

Meet Quigley. A self-confident, assertive, and observant hedgehog who teaches us how the world has a misconception of introverts. Quigley is a fun, silly little hedgehog who loves to adventure, yet needs solitude to recharge his batteries. Inspired by real-life experiences, "Quigley the quiet hedgehog" empowers the quiet strength of the introverted child.



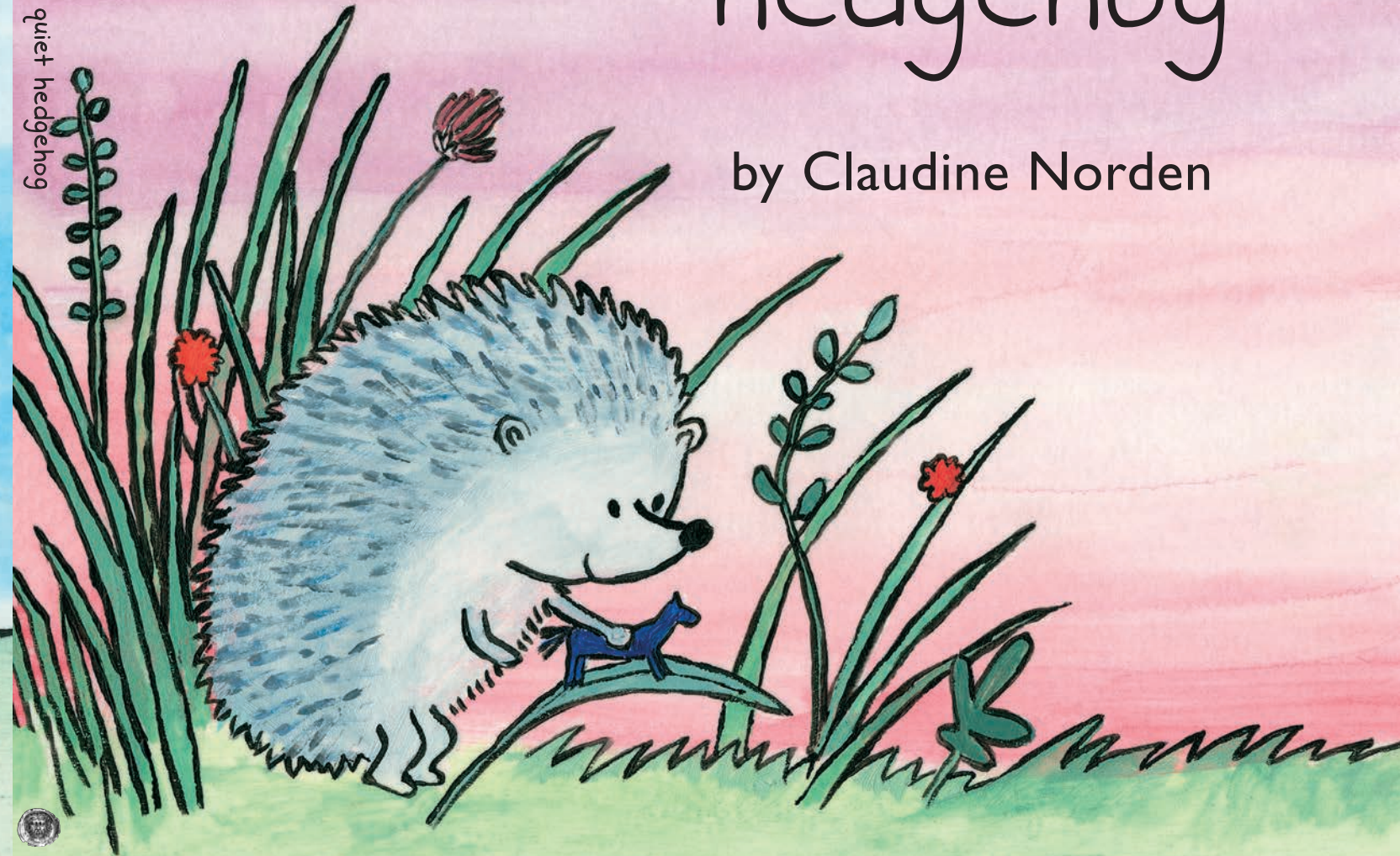
www.quietquigley.com

Claudine Norden

Quigley the quiet hedgehog

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by Claudine Norden



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with illustrations by Bonnie Wiegand

