

In response to many requests, Jason Steadman, Psy.D., Director, FELT for childhood anxiety research lab, Post-doctoral fellow, Community Health Center, Inc., New London, CT [jsteadmanpsyd@gmail.com](mailto:jsteadmanpsyd@gmail.com) has shared an annotated bibliography of, “somewhere between 200-300 [therapeutic books for children] that I and some fellow students worked on in graduate school at the request of our lab director, who had collected more books than she could organize on her own. We separated the books into categories and each book is supposed to have a short note that describes an appropriate age range and other comments. Several topics are covered, though I don't know for sure if all the books are still in print or not. Hope that at least some may be helpful.”

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## THERAPEUTIC BOOKS FOR CHILDREN

### **Adoption and Foster Care Issues**

See also “Feelings,” and “Stress and Change”

#### *Adopted Like Me*

- Jeffrey R. LaCure, M.S.W., LICSW, Publisher: The Adoption Advocate Publishing Company.
- Audience: Upper elementary. Difficult to read - the rhymes are poor and the message is hard to extricate. Could possibly be useful with an older elementary child whose has very negative ideas about adoption.

#### *Adopted and Wondering*

- filed under “Workbooks”
- Marge Eaton Heegaard; Publisher: Fairview Press

- Audience: Ages 6-12. Designed to be completed 5 pages at a time spread over a week. Children illustrate specific parts of the adoption process. Written in a simple black and white text. Great instructions for how the book can be used in therapy.

*Adoption is for Always*

- Linda Walvoord Girard
- Audience: Elementary: Although Celia reacts to having been adopted with anger and insecurity, her parents help her accept her feelings and celebrate their love for her by making her adoption day a family holiday. Includes factual information about the adoption process. Lots of text with simple sketches.

*The Bean Seed*

- Judith Bush & Robert Spottswood. Publisher: Adoption Conversations.
- Audience: Preschool to early elementary: Sweet story of a little bean seed that is neglected and abused. After being adopted by some “good” gardeners the bean seed must learn to trust and receive nurture again.

*The Best Single Mom in the World: How I was Adopted*

- Mary Zisk; Publisher: Albert Whitman & Company
- Audience: Preschool- Elementary: A girl tells how her mother decided to become a single parent and traveled overseas to adopt her and describes their happy life as a family. Simple text with pretty illustrations.

*Carolyn's Story: A book about an adopted girl*

- Perry Schwartz. Publisher: Lerner Publication Co.
- Audience: Elementary; Easy to read, covers a range of emotions, and written from the perspective of a girl adopted from Honduras. Great for international adoptions. Lots of photos.

*The Dog Who Had Kittens*

- Polly M. Robertus, Publisher: Holiday House
- Audience: Elementary. Great pictures. The plot may be a little difficult for some to grasp (in relation to adoption), but the book certainly shows how relationships can develop between people (animals) who are very different, but full of love and understanding.

*For Your Own Good: A Child's Book About Living In A Foster Home*

- Doris Stanford, Publisher: Magination Press.
- Audience: Elementary, possibly Jr. High special ed. Excellent for a child who is older, needs special services or has been abused.

*Ginger Jumps*

- Lisa Campbell Ernst; Publisher: Aladdin Picture Books
- Audience: early elementary (book says 3-7 years). Much too long for younger kids. Combination of facing fears and adoption hopes through the eyes of a dog in a circus

*Home At Last*

- Mauro Magellan, Publisher: Humanics Children's House
- Audience: Maybe elementary. Pictures are simple, but the story line is complex. Not a great book but could be used with children who are waiting for adoption.

*Horace*

- Holly Keller, Publisher: Greenwillow Books.
- Audience: Pre-K and early Elementary. Particularly good for transracial adoption.

*I'd Rather Be With A Real Mom Who Loves Me: A Story for Foster Children*

- Michael Gorden, Ph.D. Publisher: GSI Publications
- Audience: 2<sup>nd</sup> grade- 8<sup>th</sup> grade; Written from the perspective of a boy in foster care who continually states that “Life sucks.” Simple black and white pictures. Covers issues including ADHD, foster care and general depression. Recommended for children who are resistant or having an exceptionally hard time adjusting to foster care.

*A Koala For Katie: An Adoption Story*

- Jonathan London. Publisher: Albert Whitman and Company
- Audience: Pre-K and Elementary. Good story about adoption, plus it includes the concept of transitional objects.

*Maybe Days: A Book for Children in Foster Care*

- Jennifer Wilgocki & Marcia Kahn Wright. Publisher: Magination Press
- Audience: early elementary to late elementary. General info and normalizing of emotions, good info and appendix for caregivers. Includes situations and emotions that will complicate the child's reactions.

*A Mother for Choco*

- Keiko Kasza. Publisher: Puffin Books
- Audience: Preschool-2<sup>nd</sup> grade: A lonely little bird named Choco goes in search of a mother. He finds a mother that looks different from him but has lots of love. Happy colorful pictures with idealized ending.

*Motherbridge of Love*

- Anonymous (Motherbridge of Love) ; Publisher: Barefoot Books
- Audience: Preschool to 2<sup>nd</sup> grade; A simple poem with beautiful illustrations focusing on a little girl who was adopted from China. The poem talks about her “two” mothers and how each gave/gives her love and life.

*A Sister for Matthew: A Story About Adoption*

- Pamela Kennedy. Publisher: GP Kids
- A story about a boy who finds out that his family is adopting a little girl from China.
- Audience: Pre K through 2<sup>nd</sup> grade. Written from the perspective of a young boy (biological son) who finds out his parents are adopting a baby girl from China. Great illustrations, easy to read and understand.

*Tell Me Again About the Night I Was Born*

- Jamie Lee Curtis. Publisher: HarperCollins
- Audience: Preschool to 2<sup>nd</sup> grade. Sweet, simple story with delightful illustrations about a girl who was adopted as a baby and has her parents tell her again and again how they came to get her in the hospital and bring her home.

*Therapeutic Stories for Children in Foster Care*

- Karen Lanners & Ken Schwartzenberger.

- Audience: Preschool- elementary: Tells four different stories: Similar to the new edition, but does not address reunification with parents. Highly recommend the new edition over this edition, as it is more thorough and has better wording.

*Therapeutic Stories for Children in Foster Care, New Edition*

- Karen Lanners & Ken Schwartzenberger.
- Audience: Preschool- Elementary: Tells five different stories ranging from placement into foster care, reunification with biological parents, to adoption. All stories are told from the perspective of a little pig and well written. At the end of each story are tips for the therapist as well as case conceptualization ideas.

*This Is How We Became A Family: An Adoption Story*

- Wayne Willis. Publisher: Magination Press
- Audience: Elementary: A childless husband and wide who want a baby adopt the child of a young teenage mom who chooses not to raise the child. Simple text and pictures. Somewhat idealized and unrealistic.

*We Are Adopted*

- Jennifer Moore-Mallinos. Publisher: Barron's
- Audience: Preschool to 2<sup>nd</sup> grade: Written from the perspective of a child adopted from Russia who is getting a baby brother from Russia as well. Sweet story with a positive message. Colorful illustrations and easy reading.

*Why So Sad, Brown Rabbit?*

- Sheridan Cain. Publisher: Puffin Books
- Audience: Ages 2-6. Story about a rabbit who wants a family and so starts looking for a wife, but before he finds one, he meets three little ducklings who need a family.

*You're Not My Real Mother!*

- Molly Friedrich. Publisher: Little, Brown and Company
- Audience: Ages 2-7. "After an adoptive mother tells her daughter all the reasons that she is her "real mother," the young girl realizes that her mother is right even though they do not look alike." This story specifically involves an African American girl adopted by a Caucasian mother. Simple story with colorful, cheerful pictures.

*Zachary's New Home: A Story for Foster and Adopted Children*

- Geraldine & Paul Blomquist. Publisher: Magination Press
- Audience: Pre-K to early elementary. Some words used may be too big for youngest age range but can be modified by the reader. Good intro to caregivers and adoptive parents. Normalizes complicated emotions and reactions.

**Anger/Anger Management**

See "Feelings," "Social Skills," "Workbooks," and "Therapeutic Games"

**Bullies**

Most of the following books are filed under "Social Skills"

*Bobby and Mande's Too Smart for Bullies*

- filed under "Social Skills"
- Dept. Sheriff Robert Kahn & Sharon Chandler. Publisher: Future Horizons, Inc.

- Audience: Elementary. An instructional guide for dealing with a bully through avoidance and talking with a ‘trusted’ adult. Not a very entertaining resource but has good information for a range of young kids.

*Blue Cheese Breath and Stinky Feet: How to Deal with Bullies*

- filed under “Social Skills”
- Catherine DePino. Publisher: Magination Press
- Audience: Elementary- middle school; Chapter book, but an overall easy read. A boy is bullied and learns to get help from his parents to stand up to the bully. Gives lots of tip and strategies for dealing with bullies.

*Chester Raccoon and the Big Bad Bully*

- filed under “Social Skills”
- Audrey Penn. Publisher: Tanglewood Press
- Audience: K- 3<sup>rd</sup> grade. Beautiful illustrations; the animals get together to confront a bully at school and end up becoming friends with him. Sweet, simple, easy story with positive, proactive ending.

*Dog Eared*

- filed under “Social Skills”
- Amanda Harvery. Publisher: Random House Children’s Books
- Audience: Early elementary. Story about a dog who gets made fun of by a bully and begins to doubt himself. Attempt to see that the bully’s words only hurt if you believe them. Nice try, but it is a little flat and will be over some kids’ heads, there are better sources.

*Hooway for Woodney Wat*

- Helen Lester. Publisher: Houghton Mifflin Books: Walter Lorraine Books.
- Audience: Early elementary. Self-esteem and bullying. A rat with a speech impediment is bullied by a guinea pig that is mean to everyone. Emphasizes individual strengths. Better for older kids, the author tries to do too much with one story.

*King Of The Play Ground*

- filed under “Social Skills”
- Phyllis Reynolds Naylor, Publisher: Alladin Books.
- Audience: Older preschoolers and elementary. Really hilarious look at two boys trying to get along. The dad provides help in handling a bully.

*Say Something*

- filed under “Social Skills”
- Peggy Moss. Publisher: Tilbury House
- Audience: Elementary- middle school; A child who never says anything when other children are being teased or bullied finds herself in their position one day when jokes are made at her expense and no one speaks up. Discusses being a bystander and seeing other kids bully around other kids. Has resources and websites about bullying listed in the back of the book.

*My Secret Bully*

- filed under “Social Skills”
- Trudy Ludwig. Publisher: RiverWood Books

- Audience: 5-11 years old. The story of a young girl who is bullied by a girl friend. Very good story that addresses bullying issues among girls, and tends to focus on more covert types of bullying. Has resources and websites about bullying listed in the back of the book.

#### *One*

- Kathryn Otoshi; Publisher: Ko Kids Books
- Audience: Pre-K- 4<sup>th</sup> grade. Uses colors and numbers to talk about the issue of bullying from an abstract perspective. Easy to read, with beautiful illustrations. Talks about the power of one person standing up to a bully. Happy ending that includes the bully becoming a friend.

#### *Pup In School*

- filed under “Social Skills”
- Elaine Clayton, Publisher: Crown Publishers
- Audience: Elementary. A rather silly little book about a dog learning how to handle a bully.

#### *Push & Shove: Bully and Victim Activity Book*

- filed under “Social Skills”
- Jim & Joan Boulden, Publisher: Boulden Publishing
- Audience: Elementary and young teens. A simple, honest book about dealing with bullies. Simple and sensitive.

#### *Simon’s Hook: A story about teases and put-downs*

- filed under “Social Skills”
- Karen Gedig Burnett. Publisher: GR Publishing.
- Audience: Early-late elementary. Part of the “Grandma Rose” series. Story of a boy who gets a bad haircut and how he is teased. Goes to “Grandma Rose” who talks to him about it. The metaphor may be too advanced for younger kids, the story is pretty good but the best part of this book is the appendix for kids and parents.

#### *The Recess Queen*

- filed under “Social Skills”
- Alexis O’Neil & Laura Huliska-Beith. Publisher: Scholastic Press.
- Audience: Early elementary to later elementary. Can be read aloud or alone. Really cute story about a bully who meets her match when a new girl moves in. Good resolution about a girl who called the bully’s bluff by being nice to her, “which no one else had thought to do before.”

### **Disabilities**

See “Feelings,” “Learning Problems/ADHD,” “Social Skills,” “Self-esteem and Self-Awareness,” and “Workbooks”

#### *Andy and His Yellow Frisbee*

- Mary Thompson. Publisher: Woodbine House
- Audience: K-5. Story about a boy with Autism and how his older sister and peers respond to him.

#### *The Crippled Lamb*

- Max Lucado, Publisher: Thomas Nelson, Inc.

- Audience: Preschool-3<sup>rd</sup> grade: Written from a Christian perspective. Sweet story with colorful illustrations. A lamb who has always felt different and sad because of his black spots and his limp, feels his true worth when he is called to help keep the baby Jesus warm.

*Don't Look At Me: A Child's Book About Feeling Different*

- Doris Stanford, Publisher: Multnomah Press.
- Audience: Elementary School. The story of a young boy who is developmentally delayed and how he learns to understand himself through the help of his pet lamb. May be a little difficult to understand for very young or delayed children.

*Dina the Deaf Dinosaur*

- Carole Addabbo, Publisher: Hannacroix Creek Books
- Audience: Most appropriate for families (parents and siblings) or classmates of a deaf child. The emphasis is on the need for relationship through communication.

*Don't Call Me Special! A First Look At Disability*

- Pat Thomas. Publisher: Barron's Educational Series
- Audience: Early elementary to late elementary (Books says 3-7, may be okay for youngest). Deals with physical disabilities only. Purposefully avoids explanations due to targeting younger kids. Note in back with resources, questions, and how to address disabilities with younger kids that is really good.

*Early Start for Young Children with Autism/PDD: Practical Interventions*

- filed under "Workbooks"
- Kathleen McConnell & Gail R. Ryser. Publisher: Pro-Ed

*God Made Me Special!!!! Tourette Syndrome*

- Ryan C. Farrell; Publisher: Children Writing for Children
- Audience: Junior High and older. A good look at Tourette Syndrome from the perspective of an 11-year-old with the disorder. An inspiring book for children and their families/friends. For independent reading

*Knots on a Counting Rope*

- Bill Martin, Jr. & John Archambault. Publisher: Henry Holt and Company.
- Story about a grandfather who tells and re-tells his blind grandson the story of the grandson's birth and the grandson's strength in the midst of challenge as a way of making the grandson stronger and bringing him courage.

*I'm Deaf and It's Okay*

- Lorraine Aseltine, Evelyn Mueller & Nancy Tait, Publisher: Albert Whitman & Company.
- Audience: Elementary . A good book for a hearing-impaired child and his/her family and school. Sensitive covers the core issues of deafness including self-acceptance, fears and differences unique to the hearing-impaired world.

*Looking For Louis*

- Lesley Ely. Publisher: Albert Whitman & Company
- A book about a boy with autism and how his classmates react to him and learn to understand him better.

*Many Ways to Learn – Young People's Guide to Learning Disabilities*

- Filed under Learning Disabilities/ADHD
- Judith Stern & Uzi Ben-Ami. Publisher: Magination Press
- Audience: Junior high and up. Good independent reading material to help a child understand their disability

*My Friend with Autism*

- Beverly Bishop. Publisher: Future Horizons
- Audience: Elementary: Simple text with black and white sketches. Great resource for introducing others to autism, particularly friends and teachers of the child. Highly recommended.

*My Sister Is Different*

- Betty Ren Wright; Publisher: Raintree Steck-Vaughn
- Audience: Older Elementary and Junior High. Great look at having an older sibling with a mental disability. Provides acceptance for a full range of emotions, yet the message is one of acceptance of the disabled child.

*Silent Observer*

- Christy MacKinnon, Publisher: Kendall Green Publications.
- Audience: Older children - possibly even up to high school. A long, but wonderful story about the life of a deaf child.

*The Special Raccoon*

- Kim Carlisle; Publisher: Small Horizons
- Audience: Elementary: Very long story with lots of text, but cute pictures. Tells the story of a little raccoon who introduces her new friend to her disabled sister. They have fun together. Too long for most kids.

*A Very Special Critter*

- Gina & Mercer Mayer, Publisher: A Golden Book.
- Audience: Preschool and early elementary. Excellent book on acceptance of individuals with disabilities. Sensitive and funny.

**Divorce**

See also “Feelings,” “Parental Conflict,” “Step-families,” “Stress and Change,” “Workbooks,” and “Therapeutic Games”

*The Boys’ and Girls’ Book About Divorce*

- Richard A. Gardner, M.D., Publisher: Bantam Books,
- Audience: Ages 11-16. Long book of about 155 pages. Very outdated (1970) and oversimplified. Some good principles mixed with some outdated information. Not recommended for most kids.

*Dear Daddy*

- John Schindel. Publisher: Albert Whitman & Company
- Audience: Preschool-2<sup>nd</sup> grade; A story about a boy whose father lives far away. He writes to his father and talks on the phone and agrees to spend the summer with him. Good for younger kids who have this arrangement.

*Dinosaurs Divorce: A Guide For Changing Families*

- Laurene Krasney Brown & Marc Brown, Publisher: Little, Brown & Company.

*Divorce Happens To The Nicest Kids (Revised)*

- Michael S. Prokop, M.Ed. Publisher: Kaya Books
- Audience: ages 3-15; Thick book that is designed to be used over several sittings. Addresses false beliefs and true statements. Includes a simple six-chapter story with black and white sketches on each page. Includes suggestions and recommendations for parents. Solid book with direct answers to questions most children of divorce have.

*Don't Fall Apart on Saturdays! The Children's Divorce-Survival Book*

- Adolph Moser. Publisher: Landmark Editions, Inc.
- Audience: Early Elementary. A long book (61 pages), but each page is brief. Gives kids tips for coping with divorce. Addresses misunderstandings. Can be read by children alone, but reading with parents is recommended.

*Fred Stays with Me!*

- Nancy Coffelt; Publisher: Little, Brown and Company
- Audience: Preschool-2<sup>nd</sup> grade. A child describes how she lives sometimes with her mother and sometimes with her father, but her dog is her constant companion. Very simple writing with delightful illustrations.

*Goodnight, Daddy*

- Angela Steward. Publisher: Morning Glory Press
- Audience: ages 5-8. A good story about a father who promises to visit and doesn't come. It is good for diversity issues as the heroine is a girl of color.

*Help! A Girl's Guide to Divorce and Step-families*

- Nancy Holyoke. Publisher: Pleasant Company Publishers
- Audience: 8-adolescent girls. Long and dictionary format. Has a guide to all types of situations and includes some interactive art things in the back. Very well done and well addressed, including feelings and references. Part of the "American Girl" series of books. Good books with a specific audience.

*Helping Children Understand Divorce: A Practical Resource Guide for Mom and Dad Break Up*

- For use with children's book entitled "Mom and Dad Break Up"
- Joan Singleton Prestine: Publisher: Fearon Teacher Aids
- Audience: Elementary: Designed to be used by therapists, parents, or teachers. Suggestions for how to talk to a child of divorce about different issues including anger, fears, and loneliness. Gives ideas for activities centered around each issue Very useful and practical.

*I Don't Want To Talk About It!!*

- Jeanie Franz Ranson. Publisher: Magination Press
- Audience: Early elementary. Book about how a little girl feels when she hears her parents will divorce. Addresses anger, fear, and sadness via pictures of animals and words. Best if the parents will be involved with the child.

*I Wish I Had My Father*

- Norma Simon, Publishers: Albert Whitman & Company.
- Audience: 2<sup>nd</sup>-6<sup>th</sup> grade: This is written specifically from the perspective of a boy whose class is making Father's day cards. He talks about his feelings because he never sees his father and does not know where his father lives; He talks about how hard Father's day is and how much he misses

having a father around. Pictures are a bit odd and more like sketches. Overall a sad tone, although he expresses having good relationships with his grandfathers.

*If Daddy Only Knew Me*

- Lila McGinnis. Publisher: Albert Whitman & Company
- Audience: K- 5<sup>th</sup> grade. Curious about the father who left them years ago, five year old Kate and her older sister, Glory, make an expedition across town to view him at his new home where he has a new family. Only for use with children where the dad has abandoned the family. Lots of text, words like “shut-up” are used, and generally a depressing story.

*It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children During Divorce.*

- Vicki Lansky. Publisher: Book Peddlers.
- Audience: Ages 3-7. A book for parents to read with their children during divorce. Include a story, questions for kids, and detailed recommendations for parents about how to help children cope with divorce and tips for parenting apart. A thorough book that helps kids learn what divorce means, deal with changes in their everyday lives, talk about feelings, normalizes feelings, be assured that their parents still love them, and understand that divorce is not their fault.

