In collaboration with a licensed and certified Infant and Early Childhood Mental Health therapist, we have collected a list of resources that promote family wellness. Remember, none of these books have the “right words.” The idea is to give some possible words you can use or reject. The books are read while sitting close with your child, asking questions, and helping them make sense of the world in ways that build resilience.

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GENERAL GRIEF

Tear Soup  Pat Schwiebert, Chuck Deklyen, Taylor Bills
Bear’s Last Journey  Udo Weigelt
Always Remember  Cece Meng and Jago
The Invisible String  Patrice Karst, Joanne Lew-Vriethoff
Help Me Say Goodbye  Janis Silverman
The Forever Sky  Thomas Pecock, Annette Lee
When Dinosaurs Die  Laurie Brown, Marc Brown
Children Also Grieve  Linda Goldman
Water Bugs and Dragonflies  Doris Stickney, Gloria Ortiz
Sad isn’t Bad  Michaelene Mundy, R.W. Alley
Someone Special Died  Joann Prestine
Badger’s Parting Gifts  Susan Varley
What’s Heaven  Maria Shriver, Sandra Speidal
The Fall of Freddie the Leaf  Leo Buscaglia
The Memory Box  Joanna Roland, Thea Baker
Always and Forever  Alan Durant

GRANDPARENT LOSS

Grandpa Loved  Josephine Nobisso, Maureen Hyde
The Grandpa Tree  Mike Donahue, Susan Dorsey
Gran-Gran’s Best Trick  Dwight Holden, Michael Chesworth
Finding Grandpa Everywhere  John Hodge, Susan Aitkin
**PARENT LOSS**

Everett Anderson’s Goodbye  Lucille Clifton, Ann Grifalconi  
Samantha Jane’s Missing Smile  Julie Kaplow, Donna Pincus  
Grief is Like a Snowflake  Julia Cook, Cathy Fox, Anita DuFalla

**SIBLING LOSS**

We Were Going to Have a Baby but We had an Angel Instead  Pat Schwiebert  
Where’s Jess: For Children Who Have a Brother or Sister Die  Marvin Johnson  
Isabelle’s Dream  Betsy Arenella

**SUICIDE**

Bart Speaks Out Breaking the Silence on Suicide  Johnathan Goldman, Linda Goldman  
After a Suicide: A Workbook for Grieving Kids  Dougy Center  
Someone I Love Died By Suicide: A Story for Child Survivors and Those Who Care for Them  Doreen Cammarata

**PET LOSS**

A Special Place for Charles  Debby Morehead  
The Tenth Good Thing about Barney  Judith Viorst, Erik Blegvad Viorst  
Saying Goodbye to Lulu  Corinne Demas  
Goodbye Mousie  Robie Harris  
When a Pet Dies  Fred Rogers
Tear Soup  *Pat Schweibert, Chuck DeKlyen*

**Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too**  *Adele Faber and Elaine Mazlish*

**Dads at a Distance: An Activities Handbook For Strengthening Long Distance Relationships**  *The National Institute for Building Long Distance Relationships*

**Helping Your Kids Connect: 250 Activities to Help Your Children Stay Connected to Their Long Distance Mom or Dad**  *The National Institute for Building Long Distance Relationships*

**The Tantrum Survival Guide: Tune In to Your Toddler’s Mind (and Your Own) to Calm the Craziness and Make Family Fun Again**  *Rebecca Hershberg*

**The Out of Sync Child Has Fun**  *Carol Kranowitz*

**You Are My World: How a Parent’s Love Shapes a Baby’s Mind**  *Amy Hatkoff*
GENERAL ATTACHMENT

How Full is Your Bucket? For Kids  Tom Rath
I’m Here for You Now  Janice Im
More More More Said the Baby  Vera Williams
Love You Forever  Robert Munsch
No Matter What  Debi Gliori
Mama, Do You Love Me?  Barbara Joosse
Little Monkey’s One Safe Place  Richard Edwards
Wherever You Are My Love Will Find You  Nancy Tillman
Guess How Much I Love You  Sam McBratney
The Rabbit Listened  Cori Doerrfeld

