

Read. Return. Repeat.

A Wichita Public Library Podcast

Show Notes

Season 5 Episode 4:

Take a look, a picture book! featuring Sarah Jane Crespo

September 12th, 2025



In this episode

Daniel interviews local author Sarah Jane Crespo about her new children's picture book *The Sloth Moth*.



Photo courtesy sjcrespo.com

About Sarah Jane Crespo

Sarah Jane Crespo currently serves as the Events and Engagement Manager for the Kansas Health Foundation, a position she's held since 2023. She is also the author of her first children's picture book, *The Sloth Moth*, which was published in March 2025. Prior to working at KHF, Sarah Jane was the Director of Community Engagement at KMUW-Wichita Public Radio and has facilitated conversations to help bridge ideological divides through Story Corps' "One Small Step" initiative.

More About Sarah Jane Crespo

Author website: sjcrespo.com

[Kansas Health Foundation Staff Bio](#)

Facebook: Facebook.com/people/SJ-Crespo

Instagram: [@sjcrespo](https://www.instagram.com/sjcrespo)

LinkedIn: [@screspo1](https://www.linkedin.com/company/sjcrespo)

Books by Sarah Jane Crespo (S.J. Crespo)

- *The Sloth Moth*

Topics discussed in this episode (with timestamps)

- About Sarah Jane 2:03
- What inspired her to write a children's picture book 3:48
- Self-publishing and working with an illustrator 5:53
- The origin of *The Sloth Moth* 8:56
- Story times and how children (and parents/caregivers) have responded to the book 13:33
- The process of writing and publishing a children's picture book 18:10
- Future writing projects? 26:11
- Children's literature to educate about bridging divides 28:13
- Impact of journalism background on approach to writing 29:32
- How to fill in gaps to provide educational materials to children 31:26
- Balance between parenting, working and writing 36:52
- Three books Sarah Jane recommends 39:11

Books, authors, films & other media mentioned in this episode

- *How to Keep House While Drowning: A Gentle Approach to Cleaning and Organizing* by KC Davis, LPC
- *Hunt, Gather, Parent: What Ancient Cultures Can Teach Us About the Lost Art of Raising Happy, Helpful Little Humans* by Michaeleen Doucleff
- [Ms. Rachel](#)
- [Blippi](#)
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel J. Siegel, M.D. and Tina Payne Bryson

- *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Haidt

Relevant links to topics mentioned in this episode

- [StoryCorps: One Small Step](#)
- [Fiverr.com \(freelance services marketplace\)](#)
- [Alyssa Erin \(illustrator for *The Sloth Moth*\)](#)
- [Cal State Fullerton: Advantages of indigenous parenting techniques during the pandemic \(October 5, 2021\)](#)
- [Bookbub.com: 50+ publishing resources you should know about \(February 13, 2019\)](#)
- [Ingram Spark \(self-publishing house\)](#)
- [Amazon Kindle Direct Publishing \(Amazon KDP\)](#)
- [Kansas Authors Club writing contests](#)
- [The American Prospect: How public media cuts hurt kids \(July 8, 2025\)](#)
- [Yahoo.com: The parents trying to keep their kids off YouTube \(June 18, 2025\)](#)

[Link to episode transcript](#)

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Credits

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Music: "Wichita Wind" by Shoeshine Blue

Special thanks to Michael Apinyakul and [Shoeshine Blue](#) for providing our theme music!

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