



# Saplings

children's book publishing  
with a difference!

## My Parents Aren't NOOBS!

Book One



Michelle Nogueira  
and  
Anthea Helps

Illustrations by Jay Dixon

## My Parents Aren't NOOBS! by Michelle Nogueira and Anthea Helps

This heartfelt story for children (age 5-8) and parents highlights the importance of technology (video games) with today's generation of youth. This story will hopefully inspire ongoing family discussions that will provide a fountain of information and understanding that will serve as a spring board to managing video games within the home.

### About the Authors

**Michelle Nogueira, RSSW, CAC II, CPGC**

For the past 27 years, Michelle has worked through the continuum of care in the addiction field. She has achieved certifications in Gambling, Addictions, Internet Addiction and Psychology of The Web, and is a Registered Social Service Worker. Michelle is currently working at Homewood Community Addictions Services as a Problem Gambling Counsellor and teaches an Introduction to Relapse Prevention at Wilfrid Laurier University (Addiction Certificate Program).

**Anthea Helps, OCT, BEd**

While writing has always been an interest, My Parents Aren't Noobs is Anthea's first published work. This collaborative project with Michelle Nogueira has provided the perfect forum to combine two of Anthea's passions, literacy and learning. Over the years she has taught elementary aged students in South Korea and Baltimore, Maryland. She currently resides and teaches in Guelph, Ontario, a city that has quickly become home.

Fifty percent of net proceeds from the sale of this book will be split between the Children's Foundation of Guelph and Wellington, and the Wilson Education Resource Centre, two organizations who care about the health and wellbeing of our children and youth.



**Wilson Education Resource Centre**  
"a community of students, parents, teachers, and friends sharing & learning together"

For information on our publishing programs  
visit [www.otsaplings.com](http://www.otsaplings.com).  
To place an order, visit  
[www.ottbookstore.com](http://www.ottbookstore.com)