Books

MOM AND HER SUPER HEROES



G.A.S. October 3, 2020



gratitude & appreciation
Summit
October 3, 2020

*Thank you for your
support.*

Nathan

MOM AND HER SUPER HEROES



MOM AND HER SUPER HEROES

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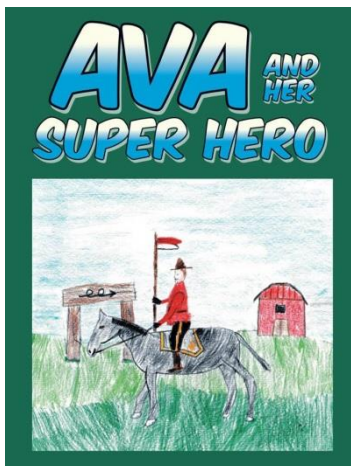
Mom and Her Super Heroes
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Series

www.NathansSuperHeroes.com

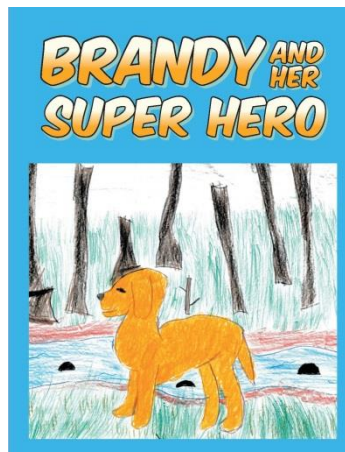


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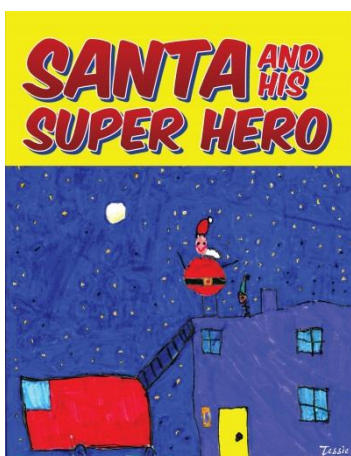
Other Books by Nathan and Keven McTaggart



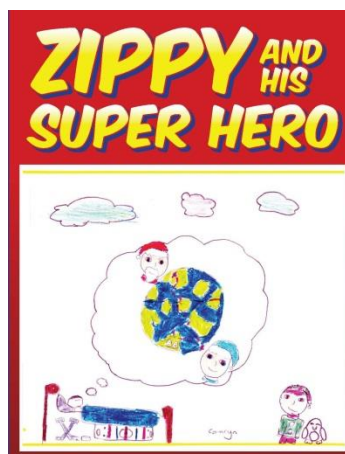
Net proceeds to
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Society's Cops for
Cancer
and
The Kidney Foundation
of Canada



Net proceeds to
Fire Fighters Without
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Pacific Assistance
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Net proceeds to
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Net proceeds to
Canucks for Kids Fund

This is a free downloadable and printable book
by Nathan's Super Hero Book Series.

If you like this book and would like to make a
donation, please visit one of the links at the
back of the book where you can help one of the
charities that the Gratitude and Appreciation
Summit supports.



This book is dedicated to all the unsung heroes
who are working hard to provide for us so that
we can stay at home to flatten the curve.

The page features a large, light-brown scroll with horizontal lines, set against a light green background with stylized hills. Several autumn leaves in shades of orange, yellow, and brown are scattered around the scroll. At the bottom left, a cartoon boy and girl are walking towards the right. The boy has brown hair and is wearing a blue vest over a white shirt and green pants, carrying a green backpack. The girl has orange hair in pigtails with white bows, wearing a blue dress over a white shirt and red shoes, carrying a red backpack. They are holding hands. At the bottom right, there are some red berries on a stem and a small number '1'.

Dear Mom

There are lots of people who
are working so that we can
stay safe during this time.

This book only talks about a
few of the many people who
are our Super Heroes.

Nathan





"What's with all the noise?" Nathan wondered as he was kicking around a soccer ball in the back yard. To find out where the noise was coming from, he ran into the house, up the stairs and out onto the deck where his mother was banging a pot with a wooden spoon and yelling, "Thank you!"

"What are you doing?" Nathan asked.

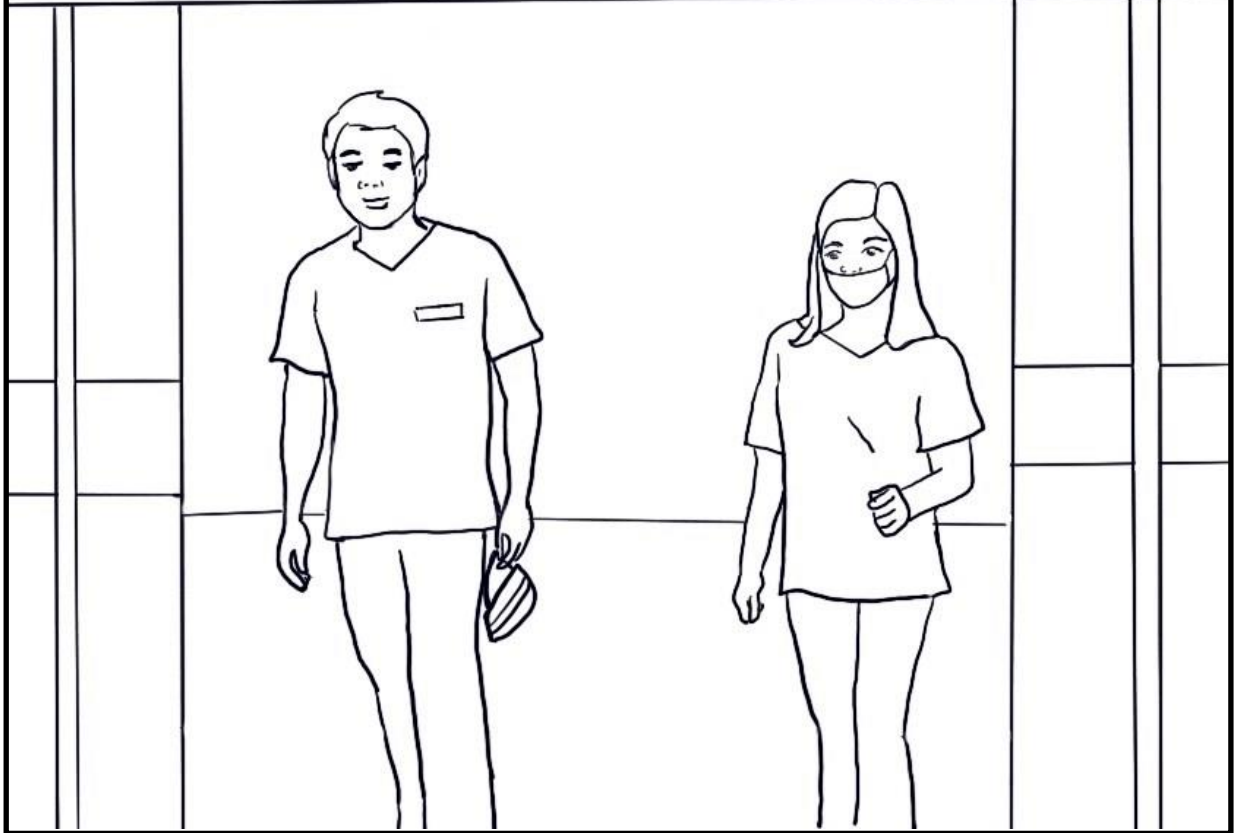
"Well Nathan," his mother started, "every night, just after dinner, I will be coming out to the deck to make as much noise as I can to thank my Super Heroes."