NEW BABY

The New Baby at Your House  Joanna Cole
I Used to Be the Baby  Robin Ballard
I’m Going to Be a Big Brother  Brenda Bercun
Groggy’s Baby Sister  Johnathan London
My New Baby  Annie Kubler
Waiting for Baby  Harriet Ziefert
The New Baby  Mercer Mayer
The Other Dog  Madeleine L’Engle
Being Born  Sheila Kitzinger
GENERAL FEELINGS

Glad Monster, Sad Monster  Ed Emberley
Double-Dip Feelings  Barbara Cain
The Feelings Book  Todd Parr
The Way I Feel  Janan Cain
Today I Feel Silly  Jamie Curtis
On Monday When It Rained  Cherryl Kachenmeister
Some Days, Other Days  P.J. Petersen

DEALING WITH SAD AND OUT OF SORTS FEELINGS

Alexander and the Terrible Horrible No Good Very Bad Day  Judith Viorse
The Blue Day Book for Kids – A Lesson in Cheering Yourself Up  Bradley Grieve
The Jester Has Lost His Jingle  Davis Saltzman

DEALING WITH (UNFAIR) GUILTY FEELINGS

I Know I Made It Happen: Children and Guilt  Lynn Blackburn
DEALING WITH ANGRY FEELINGS

Holdin Pott  Chandra Ippen
The Chocolate-Covered Cookie Tantrum  Deborah Blumenthal
I’m Feeling Mad (Daniel Tiger’s Neighborhood)  Natalie Shaw
Where the Wild Things Are  Maurice Sendak
Andrew’s Angry Words  Tjong-King, D. Lachner
Words are Not for Hurting  Elizabeth Verdick, Marieka Heinlen
When Sophie Gets Angry – Really, Really Angry  Molly Bang
When I Feel Angry  Cornelia Spelmann
A Little SPOT of Anger: A Story About Managing BIG Emotions  Diane Alber
Bootsie Barker Bites  Barbara Bottner, Peggy Rathmann
I Was So Mad  Norman Simon, Dora Leder
I’m Furious  Elizabeth Crary
Sometimes I’m Bombaloo  Rachel Vail, Yumi Heo
Angry Dragon  Thierry Robberecht

DEALING WITH WORRIED FEELINGS

Wemberly Worried  Kevin Henkes
When My Worries Get Too Big!  Kari Dunn Buron
When the Wind Bears Go Dancing – (thunder)  Phoebe Stone
Parts  Tedd Arnold
A Little SPOT of Anxiety: A Story About Calming Your Worries  Diane Alber
SEPARATION:
LEAVING AT SCHOOL OR WITH BABYSITTER

The Kissing Hand  Audrey Penn
Invisible String  Patrice Karst
The Good-Bye Game  Diane Cocoa-Spofford
You Go Away  Dorothy Corey, Lisa Fox
I Love You All Day Long  Francesca Rusackas, Priscilla Burris
Don’t Go  Jane Zalben
The Good-Bye Book  Judith Viorst, Kay Chorao
Owl Babies  Martin Waddell, Patrick Benson
Oh My Baby, My Little One  Kathi Appelt, Jane Dyer
Hug  Jez Albourough
Don’t Forget To Come Back  Robie Harris, Harry Bliss
When I Miss You  Cornelia Spelman
Llama Llama Misses Mama  Anna Dewdney

SEPARATION:
DEPLOYMENT OR OUT OF STATE PARENT

A Paper Hug  Stephanie Skolmoski
Sammy’s Soldier  Sarah White
My Dad’s a Hero  Rebecca Christensen, Jewel Armstrong, Jen Robertson
Talk Listen Connect  Sesame Street
While You Are Away  Eileen Spinelli, Renee Graef
Operation Celebration  Stephanie Skolmoski, Annelies Bennion
Night Catch  Brenda Ehrmantraut, Vickie Wehrman
Your Body Belongs To You  Cornelia Spelman, Teri Weidner
A Very Touching book for Little People and for Big People  Jan Hindman
Some Parts are not for Sharing  Julie Federico
My Body is Special and Private  Adrianne Simeone, Bobby Davidson
Talk about Touch  Sandy Kleven

