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“My Head ”

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Age: 3+

No matter whether you're a bird, a beast, or a fish, you've still got a head. Humans have heads as well, because they're crucial for living. You can recognize people by their heads. Heads have eyes, ears, a nose, and a mouth. There are many things hidden inside of them. Our heads guide our thoughts and actions. At night, it's nice to lay your head down on a pillow to rest so that it'll have the strength to stay up the next day.

My Head is the third part of Vallik's body series for toddlers. Her earlier works My Arms and My Legs are favorites among young readers.



Reading sample

Fish, birds, and animals have heads on top of their shoulders. And people do, too! For you dearly need a head to live.

People's heads have a face you can use to recognize them by.

A kid playing outside will get tanned by the sun and red cheeks from the wind. Life gives old people wrinkles.

Women both young and old often paint their faces, which means they put on makeup.

Many believe it makes them look more beautiful.

Men don't put on makeup much. Instead, they might grow hairy beards on their faces, and some have moustaches, too.

Santa Claus's beard is especially impressive, of course!

People can get freckles on their faces. That's when you say they're loved by the sun!

A person's whole face can turn red if they suddenly feel ashamed! Luckily, blushing passes quickly.

Everyone who has a head and a face has eyes, too. Eyes can be merry when a person is happy and can cry when they are sad.

Kids usually have sharp eyesight—that means they can see very well. But when that's not the case sometimes, then one must wear glasses to see better.

Even if your eyes are sharp and healthy, you still wear sunglasses so the sun doesn't shine into them.

Swimming goggles keep water from getting in your eyes.

Eyebrows are above your eyes. When your head gets sweaty from activity, your eyebrows catch the droplets so they don't drip into your eyes.

Above your eyebrows is your forehead. When you have a fever, your forehead is hot to the touch.

In the middle of your face is your nose, which picks up smells. The nostrils at the bottom of your nose let them in.

Sometimes your nose gets stuffy and you can't breathe through it. This especially happens when you have a cold.

When you have a cold, your nose fills up with a lot of snot that has to be blown into tissues over and over again.

Tissues are also good for getting a hold of boogers. Otherwise you might pick your nose, and that can end up giving you a nosebleed.

Under your nose is your mouth, which you use for eating, drinking, laughing, talking, and singing. Many people can use their mouth to whistle, too.



A person's mouth shows what kind of a mood they're in. When you're feeling happy and cheerful, your mouth just can't stop smiling!

When you feel like you're about to cry, then your mouth turns into a frown.

The inside of your mouth is also very interesting, because that's where your tongue is. You can taste different flavors by eating or licking something.

You shouldn't lick things that aren't meant for eating, because that could let invisible germs get into your mouth.

Your teeth grind up food when you put it in your mouth and chew.

Newborn babies don't have teeth at first, because it takes a little while for their baby teeth to grow in!

Before you go to school, your baby teeth start to wiggle and fall out of your mouth. Real adult teeth that you'll have for your whole life grow in their place.

In some families, a kid will put each baby tooth they lose under their pillow at night for the Tooth Fairy to take and then leave something in return – like a coin!

Every now and then, you might get a hole in your tooth called a cavity. Only dentists know how to fix them: first they drill the cavity to make it nice and smooth, and then they put in a filling.

When a person gets very old, they might use fake teeth called dentures instead. Dentures are a little scary to look at when they're taken out of someone's mouth!

You have ears on both sides of your head. The outside of your ear is made of cartilage and the soft bottom part is called the earlobe. That's where you can hang earrings.

Your ear also has an earhole through which you can hear things.

People usually have hair on their head, too. You can put hair into all kinds of different hairdos.

Hair can be cut or braided or put up in a bun.

You should definitely comb your hair every day, even if it's all matted up. Especially if it's all matted up!

You should also wash your hair often. It's not very fun to get water in your eyes, but when you give yourself a bubble hat, you can have a pretty great time!

An old person's hair will turn gray and old men's hair might fall out completely. That's called going bald.

Hiding inside your head is your brain. The skull is the bone that protects the brain. It's like always wearing a helmet!

The brain directs everything the body does – even breathing! Your brain contains all your thoughts and abilities.

That is why the brain needs you to always get a good night's sleep. That way it can get some rest, too. As a reward, the brain lets you dream while you sleep.

May you always have sweet dreams!

Translated by Adam Cullen