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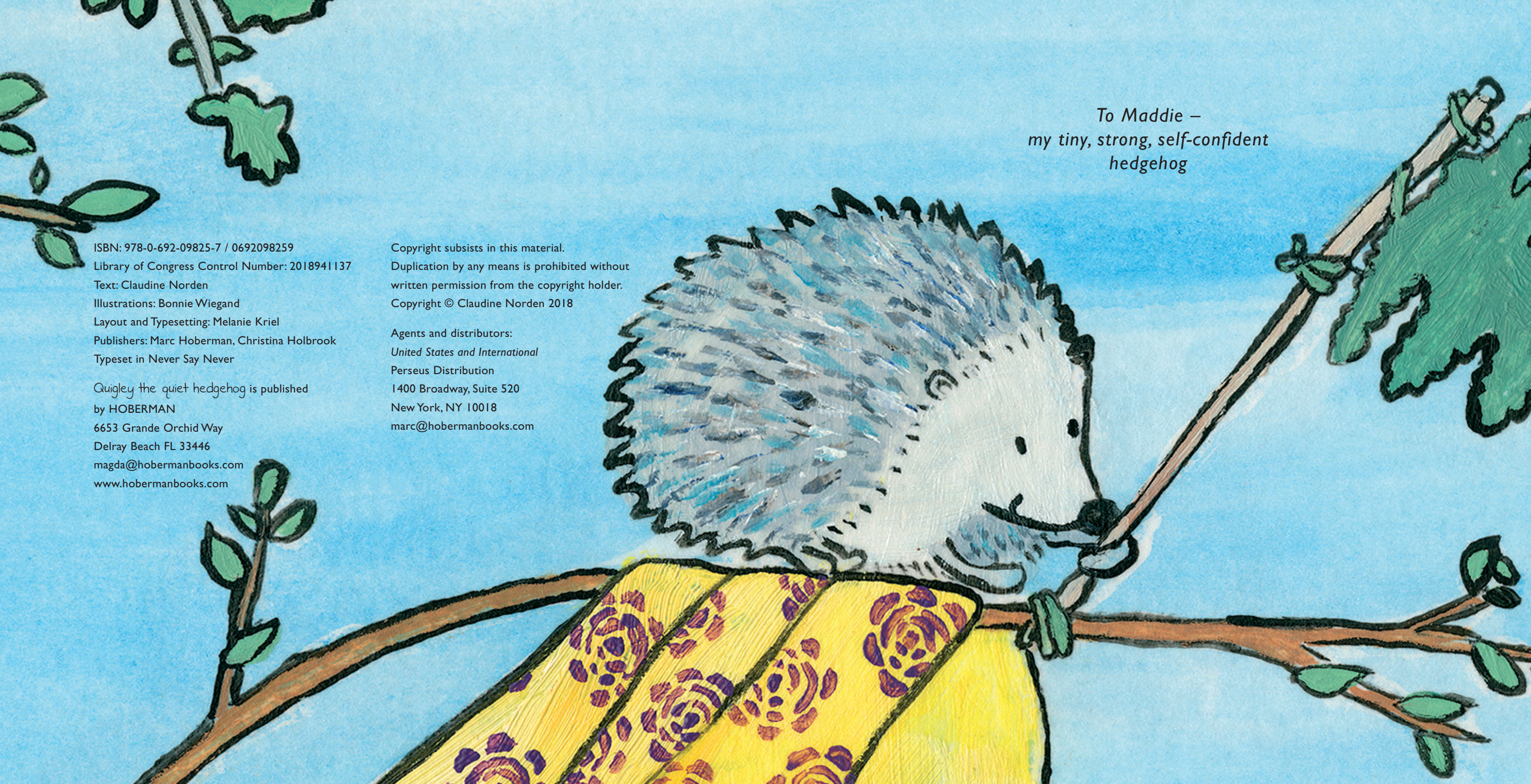
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*To Maddie –
my tiny, strong, self-confident
hedgehog*

