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Books for Children and Teens with Adverse Childhood Experiences Trusted Advisor Resources

Books can be wonderful tools to use with those who have experienced or are currently facing difficult times. Reading (or being read to) and talking with caring adults can help anyone understand and cope with their feelings in an appropriate way. Reading also offers a great way to spend time with your child, reinforce a sense of normalcy and security, and connect with them, all of which are important to recovering from a traumatic experience. Ask your Trusted Advisor, Social Worker, counselor, trusted teacher or principal for additional book suggestions for specific individuals or situations.

Tips for Using Books to Engage with Children and Teens

Those who share books with children after a tragedy or loss should be prepared to:

- Let the characters and events help your child understand how to cope. Discuss ways to feel less anxious or nervous about what is happening.
- It's more helpful if YOU have also read the book or if you read it together so you can discuss it meaningfully.
- Be willing to answer your child's questions simply, at their level of understanding.
- Let them know that it is normal to cry, feel scared, or want comfort during difficult times.
- Remind children that you are there for them, and that you are always willing to help them when times are difficult.
- Use the power of rituals and traditions to help teach children how people in your family or social group care for each other.
- Encourage children to identify simple plans of action to take each day to reengage in normal activities with others.
- Help children develop simple ways to remember good things about those they have lost through death, incarceration, or separation. They might share a story, draw pictures, or remember occasions that they enjoyed with the person(s).
- Let children know that they are loved and cared for. A safe, trusting relationship with a caring adult is essential to future well-being.
- Reach out to other family members or close friends who could also support your child.

Please return books to the school when you are done so that others may use them.

Adapted from the following sources:

1. National Association of School Psychologists, 4340 East West Highway, Suite 402, Bethesda, MD 20814, (301) 657-0270 www.nasponline.org
2. <http://www.childwitnessviolence.org/books-about-trauma--violence-for-young-children.html>
3. <https://namimainlinepa.org/mental-health-books-for-children-and-teens-and-their-parents/#ADD/ADHD>
4. [Teaching Hope and Resilience for Students Experiencing Trauma](#) by Fischer, Frey and Savitz

Discussion Starters

ABOUT A CHARACTER in the BOOK:

How is the character ___ like you?

How are they different from you?

Think about how they responded to ___ (something that happened). What could they have done differently?

Would you have responded the same way?

What do you think the character would say to YOU if they were here right now?

If you could ask the character anything, what would it be?

There were also other characters, ___. What role did they play?

ABOUT THE SITUATION:

What circumstances are similar to or different from yours?

What made the situation better?

What good things happened?

Was there a hero in the book? If so, what did they do?

Sometimes a hero does small things that might not seem big but that help people know they are loved. Can you think of any small things that helped?

ABOUT MAKING IT BETTER:

What supports were available in this book; who or what helped?

What supports might be available to you?

Who could you go to for help?

When bad things happened, what responses were helpful, safe, or smart?

What would have been helpful to you if YOU were the character _____?

What ideas do you have for yourself after reading this book?

Have you thought about writing a book or journal about your experiences?

What might you write about if you were writing a book?

Helpful Websites and Videos

(Just Google these words and phrases to find reputable organizations and resources)

Center for Disease Control (CDC): Adverse Childhood Experiences (ACES), Child Abuse and Neglect

National Child Traumatic Stress Network (NCTSN): Child Trauma, Families and Trauma, Trauma Treatment

Center for Child Trauma Assessment Services and Interventions (CCTASI): Parents and Caregivers

Dr. Nadine Burke videos

Paper Tigers (documentary), Resilience (documentary)

ACES Study, ACES Test

<https://www.cdc.gov/>

<https://www.nctsn.org>

www.FosteringResilience.com

<https://ncsacw.samhsa.gov/resources/trauma/trauma-resource-center-websites.aspx>