"Who are your Super Heroes?" Nathan asked.

"While we are being asked to stay at home because of Covid-19, many people are still working to provide services for us that we still need. Those people are my Super Heroes," answered his mom.

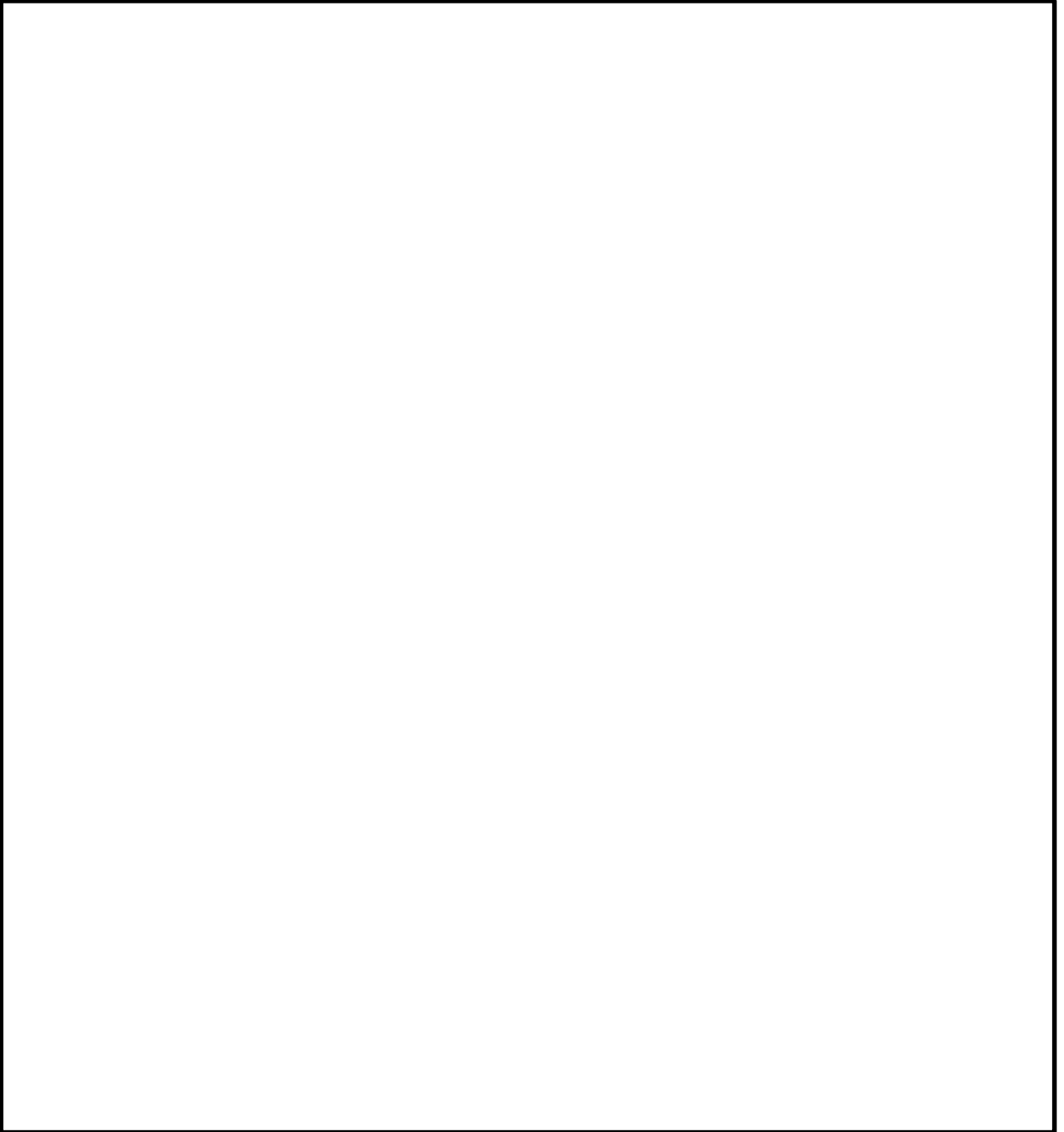
+ Hospital +



"It all started when people would go out onto their balconies at 7:00 in the evening and applaud," Mom explained, "to thank the people who work in the hospitals. Doctors, nurses, orderlies, maintenance staff... ALL healthcare workers."