*Let's Talk: Early Separation and Divorce Activity Book*

- Jim & Joan Boulden, Publisher: Boulden Publishing
- Audience: Ages 6-11; Black and white workbook style with several places to draw pictures and write about feelings. Cognitive- behavioral style; can use all or part of the book, or reproduce individual pages to color in and draw on. Talks about several different scenarios children of divorcing parents may go through.

*Mama and Daddy Bear's Divorce*

- Cornelia Maude Spelman. Publisher: Albert Whitman & Company.
- Dinah Bear feels sad and scared when her parents say they are going to divorce. Begins with a note to parents about how to explain divorce to very young children. This book emphasizes the things in a child's life that stay the same based on the premise that young children are comforted by sameness. Also addresses the common fear of losing the parent who moves away.

*Mom and Dad Break Up*

- For use with resource guide entitled “ Helping Children Understand Divorce”
- Joan Singleton Prestine. Publisher: Fearon Teacher Aids
- Audience: Elementary; Simple story with pretty pictures from the perspective of a young boy whose parents have divorced. Great resource for a younger child, especially at helping identify the sense of loss a young child may feel when parents divorce. Ends in an upbeat way that emphasizes the love of both parents for the child. Best for children whose parents have had an amicable divorce and the child remains in contact with both parents.

*Mom and Dad Don't Live Together Any More*

- Kathy Stinson, Publishers: Annick Press Ltd.
- Audience: preschool to 2<sup>nd</sup> grade; Simply story written from a young girls perspective who lives with her mom in the city and visits her dad in the country; Talks about how they both love her but how she still wishes they were together.

*Mom and Me: Single Parent Activity Book*

- filed under “Workbooks”
- Jim & Joan Boulden. Publisher: Boulden Publishing.

*My Family's Changing: A First Look at Family Break-Up.*

- Pat Thomas. Publisher: Barron's Educational Series, Inc.
- Audience: Preschool-2<sup>nd</sup> grade. Good general book about divorce for young children. Offers a wide range of responses and scenarios. Pretty illustrations and easy to read.

*My Mom and Dad Don't Live Together Anymore: A Drawing Book for Children of Separated or Divorced Parents*

- Judith A. Rubin. Publisher: Magination Press
- Audience: elementary (1st-6<sup>th</sup> grade). Nice borders on the pages with lots of room for the child to draw pictures and fill in the blanks with simple emotions. Some parts are best for older kids due to some of the words and concepts. Great medium to discuss feelings and normalize child reactions.

*My Parents Are Divorced, Too: A Book for Kids by Kids*

- Melanie, Annie, & Steven Ford. Publisher: Magination Press
- Audience: Ages 10-16
- Three stepsiblings in a blended family discuss their experiences and those of friends with divorce and remarriage; Talks about somatization, blame-taking, taking sides, moving, and new families/siblings. Easy to read and geared for older children.

*On the Day His Daddy Left*

- Eric J. Adams and Kathleen Adams. Publisher: Albert Whitman & Company.
- Audience: Elementary. On the day his father moves out of the house, Danny writes a secret question on a piece of paper. Later his question is revealed, "Is it my fault?" Many children of divorced parents will easily relate to this question and will feel relieved to have that question answered directly. Includes recommendations for adults about talking to children about divorce. Highly recommended.

*One Small Dog*

- Johanna Hurwitz. Publisher: HarperCollins
- Audience: Ages 7 to junior high. Talks about a boy who is adjusting to his families divorce. He gets a dog from the shelter, but when the dog bites his little brother he has to give it up. His dad ends up taking it, but not without some difficult moments. Great, chapter book for kids who are experiencing divorce and feelings of loss.

*Please Come Home: A Child's Book About Divorce*

- Doris Stanford, Publisher: Multnomah Press.
- Audience: Elementary: Talks about a girl whose parents are divorcing in a bad way. She talks to her teddy bear about her confusion and frustration and he answers her wisely. Simple text with lots of pictures. Realistic issues surrounding messy divorces.

*Through the Eyes of Children: Healing Stories for Children of Divorce*

- Janet R. Johnston, Ph.D., Karen Breunig, M.S, Carla Garrity, Ph.D., Mitchell Baris, Ph.D. Publisher: The Free Press
- Audience: Ages 5-11; A book of many "healing stories" designed to suit different ages and issues for children of divorce. Many of the stories are over-simplified and tend to take a "no blame" perspective. Most are written as animal stories and could easily be adapted to the child's individual situation and offer many positive solutions to dealing with difficult situations and emotions.

*Was It the Chocolate Pudding? A Story for Little Kids About Divorce*

- Sandra Levins. Publisher: Magination Press.
- Audience: Preschool-2<sup>nd</sup> grade. A boy worries that his parents got divorced because he made a mess with chocolate pudding on the wall. He is happy when he finds out he is not to blame. In this book the children live with their dad and visit their mother. Both parents are loving and involved. Great illustrations with a simple story.

*What Would You Do? A Child's Book About Divorce.*

- Barbara Cain, M.S.W., & Elissa P. Benedek, M.D., Publisher: Youth Publications/The Saturday Evening Post Company.
- Audience: Preschool-2<sup>nd</sup> grade. Simple story with dated but colorful illustrations. Asks “what would you do?” to various situations involving divorce allowing for dialogue between the therapist and child. Simple text with realistic responses. A bit dated but still a good book.

*When Mom and Dad Divorce: A Kid's Resource*

- Emily Menendez-Aponte. Publisher: Abbey Press
- Audience: Ages preschool-3<sup>rd</sup> grade. Cute illustrations; addresses common worries when parents divorce including wondering if its your fault and whether parents still ove their children after a divorce.

*When Mom and Dad Separate: Children Can Learn To Cope With Grief From Divorce.*

- Marge Heegaard, Publisher: Woodland Press.
- Audience: Ages 6-12: Designed as a semi-workbook. Children draw pictures on most pages, designed to be completed from beginning to end. Simply written, focuses on basic questions and feelings children have after a divorce.

*When My Parents Forgot How To Be Friends*

- Jennifer Moore-Mallinos. Publisher: Barron's
- Audience: Ages Preschool-6<sup>th</sup> grade; Simple story about parent who grow apart and the dad moves out. Simplistic, but deals with issues surrounding more “amicable” divorces.

*When Your Parents Split Up...How To Keep Yourself Together*

- Alys Swan-Jackson. Publisher: Price Stern Sloan
- Audience: 9-16: Highly recommended. Simple chapters with lots of quotes from teens who have experienced divorce. Great for normalizing feelings and helping youth work through emotional issues surrounding divorce. Help sources in the back including hotlines, books, websites, and counselors. “Focuses on various aspects of divorce, including life before and after the split, why relationships can fail, and practical advice for surviving your parents divorce.”

*Will Dad Ever Move Back Home?*

- Paula Z. Hogan, Publisher: Raintree Childrens Books.
- Audience: Elementary: Lot of text per page; Good story about a girl adjusting to her parents' divorce. Best for children who visit or live part time with both parents.

**Emotional Illness**

See also “Feelings” and “Parental Alcoholism”

*Our Special Mom - An Interactive Storybook About Mental Illness*

- Tootsie Sobkiewicz; Publisher: Children of Mentally Ill Parents

- Audience: Ages 6 and up. A simple look at understanding mental illness with children's drawings, places for writing personal information. A helpful model for empowering children.

*Sad Days, Glad Days - A Story About Depression*

- DeWitt Hamilton; Publisher: Albert Whitman and Company
- Audience: Ages 6 and up. Fantastic. The pictures and colors set the tone for understanding the impact a mother's cycles of depression can have on a young girl. A cat saves the day!!

*Sometimes My Mommy Gets Angry*

- Bebe Moore Campbell. Publisher: G. P. Putnam & Sons
- A great book about a child who is learning to cope with her mother's extreme and unpredictable mood swings through building other relationships and learning ways to help herself weather her mother's emotional storms. Validates emotions and models good coping skills.

*A Wish Upon A Star A Story For Children With A Parent Who Is Mentally Ill*

- Pamela L. Laskin & Alexander, Moskowitz, C.S.W., Publisher: Magination Press
- Audience: Preschool through elementary: Simple story with black and white sketches. About a little girl whose mother is mentally ill and is unable to care for her like a healthy mother. The little girl's father does most of the caretaking. Talks about medication and hospitalization in very simple but realistic ways.

## **Entering Therapy**

*A Child's First Book About Play Therapy*

- Marc A. Nemiroff, Ph.D. & Jane Annunziata, Psy.D., Publisher: American Psychological Association.
- Audience: Preschool through elementary. One of the best resources to have on hand as a therapist for children. Can also be used as a coloring book.

*David Goes To Play-Therapy*

- Debra Anne Danilewitz. Publisher: Skotaville Publishers
- Audience: Elementary. The text is long and the pictures somewhat odd. Good story about a boy entering play therapy, but seems written from a more non-directive stance (the therapist won't play in the sand tray with the boy). Seems over simplified at the end.

*Ignatius Finds Help: A Story About Psychotherapy For Children*

- Matthew Galvin, M.D., Publisher: Magination Press, A Division of Brunner/Mazel Publishers.
- Audience: Older elementary. A long story and somewhat complex, using animals (a bear) who needs to see a therapist. However it does a good job of describing therapy, therapists and the change process at a child's level.

*Maggie's Visit to the Playroom.*

- Linda Manning Ramirez and Maria Luisa Salcines. Publisher: Marlin Books.
- Audience: Early Elementary. This book presents play therapy from the child's perspective. Uses clear, understandable, accurate language. Many words on every page. May be difficult to get through with distractible kids.

*Playtime for Molly: A Book about Filial Play Therapy*

- Linda Manning & Marie Luisa Sakines. Publisher: Marlin Books

- Audience: Early elementary to later elementary (5-8 years old). Book about a girl who enters filial play therapy after her sister is born. Deals with the process of the mother conducting the play therapy sessions with the daughter and the normal emotions of the child about both the play and about her anger at the birth of the new baby. Very specific audience.

*Robby Really Transforms: A Story About Grown-Ups Helping Children*

- Matthew Galvin, M.D., Publisher: Magination Press, A Division of Brunner/Mazel Publishers.
- Audience: Older elementary. A long and detailed story describing how a child needs and benefits from therapy. Somewhat outdated (transformers/robots), but would be appropriate for an older child with anger issues. Plan on several sessions to read this one.

*The Special Playroom: A Young Child's Guide to Play Therapy*

- Jeannie Gilfix and Naomi Heller Kahn. Publisher:
- Audience: Pre-K. Answers some frequently asked questions about play therapy. Simple, short, and appropriate for preschool-aged children. Topics addressed include: feelings, why kids need therapy, what happens in the playroom, playroom rules, and termination.

*Tanya and the Tobo Man: A Story of a Child Entering Therapy*

*Tanya y el Hombre Tobo Una Historia Para Niños Que Empiezan Terapia*

- Leslie Koplow; Publisher: Magination Press
- Audience: Possibly pre-K, definitely elementary. Culturally sensitive. This book has both English and Spanish Text (in the same book). Excellent in presenting the concepts of therapy. Would be particularly helpful for a child experiencing anxiety or fears.

*Sam Feels Better Now*

- filed under "Workbooks"
- Jill Osborne; Publisher: Loving Healing Press
- Audience: Ages 4-10; An interactive story for children entering therapy after a traumatic event, or grief. It incorporates expressive and art therapy techniques such as drawing and telling stories. Colorful, cheerful illustrations. Could be used as a book or workbook.

**Fears and Anxieties**

See also "Feelings," "Separation Issues," "Stress and Change," "Workbooks," and "Therapeutic Games"

*The Blammo-Surprise Book: A Story to Help Children Overcome Fears*

- Stephen R. Lankton, Publisher: Magination Press, A Division of Bruner/Mazel Press
- Audience: No age, really. Not a very good book about getting over fears. Too hard to understand.

*Brave, Brave Mouse*

- Michaela Morgan. Publisher: Albert Whitman & Company
- Audience: Preschool to 2<sup>nd</sup> grade. Vivid pictures and simple text. "After showing courage by trying many new things, Little Mouse become Brave Mouse when he realizes its sometimes good to say no to things he isn't ready to try." Empowering for children learning to have their own voice.

*Bravery Soup*

- Maryann Cocca-Leffler. Publisher: Albert Whitman and Co.
- Audience: Pre-K to Early elementary (No younger than maybe 4 though). Being afraid but facing those fears anyway, definition of "brave." Good story.

*Buzzy The Bumblebee*

- Denise Brennan-Nelson. Publisher: Sleeping Bear Press
- Audience: Early elementary. Beautiful and vivid pictures. Imaginative way to deal with how fears can keep you from doing things. Also good for self-confidence use (don't listen to naysayers).

*Cat's Got Your Tongue? A Story for Children Afraid to Speak*

- Charles E. Schafer, Ph.D., Publisher: Magination Press.
- Audience: Ages 4 and up. Tells of how a young girl conquers her fear of speaking with the help of a psychologist and a puppet show. Great book.

*Countdown to Kindergarten*

- Alison McGhee. Publisher: Harcourt
- A little girl counts down to kindergarten and is afraid that she will be the only kid in kindergarten who can't tie her own shoes. When the first day of kindergarten arrives, she finds out that she's not the only one. There are only 3 kids in kindergarten who can tie their shoes. It's not so bad after all. Very cute illustrations.

*Dear Bear*

- Joanna Harrison, Publisher: Carolrhoda Books
- Audience: Elementary. A good story about how Katie writes a letter to the bear she knows is living under the stairs in an effort to overcome her fears.

*Dinofours: It's Class Trip Day*

- Steve Metzger. Publisher: Scholastic.
- Audience: Preschool. A little girl doesn't want to leave the familiar classroom to go on a fieldtrip. She discovers that new experiences can be fun.

*Dinofours: It's Fire Drill Day*

- Steve Metzger. Publisher: Scholastic.
- Audience: Preschool. About a little boy who is scared of the fire bell and fire drills.

*Don't Be Afraid, Tommy*

- Klaus Baumgart, Publisher: Little Tiger Press
- Audience: Early elementary. An outstanding book about a little boy who is afraid of everything. Kids will surely relate to Tommy (and will want a puppy after reading this one!)

*Felix and the Worrier*

- Rosemary Wells. Publisher: Candlewick Press.
- Audience: preschool -2<sup>nd</sup> grade. The "Worrier" visits Felix each night, reminding him of what could go wrong the next day until he gets a puppy as a birthday present and learns to overcome his worries. Cute, simple book, especially helpful for preschoolers.

*Franklin in the Dark*

- Paulette Bourgeois and Brenda Clark, Publisher: Scholastic
- Audience: Elementary. An adventure of Franklin the turtle and his struggle to overcome fear of his shell! Pretty creative and nice illustrations.

*Franklin and the Thunderstorm*

- Paulette Bourgeois and Brenda Clark, Publisher: Kids Can Press

- Audience: Elementary. Highlights how friends can help each other overcome fears (in this case - storms).

*Help Is Here for Facing Fear!*

- Molly Wigand. Publisher: Abbey Press
- Audience: Elementary. Simplistically talks about the basics of fears. Normalizes and uses Christian concepts such as God taking care of the world. Suggests lots of coping skills to deal with a wide range of fears (fear of the dark, other kids, death, etc...)

*Henry's Show and Tell*

- Nancy Carlson. Publisher: Viking
- Audience: preschool-1<sup>st</sup> grade. "Henry likes everything about kindergarten except show-and-tell, but with the help of his teacher and his pet lizard he is able to overcome his fear. Very colorful pictures, sweet story with a simple ending. Great for temperamentally reserved or shy children.

*I'll Know What To Do: A Kid's Guide to Natural Disasters*

- Bonnie S. Mark, Ph.D. & Aviva Layton. Publisher: Magination Press
- Audience: Ages 8-13. Specifically designed for children recovering for traumas caused by natural disasters. A large portion of the book explains natural disasters and practical ways to protect yourself. The rest of the book covers feelings and thought about these disasters and how to gain control of them. Very cognitively oriented- the facts and pictures of natural disasters could scare some younger kids.

*Is a Worry Worrying You?*

- Ferida Wolff & Harriet May Savitz. Publisher: Tanglewood
- Audience: Preschool-4<sup>th</sup> grade. Very unique colorful illustrations that portray worry as a furry monster that can be sent away. Uses Cognitive behavioral principles, great for younger kids.

*Jag*

- LeAnn Rimes. Publisher: Dutton Children's Books
- Audience: Elementary: A cute, well illustrated story about a little jaguar who is afraid of the water. When other jaguars laugh at him at school, he feels bad but finds another friend who is different. Together they overcome their fears and form a friendship.

*Jenny Is Scared: When Sad Things Happen In The World*

- Carol Shuman, Publisher: Magination Press
- Audience: Preschool- 3<sup>rd</sup> grade: When Jenny and her brother are frightened by sad events that happen in their community (school is closed) their parents help them talk about their fears and feel better.

*Jessica Takes Charge*

- Linda LaRose. Publisher: Little, Brown, & Company
- Audience: Early elementary and up. Cute story about a girl who tries to face her fear of monsters by looking for them during the night and instead pours water on her snoring dad. Not especially therapeutic, though.

*Just Lost!*

- Gina & Mercer Mayer. Publisher: Golden Books

- Audience: Preschool-2<sup>nd</sup> grade: Little Critter gets lost in the mall and asks for help from the lady at the toy store. He stays with the security guard until his mother finds him. Great story on what a young child should do if they become lost in a crowded place.

*The Knight Who Was Afraid of the Dark*

- Barbara Shook Hazen. Publisher: Dial Books for Young Readers
- Audience: Elementary: Sir Fred is a much loved knight whose only fear is the dark. He learns that most people have fears that can be conquered with a little help. Great illustrations with cute storyline.

*Monsters in Your Bed... Monsters in Your Head*

- Rainey. Publisher: Dreamdog Press.
- Audience: Pre-K through early elementary. Angie is frightened by the monsters she imagines in her bedroom at night, until her magical dog empowers her by teaching her to name each one, say good-bye to it, and help it find a home of its own. Provides kids with a direct, concrete coping strategy for dealing with fears. A good book to be read aloud (lots of rhymes).

*Mr. Worry: A Story About OCD*

- Holly L. Niner. Publisher: Albert Whitman & Company
- Audience: Elementary: Talks about a young boy who is dealing with Obsessive thoughts and checking behaviors. Explains OCD and the need for medication and therapy. Well-written with excellent illustrations.

*My Mama Says There Aren't Any Zombies, Ghosts, Vampires, Demons, Monsters, Fiends, Goblins or Things.*

- Judith Viorst, Publisher: Aladdin Paperbacks.
- Audience: Middle and Upper Elementary. A comforting book for children afraid of monsters in the night.

*Newton*

- Rory Tyger. Publisher: Barron's

*One Dark and Scary Night*

- Bill Cosby; Publisher: Scholastic, Inc.
- Audience: Elementary: Written as a simple chapter book. "One night Little Bill is convinced there are mean things in his dark closet and that they are just dying to get him. His grandmother comforts him by helping him understand what is happening and giving him a "magical" tucking in. Cute, with vivid illustrations; more cognitive in focus.

*Oscar's Starry Night*

- Joan Stimson. Publisher: Barron's Educational Series
- Audience: Early Elementary. A hyper young bear cub has to face his fears of the dark when he goes on an outdoor sleep-over with his friend. Deals with his fears by sharing it with his friend who is supportive. Good book with soothing pictures.

*Scaredy Cat*

- Joan Rankin. Publisher: Margaret K. McElderry Books
- Audience: Preschool; A little kitten is afraid of many things but finally finds bravery. Very cute and simple pictures, great for typical preschool fears.

*Scary Night Visitors: A Story for Children with Bedtime Fears*

- Irene Wineman Marcus & Paul Marcus Ph.D. Publisher: Magnation Press
- Audience: Elementary. Wonderfully scary pictures of Davey's bedtime fears with a unique ending - that kid's can't actually wish things into reality.

*Sebastian's Roller Skates*

- Joan de Déu Prats. Publisher: Kane/Miller Book Publishers
- Audience: preschool-elementary: Sebastian learns to not be so shy by finding his boldness in a pair of old roller skates

*Something Might Happen*

- Helen Lester. Publisher: Houghton Mifflin Company
- Audience: Preschool-2<sup>nd</sup> grade: "Twitchly Fidget the lemur worries about almost everything until his aunt Bridget Fidget pays him a visit to show him another way to live." Focuses on worrying about things that could happen and learning that nothing usually happens. Cute pictures with a simple story.

*Sometimes Bad Things Happen*

- Ellen Jackson. Publisher: Millbrook Press
- Audience: Pre-K to early elementary. Stress in childhood. Deals well with basic concepts and common childhood fears/stressors. Uses real pictures, which may be appealing to some but too much for others.

*Sometimes I'm Afraid*

- Jane Werner Watson, Robert E. Switzer, M.D. & J. Cotter Hirschberg, M.D., Publisher: Crown Publishers
- Audience: Preschool and early elementary. Poor illustrations, but the story line seems to capture most of the fears of this age group.