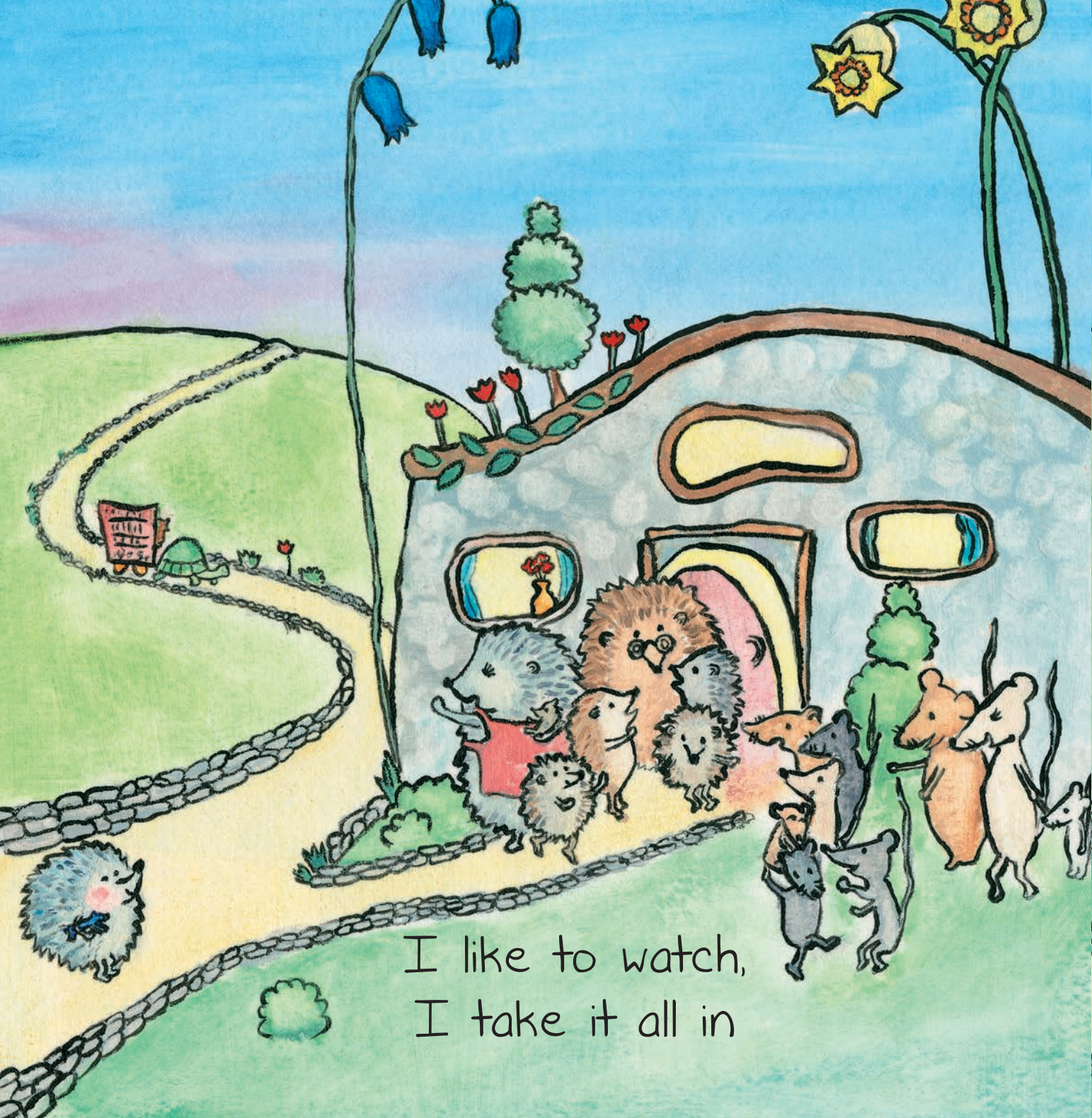




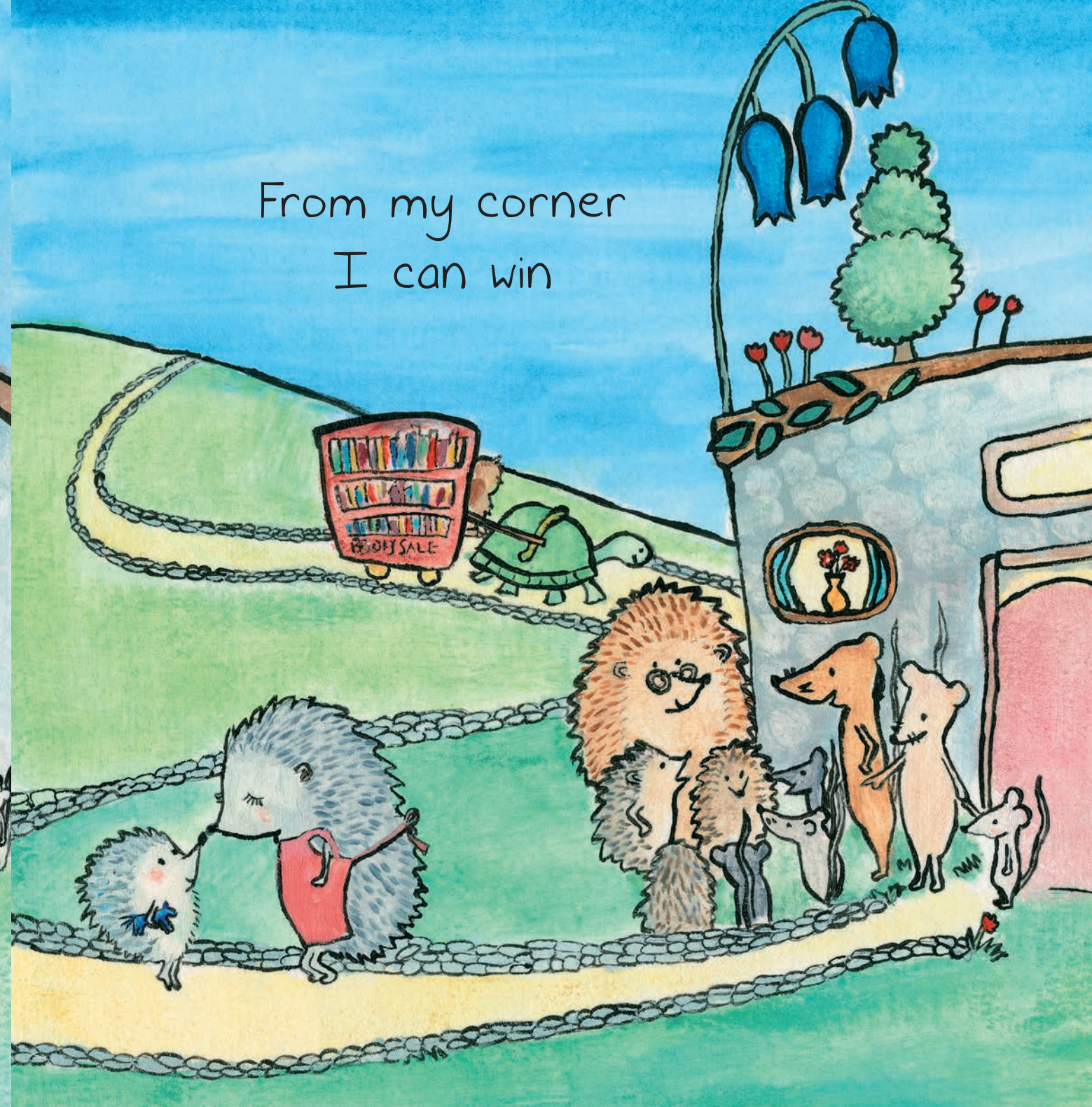
A tiny hedgehog,
that is me



I am quiet and
I am free