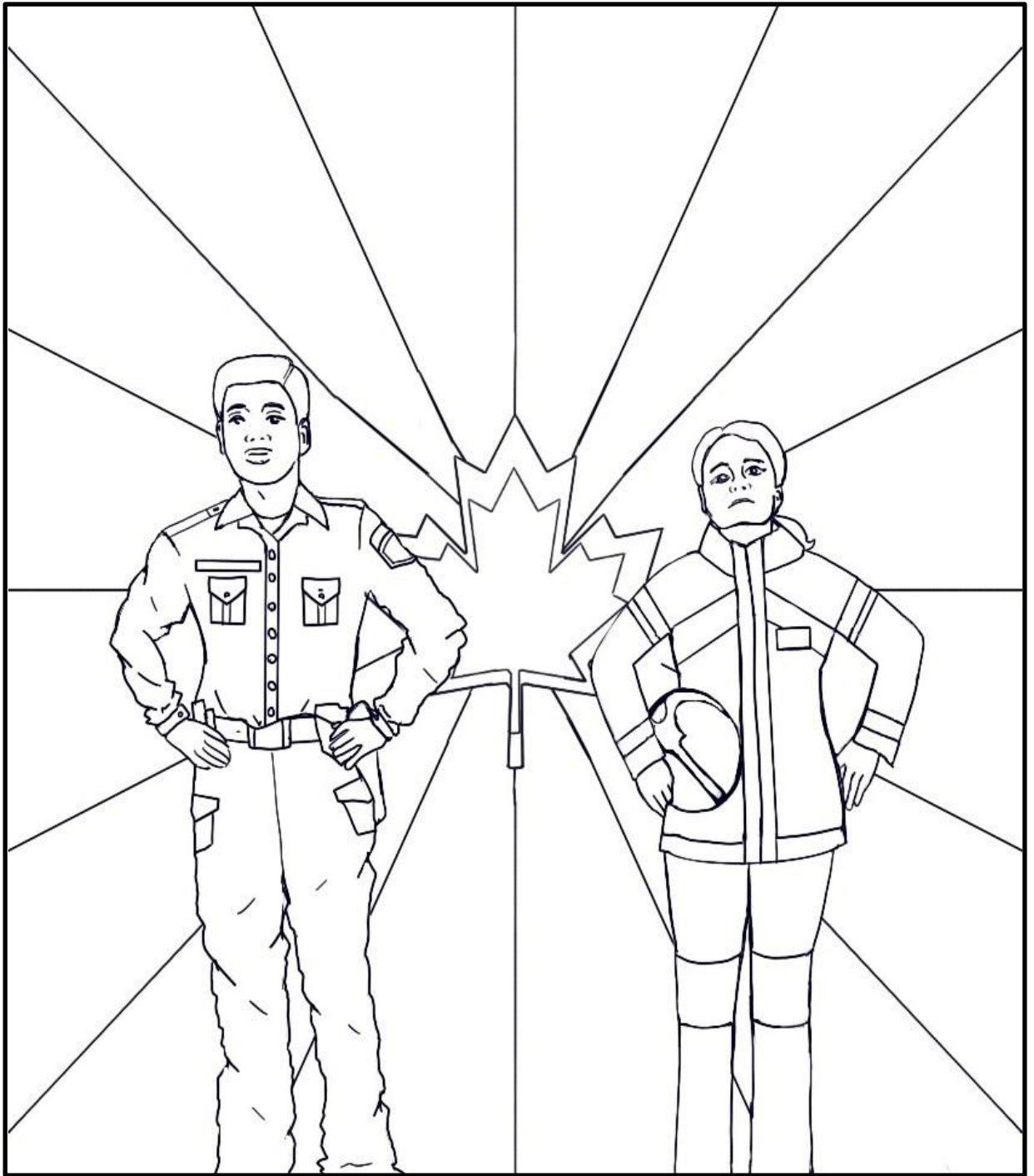
"Why at 7:00pm?" asked Nathan.

"Well," his mother answered, "7:00pm is when the shifts change at the hospital. People wanted to thank the hospital workers when they left work."



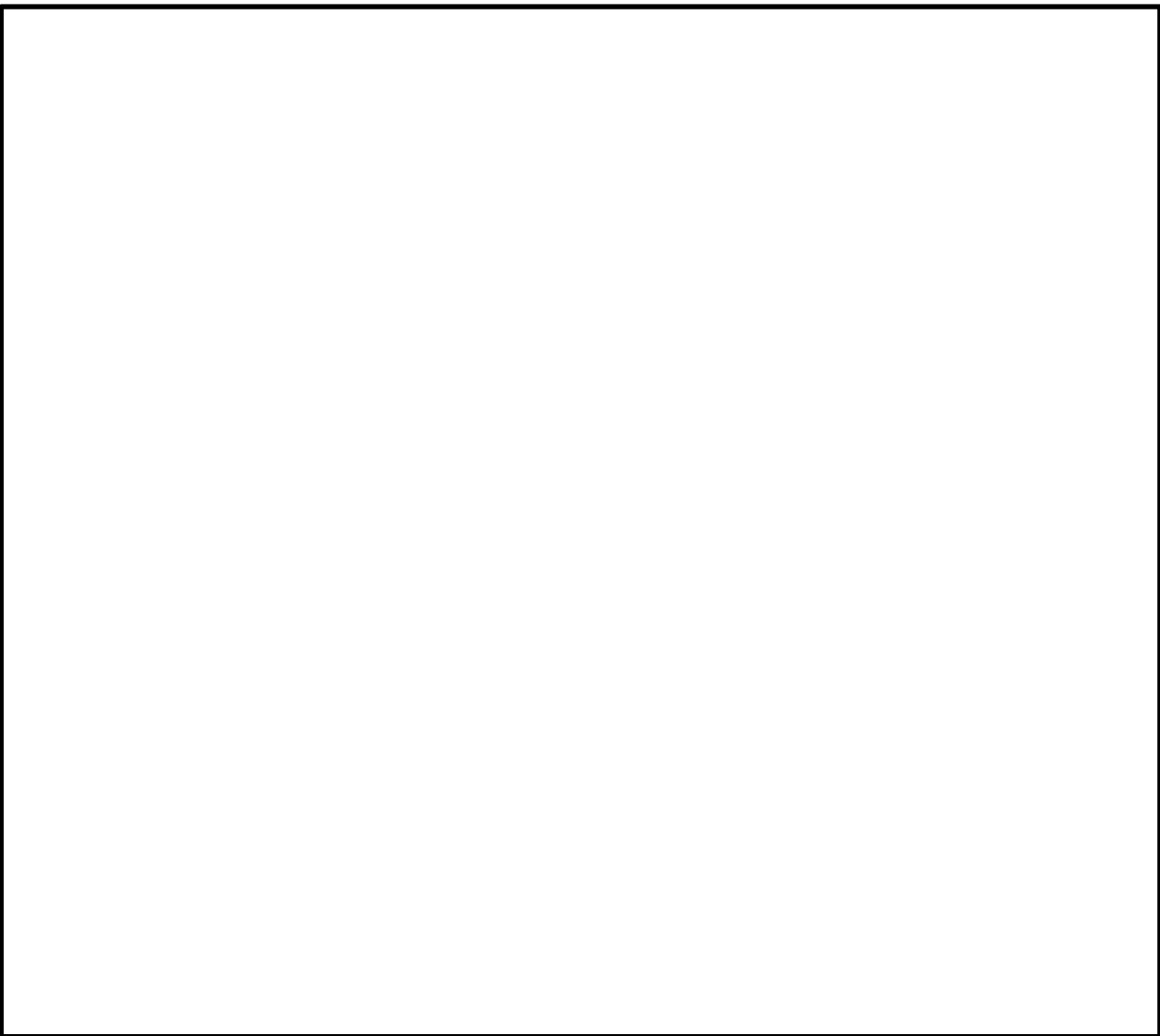
"Doctors, nurses and everyone else who work at hospitals put themselves in harm's way when they are treating people with diseases like Covid-19.

They have to be even more careful that they don't pass it on to other patients in the hospitals and even their family members at home."



"You know, first responders like firefighters, police and ambulance attendants are my Super Heroes." said Nathan.

"I know Nathan," his mother responded. "This is my way of thanking them too."



As Nathan joined in cheering with his mother, Nathan's thoughts went to the many first responders he had met over the last few years.

One thing he always admired about them is that they would run towards danger while everyone else was running away.

A few minutes later, all went quiet again. Nathan and his mother went inside the house.

"What were you guys doing out there?" Nathan's father inquired.




"We were thanking our Super Heroes," his mother answered.

"You know," added Nathan, "like health care workers and first responders."

"Health care workers and first responders are Super Heroes," said Nathan's Dad. "They are trained in emergency situations. But there are many more people who have everyday jobs who have stepped up."