*Teddy's TV Troubles*

- Joanne Cantor, Ph.D.; Publisher: Goblin Fern Press
- Audience: Preschool to 2<sup>nd</sup> Grade. When Teddy is frightened by a TV show he watches he finds that words are not very comforting. His mother and grandmother participate in soothing, calming activities with "Teddy" and he finds that he is no longer afraid. Simple wording, great pictures, and several cognitive reframes are used to help children cope with fearful situations.

*There's a Monster Under My Bed*

- James Howe. Publisher: Aladdin Paperbacks.
- Audience: Ages 4-8. A boy is afraid there are monsters under his bed. He finally uses his flashlight to look and discovers his little brother hiding under his bed because he's afraid monsters are under his bed. The boys end up crawling in to bed together and saying there's no such thing as monsters.

*There's A Nightmare In My Closet*

- Mercer Mayer, Publisher: Penguin Books USA
- Audience: All young kids. A little boy befriends the "nightmare" in his closet. One of the best for night fears.

*The Underground Tea Party: A Tale About Overcoming Fear*

- Carol B. Kaplan, Publisher: Miliken Publishing Company.

- Audience: Younger elementary. Cute story about a mole and how his friends help him overcome his fear of the light. Emphasizes the support of friends to handle problems.

*Up and Down the Worry Hill: A Children's Book About Obsessive-Compulsive Disorder and its Treatment*

- Aureen Pinto Wagner, Ph.D. Publisher: Lighthouse Press.
- Audience: Ages 4-14; "examination of compulsive behavior emphasizes that many people have this disorder and discusses its causes, effects, and treatment options. Lots of text but simple story that kids with OCD will relate too. Good analogies and great introduction to CBT and medication if necessary. Simple black and white pictures.

*Wemberly Worried*

- Kevin Henkes. Publisher: Greenwillow Books.
- Audience: Pre-K through Early Elementary. A mouse who worries about everything finds that she has a whole list of things to worry about when she faces the first day of nursery school. She makes a new friend and discovers that school is fun.

*When I Feel Afraid*

- Cheri J. Meiners, M.Ed. Publisher: Free Spirit Publishing
- Audience: Ages 4-8. "Explains that many things can be frightening and provides examples of different things one can do to feel less afraid, such as asking for help from a person one trusts. Includes information and extension activities for parents or teachers." Simple book with vivid colorful pictures- nice activities in the back.

*When I Feel Scared*

- Cornelia Maude Spelman. Publisher: Albert Whitman and Co.
- Audience: Pre-K to early elementary. Another great feelings book by this author. Good forward offered to parents about childhood fears and coping with them. Repetitive and concrete for the youngest audience.

*When Lizzy Was Afraid of Trying New Things*

- Inger Maier. Publisher: Magination Press
- Audience: Preschool-2<sup>nd</sup> grade. "Fuzzy the sheep and his family help his sister Lizzy try new things and gain self confidence. Cute pictures with entertaining story about a shy sheep who learns to relax and try new things.

*You've Got Dragons*

- Kathryn Cave. Publisher: PeachTree

**Feelings**

See also "Fears & Anxieties," "Social Skills," "Stress and Change," "Self-Esteem/Self Awareness," "Workbooks," and "Therapeutic Games"

*Alexander and the Terrible, Horrible, No Good, Very Bad Day*

- Judith Viorst, Publisher: Alladin Books.
- Audience: Preschool and Elementary. Wonderfully funny account of a really bad day. Gotta have this one.

*Badger's Bad Mood*

- Hiawyn Oram and Susan Varley. Publisher: Arthur A. Levine Books.

- Audience: Pre-K through early Elementary. Badger is feeling sad and nothing seems to help until a friend has an awards ceremony and Badger learns how much he is loved and appreciated. Each character receives an award for his or her unique talents.

*The Big Little Book of Happy Sadness*

- Colin Thompson; Publisher: Kane/Miller Book Publishers
- Audience: Elementary: Story about a little boy who lives with his grandmother. He feels sad and somewhat empty until he adopts a three-legged dog from the pound. Sweet story about finding happiness in helping others (in this case a dog).

*The Boy Who Didn't Want To Be Sad*

- Rob Goldblatt. Publisher: Magination Press
- Audience: Preschool-Elementary: "A boy gets rid of everything that might make him sad until he realizes that those are the things that make him happy as well and that one emotions is impossible without the other" Beautiful illustrations, simple text. Somewhat simplistic in dealing with sadness but helpful for understanding feeling two emotions at once.

*The Boys' & Girls' Book of Dealing With Feelings*

- Eric Dlugokinski, Ph.D. Publisher: Feelings Factory, Inc.
- Audience: Elementary; Cognitive behavioral in focus. Each page could be used as a handout; goes through four steps to deal with feelings, simple colorful illustrations.

*The Brown Bear Who Wasn't: A Tale About Expressing Feelings*

- Carol B. Kaplan, Publisher: Miliken Publishing Company.
- Audience: Preschool and early elementary. A bear learns about expressing his feelings rather than keeping them in (and changing colors!). A pretty good book.

*The Chocolate-Covered-Cookie Tantrum*

- Deborah Blumenthal. Publisher: Clarion Books
- Audience: Ages 2-6. Sophie wants a cookie while in the park and discovers that throwing a terrible tantrum will not get her what she wants. Colorful illustrations with simple text.

*Danny, the Angry Lion*

- Dorothea Lachner. Publisher: North-South Books
- Audience: Preschool-2<sup>nd</sup> grade; A little boy who pretends to be a lion is angry when he doesn't get what he wants for dinner. He learns that helping others can change a bad mood into a happy mood.

*Don't Rant & Rave on Wednesdays: The Children's Anger Control Book*

- Adolph Moser, Ed.D., Publisher: Landmark Editions
- Audience: Ages 7 and up. A delightful and informative book about anger control. Witty illustrations and practical therapeutic suggestions.

*Double Dip Feelings: Stories To Help Children Understand Emotions*

- Barbara S. Cain, Publisher: Magination Press.
- Audience: Elementary. Looks at feeling two emotions at one time. Very good. Multicultural. Illustrations are black and white sketches.

*Everything I Do You Blame On Me: A Book To Help Children Control Their Anger*

- Allyson Aborn, M.S.W., C.S.W., Publisher: The Center For Applied Psychology

- Audience: Elementary- longer book about a boy who can't control his anger. He gets into trouble and school and then sees a therapist. Based on Behavioral principles. Has a section in the back with a choose your own ending story.

*Feelings Expressions of Empathy That Draw Us Closer*

- Richard Yops and JoAnn Smith, Publisher: Community
- Audience: Junior High through High School. A dictionary of feelings words providing synonyms and situations

*Feelings: Sad*

- Janine Amos. Publisher: Raintree Steck-Vaughn

*From Mad To Worse: Anger Control Activity Book*

- Jim & Joan Boulden. Publisher: Boulden Publishing Company.
- Audience: Elementary; Simple black and white book in a simple workbook style. Uses cognitive behavioral principles and tips for controlling and finding ways to express anger. Not very exciting but good principles.

*Grumpy Bird*

- Jeremy Tankard. Publisher: Scholastic Press
- Audience: Preschool. About a bird who wakes up grumpy and starts walking. Pretty soon he meets up with friends and decides they can have fun together. Very vivid pictures with simple words.

*Helping Children Understand Their Feelings: A Practical Resource Guide for "Sometimes I Feel Awful"*

- Joan Singleton Prestine. Publisher: Fearon Teacher Aids

*Hope is an Open Heart*

- Lauren Thompson; Publisher: Scholastic Press
- Audience: Preschool to 2<sup>nd</sup> grade; Vivid photographs and rhythmic text explore the meaning of hope and celebrate its power especially in difficult times. Very easy to read, highly visual.

*How Can You Tell How People Feel?*

- Kristine Humer. Publisher: Barron's
- Audience: K-2<sup>nd</sup> grade. A level 3 reader. Great photographs showing kids and adults expressing a range of emotions. Great simple book to teach kids about emotions and what they look like on others faces.

*How To Control Your Anger (Before It Controls You): A Guide for Teens*

- Ron Potter-Efron. Publisher: Hazelden
- Audience: 7<sup>th</sup>-12<sup>th</sup> grade. Simple black and white book with mostly text. "Describes anger, its possible causes, and suggestions for how to deal with it." Great little book with lots of explanations and suggested tools to use to control anger. Written specifically for teens, well organized, with cognitive-behavioral type concepts.

*I Am Mad!*

- Susan Hood. Publisher: The Millbrook Press.
- Audience: Pre-K to Grade 1. This book is actually a reader for Pre-K to first grade so the child will be able to read it to you. Very simple story using photos about a girl who gets mad when her sister spills juice on her dress. Good book for preschool age.

*I Am Not A Crybaby*

- Norma Simon. Publisher: Albert Whitman & Company
- Audience: Ages 2-8; “Children describe a variety of situations that make them want to cry, emphasizing that crying is a normal reaction.” Colorful pictures with many realistic situations that can lead to sadness and crying.

*I Am So Angry, I Could Scream*

- Laura Fox, M.A. Publisher: Small Horizons
- Audience: Ages 9-12; Lots of text, follows the story of a girl named Penny who has a lot of negative things happen to her in one day and finally explodes with anger at her mom. Talks about starting an anger chart and developing practical solutions to problems. A little on the long side, but lots of colorful pictures and good for this age range.

*I Have Feelings*

- Jana Novotny Hunter. Publisher: Mondo Publishing

*I Was So Mad!*

- Norma Simon. Publisher: Albert Whitman & Company
- Audience: Ages 2-6; Simple pictures about a variety of kids who get mad about different things and then find a solution to their anger. Pictures are a bit outdated, but cute and easily understood.

*I'm Lost*

- Elizabeth Cray, Publisher: Parenting Press,
- Audience: Elementary. Best with groups, more of a workbook/activity book

*Josh's Smiley Faces: A Story About Anger*

- Gina Ditta-Donahue. Publisher: Magination Press
- Audience: Preschool-2<sup>nd</sup> grade. Josh is a boy who gets angry when things don't go his way or his brother messes up his toys. His mom starts a smiley face chart and a time-out box so Josh can learn to control his anger. Cute, colorful pictures, easy to read. Based purely on behavioral principles; has a section in the back that explains to parents how to apply the principles and start a chart with their children.

*Just a Bad Day*

- Gina and Mercer Mayer. Publisher: A Golden Book
- A book about a kid who has a day where everything goes wrong for him until his father comes home with a surprise for him and his sister. The message at the end is: “Today was just a bad day. But at least it had a happy ending.”

*Let's Talk About Feeling Angry*

- Joy Berry, Publisher: Scholastic
- Audience: Pre-K through elementary. Excellent for anger management, multicultural.

*Let's Talk About Feeling Sad*

Joy Berry, Publisher: Scholastic, By Joy Berry, Publisher: Scholastic,

*Let's Talk About Needing Attention*

- Joy Berry, Publisher: Scholastic

- Audience: 2-8; Talks about effective and ineffective ways to get attention from someone. Cute pictures, but somewhat dismissive of a child's needs. Encourages the child to be patient, so best used with attentive parents.

*Little Teddy Bear's Happy Face Sad Face: A First Book About Feelings.*

- Lynn Offerman. Publisher: The Millbrook Press.
- Audience: Pre-K. Includes four cardboard faces (happy, sad, scared, and angry) that the child moves throughout the book to match up with the different feelings described. No real story line, but a good first lesson that we all have different feelings at different times.

*Mean Soup*

- Betsy Everitt. Publisher: Voyager Books.
- Audience: Pre-K. A cute, quick story about getting anger out instead of locking it insight. One to two sentences per page with illustrations on every page. Uses words young kids can understand.

*On Monday When It Rained*

- Cheryl Kachenmeister. Publisher: Houghton Mifflin
- Uses photographs of children's expressions to identify feelings that are associated with various situations

*The Quarreling Book*

- Zolotow, C. Publisher: Harper Collins Publishers.
- Audience: Elementary aged children. A good book with cute artwork. This story illustrates how feelings such as anger and kindness is easily passed on from one person to the next. A good general lesson for kids.

*Sometimes I Am Bombaloo*

- Rachel Vail. Publisher: Scholastic Press.
- Audience: Early elementary. About losing your temper and being mad. Validates emotions and ways to manage anger.

*Sometimes I Feel Awful*

- Joan Singleton Prestine. Publisher: Fearon Teacher Aids
- See Resource Guide for teachers and parents entitled *Helping Children Understand Their Feelings*

*Sometimes I Feel Like A Storm Cloud*

- Lezlee Evans. Publisher: Mondo Publishing
- Audience: Early elementary. Goes through some basic emotions like sad, anger, etc in the form of metaphors. Pretty pictures and creative use of metaphors.

*Sometimes I Get Angry*

- Jan Werner Watson, Robert E. Switzer. M.D., J. Cotter Hirschberg, M.D., Publisher: Crown Publishers
- Audience: Ages 1-5; Simple sketches with some color, addresses the new found independence a toddler or preschooler experiences. Helpful for parents to understand this developmental stage is filled with independence and exploration.

*Sometimes I Get So Mad*

- Paula Z. Hagan, Publisher: Raintree Children's Books

- Audience: 2<sup>nd</sup>-6<sup>th</sup> grade; Karen is a girl who makes friends with girl who continues to do mean things to her. Karen explodes and pours grape juice over someone's head. Karen learns to deal with her anger through talking about it rather than holding it in and exploding later. Pictures are outdated, but the story is well told.

*Sometimes I'm Jealous*

- Filed under "Siblings"
- Jan Werner Watson, Robert E. Switzer. M.D., J. Cotter Hirschberg, M.D., Publisher: Crown Publisher,
- Audience: Older elementary, the story is long and wordy. Possibly beneficial for children with new siblings who often feel unwanted.

*The Tale of Gus and the Grumbly Gruzzy*

- Terri Wiltshire, Publisher: Kingfisher Books
- Audience: Pre-K and early elementary. Excellent pictures, great story line for grumpy kids who need a hug or for kids with negative parents.

*The Temper Tantrum Book*

- Edna Mitchell Preston. Publisher: Puffin Books
- Audience: Ages 2-8; "Relates in rhyme several issues between parent and child that provoke temper tantrums." Delightful book with unique illustrations focused on animal mothers and their babies and common irritations that young children experience.

*Tiger and the Temper Tantrum*

- Vivian French and Rebecca Elgar. Publisher: Kingfisher.
- Audience: Pre-K. Tiger says "No!" to everything his mother wants him to do, but then finds out that having a temper tantrum will not get him what he wants.

*Tough Boris*

- Mem Fox. Publisher: Voyager Books.
- Audience: Pre-K through early elementary. Boris the pirate is tough, but he cries when his parrot dies. This book has very few words, but the illustrations are detailed and the real plot of the story is in the pictures, allowing the child's imagination to complete the story.

*The Way I Feel*

- Janan Cain. Publisher: Parenting Press, Inc.
- Audience: Ages 2-8; "Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride. Vivid and unique illustrations, simple text, fun read for young children.

*What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity*

- filed under Workbooks
- Dawn Huebner, Ph.D. Publisher: Magination Press
- Audience: Ages 6-12. Uses cognitive behavioral techniques to help parents and children address negative thinking.

*When I Feel Angry*

- Cornelia Maude Spelman. Publisher: Albert Whitman and Co.

- Audience: Pre-K to early elementary. Great book dealing with angry feelings, how to distinguish between feelings and actions (angry vs. hitting), and validates anger but offers alternatives to acting out.

*When I Feel Sad*

- Cornelia Maude Spelman. Publisher: Albert Whitman and Co.
- Audience: Pre-K to early elementary. Another great feelings book by this author. Good forward offered to parents about childhood sadness. Deals with basic emotion and offers ways to soothe. Repetitive and concrete for the youngest audiences.

*When You're Mad and You Know It*

- Elizabeth Crary and Shari Steelsmith, Publisher: Parenting Press
- Audience: Ages 3-5. Simple pictures, sung to the tune of "If you're happy and you know it..." Effective presentation of ways to express anger.

*Why Do You Cry? Not A Sob Story*

- Kate Klise. Publisher: Henry Holt & Company.
- Audience: Preschool-2<sup>nd</sup> grade. About a little rabbit who is turning five and doesn't want to cry anymore but learns that crying is normal sometimes no matter how old you are. Beautiful pictures.

*Yesterday I Had The Blues*

- Jeron Ashford Frame. Publisher: Tricycle Press.
- Audience: Ages 2-8; "A young boy ponders a variety of emotions and how different members of his family experience them from his own blues to his father's grays and his grandmother's yellows." Beautiful, unique colorful illustrations set within the context of African-American culture. Delightful and creative perspective on emotions.

**Friendships**

See also "Social Skills" and "Self-Esteem/Self-Awareness"

*Cap It Off With A Smile: A Guide For Making and Keeping Friends*

- Robert Inwald, Ph.D., Publisher: Hilson Press.
- Audience: Older elementary. An OK book about making friends. A "how to" book, but it's not that interesting or creative.

*Charlie The Caterpillar*

- Dom Deluise, Publisher: Aladdin Paperbacks.
- Audience: Preschool and Elementary. A winner! Cute pictures, heartwarming and hilariously funny story about making friends. You "gotta" be uninhibited to read this one and make it work.

*Dinofours: I'm Not Your Friend!*

- Steve Metzger. Publisher: Scholastic Inc.
- Audience: Pre-K. Too many words per page. A lesson about what it means to be good friends

*Dreuyfus The Dragon*

- Sarai, Publisher: BSC
- Audience: All ages. This can be a book about making friends or it can be a book about making friends with yourself. Multi-level interpretation is possible and makes this a good book to have on hand.

*Enemy Pie*

- Derek Munson. Publisher: Chronicle Books
- Audience: Late elementary. Good to read aloud or alone. Very cute story about jealousy and how to make a new friend (even in spite of yourself).

*The English Roses*

- Madonna. Publisher: Callaway.
- About a group of girls who do not want to be friends with a particular girl because everyone says nice things about her and they are jealous. Then they dream that a fairy god-mother shows them what the girl's life is really like and they learn empathy and not to judge people by their appearance.

*Forgiving A Friend*

- Virginia Kroll. Publisher: Albert Whitman, & Co.
- Audience: Preschool-2<sup>nd</sup> grade; “Seth cannot forgive his friend Jacob for breaking a favorite toy until he learns first hand that friends and family are more valuable than anything.” Great illustrations, multicultural, and simple story about forgiveness and friendship.

*Franklin's New Friend*

- Paulette Bourgeois and Brenda Clark. Publisher: Scholastic.
- Audience: Preschool- elementary. A story about meeting the new neighbors and embracing diversity. A good lesson.

*Friends Stick Together*

- Harriet Ziefer. Publisher: Scholastic Press
- Audience: Late elementary (7-10 years). Provides some “rules” for making and keeping a friend which are good but there's not a cohesive story. Best message is on the back cover.

*Friendship: From Your Old Friends To Your New Friends*

- Nuria Roca (translated from Spanish). Publisher: Barron's Educational Series
- Audience: Early to late elementary. Discusses moving and missing old friends but strategies also for making new ones where you move. Could be good for social skills application and transition issues as well. Includes games for kids and info for parents in the back section.

*Horace and Morris But Mostly Dolores*

- James Howe. Publisher: Aladdin Paperbacks
- Audience: Ages 4-8; Gorgeous and creative illustrations about a girl mouse who is friends with boy mice until they start going to boys and girls clubs which exclude the opposite sex from joining. In the end, they find a way to all be friends and still enjoy adventures together.

*How to Be a Friend: A Guide To Making And Keeping Friends*

- Laurie Kransy Brown & Marc Brown. Publisher: Little, Brown, and Co.
- Audience: Throughout elementary school. Fairly good and basic intro even for younger kids on the basics of friendship and social skills.

*How to Lose All Of Your Friends*

- Nancy Carlson, Publisher: Penguin Group
- Audience: Ages 3-8. FUN. Fantastically sarcastic way to learn about making friends. Have fun with this one!

*Hunter's Best Friend At School*

- Laura Malone Elliot. Publisher: Harper Collins Publishing
- Audience: Early elementary. Some words are too big for younger kids. Pretty good story about friendship and peer pressures. Raccoon has to learn that being a friend sometimes means not participating in your friends bad behaviors.

*I'm Not Invited?*

- Diana Cain Bluthenthal. Publisher: Simon & Schuster
- Kindergarten-2<sup>nd</sup> Grade. A story about a girl who is sad and disappointed about not being invited to her friend's party. She questions their friendship until she finds out that the party is really for his sister and he would rather play kickball with her and their other friends.

*Imagine Harry*

- Kate & M. Sarah Klise. Publisher: Harcourt, Inc.
- Audience: Ages 3-6; Lovely illustrations. Story about a little bunny who has a lot of fun with his imaginary friend until he starts school and finds that as he makes new friends he sees less and less of his imaginary friend.