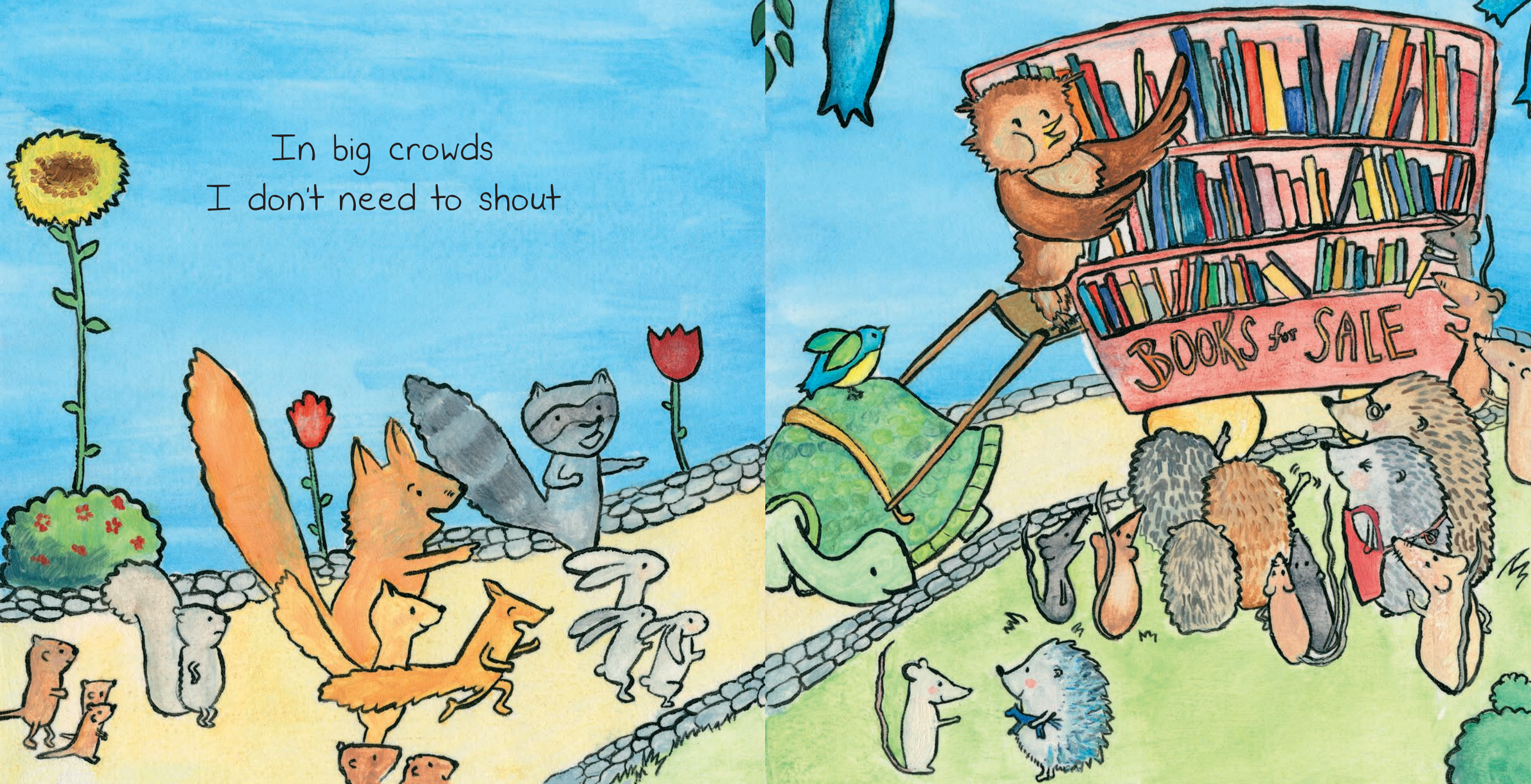


I like to watch,
I take it all in



From my corner
I can win

In big crowds
I don't need to shout



I am seen . . .