"Like who?" asked Nathan.

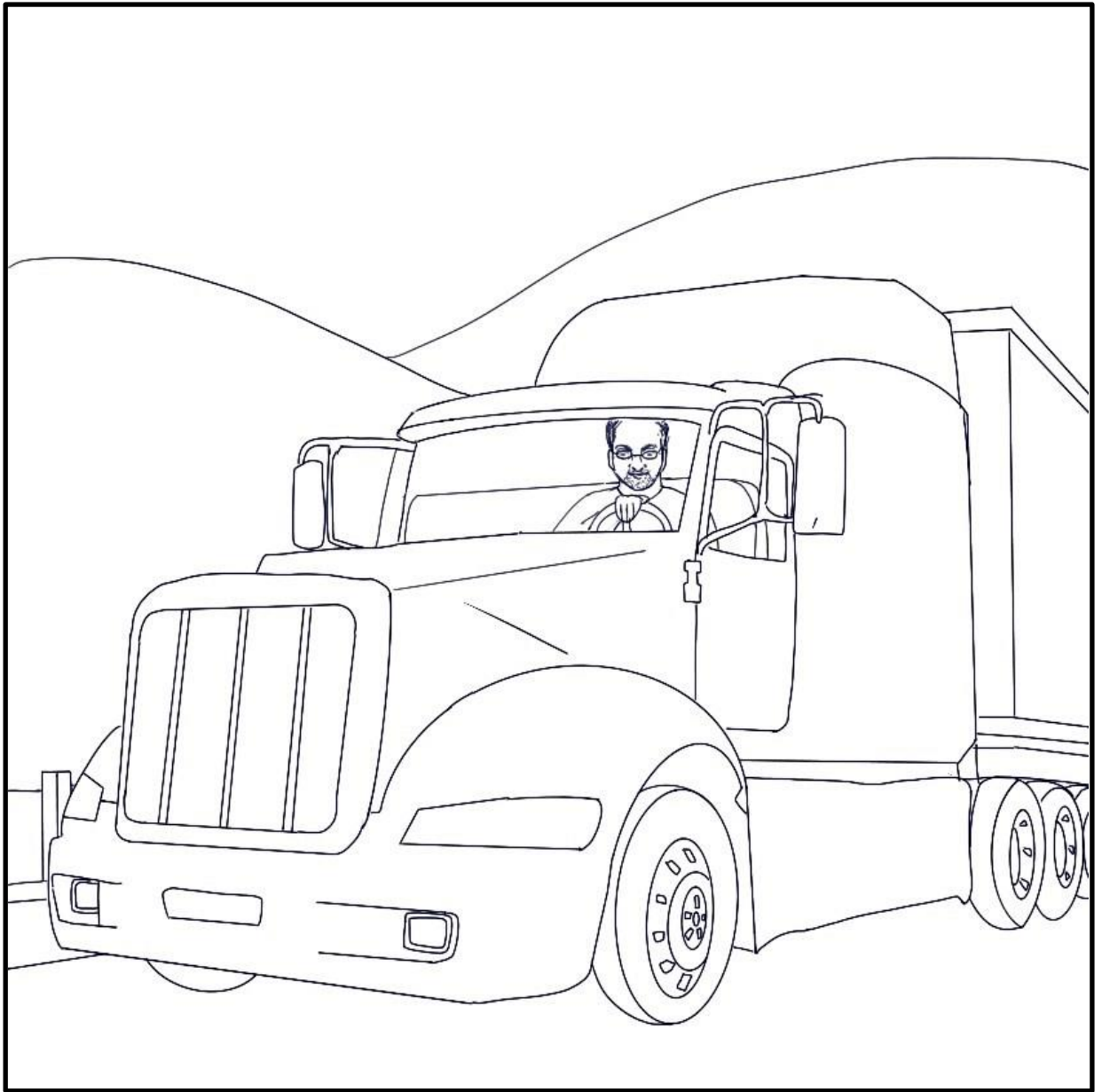
"Like the people who work at the grocery store," his dad answered.



Nathan looked puzzled. "How could grocery store workers be Super Heroes?" he thought to himself.

Noticing Nathan's confusion, his mother started to explain, "It would be really easy for them to 'stay home, stay safe' like Mayor Stewart keeps saying, but if they all stayed home, where would we get our groceries from?"

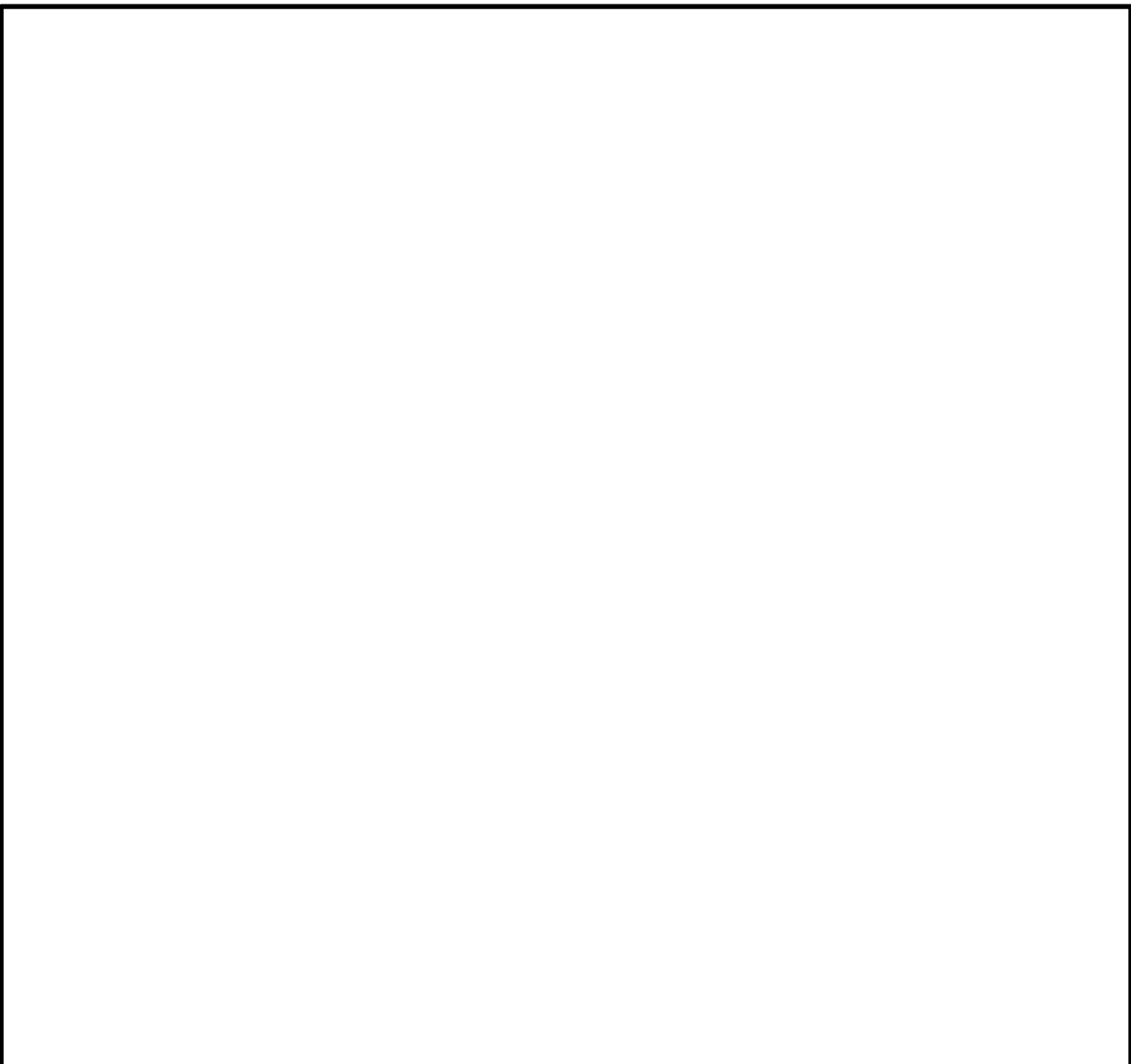
"And don't forget our toilet paper?" His father added with a smile on his face, trying to hold back his laughter.