*Knuffle Bunny Too*

- Mo Willems. Publisher: Hyperion Books for Children
- Audience: Pre-K to Early Elementary. Cute book about two pre-K girls who initially conflict over having the same bunny doll, but eventually become best friends over the shared loss of their doll and the reunion.

*Laura's Star*

- Klaus Baumgart. Publisher: Little Tiger Press.
- A story about a lonely little girl who makes friends with a star that has fallen from the sky. When the star becomes ill because it is not in the sky, Laura learns that friendship sometimes means giving away the brightest treasures. Nice illustration with the glitter star.

*Little Beaver and the Echo*

- Amy MacDonald and Sarah Fox-Davies, Publisher: G.P. Putnam's Sons.
- Audience: Ages 2-8; "Unaware that the voice from across the pond telling him he's lonely is his echo, a little beaver sets out to make a friend of that voice encountering real animal friends along the way." Pretty illustrations and sweet story about making friends.

*Mordant's Wish*

- Valerie Courson; Publisher: Henry Holt and Company
- Audience: Elementary. A book about wishes, hopes and dreams and how friends can come through the most unusual circumstances.

*Nobody Likes Me!*

- Raoul Krischanitz. Publisher: North-South Books.
- Audience: Pre-K through Early Elementary. Teaches about making friends and shyness. Children will empathize with shy Buddy and will learn from this story how to make new friends.

*Oscar Needs a Friend*

- Joan Stmson and Meg Rutherford. Publisher: Barron's Educational Series, Inc.
- Audience: Pre-K through early elementary. Short enough to keep young kids attention and teaches an important lesson about friendship. Oscar is excited to have a playmate move nearby, but Oscar

fails to ask his new friend what games he would like to play and his new friend won't play anymore. Oscar learns to ask his new friend what he would like to do and the two become real friends.

*Otis*

- Janie Bynum. Publisher: Harcourt, Inc.
- Audience: Early elementary. Because he doesn't like the mud, Otis is different from the other pigs and has trouble finding friends, but he soon makes friends with a frog who doesn't like mud either. A good self-esteem builder for kids who feel different and lonely.

*Owen & Mzee: The True Story of A Remarkable Friendship*

- Isabella Hatkoff, Craig Hatkoff, & Dr. Paula Kahumbu. Publisher: Scholastic Press
- The story of an orphaned baby hippo who survives through a friendship with a 130 year old tortoise

*Rainbow Fish and the Big Blue Whale*

- Marcus Pfister. Publisher: North-South Books.
- Audience: Preschool and early elementary. When a big blue whale comes to live near their reef, there is a misunderstanding between him and Rainbow Fish and his friends that leaves everyone very unhappy and hungry. In the end, they work things out to everyone's benefit.

*The Rainbow Fish*

- Marcus Pfister, Publisher: North South Books
- Audience : Preschool-2<sup>nd</sup> grade; The Rainbow Fish is a beautiful fish with shiny scales who learns to share his scales with his friends, and get pleasure out of seeing others be happy. Vibrant illustrations and cute story. This is the first book among several Rainbow fish stories.

*Rainbow Fish To the Rescue*

- Marcus Pfister, Publisher: North South Books
- Audience: Preschool and early elementary. A continuation of the Rainbow Fish series. This book is also written in Spanish.

*Sassafras*

- Audrey Penn, Publisher: Child and Family Press.

*Wanted: Best Friend*

- M. Monson. Publisher: Dial Books for Young Readers.
- Audience: Pre-K through early elementary. Cat advertises for a new playmate when his best friend, Mouse, refuses to play checkers. Teaches about the give and take of friendship.

*What's the Recipe for Friends?*

- Greg Williamson. Publisher: Peerless Publishing.
- Audience: Elementary. Freddy moves to a new town and is worried about making new friends. His mother teaches him that making friends takes ingredients like politeness, kindness, and sharing. Kids will enjoy finding the answer to the riddle, "What's the recipe for making friends?"

*Wilfrid Gordon McDonald Partridge*

- Mem Fox; Publisher: Kane/Miller Book Publishers
- Audience: Ages 4 and up. A very nice story about a little boy who makes friends with an older lady and helps her find her memory. Good for a child with elderly family members - it is a nice approach to valuing seniors.

*The Worst Best Friend*

- Alexis O’Neill; Publisher: Scholastic Press
- Audience: K- 4<sup>th</sup> grade; Story about two boys who are best friends until a new boy comes to school and ruins everything! Great story of how good friends can work out differences and forgive each other. Wonderful illustrations, easy to read story and well-worded.

*Yes We Can!*

- Sam McBratney. Publisher: HarperCollins
- Audience: Ages 2-6. About making up with friends after a fight.

**General Family Problems**

See also “Feelings,” “Divorce,” “Parental Conflict,” “Parental Alcoholism,” “Parental Conflict,” “Parent in Prison,” “Substance Abuse,” “Physical Abuse,” “Sexual Abuse,” “Siblings,” “Stress and Change,” “Workbooks,” and “Therapeutic Games.”

*All Alone After School*

- Muriel Stanek, Publisher: Albert Whitman & Company.
- Audience: Elementary. Excellent story about latch-key children. Provides models of safety, nicely addresses fears, and ends with the little boy sensitively helping a friend. The idea of a transitional object ("good luck stone") is particularly nice.

*And Tango Makes Three*

- Justin Richardson. Publisher: Simon & Schuster Books
- A story based on true story of two male penguins in the Central Park Zoo that became a couple and were given an egg to hatch and start a family of their own.

*The Boy Who Could Make His Mother Stop Yelling*

- Ilse Sondheimer, Publisher: Rainbow Press.
- Audience: Preschool and elementary. Fantastic book. Shows how even a small child can have an impact on a yelling parent.

*Christopher, Please Clean Up Your Room*

- Itah Sadu, Publisher: Firefly Books Ltd.
- Audience: Preschool and elementary. A Fantastically funny book about kids with dirty rooms. You'll never look at roaches the same way again.

*Daddy, Daddy, Be There*

- Candy Dawson Boyd & Floyd Cooper. Publisher: Philomel Books

*Do I Have A Daddy? A Story About A Single Parent Child*

- Jeanne Warren Lindsay, Publisher: Morning Glory Press.

*The Family Book*

- Todd Parr. Publisher: Little, Brown and Company
- Talks about different families with the message that “All families can help each other be strong! There are lots of different ways to be a family. Your family is special no matter what kind it is.”

*A Father Like That*

- Charlotte Zolotow. Publisher: HarperCollins
- Audience: Ages 3-8. A boy describes to his single mother the father he wishes he had.

*Fighting Fair For Families*

- Fran Schmidt & Alice Friedman; Publisher: Grace Contrino Abrams Peace Education Foundation

*Fly Away Home (Story about Homelessness)*

- Eve Bunting, Publisher: Clarion Books.
- Audience: Ages 5 - 12/13. Outstanding look at the struggles a homeless child faces - keeping secrets, being "unnoticed" and wishing for something better. Provides hope for the future and acceptance of the difficult circumstances of living at the airport. A self-esteem builder.

*Getting To Know Ruben Plotnick*

- filed under "Social Skills"
- Roz Rosenbluth. Publisher: Flash Light Press
- Story about a boy who is afraid to invite the coolest boy in his class (Ruben Plotnick) over to his house because he embarrassed of his senile grandmother. In the end he learns that there was more to Ruben than he expected.

*Grady the Goose*

- Denise Brennan-Nelson. Publisher: Sleeping Bear Press

*Harriet, You'll Drive Me Wild*

- Marla Frazee. Publisher: Harcourt, Inc.
- Audience: Pre-K through Early Elementary. A story about a little girl who is sometimes pesky and a mom who sometimes loses her temper. Even though they do things they wish they hadn't they still love each other. Addresses the tenderness and turmoil of the relationships between parents and their children.

*I Wish I was the Baby*

- Filed under "Siblings"
- DJ Long, Publisher: Ideals Children's Books.

*If Daddy Only Knew Me*

- Filed under "Divorce"
- Lila McGinnis, Publisher: Albert Whitman & Company

*It's Going To Be Perfect!*

- Nancy Carlson. Publisher: Puffin Books: Penguin Group
- Audience: Young girls and their moms. Touching book about a mother and daughter's relationship struggles and how her mom loves her even when she isn't how the mom imagined she would be. Good story about love and acceptance.

*Lizzy's Do's and Don'ts*

- Jessica Harper. Publisher: Harper Collins Publishing
- Audience: Elementary school (4 to 8 years). Mother and daughter relationship. Expresses both mom and kids feeling about rules, restrictions, and relationship struggles. Very cute with equal attention paid to both, ends with acceptance of the love despite disagreements.

*Little Flower: A Journey of Caring*

- Laura McAndrew. Publisher: CWLA Press

- The story is an excellent metaphor for coping with abuse through neglect. Little Flower, a potted daisy who is neglected by her family, finds help and a new place to stay until the people she was living with can learn how to take better care of her. Includes projects to help the healing process of those in a similar situation. Doesn't really address physical abuse, but may still be helpful for children who may have experienced neglect in addition to other forms of abuse.

*Love is A Family*

- Roma Downey. Publishers: Regan Books: Imprint of Harper Collins
- Audience: Early to late elementary. Story of a little girl who is upset that she doesn't have a "regular" family (lives with a single mom) and is embarrassed to go to a family night. Touching story about families and love. Good normalizing info about feelings and about other "nontraditional" families.

*My Big Lie*

- Bill Cosby. Publisher: Scholastic.
- Audience: Grades 2-4/Ages 6-10.

*Nobody Notices Minerva*

- Wednesday Kirwan. Publisher: Sterling
- A story about a mischievous little girl who tries to get her family's attention by doing a lot of bad things until her father reminds her that they love her and points out that she might prefer to get attention for doing other things than getting into trouble.

*One Dad, Two Dads, Brown Dads, Blue Dads*

- Johnny Valentine; Publisher Alyson Wonderland
- Audience: All ages! A cute take off on a Dr. Seuss theme, but this time it relates to gay or lesbian relationships. A nice way to say differences are OK. Particularly looks at fathers.

*Raising You Alone*

- Warren Hanson. Publisher: Tristan Publishing
- Audience: Early elementary; Talks about difficulties and positive aspects of being in a single-parent family. Cute pictures, positively focused.

*Robert Lives With His Grandparents*

- Martha Whitmore Hickman; Publisher: Albert Whitman & Company
- Audience: Elementary; About a boy whose parents divorce and he goes to live with his grandparents. He is originally embarrassed for his classmates to find out, but learns that several kids live with family members other than their parents and finds acceptance.

*Someday Is Not A Day of the Week*

- Denise Brennan-Nelson. Publisher: Sleeping Bear Press

*Two Moms the Zark and Me*

- Johnny Valentine, Publisher: Alyson Wonderland Publications.
- Audience: Ages 8 and up. A very interesting way to look at family constellations - particularly appropriate for a child with lesbian mothers. Provides acknowledgement and acceptance of a variety of family structures. A little bit harsh on the conservative family, but it gets the point across.

*What About Me? 12 Ways to Get Your Parents Attention (Without Hitting Your Sister)*

- Eileen Kennedy-Moore. Publisher: Parenting Press

- Audience: Ages 3-8

### Illness

See also “Loss and Grief,” “Stress and Change” and “Disabilities”

#### *Franklin Goes To The Hospital*

- Paulette Bourgeois. Publisher: Scholastic
- Audience: Elementary

#### *The Hospital Book*

- James Howe, Publisher: Crown Publishers
- Audience: For use with all ages. Pictures are somewhat dated, but can be useful in preparing children for medical procedures.

#### *The Hospital Scares Me*

- Paula Z. Hogan and Kirk Hogan, Publisher: Raintree Steck-Vaughn Publishers
- Audience: Elementary and Jr. High. Text is long but explains the process of hospitalization for a broken leg, should be helpful in alleviating fear of hospitals/doctors.

#### *Little Tree: A Story for Children with Serious Medical Problems*

- Joyce C. Mills, Publisher: Magination Press
- Audience: Elementary and Jr. High. A great book highlighting the use of creative imagery in managing fear and pain associated with serious medical issues (even provides a relaxation exercise in the back!!). Excellent for amputees and/or oncology.

#### *Living Well With My Serious Illness*

- Marge Eaton Heegaard. Publisher: Fairview Press

#### *The Sandbox King*

- Susanne M. Swanson; Publisher: Writer's Press
- Audience: Ages 8 and up. Very informative and sensitively addresses what it takes to be a friend in tough situations. A young boy befriends a boy down the street who has cancer.

#### *Sarah and Puffle: A Story for Children about Diabetes.*

- Mulder, L. Publisher: Magination Press.
- Audience: Ages 4-8. An upbeat story about a stuffed animal helping a girl cope with her diabetes. Includes funny rhymes and valuable advice regarding diabetes. Includes an intro for parents and a resources list.

#### *Turkey Pox*

- Laurie Halse Anderson, Publisher: Albert Whitman & Company
- Audience: Pre-K and Elementary. A rather silly story about chicken pox.

#### *Uncorrected Proofs: Because...Someone I Love Has Cancer*

- filed under “Workbooks”
- American Cancer Society
- Audience: Ages 6-12. Kids’ activity book for kids to draw pictures and write about their feelings and ways of coping with having a loved one with cancer.

#### *What About Me? When Brothers and Sisters Get Sick*

- Allan Peterkin, Publisher: Magination Press
- Audience: Elementary. Addresses feelings of guilt and anger that may develop when a sibling is ill.

### **Just Because They Are Books (mostly humorous)**

#### *The Boy Who Wouldn't Speak*

- Steve Berry, Publisher: Annick Press Ltd.
- Audience: All ages. Another outstanding book. Could be used to understand discrimination, selective mutism, friendship, and misunderstanding.

#### *A Chocolate Moose for Dinner*

- Fred Gwynne. Publisher: Aladdin Paperbacks
- A book of puns.

#### *Ducky Dives In!*

- Richard Waring. Publisher: Barron's
- A fun story about a little duck that likes to splash in the mud and his momma duck that likes him squeaky clean. Momma duck eventually learns that it is sometimes more important to have fun in the mud with your baby duck than to be squeaky clean.

#### *Elizabite: Adventures of a Carnivorous Plant.*

- H. A. Rey. Publisher: Houghton Mifflin Company.
- Elizabite, an unusual Venus flytrap, bites everything in sight and finally wins fame by capturing a burglar.

#### *Everyone Poops.*

- Taro Gomi. Publisher: Kane/Miller Book Publishers.
- Audience: All Ages. A must have. Hillarious. Relevant to potty training and great just for a laugh.

#### *Fireboat: The Heroic Adventures of the John J. Harvey*

- Maira Kalman. Publisher: Scholastic Books

#### *The Gas We Pass*

- Shinta Cho. Publisher: Kane/Miller Book Publishers.
- Audience: All ages. A must have. Hillarious. Not only is this book extremely funny, but it contains some easy to understand biological explanations about passing gas.

#### *Hey, Little Ant*

- Philip & Hannah Hoose. Publisher: Tricycle Press
- Ages 4-8. About a kid who has a conversation with an ant about why he should or should not step on the ant. Written in a sing-songy, Dr. Seuss-y manner. May be a fun way to introduce the topic of empathy.

#### *How I Captured A Dinosaur*

- Henry Schwartz. Publisher: Orchard Books

#### *How About a Hug*

- Nancy Carlson. Publisher: Penguin Group

- Audience: Pre-K through elementary. Unsure of the actual point of the book, but it's cute. Talks about expressing affection and getting reassurance sometimes with a hug. Very easy read.

*I Don't Want To Take A Bath!*

- Julie Sykes and Tim Warnes. Publisher: Little Tiger Press.
- A humorous story about bath time. Children who don't want to take a bath will relate to the tales of Little Tiger.

*It Could Have Been Worse*

- H. Benjamin & Time Warnes. Publisher: Little Tiger Press.
- Audience: Pre-K. Mouse is on his way home and has a series of misadventures. Each accident saves him from an unseen predator.

*Just for You*

- Mercer Mayer. Publisher: Golden Books.
- Audience: Preschool. The lead character lists several things he tried to do for his mom, but failed for some reason or another. Funny story and illustrations.

*Just Grandpa and Me*

- Mercer Mayer. Publisher: A Golden Book

*Life Is Fun*

- Nancy Carlson. Publisher: Puffin Books: Penguin Group
- Audience: Pre-K to elementary. Very easy read, short. Light and frivolous. Could be used for stress management for kids.

*Muddy Milford*

- Mark Southgate, Publisher: Blackie and Son Ltd
- Audience: Pre-K and Elementary. Humorous look at a "pig" who didn't like baths. Useful for understanding children going through "phases", defiant children, and an excellent demonstration of creative parenting.

*Not Yet, Yvette*

- Helen Ketteman. Publisher: Albert Whitman & Co.

*Put Your Best Foot Forward: more little lessons for a happier world*

- Allison Stoutland. Publisher: inch by inch Publications.

*Reach for the Sky and other little lessons for a happier world*

- Allison Stoutland. Publisher: inch by inch Publications.

*Rainbow Fish: The Dangerous Deep*

- Marcus Pfister (available in Spanish). Publisher: Harper Festival
- Audience: 4-7 years. Very colorful part of a series of books about Rainbow fish and his friends. This is about not trying dangerous things without adult supervision, I guess, it is visually stimulating and a good book for some kids to read on their own.

*Smile A Lot!*

- Nancy Carlson. Publisher: Carolrhonda Books, Inc.

- Audience: Pre-K to elementary. I did not like this book. It is about a frog that no matter what is advised to just smile and things will be okay. Encourages you to not actually feel anything but to repress and smile in order to appease others.

*Something Good*

- Robert Munsch, Publisher: Annick Press Ltd.
- Audience: Pre-K through Jr. High. Pretty funny way to look at insecurity, self-esteem, and parenting.

*SOS: Save Our Shortcut!*

- Marcus Pfister. Publisher: Night Sky
- Audience: Elementary. Another book in the Rainbow fish series. Not very therapeutic but a cute story about dealing with a “crabby” adult.

*Stephanie's Ponytail*

- Robert Munsch, Publisher: Annick Press Ltd.
- Audience: All ages. Outstandingly humorous book about individuality and self-esteem.

*Sylvester and the Magic Pebble*

- William Steig. Publisher: Aladdin Books

*Tacky in Trouble*

- Helen Lester. Publisher: Houghton-Mifflin

*Take a Deep Breath: little lessons from flowers for a happier world*

- Allison Stoutland. Publisher: inch by inch Publications.

*A Visit To Grandma's*

- Nancy Carlson. Publisher: Puffin Books
- The family takes a trip to Grandma's new house and finds her in a flashy red sports car with new friends and hobbies. At first they are disappointed and nostalgic, but they learn how much fun Grandma's new changes can be.

*The Way Mothers Are*

- Miriam Schlein. Publisher: Albert Whitman & Co.
- A book about a little kitten's attempts to understand his mother's unconditional love.

*What A Bad Dream*

- Mercer Mayer. Publisher: A Golden Book.
- Audience: Pre-K to 1<sup>st</sup> grade. Main character has a bad dream that he turns into a monster does all the “bad” things he wishes he could do like keep lizards in the bathtub and eat pizza for dinner without napkins. He ends up sad and lonely, but wakes up from the dream happy to find it was a dream and he is loved.

*Your Body From Head to Toe*

- Nuria Roca (in Spanish originally). Publisher: Barron's Educational Series
- Audience: 3-8 years. Educational resources for the body and basic functions. Skips the sex organs but does include an appendix for parents on discussing conception with children and includes questions, definitions, and games for kids and parents. (the best part of this book series are the appendices)

### **Learning Problems/ ADHD**

See also “Disabilities,” “Feelings,” “Social Skills,” and “Workbooks”

#### *Dinofours: It's Time Out Time!*

- Steve Metzger. Publisher: Scholastic.
- Audience: Pre-K through early elementary. Brendan's impulsive behavior means it's time for a time-out. Teaches the importance of self-control.

#### *Eagle Eyes - A Child's Guide to Paying Attention*

- Jeanne Gehret; Publisher: Verbal Images Press
- Audience: Ages 7 and up. Tells the story of a boy with ADD, focusing on both his weaknesses and his strengths. The book does a nice job of explaining ADD and showing how one child learned to cope. Especially good for children who like the out-of-doors.

#### *Help Is On The Way: A Child's Book About ADD*

- Marc A. Nemiroff and Jane Annunziata. Publisher: Magination Press.
- Audience: For children of all ages. Not a story or a workbook, but a description of how children might experience the symptoms of ADD. It tells how they can cope with ADD and what kind of help is available. The illustrations add to the text to reinforce the message of help and hope and make this a fun book to read.

#### *Keeping A Head In School: A Student's Book About Learning abilities and Learning Disorders*

- Dr. Mel Levine. Publisher: Educators Publishing Service.

#### *Live and Learn: It's Called Dyslexia*

- Jennifer Moore-Mallinos. Publisher: Barron's

#### *Many Ways To Learn - Young People's Guide to Learning Disabilities*

- Judith Stern, Uzi Ben-Ami; Publisher: Magination Press
- Audience: Junior High and up. Good independent reading material to help a child understand their disability. Provides explanations, information and suggestions.

