

FAIRBANKS NATIVE ASSOCIATION
TRIBAL HOME VISITING

FAMILY WELLNESS LIBRARY



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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.



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*



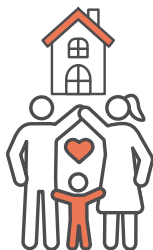
SUICIDE

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*



PARENTING SKILLS

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 Craziest 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 Glori*

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*

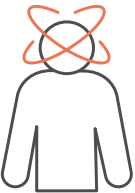
The Feelings Book *Todd Parr*

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 Chora*

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 *Eilleen Spinelli, Renee Graef*

Operation Celebration *Stephanie Skolmoski, Annelies Bennion*

Night Catch *Brenda Ehrmantraut, Vickie Wehrman*



PREVENTION OF SEXUAL ABUSE

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 *Adrienne Simeone, Bobby Davidson*

Talk about Touch *Sandy Kleven*



SELF ESTEEM AND BEING UNIQUE

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 Przysaas*



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 Schaeffer

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*
**My Daddy's in Jail: Story, Discussion Guide, and Small
Group Activities for Grades K-5** *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 Annuziata*



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*

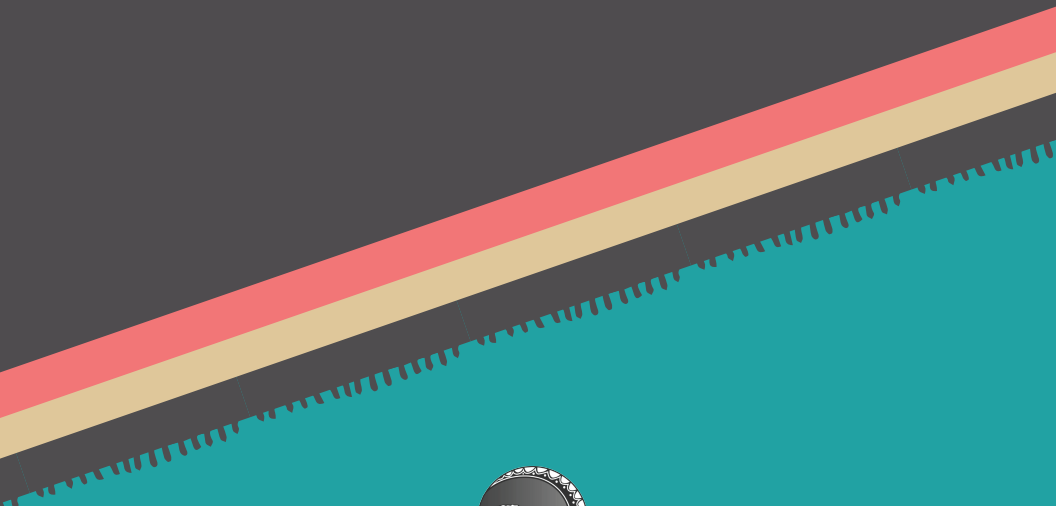
Look-Alikes, Jr. *Joan Steiner*

Puzzle Island *Paul Adshead*



COPING WITH TEASING

Simon's Hook *Karen Burnett, Laurie Barrows*



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