"Truck Drivers could also be considered Super Heroes," Nathan's mother suggested.

"Like your friend, Brad," Nathan added, looking over at his father.

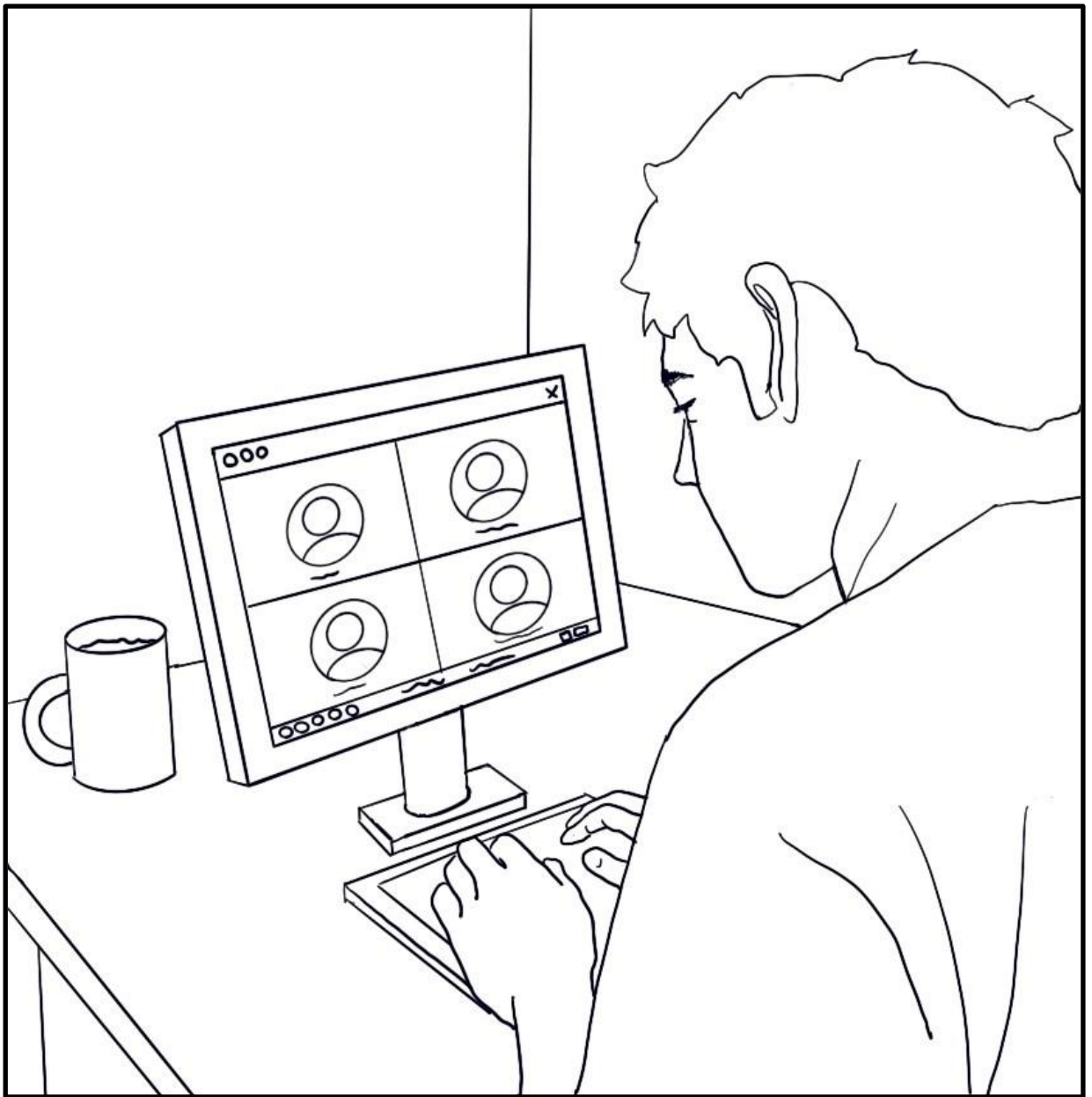
"Exactly," Nathan's dad said. "Brad drives trucks for a moving company. Even though we aren't supposed to leave our homes, some people still need to move, like Nolan's family did a few weeks ago"



"There are many other truck drivers that are really important too," Nathan's mother said. "And a lot of them leave their families for weeks at a time to drive across the country. Can you think of any?"

"How about the truck drivers who deliver food to the grocery stores," answered Nathan. "The grocery stores need to get their food from somewhere."

"Don't forget the toilet paper!" Nathan's father added and they all started to laugh.

