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REACH OUT AND READ NORTHEAST RELEASES ORIGINAL CHILDREN'S BOOK, "MIGHTY MIGHTY ME!"

Celebrating screen-free play, early literacy, and the power of representation, Reach Out and Read Northeast's second original book will be distributed in eight languages at clinics across the region

BOSTON (July 7, 2025) - Building on the success of its first commissioned children's book, Reach Out and Read Northeast announced today the release of its second original title, "Mighty Mighty Me!" Authored by award-winning writer and educator [Valerie Bolling](#) and vividly illustrated by internationally acclaimed artist [Rashin Kheiriyeh](#), the book celebrates screen-free play by inspiring imagination, movement, and meaningful connection between children and their caregivers.

Designed to inspire children and caregivers to connect through reading and play, "Mighty Mighty Me!" encourages physical movement, curiosity, and bonding — all of which support healthy brain development during the early years. The release follows the success of Reach Out and Read Northeast's first book, ["Talk Baby Talk,"](#) and underscores the organization's commitment to promoting literacy as a vital part of pediatric care.

Reach Out and Read Northeast reaches an estimated 354,000 children annually by partnering with clinicians to deliver age-appropriate books and literacy guidance during well-child visits at 556 clinics across Massachusetts, Connecticut, New Hampshire, Vermont, Maine, and Upstate New York. As part of this effort, "Mighty Mighty Me!" will be distributed free of charge to families during these visits. The book is available in eight languages — English, Spanish, Portuguese, Haitian Creole, Pashto, Dari, Chinese, and Lingala, a language spoken by African immigrant communities in Maine — reflecting the organization's deep commitment to providing books that represent the families it serves. Beginning this summer, 10,000 copies of "Mighty Mighty Me!" will be shared with families, with a focus on clinics serving underrepresented populations.

"Reading together is such a simple yet powerful way to support a child's development — from building language skills to strengthening the bond between caregiver and child," said Alex Chu, Regional Executive Director, Reach Out and Read Northeast. 'Mighty Mighty Me!' makes those moments even more special. It's fun, playful, and available in the languages families use at home, which means more children can see themselves in its pages and connect with the story.

“Bilingual books in particular are hard to come by — for example, there are very few children’s books in Lingala available in the United States. The fact that Reach Out and Read Northeast now offers these languages is a game-changer, and clinicians often tell us these books inspire powerful, multigenerational learning.”

Each page of “Mighty Mighty Me!” features rhythmic alliteration, expressive sounds, and diverse characters engaging in everyday activities — from building and baking to exploring and imagining — highlighting the power of playful moments to spark language, movement, and bonding. In a time when young children’s screen time is rapidly increasing, the book serves as a reminder of the essential value of unplugged, face-to-face time between children and their caregivers. Research continues to show that shared reading boosts language development, strengthens relationships and builds a foundation for lifelong learning.

“As an educator, I’ve seen firsthand how powerful it is when children see themselves in the pages of a book — it creates joy, confidence, and a love of reading,” said Valerie Bolling, author of “Mighty Mighty Me!” “I’m excited that this book, which reflects a beautiful, diverse community of children, will be read by families across the Northeast.”

Several “Mighty Mighty Me” events will celebrate the book, including an in-person launch party, held 9:30-11 a.m. July 9 at Fair Haven Community Health Care in Fair Haven, Conn. For more information or to learn how to support Reach Out and Read Northeast, visit orne.org.

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About Reach Out and Read Northeast: Reach Out and Read Northeast is an Affiliate of the national nonprofit Reach Out and Read, Inc., a 501(c)(3), an organization that promotes by integrating books and literacy guidance into pediatric care. The Northeast Affiliate supports clinics and hospitals across Massachusetts, Connecticut, New Hampshire, Vermont, Maine, and Upstate New York and serves over 354,000 children and families through 556 program sites in the region. To learn more, please visit orne.org.

About Reach Out and Read: As a 501(c)3 nonprofit, Reach Out and Read leverages the near-universal reach of the pediatric well-child visit to support caregivers in fostering healthy relationships with their young children through shared reading. In FY24, Reach Out and Read served more than 4.6 million children and provided 7.7 million free books across 9.3 million well-child visits. Around 70 percent of the children Reach Out and Read serves are from low-income families. The only national pediatric literacy model endorsed by the American Academy of Pediatrics, Reach Out and Read serves children in every state across the U.S., through 6,500 clinics and the expertise of 39,000 clinicians. Recent research in a [peer-reviewed study published in Academic Pediatrics](#) confirms the program’s effectiveness in increasing the frequency of parental reading, which builds early language and literacy skills and strengthens family relationships.