



Deidre Laverne



INTERVIEW & CONVERSATION GUIDE

What **Colour** Is Your **Mood**?

Authored by **Deidre Laverne**



THE STORY

MEDIA SNAPSHOT

Deidre Laverne is an author and curious observer of life whose creative work explores meaningful moments, questions, and experiences that connect us.

Her debut book, *What Colour Is Your Mood?*, invites children **ages 4–10** to explore feelings through colour, creativity, and conversation.

At its heart is a simple possibility:

Sometimes children can colour a feeling before they have the words to explain it.

THE DEEPER STORY

What Colour Is Your Mood? grew from a belief that **children's feelings are worth acknowledging** – and that children deserve safe, age-appropriate ways to begin understanding what those feelings may be telling them.

Feelings are information. They can offer clues about what a child is experiencing, perceiving, needing, or responding to. Learning to recognize those signals early can create greater opportunities to explore them, understand them, communicate them, and develop healthier ways of responding.

Colour provides the starting point.

A feeling becomes something a child can notice.

A colour gives them a way to begin exploring it.

A conversation creates space to understand it.

And an attentive adult can help a child learn that **having a feeling does not mean they have to be controlled by it.**

The intention is not to give children permission to act out every feeling. It is to help them develop an early relationship with their emotions – one that supports awareness, curiosity, communication, and choice.

At the same time, the book invites adults to reconsider their role. When children begin to share what they are experiencing, the opportunity is not simply to correct, dismiss, or immediately solve.

It is to listen.

When children learn that their inner experiences can be acknowledged and explored – and adults learn how to listen – both are better positioned to build healthier relationships with themselves and with one another.

STORY ANGLES Media may wish to explore:

When a colour becomes a conversation:

How children can use creative experiences as a starting point for discussing feelings.

Children's feelings are information:

Helping children recognize and explore emotional signals rather than simply suppressing or acting upon them.

Giving children a voice – and adults a listening role:

Creating healthier patterns of communication early.

From feeling to choice:

How awareness can create space between experiencing a feeling and deciding how to respond.

The question behind the book:

What inspired the creation of *What Colour Is Your Mood?*

Books as a pathway to connection:

how a simple shared experience can open meaningful conversations.



THE PEOPLE & THE CONVERSATION

MEET DEIDRE LAVERNE

Deidre Laverne is a curious observer of life and a believer in the power of simple moments. Ask Deidre a question and there is a good chance another question will follow.

So, there is no surprise that her creative work begins with questions – the kind that invite us to pause, look a little closer, and discover something meaningful in what might otherwise be overlooked.

She is fascinated by the ordinary things that become extraordinary when we slow down long enough to notice them – a colour, a feeling, a conversation, a child's imagination, a moment shared.

What Colour Is Your Mood? was created with one question in mind:

What if a colour could become the beginning of a conversation?



INTERVIEW TOPICS

 Deidre is available to discuss:

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| 01 The inspiration behind What Colour Is Your Mood? | 02 Why colour was chosen as the starting point |
| 03 Children's emotional awareness | 04 The difference between acknowledging feelings and simply acting on them |
| 06 Helping children develop healthier ways to communicate what they experience | 06 The role adults play in listening to children's emotional experiences |
| 07 Creativity, curiosity, and children's well-being | 08 Books as tools for connection and conversation |
| 09 The journey from an idea to independent publication | 10 The creative identity of Deidre Laverne |

SUGGESTED INTERVIEW QUESTIONS

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| 01 What inspired What Colour Is Your Mood? | 02 Why did you choose colour as the pathway into conversations about feelings? |
| 03 What does it mean to say that children's feelings are worth acknowledging? | 04 How can children learn that having a feeling doesn't mean they have to act on it? |
| 06 What role does the adult play when a child begins sharing what they feel? | 06 Why is listening just as important as teaching children to communicate? |
| 07 What do you hope a child experiences while using the book? | 08 What do you hope the adult experiences alongside them? |
| 09 What question started this book? | 10 What is next for Deidre Laverne? |



MEDIA INFORMATION

BOOK INFORMATION

Title:	What Colour Is Your Mood?
Author:	Deidre Laverne
Format:	Interactive Colouring Book
Recommended Age:	4–10 years
Publisher:	MBCS
Publication:	September 09, 2026
Availability:	Paperback and Hardcover

STANDARD AUTHOR BIO

Deidre Laverne is the literary pen name of Canadian author, creative thinker, and lifelong curious observer Jenn Drakes. Deidre represents a distinct expression of Jenn's creative work – one rooted in curiosity, imagination, childhood, meaningful questions, and the simple moments that can bring people closer together.

Jenn's relationship with this work is deeply personal. Having grown up with a strong belief that children should be seen and not heard, she came to understand the importance of creating space for children to have a voice, be acknowledged, and be genuinely heard. That philosophy became part of how she chose to raise her own children and continues to inform her creative expression.

Through Deidre Laverne, Jenn explores these ideas in literary and creative forms designed to invite curiosity, reflection, conversation, and connection. Her debut book, **What Colour Is Your Mood?**, brings that perspective to children through an interactive colouring experience that encourages them to notice and explore their feelings while creating opportunities for meaningful conversations with the adults around them.

Deidre's work begins with questions – often simple questions that invite us to pause, look a little closer, and discover something meaningful in what might otherwise be overlooked.

What Colour Is Your Mood? is the first published expression of this creative body of work.

MEDIA CONTACT

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Additional media materials can be made available upon request.

Book Information Page