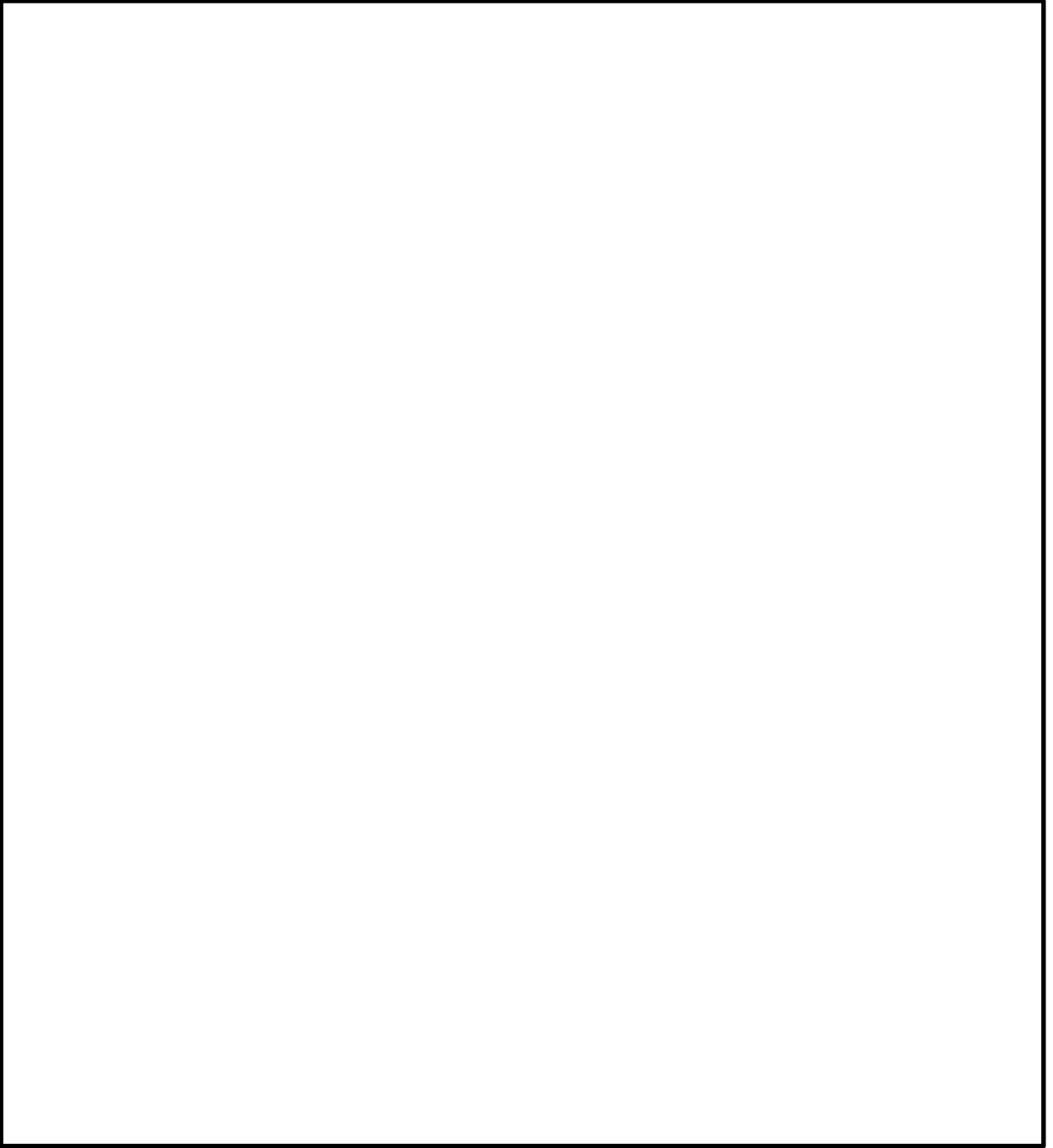


"I know another group of people who would be considered Super Heroes, even though they aren't leaving their houses to go to work," said Nathan.

"Who's that?" asked his father.

"Teachers, like Mr. Sitter," Nathan suggested.

"How are they Super Heroes?" Nathan's father asked, as if he didn't already know that answer.



"With all the children across the country having to stay at home and away from the schools, many teachers are using different ways to teach their students," said Nathan's mom.

"Mr. Sitter has already contacted me. We are starting online classes next week," replied Nathan.

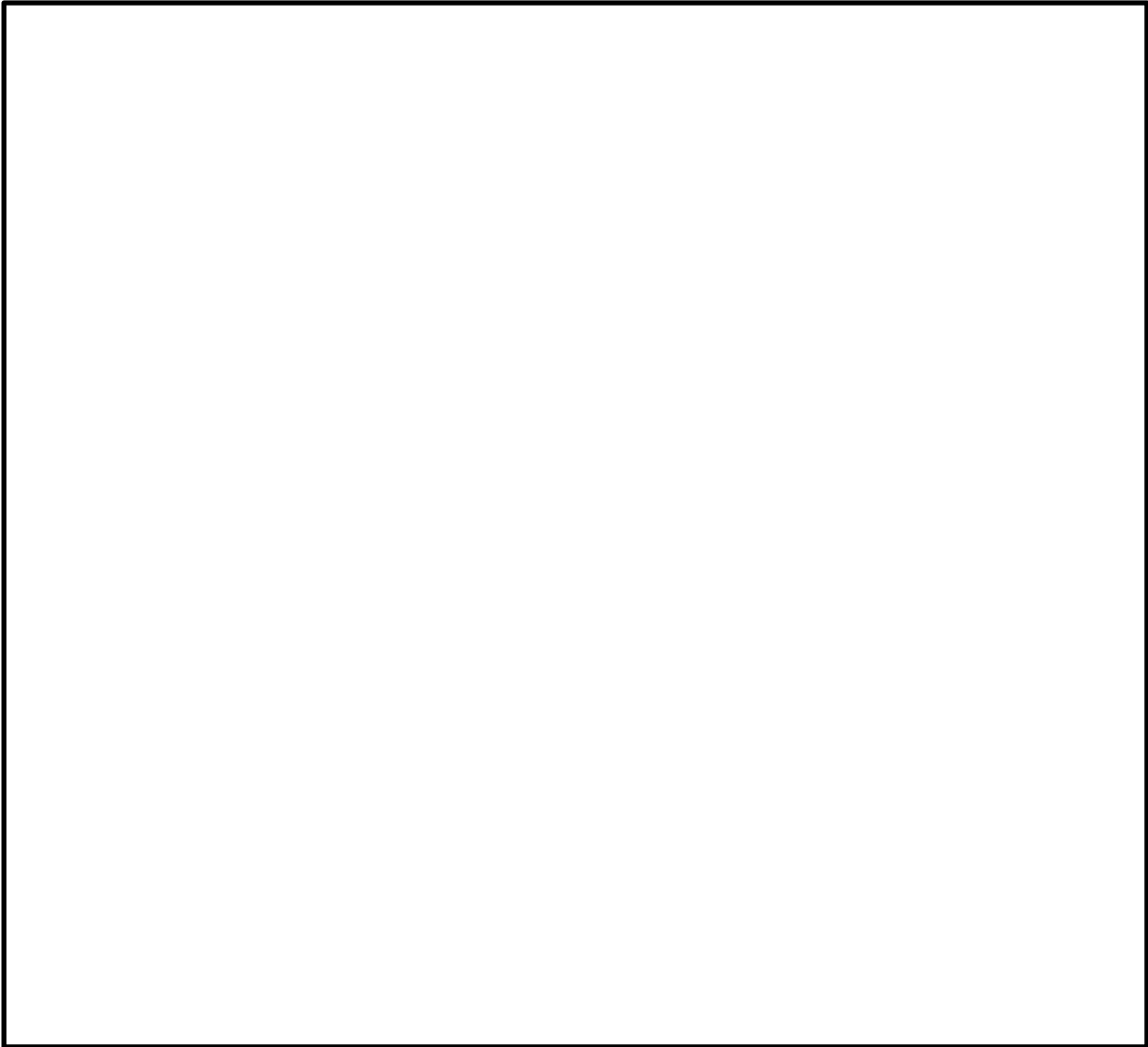


Just then, Nathan's mother's phone rang.

