



Children's Book Resources By Topic

For a continually updated list, go to
<https://santoshawellnesskzoo.com/resources-for-families>

Anxiety/Mindfulness

- *The Peace Book* by Todd Parr
- *I Am Peace: A Book of Mindfulness* by Susan Verde
- *I Am Human: A Book of Empathy* by Susan Verde
- *I Am Love: A Book about Compassion* by Susan Verde
- *When My Worries Get Too Big!: A Relaxation Book for Children Who Live With Anxiety* by Kari Dunn Buron
- *Positive Ninja* by Mary Nhin
- *Hey Warrior* by Karen Young
- *What If Monster* by Jonathan James

Grief, Loss, Trauma: Grade and Middle Schoolers

- *A Memory Box: A Book About Grief* by Joanna Rowland
- *Maybe Tomorrow?* By Charlotte Agell
- *Death is Stupid* by Anastasia Higginbotham
- *Trauma: Teaching Kids All About Trauma* by Robert Edelman
- *The Tenth Good Thing About Barney* by Judith Viorst
- *A Terrible Thing Happened* by Margaret M. Holmes
- *The Boy Who Built A Wall Around Himself* by Ali Redford (also about attachment)
- *My Yellow Balloon* by Tiffany Papageorge
- *Love is Forever* by Casey Rislov (also about attachment)

- *My Body! What I Say Goes!* by Jayneen Sanders (also about personal body space, safe and unsafe touch, private parts, feelings, secrets and surprises, consent, and respectful relationships)
- *After Charlotte's Mom Died* by Cornelia Spellman
- *Eddie's Brave Journey: How One Little Elephant Learned All About Grief* by Randi Pearlman Wolfson
- *Eden and Her Joy* by Tracy Schleppehorst
- *How It Feels When a Parent Dies* by Jill Krementz
- *I Miss You: A First Look At Death* by Pat Thomas
- *I Wish I Had a Book to Read: Helping a Child's Heart Heal When Someone Special Has Died* by Randi Pearlman Wolfson
- *My Grandmother Is Always With Me: A Remembering Journey* by Lorraine Hedtke and Addison Davidove
- *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss* by Michaelene Mundy
- *Saying Good-bye to Grandma* by Jane Resh Thomas
- *Someone I Loved Died By Suicide: A Story for Child Survivors and Those Who Care for Them* by Doreen Cammarata
- *Healing Your Grieving Heart For Kids: 100 Practical Ideas* by Alan D. Wolfelt
- *Walk Two Moons* by Sharon Creech
- *Mama's Waves* by Chandra Ghost Ippen

Grief, Loss, Trauma: Teenagers

- *Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss* by Enid Samuel-Traisman
- *Healing Your Grieving Heart For Teens: 100 Practical Ideas* by Alan D. Wolfelt
- *Straight Talk About Death for Teenagers: How to Cope With Losing Someone You Love* by Earl A. Grollman
- *Weird Is Normal When Teenagers Grieve* by Jenny Lee Wheeler
- *You Are Not Alone: Teens Talk About Life After the Loss of a Parent* by Lynne B. Hughes
- *What to Do When I'm Gone: A Mother's Wisdom to Her Daughter* by Suzy Hopkins

Pregnancy Loss

- *Happy Tears & Rainbow Babies* by Natasha Carlow
- *Someone Came Before You* by Pat Schwiebert
- *Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss* by Cathy Blanford

- *No New Baby* by Marilyn Gryte
- *We Were Gonna Have a Baby, But We Had an Angel Instead* by Pat Schwiebert

Self-Regulation/Transitions

- *Bye Bye Time* by Elizabeth Verdick
- *The Color Monster: A Story About Emotions* by Anna Llenas
- *Waiting Is Not Easy!* By Mo Willems
- *David Gets in Trouble* by David Shannon

Tolerance/Acceptance/Diversity

- *Antiracist Baby* by Ibram X. Kendi
- *I Am Enough* by Grace Byers (also about self love)
- *All Are Welcome* by Alexandra Penfold
- *Pink is for Boys* by Robb Pearlman
- *Helping Sophia* by Anastasia Suen
- *The Day You Begin* by Jacqueline Woodson
- *Dear Boy,: A Celebration of Cool, Clever, Compassionate You!* by Paris Rosenthal and Jason Rosenthal
- *Dear Girl,: A Celebration of Wonderful, Smart, Beautiful You!* by Amy Krouse Rosenthal and Paris Rosenthal

Children/Siblings with Special Needs

- *My Brother Charlie* by Denene Millner, Holly Robinson Peete, & Ryan Elizabeth Peete
- *My Special Brother Bo* by Britt Collins

Self-Love

- *I Like Myself* by Karen Beaumont
- *Hair Love* by Matthew A. Cherry & Vashti Harrison (also about attachment)

Attachment

- *The Invisible String* by Patrice Karst
- *The Invisible String Workbook: Creative Activities, to Comfort, Calm, and Connect* by Patrice Karst and Dana Wyss
- *You Weren't With Me* by Chandra Ghosh Ippen
- *I Love You Near and Far* by Marjorie Blain Parker
- *I've Loved You Since Forever* by Suzie Mason
- *Wherever You Are My Love Will Find You* by Nancy Tillman
- *In My Heart* by Mackenzie Porter

