

FOR IMMEDIATE RELEASE

New Children's Book Spotlights the Emotional Journey of Military Kids' Frequent Moves

In this new book titled "I Move A Lot, and That's Okay," the author celebrates military kids while showing them how to cope with the constraints of relocating.

[Shermaine Perry-Knights](#) is thrilled to announce the release of her new children's book titled "[I Move A Lot and That's Okay](#)." The book, which has featured on NPR, Stars and Stripes and Military Families Magazine, is a revolutionary book designed to help children of military families cope with the myriad of emotions surrounding their frequent moves. Children of military service members subjected to frequent relocations. Often, these movements affect the kids emotionally and psychologically.

The average military child changes schools nine times between kindergarten and graduation – a wave of rapid changes during their most formative years. Since these changes could negatively affect children, Perry-Knights shows how they could help children develop unique skills that will increase empathy, resilience, communication and an appreciation for diversity.

"Relocation is a whirlwind of activity for a child. There are extreme highs and lows of emotional, mental, social, and physical change. Many struggle to leave everything and everyone behind and to start over in a new place," said Perry-Knights. "We must honor them during the whole journey and in literature. I simply wrote the book that I wish I had as a child," she added.

In the book, Shermaine Perry-Knights takes readers on a journey into the life of a bright-eyed girl in a military family as she shows the reader that she can embrace a new environment, language and a different culture alongside the challenges of each new relocation. For military parents, "I Move A Lot and That's Okay" is a conversation tool to honor military children's thoughts, feelings, and experiences. In addition, its message of resilience and hope are universal ones that help all children work to overcome obstacles more easily.

As a child of the military herself, Perry-Knights recognizes that moving can be unsettling for children. Still, she aims to embrace the positive aspects of relocation and help children cope with these changes in her new children's book. "I Move A Lot and That's Okay" is more than just a story about being a military kid – this story celebrates diversity, representation and resilience – making it a great book for all children and parents and educators alike.

The book is now available for purchase on Amazon. To order, please visit <https://www.amazon.com/I-Move-Lot-Thats-Okay/dp/1953518052/>.

About Shermaine Perry-Knights

Shermaine Perry-Knights is an award-winning author, facilitator, project manager, and speaker. As a Certified Professional in Talent Development, Perry-Knights is passionate about helping others develop emotional intelligence and resilience.

She is a proud military kid and lifelong learner. She earned a Bachelor of Arts in political science from Spelman College and a Master's in public administration from Strayer University. She has traveled throughout Asia and the West Indies, and she lived and studied in Europe and the Middle East.

Books by Shermaine Perry-Knight can be ordered from <http://www.booksformilitaryfamilies.com/> and Amazon.

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