"Hello," said Nathan's mother as she picked up her phone. Then there was a short pause before she continued. "That's great Penny. I will see you in the morning."

"Who was that?" asked Nathan's father.

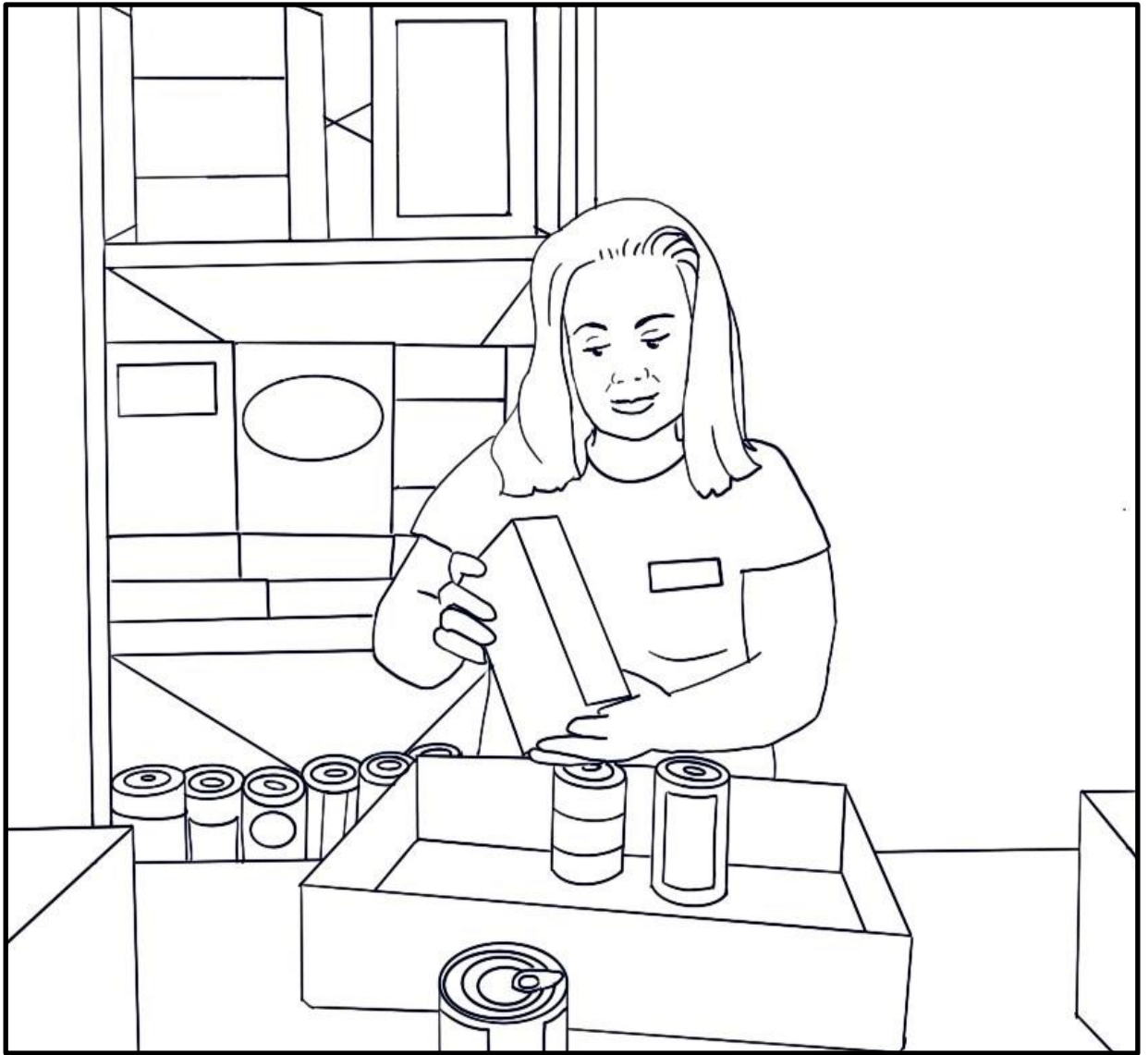
"That was Penny, from the pharmacy," she answered. "My prescriptions are ready for pick up."



"For millions of people across the country, like you mother and me, if we go without our medication, we could get really sick or even die. Our lives depend on the pharmacy," his father explained.

"And a lot of the people that go to the pharmacy to get medication, are sick." his mother continued. "The pharmacists put their own health and the health of their family at risk every day."

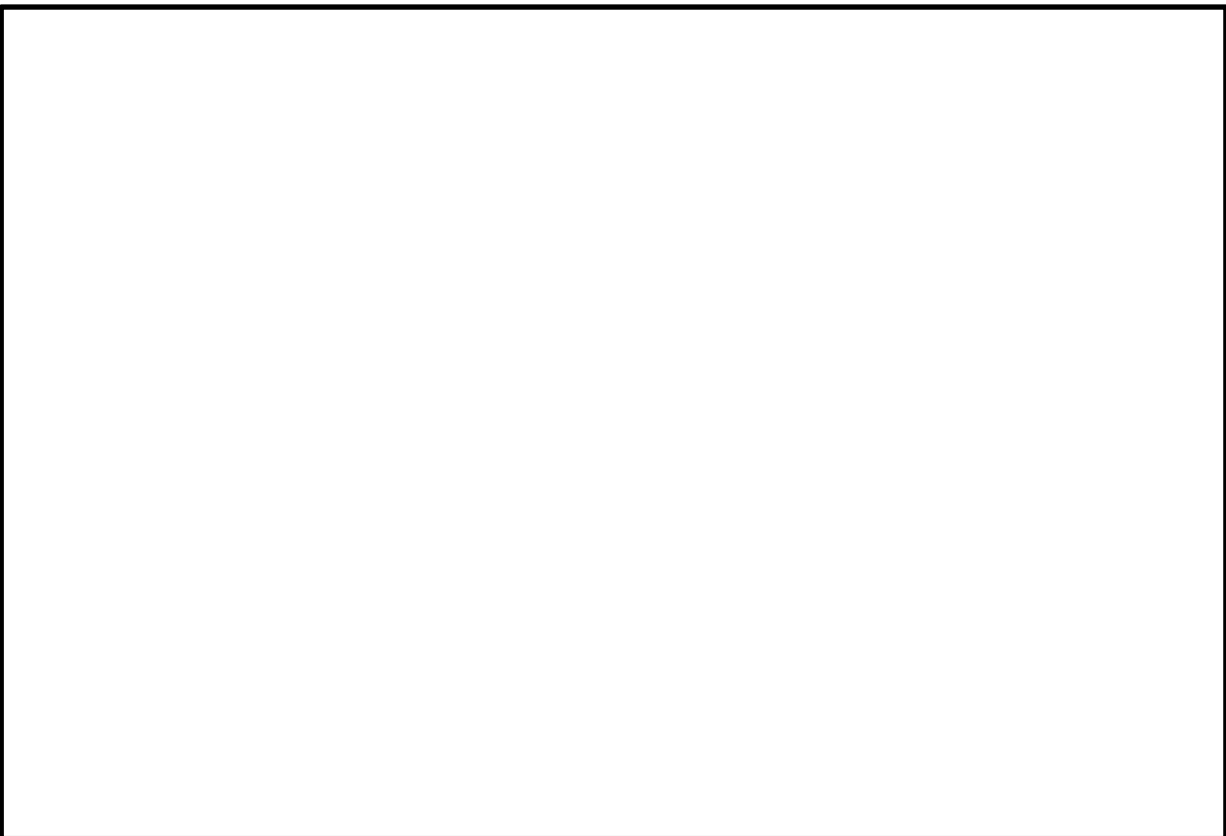
"Wow," said Nathan. "I didn't realize that. Pharmacists truly are Super Heroes too."