I have clout



I love to read
all by myself



I organize all
the books on
my shelf





I love to play on my own,



you will see





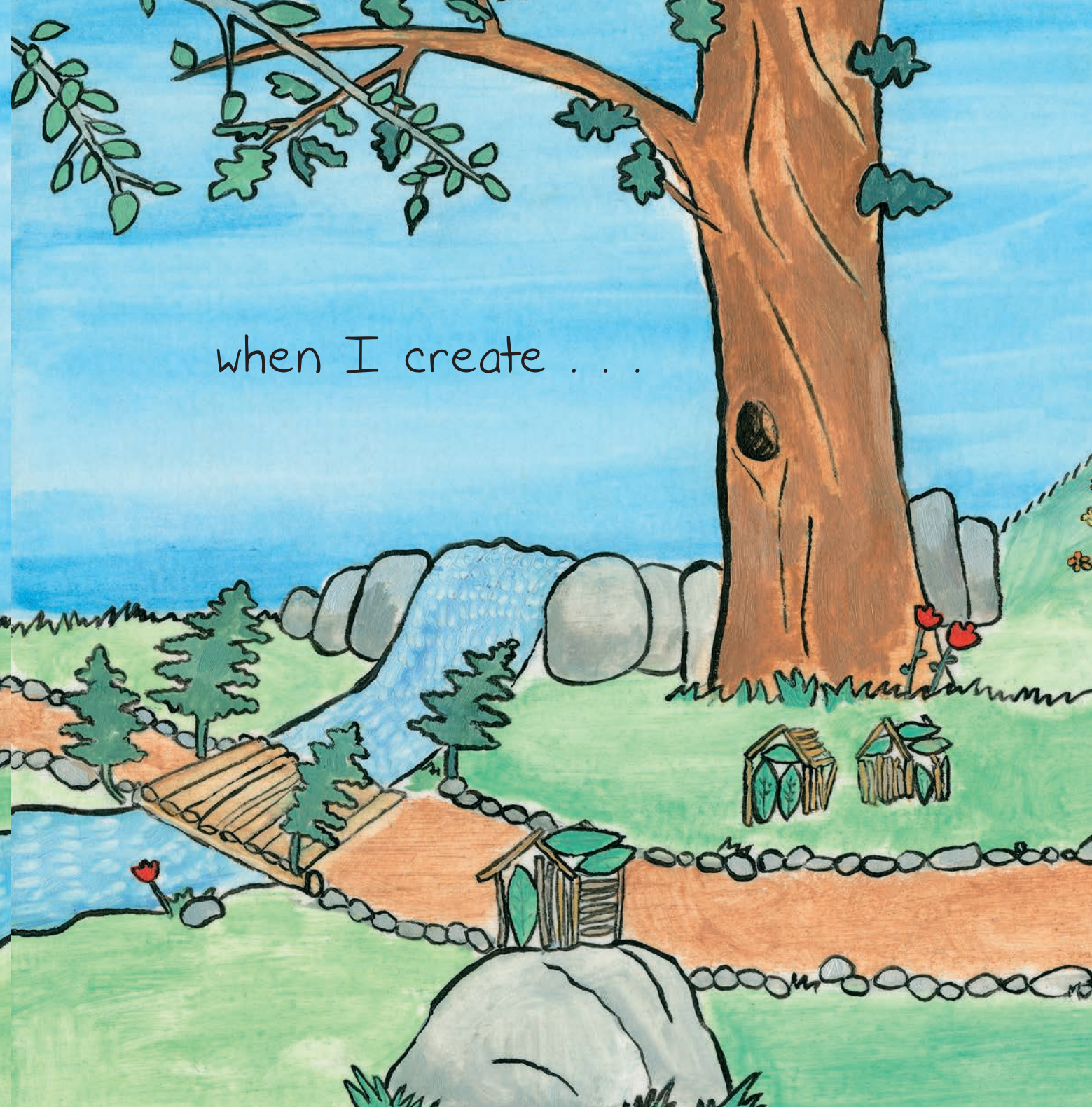
I am quiet . . .