ABUSE or NEGLECT/VIOLENCE/TRAUMA

	<p>Whimsy's Heavy Things_By Julie Kraulis. Whimsy's heavy things are weighing her down. She tries to sweep them under the rug, but she trips over them. She tries to put them in a tree, but they fall on her. She even tries to sail them out to sea, but they always come back. Eventually Whimsy decides to deal with the heavy things one at a time... and a surprising thing happens. With exquisite illustrations and delightfully simple text, Whimsy's Heavy Things is a sweet story about changing the things that weigh us down into the things that lift us up. Ages 4-6 Tundra Books September 2013</p>
	<p>A Terrible Thing Happened - A Story for Children Who Have Witnessed Violence or Trauma—Margaret M. Holmes and Sasha Mudlaff, Illustrated by Cary Pillo. Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous, his stomach hurt, he started to feel angry and do mean things, which got hi m in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events. Ages 4-8 Magination Press 2000</p>
	<p>Healing Days: A Guide for Kids Who Have Experienced Trauma By Susan Farber Straus, Illustrated by Maria Bogade. Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident. Ages 6-11 Magination Press 2013</p>

ABUSE or NEGLECT/VIOLENCE/TRAUMA, continued

	<p>This groundbreaking book brings readers face-to-face with ten teen and adult survivors who speak with candor and courage about the sexual abuse they experienced, how they have healed, and how they are moving forward with their lives. Through moving personal stories and striking photographs they take readers into their lives, offering insight and hope for anyone--male or female--affected by this all-too-common childhood experience. In the comprehensive resource section, readers of this softcover edition will find an updated guide to worldwide help organizations, as well as the best books, films, and Web sites on healing and resilience. Teen and Young Adult</p>
	<p>Trauma: Teaching kids all about trauma, 2015, by Robert D. Edelman Ed.S., Selena Carter. Trauma: Teaching Kids all about Trauma is a wonderful book to help children. How trauma affects our thoughts, feelings and behavior are discussed to help children recognize and express how they might have, or might be, affected by stressful events in their lives. Ways of coping with trauma are suggested as well as the message that kids are survivors and can overcome things that might have been traumatic in their lives. The book includes vivid illustrations, keywords, simple explanations, open-ended questions as well as a fun "Can you spot it?" game throughout the book to keep children engaged and refocus if they become distracted or anxious due to the nature of the topic being discussed. Review questions, a word search as well as useful on-line resources are also provided. NOTE: This book contains some real-life illustrations of traumatic events which could be triggering for children who might have experienced a recent or unresolved trauma. It should be read with a responsible adult.</p>
	<p>Somebody Cares: A Guide for Kids Who Have Experienced Neglect, 2016, by Susan Farber Straus, PhD and Claire Keay. Useful to read with a caring adult, Somebody Cares is a book for children who have experienced parental neglect and have been taking care of many things on their own. It helps them understand their feelings, thoughts, and behaviors and prepares them for changes in their families. Most importantly, Somebody Cares teaches children that they are not to blame and were brave to do so much on their own. Includes a "Note to Readers" inside for children and an online "Note to Parents and Caregivers" for adults. Ages 6-10</p>