"I've got one," said his father. "I saw this news report on the television today about the number of people in Canada who don't get to eat regularly. How would you feel if you didn't get to eat breakfast or lunch?"

"That would be terrible," answered Nathan. "Surely there can't be that many people. Are there?"

"Did you know that more than 8 million people in Canada struggle with hunger?" his father explained. "That's about the same amount of people who live in Alberta."

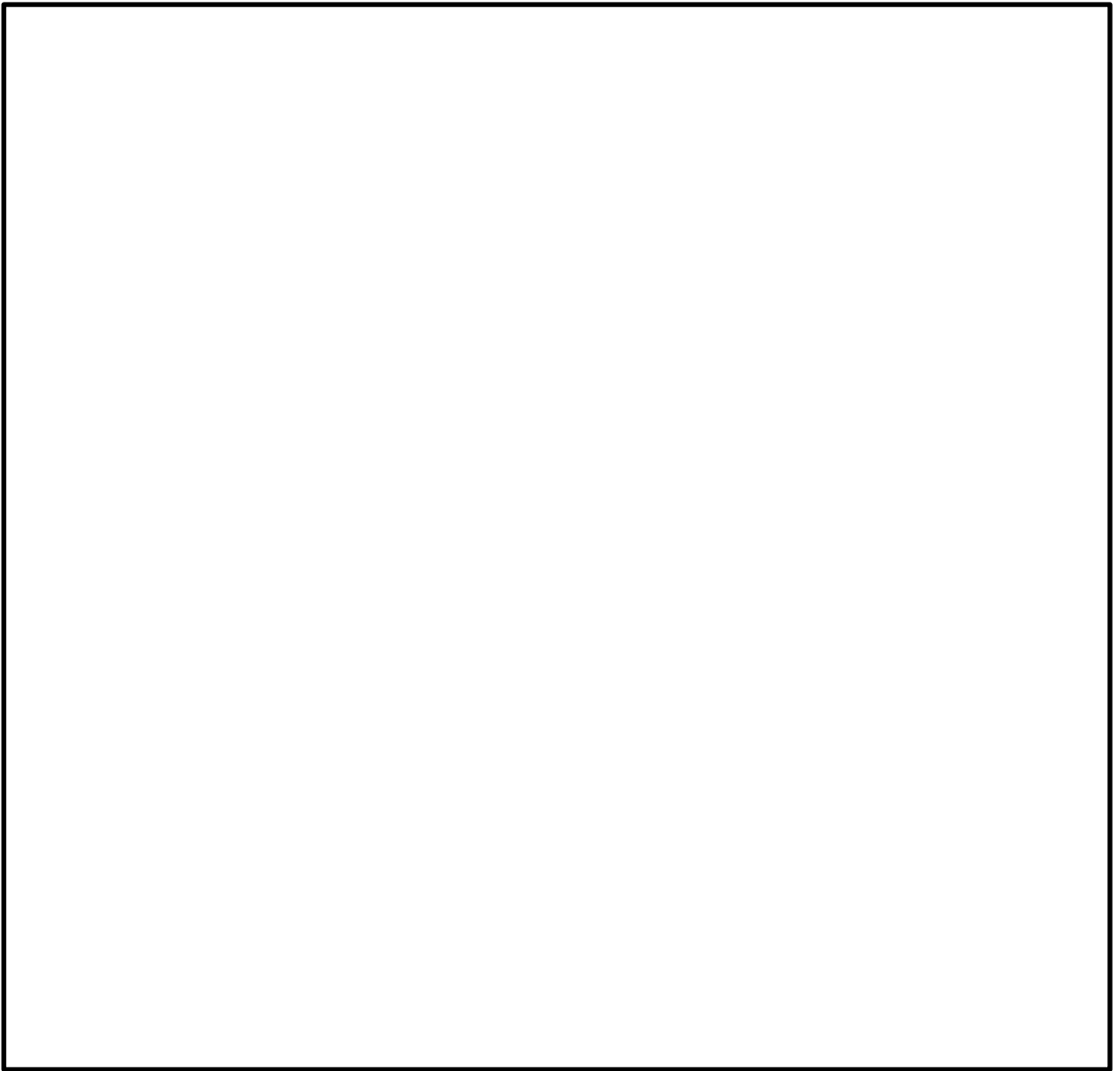


"And that's on a normal day," his mother added. "Now, with millions of people out of work because of Covid-19, there are a lot more people who are wondering where their next meal is coming from."

"Wow," said Nathan. "That is a lot of people. What do they eat? How do they survive?"

"Well Nathan," his father began, "with the help of Food Banks Canada and all of the food banks they work with. The people who work for these organizations are Super Heroes too. They could really use our support, now more than ever."

That night, Nathan went to bed with a whole new appreciation for everyone who is working in order to make our lives as close to normal as it can be.



Who are your Super Heroes?

ABOUT THE AUTHORS:



This is the fifth book and first downloadable story/activity book by Nathan and Keven McTaggart. Nathan is an energetic 8th grader who loves playing most sports. When he is not playing hockey or lacrosse, he really enjoys spending time with his family.

Being isolated because of Covid-19, Nathan has been feeling the psychological effects of being away from his friends. Writing this book has been quite therapeutic for Nathan and we hope that it will be equally as therapeutic for the children who receive it.

Charities



The Gratitude and Appreciation Summit is all about giving back. If you are able, please select one of the local charities who they are supporting and make a donation. Click on the links below to learn more about these charities.

[Critter Care Wildlife Society](#)

[Kimz Angels](#)

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[Langley Environmental Partners Society](#)

[Langley Animal Protection Society \(LAPS\)](#)

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