#### *Otto Learns About His Medicine: A Story About Medication For Hyperactive Children*

- Matthew Galvin, M.D., Publisher: Magination Press
- Audience: Older elementary, may be particularly useful for boys who like cars. Uses the metaphor of a car needing medicine to explain meds and ADHD. The pictures are old and the story is long, but it's not bad.

#### *Sit Still!*

- Nancy Carlson. Publisher: Puffin Books

#### *Sometimes I Know I Drive My Mom Crazy, But I Know She's Crazy About Me: A Self Esteem Book for ADHD Children*

- Lawrence E. Shapiro, Ph.D., Publisher: The Center For Applied Psychology,

#### *A Walk in the Rain with a Brain*

- filed under “Self-Esteem and Self-Awareness.”
- Edward M. Hallowell, M.D. Publisher: Regan Books.

- A story written by an ADHD specialist about learning that each brain is unique and that each child has strengths. Would fit a broader audience than children specifically with ADHD and tries to challenge the idea that some kids are “smart” and the rest aren’t. Comes with a parent information and discussion guide at the end.

### **Loss and Death**

See also “Illness,” “Feelings,” “Stress and Change” and “Workbooks”

#### *The Accident*

- Carol Carrick. Publisher: Clarion Books.
- Audience: Elementary. Addresses guilt and grief when a pet is hit by a car and dies.

#### *Adventure In The Land Of Grief*

- filed under Workbooks
- Steve Dawson, M-Div, LCSW & Laura Harris, M-Div, MSW. Publisher: Words on the Wind

#### *After a Murder*

- filed under Workbooks
- Lindholm, Amy; Publisher: The Dougy Center for Grieving Children
- Audience: 1<sup>st</sup>-9<sup>th</sup> grade (6-14 years); Specifically for children who have lost a family member to murder. Includes parents who have committed murder/suicides. Activity book that has room for drawings and photos; Many quotes from children who had a family member who was murdered. Vivid colors, stories, and varied activities that can be age adjusted.

#### *After a Suicide Death*

- filed under Workbooks
- Lindholm, Amy; Publisher: The Dougy Center for Grieving Children
- Audience: 1<sup>st</sup>-9<sup>th</sup> grade (6-14 years); Activity book that has rooms for drawings and photos; Many quotes from children of a parent who committed suicide; Vivid colors, stories, and varied activities that can be age adjusted. Great tool for normalizing feelings that accompany a loved one’s suicide.

#### *After Charlotte's Mom Died*

- Cornelia Spelman, Publisher: Albert Whitman & Co.
- Audience: Elementary. Shows how a young girl internalized and externalized feelings about death. The father seeks help from a therapist. The "wishing stone" technique could be very helpful with children who have a difficult time expressing their emotions.

#### *The Best Cat in the World*

- Lesléa Newman. Publisher: William B. Eerdmans Publishing Company
- Audience: Preschool, and elementary school. Charlie has had a long and happy life, and Victor is devastated when this “best cat in the world dies.” When the vet calls and offers Victor a kitten, he hesitates but accepts and finds that this cat is not at all like Charlie, but is still deserving of the title “the best cat in the world.” Nice watercolor illustrations throughout.

#### *The Brightest Star!*

- Maresh Hemery, K. Publisher: Centering Corporation.
- Audience: Elementary aged children. A story about a father helping his grieving daughter, following the death of her mother. Normalized feelings of anger, sadness, and fear. Mostly text; very little illustration.

*Cat Heaven.*

- Cynthia Rylant. Publisher: The Blue Sky Press.
- Audience: Pre-K through Elementary. A neat book about a very happy place called Cat Heaven. This book is highly recommended for kids dealing with the loss of a pet, especially a cat. Religious undertones.

*The Day I Saw My Father Cry*

- Bill Cosby. Publisher: Scholastic, Inc.
- Audience: Kids ages 6-10. A neighbor and close friend dies of a heart attack, and Little Bill is surprised to see his dad cry openly. He also carries the late neighbor's legacy on by stopping arguments in the same way his neighbor did. Cool illustrations.

*The Empty Place: A Child's Guide Through Grief.*

- Temes, R. Publisher: Small Horizons Press.
- Audience: Pre-K through Early Elementary. Deals with the loss of a sibling. Addresses confusion, anger, fear, self-blame, and sadness. Includes knock-knock jokes and children's riddles, which lighten up this heavy topic.

*Every Monday In The Mailbox*

- Louisa Fox. Publisher: William B. Eerdmans Publishing Company
- Audience: Elementary aged children. Deals with loss of elderly neighbor who first moves into a nursing home and then passes away. Child maintains emotional connection to the deceased, but finds a solution to grief by locating another elderly woman to carry on the Monday letter tradition.

*Fire In My Heart, Ice In My Veins: A Journal for Teenagers Experiencing A Loss*

- filed under "Workbooks"
- Enid Samuel-Traisman, MSW. Publisher: Centering Corporation
- Audience: Teenagers. I have found this to be a very helpful workbook for teenagers to walk through the different aspects of their loss and the feelings that go with them. There are places to journal, draw pictures, write a letter the person they lost, etc. Focuses more on loss through death, but can also be selectively adapted to loss through estrangement or other circumstances.

*Flamingo Dream*

- Donna Jo Napoli. Publisher: Greenwillow Books.
- Audience: mid-late elementary school children. A story about a girl whose father dies from cancer. Focusing on closeness in the father/daughter relationship, understanding concept of death, creating memory book to cope with loss.

*Forever In My Heart: A Story to Help Children Participate in Life as a Parent Dies*

- filed under "Workbooks"
- Jennifer Levine. Publisher: Compassion Publications.

*Gentle Willow: A Story for Children about Dying.*

- Joyce Mills. Publisher: Magination Press.
- Audience: Ages 4-8. This book was written for children who may not survive their own illness but is also helpful to children dealing with the death of friends, family members, or even pets. Addresses feelings of sadness, love, disbelief, and anger.

*Helen the Fish*

- Virginia Kroll. Publisher: Albert Whitman & Co.
- Audience: early elementary aged children. This book tells a simple story of a girl whose pet fish dies; her older brother helps her in coping with the loss, understanding death, and finding renewed hope.

*I Miss You: A First Look At Death*

- Pat Thomas. Publisher: Barron's
- Audience: Ages 4-8. Provides simple explanations about death and related concepts such as funerals, souls, grief responses, and remembering deceased loved ones.

*I Remember Miss Perry*

- Pat Brisson. Publisher: Dial Books
- Audience: Elementary aged children. Story about a class of children whose teacher dies in a car accident and how they cope with the loss through their memories

*If Nathan Were Here*

- Mary Bahr. Publisher: Eerdmans Books For Young Readers.
- Audience: Elementary. Tells story of young boy who grieves loss of a best friend, and wonders how life would be if his friend were still alive.

*Liplap's Wish*

- Jonathan London & Sylvia Long. Publisher: Chronicle Books.
- Audience: Late Elementary, better for older kids 9 and up. A touching story about a bunny that misses his grandmother who has died but has a hard time understanding what he is feeling. Deals with the idea that the remember those who have died and they are "still with us" in some way. Much too abstract for younger kids.

*The Memory String*

- Eve Bunting. Publisher: Clarion Books.
- Audience: Elementary. A story about a girl clinging to the memories of her mother and her difficulties accepting her new step-mother. Lots of words per page.

*Mick Harte Was Here*

- Barbara Park. Publisher: Random House
- Chapter book, reading level 4.8. Phoebe deals with the loss of her brother, Micke Harte, a much-beloved class clown who died in a bike accident (he wasn't wearing his helmet).

*Rudi's Pond*

- Eve Bunting. Publisher: Clarion Books.
- Audience: Elementary. A little girl's best friend dies and everyone in school wants to create something wonderful so they can remember him. A good book for kids who have lost a friend to illness. This is a good book for the individual child or for the entire classroom to read together. Points out the benefits of preserving the memory of a lost friend.

*Samantha Jane's Missing Smile*

- Julie Kaplow & Donna Pincus. Publisher: Magination Press
- Audience: Ages 4-8. Story about a girl whose dad died, her worries, and the variety of feelings she feels. Includes a brief section in the back for parents.

*Six Is So Much Less Than Seven*

- Ronald Himler. Publisher: Star Bright Books.
- Audience: Elementary. Deals with loss of a cat, depicting a man who, despite having six others, still feels a sense of loss for his deceased pet. Very simple message-no exploration of death concepts.

*Someone I Love Died By Suicide: A story for child survivors and those who care for them*

- Doreen Cammarata. Publisher: Grief Guidance, Inc.
- Audience: Elementary aged children. Normalizes range of emotional responses and questions, suggests coping strategies, and offers creative ways of remembering loved one.

*Someone Special Died*

- Prestine, J. S. Publisher: Fearon Teacher Aids.
- Audience: Early Elementary. Addresses memories, fears, anger, questions, sadness, withdrawal, and healing.

*A Story For Hippo: A Book About Loss*

- Simon Puttock. Publisher: Scholastic Press

*The Tenth Good Thing About Barney*

- Judith Viorst. Publisher: Aladdin
- Audience: Pre-K through elementary. Addresses death of family cat, told in narrative form through child's perspective. Describes differing responses of family members, funeral proceedings, and means of celebrating deceased pet.

*Waiting for the Whales*

- McFalane, S. & Lightburn, R. Publisher: Orca Book Publishers.
- Audience: Elementary aged children. A story about a little girl's loss of her grandfather. This book does not address many of the struggles and feelings associated with losing a loved one.

*We Were Gonna Have A Baby, But We Had An Angel Instead*

- Pat Schwiebert. Publisher: Grief Watch
- Audience: Ages 2 and up. Helpful in dealing with death of baby sibling and handling parents' grief responses. Told in narrative form through child's perspective that normalizes emotions and questions. Contains helpful informational section advising parents on helping children deal with sibling death.

*What On Earth Do You Do When Someone Dies?*

- Trevor Romain. Publisher: Free Spirit Publishing
- Audience: Elementary and middle school. Answers questions like "Why do people have to die?," "Am I going to die, too?," "Is it okay to cry?" And "What happens to the person's body?" The book is pocket-sized and has cute black and white illustrations.

*When Dinosaurs Die: A Guide to Understanding Death*

- Laurie Kransy Brown & Marc Brown, Publishers: Little, Brown & Company.
- Audience: Preschool (maybe) and elementary (definitely). Cute pictures, but lots and lots of information that may be difficult to sort. Pick and choose those parts that apply to the situation at hand.

*When Someone Has A Very Serious Illness: Children Can Cope With Loss And Change*

- Marge Heegaard, Publisher: Woodland Press.

- Audience: Older elementary. A good workbook to use with children. Provides a structure for answering questions about how illnesses effect both the individual and the family.

### Miscellaneous

#### *The Best Story*

- Eileen Spinelli; The Penguin Group
- Audience: Elementary; Cute story with great pictures; talks about a young girl who is writing a story for a contest and learns to find her own voice.

#### *The Big Book of Help! Both of the Absolutely Indispensible Guides to Life for Girls*

- Nancy Holyoke. Publisher: Pleasant Company
- Audience: 8 to 14 year old girls. Girls write letters to Help!, and receive a paragraph-long response on dealing with divorce, popularity, race, etc.

#### *David's Secret Soccer Goals*

- Caroline Levine. Publisher: Jessica Kingsley Publishers
- Audience: Ages 7-12. Addresses feelings, fears, and embarrassing situations associated with bed-wetting.

#### *Dinosaurs, Beware! A Safety Guide.*

- Brown, M. & Kensky, S. Publisher: Little, Brown, and Company.
- Audience: Pre-school and Early Elementary. Safety tips are demonstrated by dinosaurs in situations at home, during meals, camping, in the car, and in other familiar places.

#### *The Dolphin's Dream: Healing Tales and Stories for Young People.*

- filed under "Stress and Change"
- Mason, D. B. Publisher: Prairie Schooner Publishing Company.
- Audience: Older Elementary/Pre-Teen. A collection of short stories. Messages include acceptance, empathy, coming to terms with fears and losses, learning to trust and more. Some of the stories contain themes and imagery that may be unsettling to some young people, therefore it is recommended that parents read these stories before sharing them with their children and discuss their reactions together. It is also recommended that the stories be read aloud.

#### *Dr. Gardner's Stories About the Real World: Volume I*

- Richard A. Gardner, M.D. Publisher: Creative Therapeutics

#### *Dr. Gardner's Stories About the Real World: Volume II*

- Richard A. Gardner, M.D. Publisher: Creative Therapeutics

#### *The Empty Pot*

- Demi. Publisher: Henry Holt and Company.
- Audience: Elementary. An enjoyable story about honesty. When Ping admits that he is the only child in China unable to grow a flower from the seeds distributed by the Emperor, he is rewarded for his honesty. Nice artwork of traditional Chinese culture. A neat story kids will enjoy.

#### *Good Night!*

- Clair Masurel and Marie H. Henry. Publisher: Chronicle Books.
- Audience: Pre-K. A good bedtime story in which a little girl is in charge of her own bedtime ritual.

*How Do I Love You?*

- P.K. Hallinan. Publisher: CandyCane Press
- Audience: Very young children. Describes all the different situations in which the parent loves the child, in spite of bad behavior, with the message “I love you unconditionally.”

*Harry the Hypno-potamus: Metaphoric Tales for the Treatment of Children*

- Linda Thomson, Ph.D., MSN, CPNP. Publisher: Crown House Publishing Limited
- Uses relaxation techniques conveyed via stories to address a variety of childhood problems, including various anxieties, pain, illness, habit disorders, enuresis, and encopresis.

*It Hurts When I Poop! A Story for Children who are Scared to use the Potty*

- Howard J. Bennett, M.D. Publisher: Magination Press
- Audience: Ages 3-6. A fun-filled, non-threatening approach for children who hold in their bowel movements. Explains digestion and how different foods affect the body.

*Just a Mess.*

- Mercer Mayer. Publisher: Golden Books Publishing Company, Inc.
- Audience: Pre-K through Early Elementary. This lesson about cleaning your bedroom lack details such as reasons for and benefits of cleaning you room.

*Koala Lou*

- Mem Fox. Publisher: Voyager Books.
- A young koala, longing to hear her mother speak lovingly to her as she did before her younger brothers and sisters came along, plans to win her distracted parents attention by entering the olympics. When she come in second, she learns that her parents love her just as much as they always did.

*Love You Forever*

- Robert Munsch, Publisher: Firefly Books Ltd
- Audience: Preschool, elementary school. A boy goes through his needy new baby stage, his terrible two's, his too-cool-for-school tweens and teens, and reaches adulthood and moves out. Throughout his development, his mom waits until he's asleep to rock and sing a song of unconditional love to him. When the mom gets old and sick, the adult boy rocks and sings the same song to her.

*Max, The Apartment Cat.*

- Mauro Magellan. Publisher: Humanics Children's House.
- Audience: Pre-K through Early Elementary. This book subtly illustrates the consequences of ventruing into unknown territory when Max decides to explore the city.

*The Twelve Gifts for Healing*

- Charlene Costanzo. Publisher: HarperCollins
- Audience: All ages. Soothing words and pictures give encouragement to someone going through hard times. Verses call for reflection on what is truly important in life.

*We Didn't Mean To*

- Sharon Addy. Publisher: Raintree Steck-Vaughn Publishers.
- Audience: Elementary. The random acts of vandalism of Tommy and his friends hold unforeseen consequences for them. This book can help kids develop the awareness of and responsibility for the

consequences of their actions and encourages kids to define, analyze, and develop constructive alternative to vandalism. Older kids probably won't respond well to this relatively simple lesson.

*Why Do You Love Me?*

- Laura Schlessinger. Publisher: Cliff Street Books.
- Audience: Ages 3-7. A young boy asks his mother why she loves him and learns that her love is unconditional. Short and simple. Appropriate for younger kids.

**Parent in Prison**

See also “Feelings” and “Stress and Change.”

*Nine Candles*

- Maria Testa; Publisher: Carolrhoda Books, Inc.
- Audience: Ages 6/7 and up. The story is a little long (lots of words per page), but sensitively looks at issues of visitation, loneliness, sadness, and hope.

*What is Jail, Mommy?*

- Jackie A. Stanglin; Publisher: Lifevest Publishing
- Audience: Ages PreK-3<sup>rd</sup> grade. The dialogue is simple and written from the perspective of a little girl whose father is sent to jail. It talks about jail in simplistic terms, but also prepares the child to visit the parent in jail. Best for a child who would be visiting a parent currently incarcerated.

*When Andy's Father Went To Prison*

- Martha Whitmore Hickman, Publisher: Albert Whitman & Company.
- Audience: Ages 6/7 and up. A book boys are likely to resonate with. Very realistic look at a child's experiences of visiting a parent in jail. A very good choice.

**Parental Alcoholism**

See also “Substance Abuse,” “Parental Conflict,” and “Workbooks”

*Bottles Break*

- Nancy Marie Grande-Tabor. Publisher: Charlesbridge Publishing.
- Audience: 8 or older. Made to be read alone by the child with an alcoholic parent. Concepts and language better suited for older kids. Includes information on how to keep help in the back.

*I Know The World's Worst Secret: A Child's Book About Living With An Alcoholic Parent*

- Doris Stanford, Publisher: Multnomah Press.
- Audience: Older Elementary. A serious and somewhat intense look at alcoholism. A doll "Friend" provides healthy responses to a child's questions.

*I Wish Daddy Didn't Drink So Much*

- Judith Vigna. Publisher: Albert Whitman & Co.
- Audience: Early elementary. Made to be read by a parent or caregiver. Has not to parent in front with an AA reference. It's a story of a little girl and mom trying to live with an alcoholic dad who makes promises he won't keep and is verbally violent when drunk. Talks about AlAnon meetings in story. It's a bit dated, but still a good story.

*If Somebody Would Only Tell Me It's Okay*

- filed under “Workbooks”

- Susan Graf & Martha Howe. Publisher: KidsRights
- Audience: Ages 4-12. Workbook that allows child from alcoholic or dysfunctional families draw pictures and fill in the blanks about how they feel about themselves, their family, and the problems in their home.

*My Dad, Story And Pictures*

- Niki Daly, Publisher: Margret K. McElderry Books.
- Audience: Ages 6 and up. A touching look at a child's feelings about his alcoholic father. Serious, honest and hopeful.

*Sometimes My Mom Drinks Too Much*

- Kevin Kenny & Helen Krull, Publisher: Raintree Childrens Books.
- Audience: Older elementary. Very intense and serious look at maternal alcoholism from a young girl's perspective. Great pictures. The story covers some fairly traumatic emotional experiences, but the outcome is realistically positive. Strong pull for empathy.

*When a Family Is In Trouble: Children Can Cope With Grief From Drug and Alcohol Addiction*

- Marge Heegaard; Publisher: Woodland Press
- Audience: Elementary. Pages on making changes, understanding addiction, naming and accepting feelings, expressing feelings, solving problems, and self-care invite the child to illustrate each topic for maximum relevance and therapeutic effect.

*When Someone in the Family Drinks Too Much*

- Richard C. Langsen; Publisher: Dial Books for Young Readers
- Audience: Elementary. Great pictures. Provides a LOT of information. You may want to pick and choose the appropriate parts. Thorough and stimulating.

**Parental Conflict**

See also “Divorce,” “Physical Abuse,” “Stress & Change,” “Feelings,” and “Workbooks”

*Clover's Secret*

- Christine M. Winn and David Walsh. Publisher: Fairview Press.
- Audience: Elementary. A boy discovers that his best friend's home is troubled by violence. He convinces his friend to seek help and to share the secret in order to start feeling hopeful about the future. The message is told within a story about an imaginary village where everyone learns how to fly. The message gets somewhat lost in this detailed storyline and therefore may be less useful with younger children.

*A Family That Fights*

- Sharon Chesler Bernstein, Publisher: Albert Whitman & Company

*In Our Neighborhood Lisa's Parents Fight*

- Doris Stanford, Publisher: Multnomah Press
- Audience: Preschool and elementary. Lisa is ten years old, and her house is filled with humiliation, rejection, impossible standards, and occasional physical abuse for her and her two brothers. Lisa talks to God and to her teachers and begins to understand that she is not unworthy.

*Mommy & Daddy Are Fighting*

- Susan Paris, Publisher: The Seal Press

- Audience: Early childhood (maybe early middle childhood). Promotes discussion of feelings surrounding parental conflict. Child in story witnesses physical abuse from father to mother. There is no resolution of conflict. Story ends with father “taking a walk to cool off,” while mother retreats to her daughters’ room and holds them.

#### *A Place for Star*

- Howard Schor. Publisher: KidsRights
- Audience: Late elementary. It rhymes and the words used are too big for younger kids. It deals with the topic of domestic violence and how a girl, her younger brother, and mom leave to live in a shelter because the dad abuses the mother. The pictures are colorful but a bit abstract and there’s something about them that is unsettling.