DOMESTIC VIOLENCE

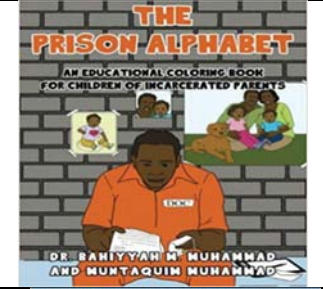


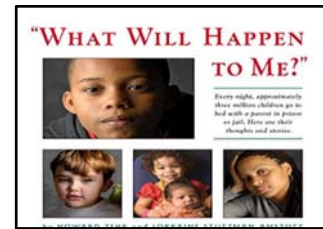
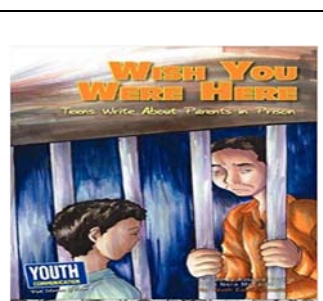
	<p>Something is Wrong at My House: A book about parents fighting. 2010 (Revised) by Diane Davis and Keith R. Neely. (Preschool and Elementary level). Children in violent homes are encouraged to acknowledge and express common feelings of anger, fear, and loneliness. This book offers children ways to cope with the violence they see and helps break the cycle of domestic violence. 32 pages</p>
	<p>I Saw It Happen: A Child's Workbook About Witnessing Violence. Paperback - May 10, 2010 by Wendy Deaton M.A. M.F.C.C & Kendall Johnson, Published by Turner Publishing Company. (Elementary Level). I Saw It Happen is a creative, child-friendly program designed for use with elementary school children, filled with illustrations and original exercises to foster healing, self-understanding, and optimal growth.</p>
	<p>Living With My Family: A Child's Book about Violence in the Home. Paperback - May 10, 2002 by Wendy Deaton M.A. & Kendall Johnson Ph.D. Living with My Family is a creative, child-friendly program designed for use with elementary school children, filled with illustrations and original exercises to foster healing, self-understanding, and optimal growth.</p>
	<p>A Terrible Thing Happened. By Margaret M. Holmes, Sasha J. Mudlaff and Cary Pillo. Magination Press 2000. Elementary Level. Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but something inside him started to bother him. He felt nervous and had bad dreams. Then he met someone who helped him talk about the terrible thing, and made him feel better.</p>
	<p>A Place for Starr: A story of hope for children experiencing family violence by Howard Schor and Mary Kilpatrick, JIST Publishing, 2002. In "A Place for Starr," a courageous young girl tells the story of how she and her brother escape a scary home life and then how their family journeys to a peaceful, hopeful future. This book is created with love as a therapeutic tool. We hope it will be read by anyone and everyone, so they may better understand the experience of family violence. People of all ages will be able to appreciate the beautiful art, memorable story, and enduring message of hope. Ages 9-12</p>

WORLD or COMMUNITY VIOLENCE

	<p>Jenny Is Scared: When Sad Things Happen in the World—Carol Shuman. A comforting, coping story for children who are aware of the threats of violence and terrorism in the world. A range of fears, feelings and questions are explored. The child reader is encouraged to talk to parents, friends and other caregivers. Magination Press- 2003, Pages: 28, Age range: 4+</p>
	<p>When devastating news rattles a young girl's community, her normally attentive parents and neighbors are suddenly exhausted and distracted. At school, her teacher tells the class to look for the helpers—the good people working to make things better in big and small ways. She wants more than anything to help in a BIG way, but maybe she can start with one <i>small</i> act of kindness instead . . . and then another, and another. The Breaking News touches on themes of community, resilience, and optimism with an authenticity that will resonate with readers young and old. Ages 4-8</p>
	<p>The Next Place. Published by Waldman House Press, 1997, Warren Hanson. This is the book that has brought healing to the many families and friends who have lost loved ones in our recent national tragedies. It is a picture book for all ages, a beautifully illustrated celebration of life, and an immeasurable comfort to those who have lost someone dear. Its gentle message makes The Next Place an excellent gift book for the bereaved, and an inspirational book for the dying. Pages: 36, Age range: 5+</p>