just let me be



My adventures are my own,

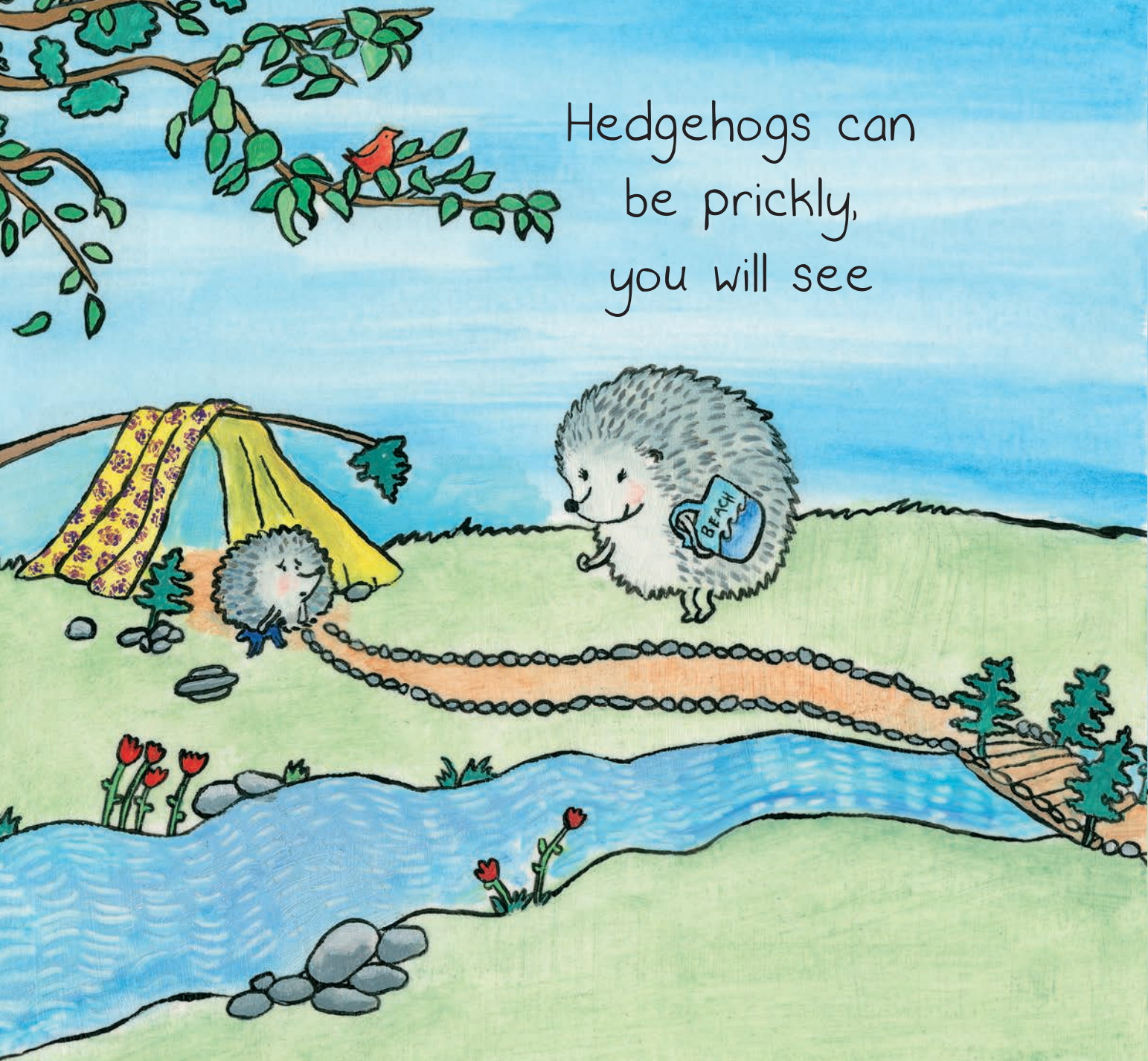


when I create . . .



my mind has grown!