- *The Wonderful Things You Will Be* by Emily Winfield Martin
- *Hug Me* by Simona Ciruolo
- *I Wish You More* by Amy Krouse Rosenthal and Tom Lichtenheld
- *On the Day You Were Born* by Debra Frasier

Growth Mindset/Problem Solving

- *The Magical Yet* by Angela DiTerlizzi
- *What Do You Do With An Idea* by Kobi Yamada
- *The Dot* by Peter Reynolds
- *Salt in his Shoes* by Deloris Jordan and Roslyn Jordan
- *The Girl Who Never Made Mistakes* by Gary Rubinstein and Mark Pett
- *What Do You Do With A Problem* by Kobi Yamada
- *Jabari Jumps* by Gaia Cornwall
- *Hana Hashimoto, Sixth Violin* by Chieri Uegaki
- *Nadia, The Girl Who Couldn't Sit Still* by Karlin Gray
- *Beautiful Oops* by Barney Salzberg
- *The Book of Mistakes* by Corinna Luyken
- *The OK Book* by Amy Krouse Rosenthal
- *Rosie Revere Engineer* by Andrea Beaty
- *Ish* by Peter Reynolds
- *How to Catch a Star* by Oliver Jeffers
- *Whistle for Willie* by Ezra Jack Keats
- *Thanks for the Feedback, I Think* by Julia Cook (also about social/emotional education)
- *Big Life Journal for Kids* by Alexandra Eidens (journal with prompts that promote growth mindset)
- *Big Life Journal for Tweens and Teens* (journal with prompts that promote growth mindset)
- *What If* by Samantha Berger (also touches on resilience)
- *A Squiggly Story* by Andrew Larsen
- *The Most Magnificent Thing* by Ashley Spires
- *The Line* by Paula Bossio
- *The Thing Lou Couldn't Do* by Ashley Spires
- *Sky Color* by Peter H. Reynolds
- *Giraffes Can't Dance* by Giles Andreae (also about self-love)
- *The Wonderful Things You Will Be* by Emily Winfield Martin
- *What To Do When Mistakes Make You Quake: A Kids Guide to Accepting Imperfection* by Claire A.B. Freeland and Jacqueline B. Toner

Adoption & Foster Care

- *Foster Care: One Dog's Story of Change* by Julia Cook
- *A Mother for Choco* by Keiko Kasza
- *Maybe Days: A Book for Children in Foster Care* by Jennifer Wilgocki and Marcia Khan Wright
- *The Adoption Tree* by Kimberly James (religious undertones)
- *I Wished For You: An Adoption Story* by Marianne Richmond (religious undertones)
- *Love You from Right Here: A Keepsake Book for Children in Foster Care* by Jamie Sandefer (also about attachment)

Sensory/Emotions/Interoception

- *Blue Whale Blues* by Peter Carnavas
- *My Body Sends A Signal* by Natalia Maguire
- *The Way I Feel* by Janan Cain
- *The Boy With Big, Big Feelings* by Britney Winn Lee
- *My Friend is Sad* by Mo Willems
- *Why Do We Cry* by Fran Pintadera and Ana Sender
- *Holdin Pott* by Chandra Ghost Ippen (also about attachment)
- *Visiting Feelings* by Lauren Rubenstein
- *A Box of Butterflies* by Jo Rooks
- *Box of Mixed Emotion* by Brittany Candau (Disney Pixar's Inside Out with individual books on characters Anger, Sadness, Joy, Fear, and Disgust)
- *In My Heart: A Book of Feelings* by Jo Witek
- *The Color Monster* by Anna Llenas
- *My Body! What I say Goes!* by Jayneen Sanders (also about personal body space, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships)

Chronic Illness

- *How Do You Care For A Sick Bear?* By Vanessa Bayer
- *What About Me? When Brothers and Sisters Get Sick* by Allan Peterkin

Divorce

- *My Family's Changing : A First Look at Family Break-Up* by Pat Thomas
- *Two Homes* by Claire Masurel

American Sign Language (ASL)

- *The Toddlers Handbook: With Over 100 Words That Every Kid Should Know* by Dayna Martin

Spanish

- *Esperar No Es Facil* by Mo Willems

Additional Grief Resources

Children who have lost a parent may also have a parent who lost a spouse/partner. Here are some resources for them:

Books

- *The Group: Seven Widowed Fathers Reimagine Life* by Donald L. Rosenstein and Justin M. Yopp
- *Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies* by Alan D. Wolfelt
- *When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning* by Alan D. Wolfelt

Videos

- The journey through loss and grief, Jason B. Rosenthal (TED Talk)
<https://www.youtube.com/watch?v=lhoCdZFoktQ>

Web Sites & Podcasts

- The Widowed Parent Podcast <https://jennylisk.com/podcast-main>
- Hope Edelman, author of several books on grief and loss
<https://hopeedelman.com/>