INCARCERATED PARENT

	<p>My Daddy is In Jail by Janet Bender, Paperback - November 2003, Published by YouthLight, Inc. (November 2003). "My Daddy is in Jail" is a long overdue resource for helping children cope with the incarceration of a loved one. It includes a read-aloud story, discussion guide, caregiver suggestions and optional small group counseling activities. Grades K-5th, Ages 5-10, 53 pages</p>
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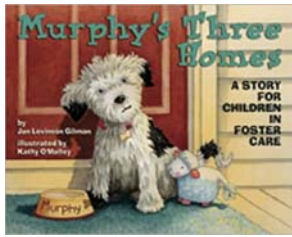
 <p>THE PRISON ALPHABET AN EDUCATIONAL COLORING BOOK FOR CHILDREN OF INCARCERATED PARENTS DR. BAHIYYAH M. MUHAMMAD AND MUNTAQUIM MUHAMMAD</p>	<p>THE PRISON ALPHABET by Dr. Bahiyyah M. Muhammad and Muntaquim Muhammad, 2014. Goldest Karat. This book is divided into two sections. The first section is a coloring book to explain what life is like inside a prison using terms associated with incarceration. The second section contains a discussion guide to help caretakers and counselors explain parental incarceration to a young child by providing sample responses to children's commonly asked questions about life inside prison. Ages 4-8, 44 pages</p>
 <p>Empowering Children of Incarcerated Parents</p>	<p>Empowering Children of Incarcerated Parents by Stacey Burgess, Tonia Caselman & Jennifer Carsey. Published by YouthLight, Inc. A book for counselors, social workers and teachers who work with children ages 7 - 12 with a parent in jail or prison. Can be used one-on-one or in small groups. 104 pages</p>
 <p>THE SAME STUFF AS STARS KATHERINE PATERSON</p>	<p>The Same Stuff as Stars by Katherine Paterson, 2015. HMH Books for Young Readers. Angel Morgan's family is falling apart. Her daddy is in jail, and her mother has abandoned Angel and her little brother, Bernie, at their great-grandmother's crumbling Vermont farmhouse. Grades 5-8th, 256 pages</p>
 <p>"WHAT WILL HAPPEN TO ME?" Every night, approximately three million children go to bed with a parent in prison or jail. Here are their thoughts and stories. HOWARD ZEHR AND LORRAINE STUTZMAN AMSTUTZ</p>	<p>WHAT WILL HAPPEN TO ME? Every night, approximately three million children go to bed with a parent in prison or jail. Here are their thoughts and stories. By Howard Zehr and Lorraine Stutzman Amstutz. Published by Good Books. 94 pages. As Taylor says, "I want other kids to know that, even though your parents are locked up, they're not bad people. portraits by Howard Zehr. True stories and photos of children who have a parent in</p>
 <p>Wish You Were Here Teens Write About Parents in Prison YOUTH</p>	<p>Wish You Were Here: Teens Write About Parents in Prison by Autumn Spanne and Nora McCarthy, Paperback April 1, 2010. Published by Youth Communication, New York Center. These stories describe how teens kept in touch with their parents (or didn't) and the complicated feelings that come with reunification. 136 pages</p>

LOSS - FOSTER CARE, SEPARATION, ABSENT PARENT/LOSS OF PARENTAL RIGHTS

	<p>Zachary's New Home: A Story for Foster and Adopted Children by Geraldine M. Bloomquist, MSW, Paul B. Bloomquist, Published by (Magination Press). Paperback January 1, 1990. Children in foster care and adopted children usually suffer painful separations from their families for reasons they may not understand. This story, which explores their experiences, problems and emotions, can be a useful tool for understanding and helping these children to cope with their many losses and to feel happier and more optimistic. 32 pages, Ages 3-8</p>
	<p>The Great Gilly Hopkins by Katherine Paterson, Published by Harper Collins, 2009. Gilly Hopkins has been in one foster home after another. The only thing she has learned is that you have to be tough to survive. Make life difficult for everyone else, is Gilly's philosophy. But then she is housed with Bible-bashing Maime Trotter, and Maime is a large lady in every way. How can the great Gilly Hopkins be expected to tolerate an ignorant foster mother, a freaky foster brother, or the poetry-loving black man next door? At first Gilly despises them all, but finds herself slowly drawn into their circle of love. By fits and starts a change starts to happen in Gilly. 256 pgs</p>
	<p>Orphan Train Girl by Christina Baker Kline, 2018. HarperCollins; Young Readers' ed. Molly Ayer has been in foster care since she was eight years old. Most of the time, Molly knows it's her attitude that's the problem, but after being shipped from one family to another, she's had her fair share of adults treating her like an inconvenience. Together, they not only clear boxes of past mementos from Vivian's attic, but forge a path of friendship, forgiveness, and new beginnings. 240 pages, Grades 3-7</p>
	<p>One Crazy Summer by Rita Williams-Garcia, 2011. Amistad. Eleven-year-old Delphine has it together. Even though her mother, Cecile, abandoned her and her younger sisters, Vonetta and Fern, seven years ago. And even though Delphine must look after her sisters during a summer trip to California to visit Cecile. When they arrive on the West Coast, their mother decides that they will attend a day camp run by the Black Panthers. Unexpectedly, the three sisters learn much about their family, their country, and themselves. Grades 3-8, 240 pages</p>