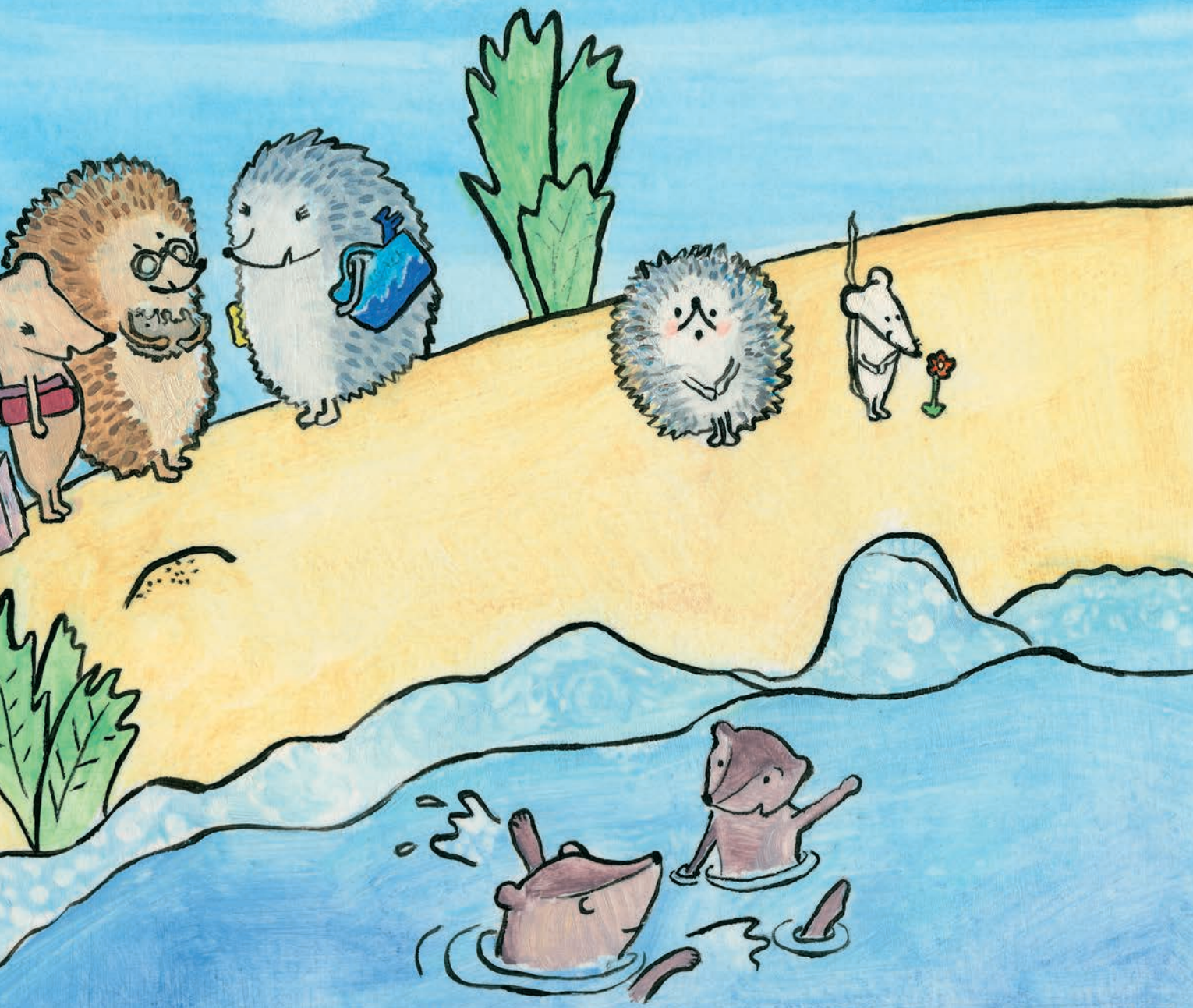
Hedgehogs can
be prickly,
you will see



Give me space
to just be me



I'm okay all by myself



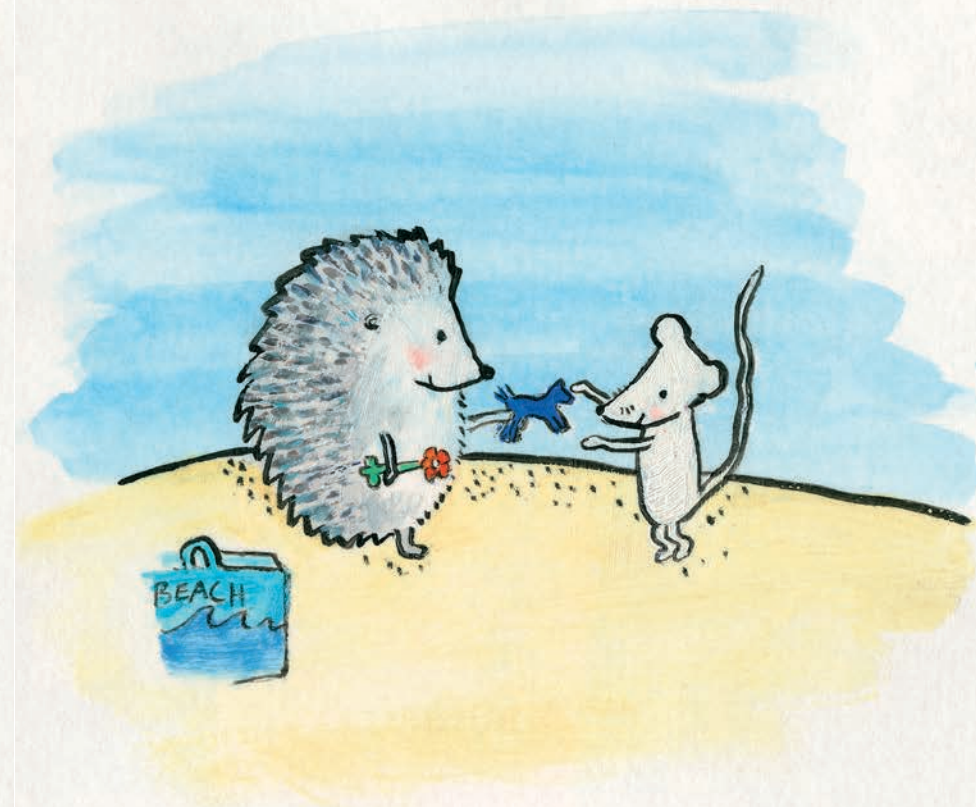
In fact, it's really good
for my health





A tiny hedgehog,
that is me

I am quiet and
I am free





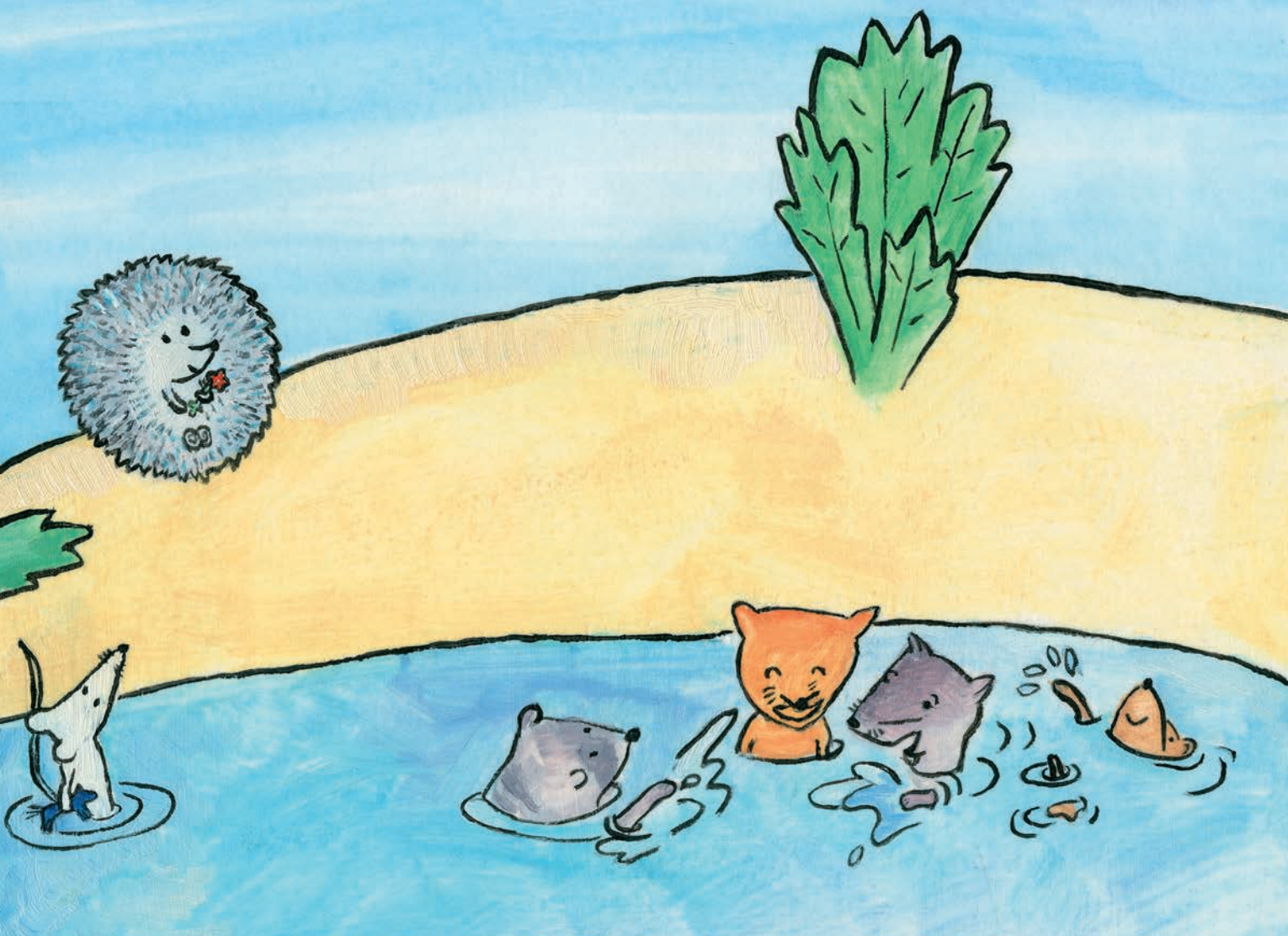
Shy is cautious,
I don't have shame



If you're in my space,
that's to blame



When I roll up in a ball,
take note . . .




I'm okay after all



A tiny hedgehog,
that is me





My quiet strength
sets me free

The End.



RECOMMENDED RESOURCES

Research on temperament began with Carl Jung's *Psychological Types* in 1971 and has slowly grown over the past four decades, however there is still much to be learned. As an extroverted mom with an introverted child, I have come to understand the strength of an introvert that often is not recognized in our society, nor explained in popular research. There are still misconceptions of introversion and I am inspired to see the impact of empowering our introverted daughter to embrace her quiet strength, be assertive, self-confident and help teach the world that 'quiet' is okay.

- Cain, Susan with Gregory Mone and Erica Moroz. *Quiet Power: The Secret Strengths of Introverts*. New York: Penguin Random House, 2016 – This book is all about kids world, school, extracurriculars, family life, and friendship. You'll read about actual kids who have tackled the challenges of not being extroverted and who have made a mark in their own quiet way.
- Cain, Susan. *Quiet: The Power of Introverts in a World That Can't Stop Talking*. New York: Broadway Books, 2013 – Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. This book has the power to permanently change how we see introverts and, equally important, how they see themselves.
- Fonseca, Christine. *Quiet Kids: Help Your Introverted Child Succeed in an Extroverted World*. Texas: Prufrock Press Inc., 2014 – Designed to provide parents with a blueprint for not only understanding the nature of introversion, offering specific strategies to teach children how to thrive in a world that may not understand them.