Hop Jump  Ellen Walsh
Quick as a Cricket  Audrey Wood
Stand Tall, Molly Lou Melon  Patty Lovell
All the colors of the Earth  Sheila Hamanaka
Frederick  Leo Lionni
The Paper Bag Princess  Robert Munsch
The Colors of Us  Karen Katz
Limu the Blue Turtle  Kimo Armitage and Scott Kaneshir
The Skin You Live In  Michael Tyler
It’s Okay to Be Different  Todd Parr
I Love the Skin I’m In  Mayma Raphael
The Sandwich Swap  Queen Rania
Hairs/Pelitos  Sandra Cisneros
The Sneetches  Dr. Seuss
FOSTER CARE

Maybe Days  Jennifer Wilgocki, Marcia Wright, Alissa Geis
Stellaluna  Janell Cannon
The Star: A Story to Help Young Children Understand Foster Care  Cynthia Lovell, Angie Prystaas

ADOPTION: EXPLAINING TO YOUNG CHILDREN

The Mulberry Bird: An Adoption Story  Anna Brodzinsky
Forever Fingerprints  Sherrie Eldridge, Rob Williams
The Day We Met You  Phoebe Koehler
Megan’s Birthday Tree  Laurie Lears, Bill Farnsworth
I Wished For You  Marianne Richmond
Lifebooks: Creating a Treasure for the Adopted Child  Beth O’Malley
DIVORCE

Dinosaurs Divorce  Marc Brown, Laurie Brown
Two Homes  Claire Masurel
Let’s Talk About It: Divorce  Fred Rogers
It’s Not Your Fault Koko Bear  Vicki Lansky
I Don’t Want to Talk About It  Jeanine Ransom

RELAXATION AND MINDFULNESS

A Boy and A Bear: The Children’s Relaxation Book  Lori Lite
Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)  Eline Snel
Little Monkey Calms Down  Michael Dahl
Mindfulness for Little Ones: Playful Activities to Foster Empathy, Self-Awareness, and Joy in Kids  Heidi France
B is for Breathe: The ABC’s of Coping with Fussy and Frustrating Feelings  Melissa Boyd

TRAUMA: RECOVERY AFTER A DIFFICULT TIME

A Terrible Thing Happened  Margaret Holmes, Cary Pillo
Once I was Very Very Scared  Chandra Ippen, Erich Ippen
You Weren’t With Me  Chandra Ippen, Erich Ippen
SELECTIVE MUTISM / SHY

Shy Charles  Rosemary Wells
Buster, The Very Shy Dog  Lisze Bechtold
I Love You So Much  Carl Norac
Cat’s Got Your Tongue? A Story For children Afraid to Speak  Charles Schaefer
Understanding Katie  Elisa Shipon-Blum

ALCOHOLISM

There’s No Such thing as a Dragon  Jack Kent
My Dad Loves Me, My Dad Has a Disease  Claudia Black
An Elephant in the Living Room – The Children’s Book  Jill Hastings, Marion Typpo
Sometimes My Mom Drinks Too Much  Kevin Kenny, Helen Krull, Helen Cogancherry

OBSESSIVE COMPULSIVE DISORDER (OCD)

A Thought Is Just a Thought  Leslie Talley
Up and Down the Worry Hill  Aureen Wagner
PARENT IN JAIL

Amber Was Brave, Essie Was Smart  
Vera Williams

Janet Bender

DEPRESSED OR BI-POLAR PARENT

Sometimes My Mommy Gets Angry  
Bebe Campbell, E. B. Lewis

Please Don’t Cry, Mom  
Helen Denboer, Janice Goldstien

Why Are You So Sad?: A Child’s Book About Parental Depression  
Beth Andrews, Nicole Wong, B Andrews, J Annuzziata

DISABILITY

My Brother, Matthew  
Mary Thompson

Tacos Anyone? An Autism Story  
Marvis Ellis, Jenny Loehr

Autism, Living with my Brother Tiger  
Linda Lee, Penny Lane-Garver, Margaret Bauman

My Friend, Isabelle  
Eliza Woloson, Bryan Gough
PICKY EATER

I Will Never Not Ever Eat a Tomato  Lauren Child
Green Eggs and Ham  Dr. Seuss

ILL CHILD

Penny Whistle Sick-in-Bed Book  Meredith Brokaw
Look-Alikes, Jr.  Joan Steiner
Puzzle Island  Paul Adshead

COPING WITH TEASING

Simon’s Hook  Karen Burnett, Laurie Barrows