

# FOR IMMEDIATE RELEASE

## *New Children's Book "What Is a Cottonfield, Mama?" Inspires Honest Conversations About Race, History, and Healing*

**Launch Date: November 18, 2025**

Author Tanya Cook invites parents, teachers, and community leaders to join a movement toward greater understanding with the release of her debut children's book, *What Is a Cottonfield, Mama?* launching **November 18, 2025**.

This thought-provoking story opens with a young girl's innocent question after her older sibling receives a troubling text message. What follows is a tender, honest conversation between mother and child that explores America's complex history of cotton fields, race, and resilience.

*What Is a Cottonfield, Mama?* encourages adults to take a proactive role in helping children and teens understand the true history of America — a history that is not always comfortable, but necessary to confront. The book reminds readers that while America's past holds pain, it also holds the power for transformation through knowledge, empathy, and love.

"Many adults count children out by saying they're too young to know and understand the past," says Tanya. "But they're not. Today's youth are observant, informed, and ready to learn. When we help them understand history — especially the parts that hurt — we empower them to build a more inclusive and compassionate society."

Through accessible language and heartfelt storytelling, Tanya offers parents and educators a gentle framework for discussing difficult topics like racism and inequality. For African American children especially, the book provides reassurance and context — helping them recognize that experiences of bias are not reflections of their worth, but of learned prejudice that can be unlearned.

At its core, *What Is a Cottonfield, Mama?* teaches that **only love can conquer hate**, and that understanding the past is the first step in creating a brighter future.

### **About the Author**


Tanya Cook is a storyteller with a passion for nurturing empathy and understanding across generations. Through her writing, she encourages open, healing conversations between parents and children that promote kindness, awareness, and strength. *What Is a Cottonfield, Mama?* is her first children's book and the start of a three-part series addressing how children experience and process racism in everyday life.


### **Availability**

*What Is a Cottonfield, Mama?* will be available for **preorder beginning October 17, 2025**, with the official release on **November 18, 2025**.

To request media interviews, review copies, or speaking engagements, contact:

Tanya Cook

 Assistance@the-nurturingminds.com

 [www.the-nurturingminds.com](http://www.the-nurturingminds.com)