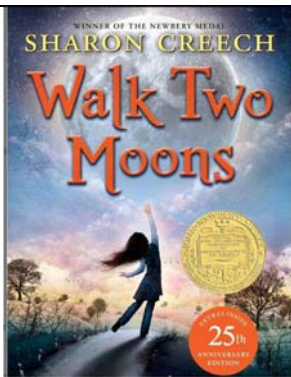
LOSS - FOSTER CARE, SEPARATION, ABSENT PARENT/LOSS OF PARENTAL RIGHTS, continued

	<p>Multiple time award-winning <i>Speranza's Sweater</i> chronicles one child's experience through the foster and adoptive system. It provides hope and support for the many mixed emotions a child will experience during their foster and adoption journey. By reading Speranza's story with your child, and discussing the experience of a child in a similar situation, you can create a safe space to talk about feelings of grief, loss, excitement, confusion, anger, sadness, or any of the many other feelings accompanying removal, foster care, and adoption. Grades PreK-3</p>
	<p><i>Finding the Right Spot: When Kids Can't Live with Their Parents</i> by Janice Levy (American Psychological Association), Whitney Martin (Author, Illustrator), Paperback February 1, 2004. Published by Magination Pr; 1 edition. A story for all children who can't live with their parents, emphasizing, loyalty, hope, disappointment, love, sadness and anger 48 pages, Ages 6-9</p>
	<p><i>Families Change: A Book for Children Experiencing Termination of Parental Rights</i> (Kids Are Important Series) by Julie Nelson, November 2006, All families change over time. Sometimes a baby is born, or a grown-up gets married. And sometimes a child gets a new foster parent or a new adopted mom or dad. Children need to know that when this happens, it's not their fault. They need to understand that they can remember and value their birth family and love their new family, too. Ages 4-10.</p>
	<p><i>Maybe Days: A Book for Children in Foster Care</i>, by Jennifer Wilgocki, Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe." <i>Maybe Days</i> addresses the questions, feelings, and concerns these children most often face. Honest and reassuring, it also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help. Ages 4-10</p>



Murphy's Three Homes: A Story for Children in Foster Care by Jan Levinson Gilman; illustrated by Kathy O'Malley. Murphy (a dog) copes with many feelings as he moves from home to home. For ages 4 – 8.

The Invisible String, by Patrice Karst, "That's impossible", said twins Jeremy & Liza after their Mom told them they're all connected by this thing called an Invisible String. "What kind of string"? They asked with a puzzled look to which Mom replied, "An Invisible String made of love." This book is a very simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. Specifically written to address children's fear of being apart from the ones they love, This book's message is that in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else.



Walk Two Moons. As the character Sal entertains her grandparents with an outrageous story, her own story begins to unfold — the story of a thirteen-year-old girl whose only wish is to be reunited with her missing mother.

