



Q & A



Doing Something New *A Prayer for Beginnings*

August 11, 2026 | \$18.99, 32 pages, hardcover | 978-1-5140-1332-8

Mitali Perkins (mitaliperkins.com) has written many books for young readers, including *You Bring the Distant Near* (nominated for a National Book Award) and *Rickshaw Girl* (adapted into a film), all of which explore crossing different kinds of borders. Her goal is to make readers laugh or cry, preferably both, as long as their hearts are widening. She lives and writes in the San Francisco Bay Area.

Change Is Hard; Jesus Understands

What inspired you to write *Doing Something New*?

Mitali Perkins: I was meditating on the Beatitudes and the humanity of Jesus which enables him to understand our situations as he experienced so many of our emotions himself. Also, changes to something new, like starting a new school or moving, were very much a part of my life and also of my children's lives.

Briefly summarize the central thesis of your book. What is distinctive about this idea and your approach?

Mitali: Children all encounter change differently. And whether a new year, a new school, a new neighborhood, or a new team, change can be hard. Through *Doing Something New*, kids can remember that wherever they go and whatever they do, in all of these changes they are not alone: Jesus is with them. And not only is Jesus with them, but he also understands and empathizes with them because he, too, has experienced new and difficult things.

What are five main things you would like readers to take away from your book?

Mitali:

1. We can share our difficulties and challenges with Jesus because he always listens.
2. The Beatitudes aren't just for grownups. They're for kids too.
3. Many of our feelings are feelings Jesus experienced too.
4. Sometimes it takes courage to follow Jesus.
5. Praying through the Beatitudes is a powerful practice for your whole life.

Is there anything else you want to let us know about your book?

Mitali: I hope it can be read at bedtime so kids can relax from the stress of change.



Anna Tjernstrom, print and online publicity
atjernstrom@ivpress.com

Krista Clayton, author interviews
kclayton@ivpress.com



ivpress.com/media



BIO



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Doing Something New is a prayer that offers children—and the adults who read with them—language to pray in times of change or stress. Rooted in the promises of the Beatitudes found in Matthew 5:3-10, this book provides comfort and reassurance that everything matters to Jesus. Jesus understands and empathizes with them because he, too, has experienced new and difficult things.

Widening the Heart Through Stories

Mitali Perkins has spent most of her life crossing borders. She was born in India and lived in four different countries before settling in the United States. During her early years, books were her biggest lifeline and a place of safety and stability. Not surprisingly, as she began to write fiction, the main characters were often crossing borders and seeking community.

Mitali has served as an Author-in-Residence at University of California at Davis, the American Embassy School in New Delhi, a visiting professor at Hollins University, Calvin University, Pepperdine University, Antioch University, and Saint Mary's College of California, and also (years ago) as a Girl Scouts Storyteller. She also coaches beginning and established writers at conferences and workshops.

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To learn more about Mitali Perkins, visit mitaliperkins.com.

“One of life’s greatest joys is to create spaces where young people feel safe, welcome, and beloved. Stories are one such space.”

—Mitali Perkins



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