- Laney, Marti Olsen. *The Hidden Gifts of the Introverted Child: Helping Your Child Thrive in an Extroverted World*. New York: Workman, 2005 – This book shows parents how to foster a climate that allows introverted kids to discover their inner strengths. It gives suggestions on how to create a harmonious household with siblings, and parents, of different temperaments; and help innies find success at school, sports, parties, and other group settings.
- Laney, Marti Olsen. *The Introvert Advantage: How Quiet People Can Thrive in an Extroverted World*. New York: Workman, 2002 – This book dispels introverts' belief that something is wrong with them and instead helps them recognize their inner strengths such as their analytical skills, ability to think outside the box, and strong powers of concentration.
- Quiet Revolution: Quiet Schools Network <https://www.quietrev.com/quiet-schools-network/>
- Quiet Revolution: Parenting <https://www.quietrev.com/tag/parenting/>

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<https://www.facebook.com/quietquigley/>

<https://www.facebook.com/groups/outiemomsinniekids/>





Claudine Norden is an true extrovert who loves “people-ing” on all levels. She is a Facilitator, Speaker, Event Planner and Fitness Instructor. Because of her own journey learning how to parent a different temperament style than her own, she was inspired to share the message of ‘quiet strength’ to empower her youngest daughter and quiet kids everywhere. Claudine lives in Summit County, Colorado where she, her husband, two daughters, mother and spunky dog thrive in outdoor adventures as well as the serenity of their home and mountain life.



Bonnie Wiegand is the illustrator of several picture books, and is the author/illustrator of one series. She creates illustrations with water-based oil paints and watercolors. Bonnie is from Vermont, and grew up with a painting studio in the backyard. She currently lives in Silverthorne, Colorado, with her husband John and dog Jack. An introvert at heart, you can usually find her in the woods, on a mountain, or with a paintbrush in hand.