#### *A Safe Place*

- Maxine Trottier; Publisher: Albert Whitman & Company
- Audience: Early childhood – children whose mothers have escaped with them to battered women’s shelter. In story, little girl’s mom brings her to a battered women’s shelter. Story discusses girl’s feelings about living in a strange place, but finding comfort in it’s safety.

#### *A Safe Place to Live: A story of children who have experienced Domestic Violence*

- Michelle A. Harrison. Publisher: Jist Publishing
- Audience: Early through late elementary. Short note and intro for parents/caregivers. Sensitive and well addresses the topic and feelings of the child. End has a section for the child to draw about their experiences, encourages parents/caregivers not to question the child but accept what they feel.

#### *Something Is Wrong At My House: A Book About Parent's Fighting*

- Diane Davis, Publisher: Parent Press
- Audience: Elementary. Child witnesses physical abuse at home and struggles with what actions to take. Book provides multiple suggestions for who to tell/call. Some graphic pictures.

#### *When Mommy Got Hurt: A Story for Young Children About Domestic Violence*

- Ilene Lee and Kathy Sylvester. Publisher: Kidsrights.
- Audience: Preschool. This book will help parents and teachers talk to young children about domestic violence. The story and pictures give preschool children four messages: the violence is not their fault, violence is wrong, violence happens in other families too, and it is okay to talk about it. The illustrations are in black and white and therefore might not be as appealing to kids.

### **Physical Abuse**

See also “Feelings,” “Sexual Abuse,” and “Workbooks”

#### *The Donkey’s Journey*

- Janine S. Shelby, Ph.D.
- Audience: Second through sixth grade. A donkey wonders about whether her voice can be heard by her cruel master, and whether her master is right that her body belongs to him. She decides to run away from her master. Mostly text, a couple small illustrations in black and white.

#### *Don't Hurt Me, Mama*

- Muriel Stanek, Publisher: Albert Whitman & Company.
- Audience: Second through sixth grade. Beautifully drawn faces and expressions of a child's loneliness and fears in the face of an abusive mother with alcohol abuse problems.

*I Don't Want to Go to Justin's House Anymore.*

- Heather Klassen. Publisher: Child and Family Press.
- Audience: Pre-K through early elementary. A boy doesn't want to go to his friend's house because his friend is being physically abused. This story addresses a child's difficulty telling his mother about his friend. Includes a hotline phone number for ChildHelp USA.

*I Told My Secret: A Book For Kids Who Were Abused*

- Eliana Gil, Ph.D. Publisher: Launch Press

*Little Flower: A Journey of Caring*

- filed under "General Family Problems"
- Laura McAndrew. Publisher: CWLA Press
- The story is an excellent metaphor for coping with abuse through neglect. Little Flower, a potted daisy who is neglected by her family, finds help and a new place to stay until the people she was living with can learn how to take better care of her. Includes projects to help the healing process of those in a similar situation. Doesn't really address physical abuse, but may still be helpful for children who may have experienced neglect in addition to other forms of abuse.

*One of the Problems of Everett Anderson*

- Lucille Clifton. Publisher: Henry Holt & Company
- Audience: Pre-K through early elementary. Short and simple account of young boy who notices signs of physical abuse in his classmate. He ultimately confides in his mother; a good book for encouraging children to speak out about abuse in their family or community.

*Sailing Through The Storm To The Ocean of Peace*

- Edie Julik. Publisher: Galde Press

*Sometimes It's O.K. To Tell Secrets: A Parent/Child manual For The Protection Of Children (A Book To Read Outloud Together)*

- Robin Lenett and Dana Barthelme with Bob Crane, Publisher: Tom Doherty Associates.
- Audience: Middle school children and their parents. The first forty pages are chapters for parents on raising children to be wary of those who would take advantage of them. About ninety more pages are a collection of short stories (2-3 pages, large font) about kids who refuse adults' advances and inform trusted adults of what has happened. There is one black and white cartoon drawing per chapter.

*Take Care with Yourself - A Young Person's Guide to Understanding, Preventing, and Healing From Abuse*

- Laurie A. White & Steven L. Spencer, Publisher: Kidsrights
- Audience: Elementary. An excellent book to help children navigate through the emotions and fears of abuse. The themes of self-esteem, safety, and recovery are very well thought out.

*Threadbear*

- Christophe Gallaz. Publisher: Creative Editions
- Story about an old man who gathers together wounded bears and helps them heal and grow through nurturing them and letting them share their stories with each other. May be relevant to physical abuse, neglect, or the experience of foster/adopted children.

**Self-Esteem & Self Awareness**

See also "Disabilities," "Learning Problems/ADHD," and "Workbooks"

*Alexandra Keeper of Dreams*

- Mary Alice Baumgardner, Publisher: Rocky River Publishers
- Audience: Pre-K through elementary, pre-teen girls. Great for body image issues and achieving goals/dreams.

*All Alone*

- Kevin Henkes. Publisher: Greenwillow Books
- Audience: Preschool to 2<sup>nd</sup> grade; Explores the experience of a boy being with one's self and enjoying this special time. Simple words and illustrations.

*All by Myself*

- Mercer Mayer. Publisher: Golden Books.
- Audience: Preschool. The lead character lists all of the things he can do all by himself. The list ends with bedtime and one thing he can't do all by himself (a bedtime story with mom). Cute and fun illustrations.

*All Kinds of Children*

- Norma Simon. Publisher: Albert Whitman & Co
- Audience Preschool to 2<sup>nd</sup> grade: Simple story pointing out the things that all children have in common (a belly button, a bed, etc..) Simple text with colorful, cheerful illustrations.

*Anook the Snow Princess*

- Hans Wilhelm. Publisher: Barron's
- Audience: Preschool to early elementary: Book about three sisters. The youngest (Anook) is bullied and tricked by the older two which results in her father rejecting her. Ends with an idealized happy ending with Anook rescuing her father and her sisters being severely punished. Not recommended due to the father's overt rejection and the unrealistic nature of the consequences.

*The Big Orange Splot*

- Daniel Pinkwater. Publisher: Scholastic, Inc.
- Audience: Late elementary. Courage to be different from others and express yourself. Cute story, but not explicit enough for young kids.

*Black is Brown is Tan*

- Arnold Adoff. Publisher: HarperCollins
- Audience: Preschool to 2<sup>nd</sup> grade. Story of a bi-racial family (African American and Caucasian) who delight in their unique differences. Simple rhythmic text, with colorful illustrations.

*Can You Do This, Old Badger?*

- Eve Bunting. Publisher: Harcourt
- Audience: Early Elementary. Depicts warm relationship between a young and old badger, highlighting reciprocal nature of interactions. Highlights how the young badger brings enthusiasm while the old badger provides wisdom and guidance. Appropriate for fostering stronger attachment between child and a caretaker.

*Chrysanthemum*

- Kevin Henkes. Publisher: Green Willow Books.

- Audience: Early elementary. Story about a little mouse who is teased by others about her name being long and the name of a flower, but learns it's okay when her teacher reveals that her name is Delphinium. Entertaining and discusses how hard it is to be "different" even if it's not especially therapeutic.

*The Colors of the Rainbow*

- Jennifer Moore-Mallinos. Publisher: Barron's.
- Audience: Elementary schoolers. Celebrates diversity, highlighting differences and commonalities among people of various cultures and ethnicities.

*Don't Feed The Monster On Tuesday: The Children's Self Esteem Book*

- Adolph Moser, Ed.D., Publisher: Landmark Edition
- Audience: Elementary schoolers. Valuable information on the importance of self-worth and practical approaches to evaluate and strengthen self-esteem. Fun, colorful pictures throughout.

*The Dot*

- Peter H. Reynolds. Publisher: Candlewick Press
- Preschool-4<sup>th</sup> Grade. A book about a girl who refuses to participate in art class because she can't draw. Her art teacher gently pushes her to discover her own unique way of expressing herself.

*Elmer*

- David McKee. Publisher: Lothrop, Lee & Shepard Books.
- Audience: Pre-K through Early Elementary. A book about individuality and the positives of being different.

*Everybody Needs A Rock*

- Byrd Baylor. Publisher: Aladdin Picture Books.
- Audience: Late elementary – book suggests 3-7, but frankly I was a bit confused and don't see how a 3 year old would understand this book. It was possibly about the need to make your own choices and appreciate even the simplest gifts (maybe).

*George & Sylvia: A Tale of True Love*

- Michael Coleman & Tim Warnes. Publisher: Little Tiger Press
- Audience: Older elementary and early teens. Issues relevant to older teens too, but style of book may not be appropriate for late teens. Addresses self image and cultural pressure to adhere to a certain physical image. Teaches that different individuals have different specific tastes in what they look for in a significant other. Text is well written, entertaining, and somewhat funny.

*Giraffes Can't Dance*

- Giles Andreae. Publisher: Orchard Books
- Audience: pre-k and early elementary. Written in rhyme with colorful illustrations. Depicts a giraffe who feels self-conscious about his awkward dancing. He receives negative comments from other animals, and freezes in anxiety and self-criticism. He later finds inspiration and self-confidence by discovering unique strengths.

*Glad To Be Me*

- Jim & Joan Boulden, Publisher: Boulden Publishing.
- Audiences: Elementary – should have basic writing skills. Workbook that asks child to write about him or her self, describing likes, dislikes, feelings, appearance, etc.

*Grandpa Bear's Fantastic Scarf*

- Gillian Heal. Publisher: Beyond Words Publishing
- Audience: Early to late elementary. Grandpa Bear's scarf is the metaphor for creating one's life. Text is a little "corny," and metaphors are extensive, but message is relatively easy to follow. Promotes individualism and creating one's own pathway in life.

*Guji Guji*

- Chih-Yuan Chen. Publisher: Kane/Miller Book Publishers
- About a crocodile who is raised by ducks and finds his identity as a "crocodile"

*Hannah The Hippo (Understanding Self-Esteem)*

- Linda Schwartz, Publisher: The Learning Works

*The Hippo-NOT-Amus*

- Tony & Jan Payne. Publisher: Orchard Books

*Horrible Hair*

- Gerald Rose. Publisher: Barron's

*Hooway for Woodney Wat*

- Helen Lester. Publisher: Houghton Mifflin Books: Walter Lorraine Books.
- Audience: Early elementary. Self-esteem and bullying. A rat with a speech impediment is bullied by a guinea pig that is mean to everyone. Emphasizes individual strengths. Better for older kids, the author tries to do too much with one story.

*Hope*

- Isabell Monk. Publisher: Carolrhoda Books, Inc.
- Audience: Elementary. A girl learns about her rich biracial heritage. This book helps children to see themselves with pride and self-respect.

*I Get So Hungry*

- Bebe Moore Campbell; Publisher: G.P. Putnam's Sons
- Audience: Elementary. When her teacher suffers health problems because of her weight, a little girl, Nikki, who is always getting teased about her size, decides she wants to live a healthier lifestyle. Written from the perspective of an African American girl.

*I Love My Hair!*

- Natasha Anastasia Tarpley. Publisher: Little Brown and Company.
- Audience: Elementary (particularly for young African American girls. Addresses the issues surrounding "good" hair and "bad" hair in African American culture and highlights the positive aspects of having "African American hair." Builds self-esteem by promoting pride in African American hair.

*I'm Gonna Like Me: Letting off a Little Self-Esteem*

- Jamie Lee Curtis & Laura Cornell. Publisher: Joanna Cotler Books: Harper Collins
- Audience: Early elementary. Self-esteem while accepting both the positive and negative aspects of the self (like self in spite of mistakes), a boy and a girl celebrate their individual interests. Good message.

*I'm The Best!*

- Marjorie Weinman Sharmat, Publisher: Holiday House
- Audience: Pre-K through elementary. General self-esteem, good for children who are adopted or for foster kids.

*ish*

- Peter H. Reynolds. Publisher: Candlewick Press
- Audience: preschool to elementary. Story about a little boy who stops drawing because his brother teases him about not drawing “right.” He eventually learns to accept the “-ish” nature of his drawings and that there are things that can’t be communicated through using words and drawings the “right” way.

*It’s OK to be Different*

- Todd Parr. Publisher: Meagan Tingley Books: Little, Brown, and Co.
- Audience: Pre-K to elementary. Short, concrete, and colorful. Theme of it is ok to be or feel however you are or however you feel.

*Just Because I Am: A Child’s Book of Affirmation*

- accompanied by *A Leader’s Guide to “Just Because I Am”*
- Lauren Murphy Payne, M.S.W. & Claudia Rohling, Publisher: Free Spirit Publishing.
- Audience: Ages 3-8. Book of self affirmations useful for strengthening self-esteem, validating child’s needs, and fostering respect for physical body.

*Just the Way You Are*

- Marcus Pfister. Publisher: North-South Books.
- Audience: Pre-K to elementary. Simple, straightforward and colorful. About friendships and self-esteem issues.

*Katie’s Rose: A Tale of 2 Late Bloomers*

- Karen Gedig Burnett. Publisher: GR Publishing.
- Audience: Late elementary. Part of Grandma Rose series. Too abstract story line for younger kids. Has to do with a girl that is a “late” bloomer. As usual with her books, I found the appendix with interactive activities for kids and parents the best part of the book (skip to the end).

*Lilly’s Secret*

- Miko Imai. Publisher: Candlewick Press.
- Audience: Pre-K through early elementary. A story about how being different means being special. A nice, simple story. Good for special kids with special needs.

*Marvelous Me: Creative Activities to Help Develop Self-Awareness*

- filed under “Workbooks”
- Linda Schwartz. Publisher: The Learning Works.
- Audience: Ages 5-8.

*No Mirrors In Nanna’s House*

- Ysaye M. Barnwell. Publisher: Voyager Books
- About an African American girl who grows up finding love, beauty, and acceptance in her Nana’s eyes instead of the mirrors and values of society.

*Oliver Button is a Sissy*

- Tomie dePaola. Publisher: Voyage Books: Harcourt Brace and Co.
- Audience: early elementary to late elementary. Story of a boy who is “different” and made fun of because he doesn’t like to do “boy” things. In the end, he finds what he is good at and his family accepts him for it. Too long for younger kids and it seems to fall flat at the end (unrealistic ending, doesn’t address enough feelings).

*On the Night You Were Born*

- Nancy Tillman. Publisher: Holtzbrinck Publishers
- Audience: Early to middle childhood. Promotes self-esteem by highlighting individual uniqueness, stating “there has never been anyone like you;” “You are one of a kind.” [Not appropriate for children raised in religions that believe in reincarnation].

*The Paper Bag Princess*

- Robert Munsch, Publisher: Annick Press,
- Audience: Unclear. Style of book is targeted towards young children, but message is probably too abstract for young children to understand message. Message would need quite a bit of explanation, but might be well-received by more intelligent children. Intention is to be targeted toward children living in poverty.

*Pete’s Chicken*

- Harriet Ziefert. Publisher: Tambourine Books
- Ages 4-8. Pete feels good about himself and being unique until he draws a very unique chicken that gets made fun of and is not put up on the board by the teacher. About accepting your own uniqueness even if it is not validated by others.

*The Pinkish, Purplish, Bluish Egg*

- Bill Peet
- Audience: Early Elementary. Nice Illustrations. A somewhat complicated story about a half-lion half-eagle who doesn’t fit in. A dove raises him and teaches him that he is special. He learns a lesson about avoiding violence. Includes a strange storyline in which an owl says that the lion-eagle is a mythical creature and doesn’t really exist causing the lion-eagle to fear that he might disappear.

*A Porcupine Named Fluffy*

- Helen Lester. Publisher: Houghton Mifflin, Co.
- Audience: Early elementary through late elementary. Good for aloud reading or reading on their own. Mostly just a cute story about a porcupine trying to be something it is not but maybe ‘should’ be. Clever and entertaining message that it’s okay to just be yourself.

*Puppy Love*

- Christine Simpson; Publisher: Paulist Press
- Audience: Elementary. An OK book. The pictures are cute and colorful, the story line is a good idea (dogs accept anyone who doesn’t hurt them), but it is a little difficult to follow. Potentially good with a little self-editing as you read it.

*Regina’s Big Mistake*

- Marissa Moss. Publisher: Houghton Mifflin
- Regina has to draw a jungle, but she keeps making mistakes and starting over. When she runs out of paper, she learns to make the most of her “mistakes” and finds that each “mistake” can contribute to a “perfect” picture.

*Rosie's Story*

- Martine Gogall. Publisher: Mondo Publishing.
- Audience: Elementary, probably better after age 6. Deals with being different and teased but also moving and trying to make new friends. The main character is a little girl who is honest about her feelings through a story she writes and is ultimately accepted because the teacher backs her up. Good for dealing with feelings, but artwork is dated and it's a bit of an unrealistic resolution.

*The Royal Raven.*

- Wilhelm H. Publisher: Scholastic Inc.
- Audience: Early Elementary. Nice illustrations with glitter-enhanced artwork make this an attractive children's book. A story about a raven with "ordinary" looks who wishes he looked different. He discovers that looks are not as important as the freedom to be yourself.

*Ruby the Copycat*

- Peggy Rathmann. Publisher: Scholastic.

*Sammy the Elephant & Mr. Camel: A Story to Help Children Overcome Enuresis While Discovering Self-Appreciation*

- Joyce C. Mills, Ph.D. & Richard J. Crowley, Ph.D., Publisher: Magination Press
- Audience: Fourth through Sixth grade. Uses the story of an elephant who can't carry water to explain enuresis. May be a stretch for kids to get the point.

*Sassafras*

- filed under "Friendships"
- Audrey Penn, Publisher: Child & Family Press
- Audience: Pre-K and elementary. Do not read to children with hygiene problems.

*Scribbleville*

- Peter Holowitz. Publisher: Philomel Books
- Story about a person made of straight lines who comes to Scribbleville (where everyone and everything is made of squiggly scribbles).

*Shapesville*

- Andy Mills & Becky Osborn. Publisher: Gürze Books

*Sheila Rae, The Brave*

- Kevin Henkes. Publisher: Mulberry Books.
- Audience: Early Elementary. Self-confidence and fear as well as sibling relationships and the danger of taking senseless risks. Cute story, but tries to do too much.

*The Sissy Duckling*

- Harvey Fierstein. Publisher: Simon & Schuster Books
- Elmer likes to do things that other boys don't like to do and doesn't like to do the things that other boys do. He also faces rejection from his father who is embarrassed of him. In the end, Elmer proves that he can be a hero by doing things his own different way.

*Skin Again*

- Bell Hooks. Publisher: Hyperion Books for Children
- Discusses race and identity

*Somebody Loves You Mr. Hatch*

- Eileen Spinellie. Publisher: Aladdin Paperbacks
- Audience: Late elementary. To be read alone. Odd little story about a man who appears depressed and gets an accidental present. Then he starts being kind and friendly to others because he is unsure of who sent it to him. This makes him new friends who protest when he withdraws realizing the present wasn't intended for him. Issues: friendliness and self confidence?

*Something Special*

- Terri Cohlene. Publisher: Illumination Arts
- Ages 3-8.

*Sometimes I Drive My Mom Crazy, But I Know She's Crazy About Me*

- filed under "Learning Problems/ADHD"
- Lawrence E. Shapiro; Publisher: The Center for Applied Psychology, Inc.
- Audience: Elementary. A self-esteem book for children with ADHD. The book is long (over 100 pages) but written with the ADHD child in mind. Not for use in one session, but excellent information to use over time.

*Starring Hillary*

- Kathy Caple. Publisher: Carolrhoda Books, Inc.
- Audience: Early Elementary. Hillary the cat makes herself miserable trying to lose weight for a play audition, but she finally realizes that she is just right the way she is. This book is a good length for early elementary and has good detail in the story.

*Sweet Briar Goes To School*

- Karma Wilson. Publisher: Penguin Putnam

*Tacky the Penguin*

- Helen Lester. Publisher: Houghton-Mifflin

*There's Always One!*

- John Prater. Publisher: Barron's

*Three Cheers for Tacky*

- Helen Lester. Publisher: Houghton Mifflin Company.
- Audience: Pre-K through early elementary. Tacky the penguin adds his own unique touch to his team's routine at the Penguin Cheering Contest, with surprising results. Cute illustrations and not too long for young kids.

*The Twelve Gifts of Birth*

- Charlene Costanzo. Publisher: HarperResource

*Unstoppable Me! 10 Ways to Soar Through Life*

- Dr. Wayne W. Dyer & Kristina Tracy. Publisher: Hay House

*A Walk in the Rain with a Brain*

- Edward M. Hallowell, M.D. Publisher: Regan Books.
- A story written by an ADHD specialist about learning that each brain is unique and that each child has strengths. Would fit a broader audience than children specifically with ADHD and tries to

challenge the idea that some kids are “smart” and the rest aren’t. Comes with a parent information and discussion guide at the end.

