



**An encouraging and empowering read, “Eat, Sleep, Save the World” reminds every parent of a child with special needs that they are, in fact, superheroes.**

Parenting is hard—for everyone. And it takes a lot of inner pep talk and prayer to be the kind of parent your child needs. “Eat, Sleep, Save the World” is the rallying voice for the parenting special needs community. It highlights the exceptional qualities God has gifted you with, so that you can take care of your exceptional children. It is a celebration, a hallelujah, a high five for what you are doing right. And it offers peace in God for what you feel you lack.

With a mixture of humor, honesty, and hope, Jamie Sumner brings comfort to other parents like herself who need to hear that God has made them more than capable to raise their special kids.

### **Book information**

- Paperback: 240 pages
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- Product Dimensions: 5.5 x 0.6 x 8.5 inches

### **Publicity requests**

Please direct media requests for Jamie to Jenaye White, [Jenaye.white@lifeway.com](mailto:Jenaye.white@lifeway.com), who can provide high-resolution images and other publicity assets and discuss interview availability and content ideas.

## Why Jamie?

- According to the CDC, 1 in 6 children ages 3 to 17 have a developmental disability ([Source](#)). As a mother of a son with cerebral palsy, Jamie is deeply and personally aware of both the joys and the challenges of special needs parents.
- Jamie has been featured in international media outlets such as the “New York Times,” “Washington Post,” “Good Morning America,” POPSUGAR, Target and many others. She is a columnist for the “New York Times,” the “Washington Post,” Literary Mama, Motherly, and many other outlets.
- Parents raising kids with special needs live exhausting, often unseen and challenging lives. Jamie reminds them that they are not alone, and she is proof that, because of God’s grace, parents can find joy, beauty and hope every day.
- Jamie is trustworthy but approachable. Because her writing comes from her life and personal experiences, her encouragement to readers isn’t clinical or detached, but warm, relatable and supportive.
- In today’s world, parents are inundated with pressure to do more and are constantly reminded of how they are falling short. Jamie is a breath of fresh air to parents, reminding them of what they *are* doing right and that God equips them to be superheroes to their children.
- There are a lot of parenting books in the world—both faith-based and not. However, there are very few faith-based books specifically for parents of children with special needs.

## About Jamie

**Jamie Sumner** has written for the “New York Times” and the “Washington Post,” among many other publications. She is the author of the nonfiction book on motherhood, “Unbound,” and the middle-grade novel, “Roll with It.” She is also mom to a son with cerebral palsy, and she writes and speaks about disability in literature. She loves stories that celebrate the grit and beauty in all kids. She and her family live in Nashville, Tenn. Visit her at [www.jamie-sumner.com](http://www.jamie-sumner.com).

## Q&A with Jamie

### **What prompted you to write “Eat, Sleep, Save the World”? Who did you write it for?**

There are a lot of parenting books in the world—both faith-based and not. However, there are very few Christian books for parents of children with special needs. My primary goal in writing “Eat, Sleep, Save the World” was to offer encouragement to families who feel exhausted, overwhelmed and discouraged. These parents don’t need another how-to book. They need to feel supported. I used my own experience as a mother to my son, Charlie, who has cerebral palsy, as well as Scripture that has spoken to my heart, to hopefully reach the hearts of other parents like me.

### **How is the book structured?**

I had so much fun with the structure of this book! There are six parts:

1. Determination
2. Hope
3. Resilience
4. Patience
5. Laughter

## 6. Thankfulness

Within each part I share anecdotes from my own life interwoven with stories from the Bible to highlight the traits God as *already given us* as parents to our special kids. The “already given” is the biggie here because I didn’t want this book to be about buckling down and trying to be more patient or hopeful or thankful. Instead, I wanted it to point to the places in our lives where God has given us the supernatural ability to be so, through no effort of our own, but his.

Each chapter also opens with a tie-in to my favorite superheroes who have shown such traits. It’s a cliché and somewhat misleading to call a kid with special needs or their parent a superhero, because honestly, we’re just living our lives. However, there are characteristics that we have in common with such heroes that God has given us that I believe we should celebrate.



### **Tell us about your son, Charlie. What is your daily life like with him?**

Charlie is 7 and attends first grade at our neighborhood school. I’m starting with that because there were times when he was a baby and had a tracheotomy to breathe and a g-tube to eat and suffered from seizures, that we weren’t sure he would make it. The fact that he is now a healthy 7-year-old boy who rides the bus in his wheelchair to school amazes me every day.

Charlie was born 10 weeks premature with a rare syndrome called Beckwith-Weidemann Syndrome, and he was later diagnosed with cerebral palsy. He is a joyful kid. Despite being mostly nonverbal, he knows exactly what he wants, always, and will let you know!

He loves music and doing math on his communication device and watching his 5-year-old twin brother and sister play soccer. I think our lives look wonderfully ordinary: school, homework, sports (Charlie does therapeutic horseback riding), dinner and then discussions about sharing and breaking up fights during the chaotic bedtime hours. I love it all.

### **What are some of the challenges that parents of special needs kids face, and how can this book encourage them?**

There are very real physical, mental, emotional and spiritual challenges that go into parenting a child with different needs. The emotional and spiritual tolls can be the hardest to overcome because parenting never stops. We all get worn down, and some challenges we face won’t get fixed until heaven.

I hope this book puts those long days in perspective. I hope it reminds other parents like me that we can do this, are doing it every day and doing it better than we think we are. We are often so hard on ourselves because there is always something more to be done or done better. But God wants us to know that he ultimately has control, and he wants us to find joy in the small successes and to remember to lean on him.

I share our own experiences with finances, bullying, guilt, health crises, navigating the education system and everything in between, so that God can use my life and the life of my child to help another parent who might be experiencing the same thing. There is power in the knowledge that we are not alone.



## **PRESS KIT:**

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### **How do you hope readers are changed from this book?**

When I was in the thick of it with Charlie in his most medically fragile years, I didn't need another list of things to do. I needed a hug and the support of those who understood and had walked the road I was now walking. That's what I hope this book will do.

I hope readers walk away with a sense of peace and purpose and camaraderie founded in biblical truth. God does not want us to live and parent alone, and there is joy in each and every one of our parenting journeys.