

# H.A.K. Heroes Press Invites Schools and Libraries to Explore the Human-Animal Bond Ahead of Pet Wellness Month

*Stevie Rae Hill's book series draws on her experience advocating for a neurodivergent child and the real animals behind stories of ADHD, autism and anxiety*

PORT WASHINGTON, NY, UNITED STATES, September 2, 2026 /EINPresswire.com/ -- Ahead of National Pet Wellness Month in October, H.A.K. Heroes Press is inviting bookstores, libraries, schools, community organizations and family-focused festivals to explore readings, author talks and interactive events based on the H.A.K. Heroes children's series, written by author Stevie Rae Hill. Where appropriate, Hill hopes future programs can also introduce families to Archi the French Bulldog, King the Dalmatian and Hercules the miniature pig — the real animals who inspired the books' fictionalized animal heroes.

National Pet Wellness Month traditionally emphasizes preventive veterinary care and responsible pet ownership. Hill's series adds a family-centered question to that conversation: while people are responsible for protecting an animal's wellbeing, what does an animal's companionship bring to our own health and wellness? More specifically, what can animals provide to improve the quality of life of a child who experiences the world differently?

The National Institutes of Health continues to support research into how human-animal interaction may affect children's social and emotional development and under what conditions animal-assisted programs are safe and effective. NIH has reported promising findings from supervised studies involving children with autism and ADHD, while cautioning that animals are not a universal solution for every child or family. Sources: NIH News in Health and NICHD Human-Animal Interaction Research.



The H.A.K Heroes series includes the books "Focus With a Frenchie," "To Dream With a Dalmatian" and "The Helping Hoof."

"Animals do not ask children to explain why a sound feels too loud, why their thoughts are racing or why words will not come," said Hill. "They meet them in the moment. That kind of patient companionship can create room for calm, trust and connection."

Hill created H.A.K. Heroes after drawing together two central parts of her life: raising and advocating for her neurodivergent daughter and caring for an unconventional family of animals. Rather than writing books that observe a diagnosis from the outside, she set out to place readers within each child's sensory and emotional experience.

"I wanted neurodivergent children to recognize something true about themselves in these stories — not a problem that needs to be erased, but a mind that deserves understanding. I also wanted parents, educators and classmates to feel what an overwhelming moment can be like from the inside," added Hill.



Author Stevie Rae Hill, with her dalmatian, King

"Focus With a Frenchie" follows six-year-old Alvin, whose ADHD can make reading and classroom attention difficult. With his dog Archi beside him, Alvin discovers that brief tennis and movement routines help him release energy, find a rhythm and return to a task. He later shares the strategy with an overwhelmed classmate, turning personal experience into empathy.

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"To Dream With a Dalmatian" centers on seven-year-old Kally, an autistic girl who sometimes cannot access spoken language when her surroundings become overwhelming. King's undemanding presence helps her return to an

imperfect piano, where music becomes a form of expression. At school, she discovers that a drawing can communicate what speech cannot.

"The Helping Hoof" introduces five-year-old Hope, who uses chess, breathing and visualization to move through anxiety. Hercules, a miniature pig with a genetic difference affecting his front hooves, models confidence without conformity. With support from Hercules and her father, Hope finds the courage to complete a classroom presentation.

Together, the books emphasize that support should adapt to the child. Focus need not require stillness; communication need not depend entirely on speech; and courage need not be loud. The stories are not clinical guides, but invitations to conversation among children, parents, caregivers, educators and peers.

As an independent author and founder of H.A.K. Heroes Press, Hill is now seeking community partners interested in book readings, signings and discussions about neurodiversity, emotional regulation, self-acceptance and the human-animal bond. The proposed events would bring the literary series into family and educational settings while giving each participating organization flexibility to determine an appropriate format.

"Meeting the real H.A.K. Heroes can show children that the animals on the page are rooted in living personalities, differences and stories. My hope is to create welcoming events where families can enjoy the animals while talking honestly about empathy, acceptance and the many ways children learn to find their footing," Hill said.

Hardcover editions of all three books are available through [Barnes & Noble](#), with paperback editions available through [Amazon](#). Readers can follow the animals behind the series on Instagram at [@HERCULES.ARCHI.KING](#).

#### ABOUT H.A.K. HEROES PRESS

H.A.K. Heroes Press is a New York-based independent publisher founded by author, advocate and mother Stevie Rae Hill



Archi poses with his book in the H.A.K. Heroes series, "Focus With a Frenchie"



King poses with his book in the H.A.K. Heroes series, "To Dream With a Dalmatian"

Hill. Its H.A.K. Heroes series uses fictional children and animal companions inspired by Hill's pets to explore ADHD, autism, anxiety, emotional regulation and self-acceptance. The series includes "Focus With a Frenchie," "To Dream With a Dalmatian" and "The Helping Hoof."

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Hercules poses with his book in the H.A.K. Heroes series, "The Helping Hoof"

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