*When I Feel Good About Myself*

- Cornelia Maude Spelman. Publisher: Albert Whitman & Company

*Wombat Divine*

- Mem Fox. Publisher: Voyager Books.
- Audience: Pre-K through early elementary. A Christmas story with a self-esteem message appropriate for any time of the year. Wombat auditions for the Nativity play but has trouble finding the right part. In the end he gets a part perfect for him.

*Why Am I Different?*

- Norma Simon, Publisher: Albert Whitman & Company.
- Audience: Kindergarten through Sixth. Great pictures, multicultural. Covers a wide variety of differences - both the positive and negative aspects.

*What I Do Best!*

- Allia Zobel Nolan. Publisher: Reader’s Digest Children’s Books

*When I Was Little: a Four-Year-Old’s Memoir of Her Youth*

- Jamie Lee Curtis. Publisher: HarperCollins
- Ages 4-8.

*William’s Doll*

- Charlotte Zolotow. Publisher: HarperCollins
- Audience: Ages 4-8. Story about a boy who wants a doll, but is afraid of being teased by his peers and rejected by his father. His grandmother supports his desire for a doll and explains to his father that having the doll helps William to be a caring father like his own father one day.

*You Be Me, I’ll Be You*

- Pili Mandelbaum. Publisher: Kane/Miller Book Publishers
- A story about a little girl who has a Caucasian father and an African American mother and how she comes to accept how she looks with the help of her father.

**Separation Issues**

See also “Fears & Anxieties” and “Feelings”

*Dinofours: It’s Time For School!*

- Steve Metzger. Publisher: Scholastic

*Dinofours: Where’s Mommy?*

- Steve Metzger. Publisher: Scholastic

*Don’t Forget to Come Back!*

- Robie H. Harris; Publisher: Bee Productions

*The Go-Away Doll*

- Carl A. Hammerschlag, M.D. Publisher: Turtle Island Press

*Heart in the Pocket*

- Laurence Bourguignon; Publisher: Eerdmans Books for Young Readers
- Audience: Ages 2-6; A baby kangaroo is reluctant to leave the comfort of his mother's pocket, where he is safe and warm and can always hear her heartbeat- until he finds out her heart is not actually in her pocket. Great story with vivid illustrations about learning to separate from mom and explore the world.

*I Promise I Will Find You*

- Heather Patricia Ward, Publisher: Firefly Books.

*I'll Always Be Your Friend*

- Sam McBratney. Publisher: HarperCollins
- Ages 4-8. This book is a great portrayal of a mother fox that provides both a secure base for her little fox to explore and a safe haven for him to come back to when he starts testing out the limits of his independence.

*Into The Great Forest: A Story For Children Away From Parents For The First Time*

- Irene Wineman Marcus & Paul Marcus, Publisher: Magination Press

*The Kissing Hand*

- Audrey Penn. Publisher: Child Welfare League of America

*The Long Journey Home*

- Richard Delaney. Publisher: Wood 'N' Barnes.
- Audience: Older Elementary. The story of a young boy who is separated from his mother by a flood. The boy searches to find her. This story is about love, loss, trauma, and trust. Some parts of the story might be frightening to young kids. For example, the boy is held prisoner in a cave for nine days and nights by a mean hag who forces the boy to clean the cave. This seems like an unnecessary addition to the story. Many words per page, therefore more appropriate for older elementary-aged children.

*Mommy Don't Go: A Children's Problem Solving Book*

- Elizabeth Crary, Publisher: Parenting Press
- Audience: Pre School.

*A Mother's Wish*

- Kathy-Jo Wargin. Publisher: HarperCollins
- Audience: ages 5-7. About a special relationship between a girl and her mother. The girl wishes to always be near her mother, but when the time comes for her to grow up and move away, she realizes that her mother made a wish for her to have wings and soar and that both wishes have come true.

*My Somebody Special*

- Sarah Weeks. Publisher: Gulliver Books

*Oh My Baby, Little One*

- Kathi Appelt. Publisher: Harcourt

*A Story for Bear*

- Dennis Haseley. Publisher: Silver Whistle

- Story about an unlikely friendship between a bear and a woman who reads to him in the forest. Talks about how the bear copes with the woman's departure at the end of summer by keeping her books near him and remembering her voice.

*When Fuzzy Was Afraid of Losing His Mother*

- Inger Maier. Publisher: Magination Press
- Audience: 3-7 years.

*Why Doesn't Daddy Come See Me?*

- Helen E. Benedict and Carolyn Narcavage.
- Audience: Pre-K through Early Elementary. Robby Raccoon lives with his mother. His father promises to visit, but doesn't come. Addresses the multitude of feelings and confusion Robby experiences. Also explains divorce to the young child. Messages for the child include: it's not your fault, daddy still loves you, reasons daddy might not visit, it's okay to feel mad and sad, and you are pretty neat raccoon. Thorough and age-appropriate.

*Will You Come Back For Me?*

- Ann Tompert. Publisher: Albert Whitman

*You Go Away*

- Dorthy Corey, Publisher: Albert Whitman & Company
- Audience: Pre-schoolers.

**Sexual Abuse**

See also "Feelings," "Physical Abuse," and "Workbooks"

*Do You Have A Secret?*

- Jennifer Moore-Mallinos. Publisher: Barron's
- Ages 4-8.

*Gabby the Gecko*

- Paris Goodyear-Brown.

*How Long Does It Hurt? A Guide to Recovering From Incest and Sexual Abuse For Teenagers, Their Friends, and Their Families*

- Cynthia L. Mather. Publisher: Jossey-Bass Publishers

*I Can't Talk About It: A Child's Book About Sexual Abuse*

- Doris Stanford, Publisher: Multnomah Press.
- Audience: Older elementary and junior high, particularly good for girls. Uses the character of a dove to answer a child's fears about sexual abuse. Very sensitive approach.

*I Told My Secret: A Book For Kids Who Were Abused*

- Filed under "Physical Abuse"
- Eliana Gil, Ph.D. Publisher: Launch Press

*It's My Body - A Book to Teach Young Children How to Resist Uncomfortable Touch*

- Lory Freeman; Publisher: Parenting Press

- Audience: Preschool and up. Simple, clear, and honest. An excellent little book because it is not overwhelming for young children

*It Happens To Boys Too...*

- Jane A. W. Satullo, Roberta Russell, & Pat A. Bradway; Publisher: Rape Crisis Center of Berkshire County, Inc.

*Laurie Tells*

- Linda Lowery. Publisher: Carolrhoda Books, Inc.
- Audience: Older elementary. Lengthy paragraphs on every page. Laurie, 11, examines her feelings about herself and her father, who is molesting her. When her mother doesn't believe her, Laurie tells a supportive aunt that she is being sexually abused by her father.

*Let's Talk About Taking Care of You: An Educational Book About Body Safety*

- Lori Stauffer, Ph.D. & Esther Deblinger, Ph.D. Publisher: Hope For Families

*Loving Touches: A Book For Children About Positive, Caring Kinds of Touching.*

- Lory Freeman, Publisher: Parenting Press,

*The Most Important Rule of All*

- Pam Church. Publisher: Prevention and Motivation Programs

*No More Secrets For Me*

- Oralee Wachter. Publisher: Little, Brown and Company.

*No No and the Secret Touch*

- Sheri Patterson & Judith Feldman, Publisher: The National Self-Esteem Resources & Development Center.
- Audience: Elementary. An OK book about good/bad touches. The use of animals makes the subject matter a little unclear.

*Not In Room 204*

- Shannon Riggs. Publisher: Albert Whitman & Co.

*Please Knock!*

- Erin Dolgan. Publisher: EOZ Press
- Audience: Elementary. A collection of poems written from a children's voices, expressing their right to their own bodies, issues regarding, sexual abuse, and concerns about privacy. Best used when selections are chosen in advance and applied to particular issues. Simple black and white pictures.

*Please Tell! A Child's Story About Sexual Abuse*

- Jessie, Publisher: Hazelden.
- Audience: Preschool and Elementary. Excellent. Written by a child (pre-teen survivor) with kid pictures and a sense of hope for what should be (and that CPS occasionally works!)

*The Right Touch: A read-aloud story to help prevent child sexual abuse*

- Sandy Kleven, LCSW. Publisher: Illumination Arts: Publishers' Partnership
- Audience: 3-8 years. Psychoeducational resource to discuss the body and appropriate versus inappropriate touching by adults or other kids. Gives ways to avoid, discusses feelings, and

encourages disclosure – even includes who to tell. Good intro for parents or caregivers of how to use the book.

*The Secret: A Child's Story Of Sex Abuse*

- Diana L. McCoy, Ph.D., Publisher: Magic Lantern Publications
- Audience: ages 7-10. A powerful tool to help children who have been sexually abused resolve their feelings by identifying with the story of a girl named Jana.

*Secrets That Hurt: Sexual Abuse Activity Book*

- Jim & Joan Boulden, Publisher: Boulden Publishing.
- Audience: Elementary. A nice little workbook/coloring book. Simple story line and fill-in-the-blank questions useful for empowering children.

*Someone In My Family Has Molested Children*

- Eliana Gil & Jeffery Bodmer-Turner; Publisher: Launch Press

*A Touching Book for Little People and for Big People*

- Jan Hindman. Publisher: Alexandria Associates.
- Audience: Possibly preschool, but definitely all elementary children. A fantastic book, honest and up front about appropriate and inappropriate touch. Hilarious pictures add to the comfort of a difficult topic. Written for a child's perspective.

*When I was Little Like You*

- Jane Poret; Publisher: Child Welfare League of America, Inc.
- Audience: Preschool-Elementary. Written from the perspective of a female adult survivor of sexual abuse. Colorful illustrations, simple explanations, great descriptions of how to say “no” and get help from another adult if abuse has or currently is occurring.

**Siblings**

See also “General Family Problems” and “Stress and Change”

*Baby Sister Says No*

- Mercer Mayer. Publisher: Golden Books.

*Big Sister Now: A Story About Me and Our New Baby*

- Annette Sheldon. Publisher: Magination Press.

*Do You Still Love Me?*

- Charlotte Middleton. Publisher: Candlewick Press.

*Elana's Ears (or How I Became the Best Big Sister in the World)*

- Gloria Roth Lowell. Publisher: Magination Press
- Ages 3-8.

*Hi New Baby!*

- Robie H. Harris. Publisher: Candlewick Press

*I Wish I Was the Baby*

- DJ Long; Publisher: Ideals Children's Books

- Audience: Preschool and early elementary. A big brother wishes to be the baby and in his dream it comes true. Good rhyming, a little silly.

*I'd Rather Have an Iguana.*

- Heidi Stetson Mario. Publisher: Talewinds.
- Audience: Early Elementary. When her mom brings home a new baby, a little girl thinks she would rather have an iguana until she starts to get to know her baby brother. Addresses many of the changes that take place when a new baby comes home. Easy for kids to relate to the little girl's struggles.

*Julius: The Baby of the World*

- Kevin Henkes; Publisher: Mulberry Paperback Books
- Audience: Preschool to elementary. A sweet look at sibling rivalry (big sister, little brother). The story uses repetition that will keep little kids interested.

*Lisa's Baby Sister*

- Anne Gutman & Georg Hallensleben. Publisher: Alfred A. Knopf

*Little Louie the Baby Bloomer*

- Robert Kraus. Publisher: HarperCollins

*Me Too!*

- Mercer Mayer, Publisher: A Golden Book
- Audience: Pre-K through early elementary. A simple story about having an annoying younger sibling (and how to cope with that).

*My Big Brother*

- Miriam Cohen. Publisher: Star Bright Books

*My Heart is a Magic House*

- Julie Jacobs; Albert Whitman & Company
- Audience: Preschool. Sweet story with cute illustrations. From the perspective of a little girl who is about to be a big sister. Her mother explains that when the new baby arrives, her heart will add a room so everyone will always receive the same amount of love.

*The New Baby*

- Mercer Mayer, Publisher: A Golden Book

*Now I Will Never Leave the Dinner Table*

- Jane Read Martin & Patricia Marx. Publisher: Harper Collins.
- Audience: Elementary. A funny story about Patty Jane thinks about her sister as a babysitter.

*Nugget and Darling*

- Barbara M. Joose. Publisher: Clarion Books.
- Audience: Elementary. The problem of jealousy is resolved through the story of a girl, her dog, and a stray kitten. Adorable pictures and story.

*Oh, brother...oh, sister: A sister's guide to getting along*

- Brooks Whitney. Publisher: Pleasant Company Publishers

- Audience 8-12 year old girls. A good resource with helpful tips and imaginative pictures and games to help a sister get along with her siblings. Addresses also special circumstances like adoptive, half, and step-siblings. Is set up much like a dictionary format.

*The One in the Middle is the Green Kangaroo*

- Judy Blume. Publisher: Atheneum Books for Young Readers
- Audience: Early elementary (main character is in 2<sup>nd</sup> grade). For a “middle” child who experiences not being “special” and often overlooked. Cute and creative story – very Blume.

*The Other Dog*

- Madeleine L’Engle. Publisher: SeaStar Books

*The Pain and the Great One*

- Judy Blume
- Audience: Older pre-K's and elementary. Excellent. A funny commentary on brother/sister relationships from both sides. "The Great One" thinks "The Pain" is a messy slowpoke. "The Pain" thinks his older sister is a bossy know it all.

*Playtime for Molly: A Book about Filial Play Therapy*

- Listed under “Entering Therapy”
- Linda Manning & Marie Luisa Sakines. Publisher: Marlin Books
- Audience: Early elementary to later elementary (5-8 years old). Book about a girl who enters filial play therapy after her sister is born. Deals with the process of the mother conducting the play therapy sessions with the daughter and the normal emotions of the child about both the play and about her anger at the birth of the new baby. Very specific audience.

*A Pocket Full of Kisses*

- Audrey Penn. Publisher: Child Welfare League of America

*Sam Is My Half Brother*

- Lizi Boyd. Publisher: Puffin Books

*Sheila Rae, The Brave*

- filed under “Self-Esteem/Self-Awareness”
- Kevin Henkes. Publisher: Mulberry Books.
- Audience: Early Elementary. Self-confidence and fear as well as sibling relationships and the danger of taking senseless risks. Cute story, but tries to do too much.

*Sometimes I’m Jealous*

- Jane Werner Watson & Robert E. Switzer, M.D. Publisher: Crown Publishers
- Audience: Older elementary, the story is long and wordy. Possibly beneficial for children with new siblings who often feel unwanted.

*Why Am I An Only Child?*

- Jane Annunziata and Marc A. Nemiroff. Publisher: Magination Press.
- Audience: Pre-K. Because Eudora is an only child, she tries to talk her parents into giving her a brother or sister so that she will no longer be lonely. Big words appropriate for very young children. Feelings are mentioned in text and in the illustrations.

*“Why Do We Need Another Baby?”*

- Cynthia Macgregor, Publisher: Carol Publishing Group
- Audience: Elementary. Too many words per page, but the pictures are good and the information is helpful and comprehensive.

*You're All My Favorites*

- Sam McBratney. Publisher: Candlewick Press

*Za-Za's Baby Brother*

- Lucy Cousins. Publisher: Candlewick Press

**Social Skills**

See also "Friendships," "Disabilities," "Self-Esteem and Self-Awareness," "Learning Problems/ADHD," "Workbooks," and "Therapeutic Games"

*Beware of the Bears!*

- Alan MacDonald. Publisher: Little Tiger Press
- Audience: Pre-K and Early Elementary. Angry at what Goldilocks has done to their house, the three bears decide to get back at her by messing up her house, but it isn't her house after all. Seems like a bad message-the bears enjoy getting revenge and vandalizing somebody's house. No consequences are mentioned in this story.

*Blabber Mouse*

- True Kelley. Publisher: Dutton Children's Books

*Blue Cheese Breath and Stinky Feet: How to Deal with Bullies*

- Catherine DePino. Publisher: Magination Press

*Bobby and Mande's Too Smart for Bullies*

- Dept. Sheriff Robert Kahn & Sharon Chandler. Publisher: Future Horizons, Inc.
- Audience: Elementary. An instructional guide for dealing with a bully through avoidance and talking with a 'trusted' adult. Not a very entertaining resource but has good information for a range of young kids.

*Charlene's Choice*

- Linda Sky Grossman. Publisher: Second Story Press
- Story about a girl about whether to tell the teacher that her friend did something wrong and risk him getting mad at her.

*Copy The Cat Learns "Please" and "Thank You"(from The Get - Along Series)*

- Carol Cummings; Publisher; Teaching, Inc.
- Audience: Elementary. A "How To" book about gaining friends through being polite. The characters are adorable - a socialized scottie dog and a cat raised in the wild.

*The Crayon Box that Talked*

- Shane DeRolf. Publisher: Random House.
- Audience: Pre-K. Short text and good illustrations. Although they are many different colors, the crayons on a box discover that when they get together they can appreciate each other and make a complete picture.

*A Day's Work*

- Eve Bunting. Publisher: Clarion Books
- A grandson learns from his grandfather the value of honesty and character.

*Different Just Like Me.*

- Mitchell, L. Publisher: Charlesbridge Publishing.
- Audience: Pre-K through Early Elementary. Lesson: Although people are different from one another, they also share similarities, and it's okay to like them all the same. Issues include: hearing impairment (includes the sign language alphabet), racial differences, vision impairment (Braille sample included), and physical disabilities.

*Dinofours: I'm So Grumpy!*

- Steve Metzger. Publisher: Scholastic Inc.
- Audience: Pre-K. Story about a what happens when all the dinosaurs in the class are grumpy and how they help each other break out of their grumpy moods through laughter.

*Dinofours: I'm Having A Bad Day!*

- Steve Metzger. Publisher: Scholastic Inc.
- Audience: Pre-K. Story about a dinosaur that is having a bad day and what her friends and classmates do to try to cheer her up.

*Dinofours: I'm Super Dino!*

- Steve Metzger. Publisher: Scholastic Inc.
- Audience: Pre-K. Too many words per page and seems too long for the short attention spans normal in preschoolers. A story about 4-year-olds playing and having fun until one spoils it by pretending to be a super dinosaur and wrecking the others' games.

*Dinofours: I'm The Boss!*

- Steve Metzger. Publisher: Scholastic Inc.
- Audience: Pre-K

*Dinosaurs Alive and Well! A Guide to Good Health*

- Laurie Krasny Brown and Marc Brown, Publisher: Little, Brown and Company
- Audience: Older elementary. Covers all aspects of self care (eating, exercise, dressing). The pages are somewhat distracting (too much information), but cute animals and good presentation of the material.

*Dog Eared*

- Amanda Harvery. Publisher: Random House Children's Books
- Audience: Early elementary. Story about a dog who gets made fun of by a bully and begins to doubt himself. Attempt to see that the bully's words only hurt if you believe them. Nice try, but it is a little flat and will be over some kids' heads, there are better sources.

*Don't Tell A Whopper on Fridays!*

- Adolph Moser., Ed.D. Publisher: Landmark Editions, Inc.

*Elbert's Bad Word*

- Audrey Wood. Publisher: Voyager Books

*Finding Feelings (from The Get - Along Series)*

- Carol Cummings; Publisher: Parenting, Inc.
- Audience: Elementary. An excellent look at how our body "talks" about feelings. A cat tells the tale.

*Franklin Fibs*

- Paulette Bourgeois; Publisher: Scholastic Inc.
- Audience: Elementary. A pretty good story about Franklin the turtle and how he gets out of his mess of fibs by eating a fly pie. Kids will love this one (eating fly pie!).

*Getting To Know Ruben Plotnick*

- Roz Rosenbluth. Publisher: Flash Light Press
- Story about a boy who is afraid to invite the coolest boy in his class (Ruben Plotnick) over to his house because he embarrassed of his senile grandmother. In the end he learns that there was more to Ruben than he expected.

*Give & Take: Conflict Resolution Activity Book*

- Jim & Joan Boulden, Publisher: Boulden Publishing.
- Audience: Elementary and Junior High. A simple, honest book about handling problems with a friend.

*Heartprints*

- P.K. Hallinan. Publisher: ideals children's books.

*Honest Ashley*

- Virginia Kroll. Publisher: Albert Whitman & Co.

*The Honest-to-Goodness Truth*

- Patricia C. McKissack. Publisher: Aladdin Paperbacks
- A book about the difference between telling the truth and being "too honest."

*I Am Helping*

*I Am Hiding*

*I Am Playing*

- Mercer Mayer; Publisher: Random House/Green Frog Publishers
- Audience: Preschool and Kindergarten. Very simple, cute "critters" and a positive message. A good set.

*I Don't Know Why... I Guess I'm Shy*

- Barbara Cain. Publisher: Magination Press.
- Audience: Ages 4 - 8. Teaches children that shyness doesn't have to get in the way of having fun and making friends. Includes a section for parents that includes an extensive list of practical tips to help foster a child's social comfort and confidence. This story shows how most fears that underlie shyness are based on imaginary concerns, and it suggests new ways for children to respond to situation that make them uncomfortable. Published under the auspices of the American Psychological Association.

*I'm Like You, You're Like Me*

- Cindy Gainer. Publisher: Free Spirit Books
- Audience: Pre-K to Elementary. Intro to diversity issues, friendship, and accepting each other as part of being a good friend.

*I'm The Boss*

- Elizabeth Winthrop; Publisher: A Holiday House Book
- Audience: 5 and up. Easy story line to follow about Julia, a "middle child" who wants to grow up and be the boss. She does...of her dog!

*I'm Sorry*

- Sam McBratney. Publisher: Harper Collins.
- Audience: Ages 3-7. A story about best friends who fight and how hard it is to say "I'm Sorry". A simple, brief story appropriate for young kids.

*The Invisible Mistakecase*

- Charise Mericle Harper. Publisher: Houghton Mifflin Company
- Story about how a little alligator learns how to learn from her mistakes

*It's Hard to Share My Teacher*

- Joan Singleton Prestine. Publisher: Fearon Teacher Aids.
- Comes with a Practical Resource guide entitled *Helping Children Share Their Teacher*

*It's Not My Fault!*

- Nancy Carlson. Publisher: Carolrhoda Books, Inc.

*Jason Takes Responsibility*

- Virginia Kroll. Publisher: Albert Whitman & Co.

*King Of The Play Ground*

- Phyllis Reynolds Naylor, Publisher: Alladin Books.
- Audience: Older preschoolers and elementary. Really hilarious look at two boys trying to get along. The dad provides help in handling a bully.

*Let's Talk About Saying No*

- Joy Berry; Publisher Scholastic Inc.
- Audience: Preschool and elementary. Excellent.. Good pictures and clear explanations about when to and when not to say no.

*Lilly's Purple Plastic Purse*

- Kevin Henkes. Publisher: GreenWillow Books

*The Littledoobiddles and Doobetterdees*

- Michael Daniel. Publisher: Doobetter Publishing

*Milo and the Magical Stones*

- Marcus Pfister. Publisher: North-South Books.

*Mr. Peabody's Apples*

- Madonna. Publisher: Callaway
- Story about the power of words and choosing them carefully so as not to harm others.

*My Secret Bully*

- Trudy Ludwig. Publisher: RiverWood Books
- Audience: 5-11 years old.

*Not Fair, Won't Share!*

- Lindsey Gardiner. Barron's.

*Oh, Bother! No One's Listening; Nikki Grimes*

*Oh, Bother! Someone's Baby-sitting; Nikki Grimes*

*Oh, Bother! Someone's Fibbing; Betty Birney*

*Oh, Bother! Someone's Fighting; Nikki Grimes*

- Publisher: Golden Books
- Audience: Ages 5 and up. The characters from Winnie the Pooh show how to solve problems with friends. Nice classic Golden Book style. A good set to have.

*The Paperbag Princess*

- filed under "Self-Esteem and Self Awareness."
- Robert Munsch, Publisher: Annick Press Ltd.

*Peanut's Emergency*

- Christine Salat. Publisher: Whispering Coyote: Charlesbridge Imprint
- Audience: Early elementary. Cute story that goes through a little girl who is left at school when her mom is late due to a flat tire. How to decide if something is an emergency and steps to take when you are in an 'emergency.' Good interactive resource for kids.

*A Pig is Moving In!*

- Claudia Fries. Publisher: Orchard Books
- Audience: Early to late elementary (probably best for older kids). Introduces topic of prejudice by having a neighborhood assuming that the pig that moves in will be messy, but they are wrong and end up making a new friend as a result.

*Playing War*

- Kathy Beckwith. Publisher: Tilbury House
- Ages 9-12. About a child who learns about empathy and the true experience of war when he invites a friend whose family has survived a war to "play war" with him and his friends.

*Pup In School*

- Elaine Clayton, Publisher: Crown Publishers
- Audience: Elementary. A rather silly little book about a dog learning how to handle a bully.

*Push & Shove: Bully and Victim Activity Book*

- Jim & Joan Boulden, Publisher: Boulden Publishing
- Audience: Elementary and young teens. A simple, honest book about dealing with bullies. Simple and sensitive.

*The Recess Queen*

- Alexis O'Neil & Laura Huliska-Beith. Publisher: Scholastic Press.
- Audience: Early elementary to later elementary. Can be read aloud or alone. Really cute story about a bully who meets her match when a new girl moves in. Good resolution about a girl who called the bully's bluff by being nice to her, "which no one else had thought to do before."

*Responsible Rascal*

- Linda Schwartz. Publisher: The Learning Works, Inc.
- Audience: Early elementary. Written in rhymes. About a dog who suffers the consequences of not being responsible and decides to mend his ways. Decent, but not the best.

*Right and Wrong and Being Strong: A Kid's Guide*

- Lisa O., Englehardt. Publisher: Abbey Press

*Say Something*

- Peggy Moss. Publisher: Tilbury House
- Discusses being a bystander and seeing other kids bully around other kids.

*The Selfish Crocodile.*

- Faustin Charles and Michael Terry. Publisher: Little Tiger Press.
- Audience: Pre-K through Early Elementary. A good book about sharing for younger children. Cute illustrations with few words per page.

*Share and Take Turns*

- Cheri J. Meiners, M.Ed. Publisher: Free Spirit Publishing
- Audience: Ages 4-8

*Sharing Is Caring (from The Get - Along Series)*

- Carol Cummings; Publisher: Teaching, Inc.
- Audience: Elementary. Creatively demonstrates the many different ways sharing can lead to friendships.

*Sika and the Raven*

- Dr. Carl A. Hammerschlag. Publisher: Turtle Island Press.

*Simon's Hook: A story about teases and put-downs*

- Karen Gedig Burnett. Publisher: GR Publishing.
- Audience: Early-late elementary. Part of the "Grandma Rose" series. Story of a boy who gets a bad haircut and how he is teased. Goes to "Grandma Rose" who talks to him about it. The metaphor may be too advanced for younger kids, the story is pretty good but the best part of this book is the appendix for kids and parents.

*Snail Started It!*

- Katja Reider. Publisher: North-South Books.

*Sorry!*

- Trudy Ludwig. Publisher: Tricycle Press.
- About the difference between a real apology and just saying "sorry" to get away with things.

*Sticks & Stones (from The Get -Along Series)*

- Carol Cummings; Publisher: Teaching, Inc.
- Audience: Older elementary. Interesting way to challenge the old "sticks and stones" saying using animals. There are new ideas for each day of the week (Monday - Friday) and suggestions on how to teach these social skills.

*Sometimes I Feel Like I Don't Have Any Friends (But Not So Much Anymore)*

- Tracy Zimmerman and Lawrence E. Shapiro, Ph.D.; Publisher: The Center for Applied Psychology, Inc.
- Audience: Elementary. Innovative look at how a little boy's inability to make friends has made him isolated and lonely. This book teaches the skills of good listening, good manners, and cooperation.

*Tattlin' Madeline (from The Get -Along Series)*

- Carol Cummings; Publisher: Teaching, Inc.
- Audience: Elementary. Great book that shows the difference between tattlers and reporters.

*Telling Isn't Tattling*

- Kathryn M. Hammerseng, Publisher: Parenting Press, Inc.
- Audience: Middle Elementary to Junior High. A helpful guide for children who need to learn when to tell an adult they need help. Consists of 13 scenarios and questions. Good for parents, teachers or groups of children.

*The Tower*

- Richard Paul Evans. Publisher: Simon & Schuster Books for Young Readers
- Story about a man who discovers that true greatness lies in helping and being connected to others.

*Two Greedy Bears*

- Mirra Ginsburg. Publisher: Aladdin Paperbacks.
- Audience: Ages 4 - 7. A clever fox teaches two bears a lesson about greed. This story fails to directly teach a positive lesson about sharing. The lesson is unclear.

*Understand and Care*

- Cheri J. Meiners, M.Ed. Publisher: Free Spirit Publishing
- Audience: Ages 4-8

*When I Get Bigger*

- Mercer Mayer; Publisher: Golden Books
- Audience: Preschool and early elementary. Simple, great pictures, excellent message.

*Why Should I Listen?*

- Claire Llewellyn. Publisher: Barron's

*Win-Win Day (from The Get - Along Series)*

- Carol Cummings; Publisher: Teaching, Inc.
- Audience: Elementary and Junior High. A great book about making choices that will lead to having a good day.

*Won't You Ever Listen? (from The Get - Along Series)*

- Carol Cummings; Publisher: Teaching, Inc.
- Audience: Preschool and early elementary. A great book about why a little elephant should listen to his/her mom.

*The Words Hurt*

- Chris Loftis, Publisher: Small Horizons, A Division of New Horizons Press.

*Words Are Not For Hurting*

- Elizabeth Verdick. Publisher: Free Spirit Publishing
- Audience: ages 4-7.

*The Worst Day of My Life*

- Bill Cosby. Publisher: Scholastic Inc.
- Audience: Ages 6-10. Little Bill's parents have a party and he turns a stressful and boring day into a good one. Includes an intro for parents with tips about how to make an adult party fun for a child.

**Step-Families**

See also "Divorce" and "Stress and Change"

*Room For A Stepdaddy*

- Jean Thor Cook, Publisher: Albert Whitman & Company

**Stress and Change**

See also "Feelings" and "Fears & Anxieties"

*Alexander and the Terrible, Horrible, No Good, Very Bad Day*

- filed under "Feelings"
- Judith Viorst, Publisher: Macmillan Publishing Co.
- Audience: Pre-K and Elementary. A classic book for understanding bad times.

*Alexander Who's Not (Do you hear me? I mean it!) Going to Move*

- Judith Viorst, Publisher: Atheneum Books for Young Readers
- Audience: Older preschoolers and Elementary, young Jr. High. Aptly captures all of the emotions (particularly defiance) of a child who has to move - from the perspective of the child.

*The Apple Tree That Would Not Let Go of Its Apples*

- Sarai. Publisher: BSC Inc. Publications

*A Bear and His Boy*

- Sean Bryan. Publisher: Arcade Publishing.

*Bubba and Trixie*

- Lisa Campbell Ernst. Publisher: Simon and Schuster.
- Audience: Ages 4 - 8. Big, bright illustrations. Bubba the caterpillar is afraid of change and Trixie the Ladybug teaches him that they will remain friends no matter what, even after Bubba becomes a butterfly.

*The Cats in the Classroom*

- Ann D. Mather and Louise B. Weldon, Publisher: Hazelden
- Audience: ages 4-12, few pictures. A collection of one page stories to help children learn self-respect and healthy ways of relating. Each vignette ends with a "positive thought."

*Children's Books for Times of Stress*

- Ruth J. Gillis, Publisher: Indiana University Press
- Annotated bibliography of books for young children dealing with a variety of emotional aspects of life

*Cool Cats, Calm Kids, Relaxation and Stress Management For Young People*

- Mary L. Williams, Publisher: Impact Publishers
- Audience: Upper elementary, Jr. High, even High School. Excellent for animal lovers but also just a wonderful and practical book about stress reduction methods.

*The Dolphin's Dream: Healing Tales & Stories for Young People*

- Donald Brooks Mason. Publisher: Prairie Schooner Publishing Company
- A series of short stories covering topics including domestic violence, dealing with seizures, fears and anxieties, self esteem, general family problems, friendship, adoption issues, and social skills

*Don't Pop Your Cork On Monday: The Children's Anti-Stress Book*

- Adolph Moser, Ed.D., Publisher: Landmark Editions
- Audience: Elementary through Jr. High. Describes how people respond to stress. Both the pictures and the concepts are clear and simple, with a humorous touch. Practical exercises in the back.

*Frederick*

- Leo Lionni, Publisher: Alfred A. Knopf, Inc.
- Audience: Possibly pre-K, definitely elementary. A unique look at how to reduce stress - shown in the character of Frederick the mouse who is able to use his words and imagination to help others. A Caldecott Honor Book.

*A Kiss Goodbye*

- Audrey Penn. Publisher: Tanglewood
- Story about a raccoon who is sad and fearful about having to move to a new home.

*Making It Better: Activities for Children Living in a Stressful World*

- filed under Workbooks
- Barbara Oehlberg. Publisher: Redleaf Press
- Includes activities dealing with Trauma, Violence, Grief, and Loss

*Moving is Hard*

- Joan Singleton Prestine. Publisher: Fearon Teacher Aids

*My Daddy is a Pretzel*

- Baron Baptiste; Publisher: Barefoot Books
- Audience: Elementary. Easy, simple to read, great illustrations, with step by step instructions for teaching children basic Yoga positions. Well written with cute names given to each of the yoga poses.

*A New Room for William*

- Sally Grindley. Publisher: Candlewick Press.
- Audience: Elementary. When William and his mother move, he is unhappy about having a new room, but he changes his mind after he gets dinosaur wallpaper and makes a new friend. Dad is described as living a different new house, so this book might also be useful for children living with one parent or for children of divorce.

*Peaceful Piggy Meditation*

- Kerry Lee MacLean. Publisher: Albert Whitman & Co.

*The Pink House at the Seashore*

- Deborah Blumenthal. Publisher: Clarion Books
- Book about a hurricane

#### *RELAX*

- Catherine O'Neill, Publisher: Child's Play (International) Limited
- Audience: Elementary . May be too wordy to read all at once. Good exercises in the back of the book.

#### *Shadow Moves: A Story for Families and Children Experiencing a Difficult or Traumatic Move*

- Caroline H. Sheppard, ACSW. Publisher: The National Institute for Trauma and Loss in Children

#### *The Storm*

- Students of Biloxi, Mississippi
- The children of Biloxi share memories and artwork based on their experience of Hurricane Katrina

#### *The Trellis and the Seed*

- Jan Karon. Publisher: Viking

#### *Who Moved My Cheese? An A-Mazing Way to Change and Win!*

- Spencer Johnson, M.D. Publisher: G.P. Putnam & Sons

#### *Wings of Change*

- Franklin Hill, Ph.D. Publisher: Illumination Arts Publishing Co.
- Audience: Recommended 3-adult, but maybe late elementary to early jr. high. Younger kids will be too confused by this book, it is abstract and uses words they won't know. It uses a butterfly as a metaphor for changing, which is a solid metaphor and the pictures are vivid and pretty but the text is too complex for most kids and much too long.

### **Substance Abuse**

See also "Parental Alcoholism," "Parental Conflict," "Feelings," and "Workbooks"

#### *My Big Sister Takes Drugs*

- Judith Bigna. Publisher: Albert Whitman and Co.
- Audience: Early elementary to late elementary. Deals with a difficult topic. There is little discussion of feelings of the main character, but there is some. A good starting place for discussion.

#### *The House That Crack Built*

- Clark Taylor. Publisher: Chronicle Books
- Audience: 11 or older. Much too abstract and hard to follow in rhyming scheme or order for younger kids. Artful but not therapeutic. May be used with older kids and adolescents to start conversations on the topic of drug abuse and its societal impact.

#### *When a Family Is In Trouble: Children Can Cope With Grief From Drug and Alcohol Addiction*

- filed under "Parental Alcoholism"
- Marge Heegaard; Publisher: Woodland Press

### **Workbooks**

#### *Adopted and Wondering*

- Marge Eaton Heegaard; Publisher: Fairview Press
- Audience: Ages 6-12. Designed to be completed 5 pages at a time spread over a week. Children illustrate specific parts of the adoption process. Written in a simple black and white text. Great instructions for how the book can be used in therapy.

*Adventure In The Land Of Grief*

- Steve Dawson, M-Div, LCSW & Laura Harris, M-Div, MSW. Publisher: Words on the Wind

*After a Murder*

- Lindholm, Amy; Publisher: The Dougy Center for Grieving Children
- Audience: 1<sup>st</sup>-9<sup>th</sup> grade (6-14 years); Specifically for children who have lost a family member to murder. Includes parents who have committed murder/suicides. Activity book that has room for drawings and photos; Many quotes from children who had a family member who was murdered. Vivid colors, stories, and varied activities that can be age adjusted.

*After a Suicide Death*

- Lindholm, Amy; Publisher: The Dougy Center for Grieving Children
- Audience: 1<sup>st</sup>-9<sup>th</sup> grade (6-14 years); Activity book that has room for drawings and photos; Many quotes from children of a parent who committed suicide; Vivid colors, stories, and varied activities that can be age adjusted. Great tool for normalizing feelings that accompany a loved one's suicide.

*All My Feelings: A Story for Children Who Have Felt the Impact of Crime or Trauma*

- Debra Whiting Alexander, Ph.D. Publisher: The Bureau for At-Risk Youth
- A workbook about feelings with pages for children to draw their feelings

*Early Start for Young Children with Autism/PDD: Practical Interventions*

- Kathleen McConnell & Gail R. Ryser. Publisher: Pro-Ed

*Engaging Resistant Children In Therapy: Projective Drawing & Storytelling Techniques*

- David A. Crenshaw, Ph.D., ABPP, RPT-S. Publisher: Rhinebeck Child and Family Center

*Fire In My Heart, Ice In My Veins: A Journal for Teenagers Experiencing A Loss*

- Enid Samuel-Traisman, MSW. Publisher: Centering Corporation
- Audience: Teenagers. I have found this to be a very helpful workbook for teenagers to walk through the different aspects of their loss and the feelings that go with them. There are places to journal, draw pictures, write a letter the person they lost, etc. Focuses more on loss through death, but can also be selectively adapted to loss through estrangement or other circumstances.

*Forever In My Heart: A Story to Help Children Participate in Life as a Parent Dies*

- Jennifer Levine. Publisher: Compassion Publications.

*If Somebody Would Only Tell Me It's Okay*

- Susan Graf & Martha Howe. Publisher: KidsRights
- Audience: Ages 4-12. Workbook that allows child from alcoholic or dysfunctional families draw pictures and fill in the blanks about how they feel about themselves, their family, and the problems in their home.

*Making It Better: Activities for Children Living in a Stressful World*

- filed under Workbooks
- Barbara Oehlberg. Publisher: Redleaf Press

- Includes activities dealing with Trauma, Violence, Grief, and Loss

*Marvelous Me: Creative Activities to Help Develop Self-Awareness*

- Linda Schwartz. Publisher: The Learning Works.
- Audience: Ages 5-8.

*Mom and Me: Single Parent Activity Book*

- filed under “Workbooks”
- Jim & Joan Boulden. Publisher: Boulden Publishing.

*My Own Book*

- Dina Anastasio
- A fill-in-the-blank workbook that allows the child to describe themselves, their family, and various aspects of their life.

*Sam Feels Better Now*

- filed under “Workbooks”
- Jill Osborne; Publisher: Loving Healing Press
- Audience: Ages 4-10; An interactive story for children entering therapy after a traumatic event, or grief. It incorporates expressive and art therapy techniques such as drawing and telling stories. Colorful, cheerful illustrations. Could be used as a book or workbook.

*Uncorrected Proofs: Because...Someone I Love Has Cancer*

- American Cancer Society
- Audience: Ages 6-12. Kids’ activity book for kids to draw pictures and write about their feelings and ways of coping with having a loved one with cancer.

*What to Do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity*

- Dawn Huebner, Ph.D. Publisher: Magination Press
- Audience: Ages 6-12. Uses cognitive behavioral techniques to help parents and children address negative thinking.

*When Adults Hurt Children: Helping Children Heal From Abuse*

- Marge Eaton Heegaard. Publisher: Fairview Press

*With Open Arms: Creating School Communities of Support for Kids with Social Challenges Using Circle of Friends, Extracurricular Activities, and Learning Teams*

- Mary Schlieder, M.S. Publisher: Autism Asperger Publishing Co.

## **Therapeutic Games For Children**

### *The Angry Monster Game*

- Ages: 5-10
- Company: Childsworld Childsplay

### *Dealing With Feelings, A Card Game*

- Ages: 3 & above
- Company: Feelings Factory

### *Family Theater*

- Ages: 3 & above
- Company: Center For Applied Psychology

### *Feelings Checkers: A Game That Helps Parents and Children Talk and Share Feelings.*

- Ages: 6 & Above
- Company: Not listed

### *Make Time To Play*

- Ages: 4 & Above
- Company: Childworks Childsplay

### *My Two Homes*

- Ages: 4 and above
- Company: Childsworld Childsplay

### *Not So Scary Things: The Hooray You're So Brave Game*

- Ages: 4-8
- Company: Iron Mountain Game Company

### *Saftee Dart Game*

- Ages: All Ages
- Company: Cadco

### *Stop, Relax and Think*

- Ages: 4 & Above
- Company: Childsworld Childsplay

### *The Story Telling Game: A Psychotherapeutic Game For Children*

- Ages: 4-10
- Company: Creative Therapeutics

### *The Talking, Feeling and Doing Game: A Psychotherapeutic Game For Children*

- Ages: 4-12
- Company: Creative Therapeutics

## **Other Games that Maybe Useful In Therapy with Children**

*Block Head*

- Ages: 4 & Above
- Company: Parker Brothers

*Candyland*

- Ages: 4-8
- Company: Milton Bradley

*Chinese Checkers*

- Ages: 7 & Above
- Company: Pressman

*Uno Deluxe*

- Ages: 7 & above
- Company: International Games