In her own award-winning style, Sharon Creech intricately weaves together two tales, one funny, one bittersweet, to create a heartwarming, compelling, and utterly moving story of love, loss, and the complexity of human emotion. Grades 3-8

HOMELESSNESS

	<p>The Lunch Thief by Anne C. Bromley (2010, Grades 1-4) ☞ Rafael notices the new kid stealing lunches (including his), and uses his mom’s advice to use his voice and not his fists to resolve the problem. On an errand with his mom, Rafael sees Kevin carrying a bundle of laundry into a motel room, and his mom tells him Kevin's family might be one of the families who lost their homes in the recent wildfires. Rafael rethinks his anger. The next day, instead of accusing Kevin, Rafael invites him to share his lunch, letting Kevin know he's been caught, but offering friendship as well as lunch. The Lunch Thief can be used for curriculum centered on nonviolence and peacemaking. Discussions might include: How to turn an enemy into a friend, Nonviolent communication skills, Looks can be deceiving, Wildfires and ecology, Disaster relief, Hunger in our own country, Homelessness, Food Insecurity, Kindness, and Bullying Coming in June, 2020</p>
	<p>Fly Away Home by Eve Bunting (1991, Grades PreK-3) A young boy talks about his and his father’s lives living in an airport and has hope for himself when he sees a trapped bird find freedom.</p>
	<p>A Shelter in Our Car by Monica Gunning (2004, Grades K-3) Since moving to America from Jamaica after her father died, Zettie and her mom live in their car while they both go to school and plan for a real home.</p>
	<p>Uncle Willie and the Soup Kitchen by Dyanne Disalvo-Ryan, 1997. A gentle and age-appropriate introduction to two key issues of our time—hunger and homelessness—from a kid's point of view. This empathy-building book is good for sharing at home or in a classroom. Ages 4-8</p>

SUBSTANCE ABUSE DISORDERS

	<p>Emily wants desperately to be a normal kid with a happy family like her friends. But no matter how hard she tries to keep her mom's drinking problem a secret, things are getting worse. Her mother humiliates her by showing up at school and her dance recital after drinking too much wine. Even though she's teased at school and snubbed by classmates after that, Emily's too ashamed to admit to anyone how much she is hurting. When her mom leaves the family, Emily's pain forces her to reach out for help, breaking her "Don't Tell Rule". "How could Mom choose wine over me?" she cries. Her compelling journey to find the answer is one that will empower any youngster struggling under the shadow of a parent's addiction. Emily comes to know she cannot cure her mother's disease, but still finds the best about herself. Emily's voice is one not easily forgotten. Appropriate for small group reading and discussion. A complete resource guide is included. Ages 9-12</p>
	<p>Critters Cry Too is a fully illustrated (32 page) picture book that explains addiction and feelings associated with this disease in a way that children can easily understand. Addresses drug and alcohol addiction, understanding irrational/selfish behavior, discussing feelings and the 'Elephant in the Room,' loving someone who is chemically dependent, and feeling alone and ashamed. For K-5</p>
	<p>Bird by Zetta Elliott. Mekhai, otherwise known as "Bird", loves to draw. As Bird struggles to understand the death of his beloved grandfather and his older brother's drug addiction, he escapes into his art. Drawing is an outlet for Bird's emotions and imagination, and provides a path to making sense of his world. A look at a young boy's path to coping with real-life troubles. Lee & Low Books, Pages: 48, Age range: 7+</p>
	<p>An Elephant In the Living Room The Children's Book, by Jill M. Hastings Publisher: Hazelden; Activity Book edition (1994), An illustrated story to help children understand and cope with the problem of alcoholism or other drug addiction in the family. Ages 9-12</p>

SUBSTANCE ABUSE DISORDERS, continued

	<p>Too Much of a Good Thing...A Kid's Guide to Understanding Addiction by Tracy Bryan. 2015. Is there anything that you love and could eat a lot of? Is there anything you love to do that you could do all day long? Everybody likes to be comfortable, but too comfortable isn't good for our body or our brain. Sometimes, we need moderation -not too much or not too little of something. It's okay to have just enough! Learn about addiction... when we have or do something in excess and it becomes...too much of a good thing! Ages 6-8</p>
	<p>My Dad Loves Me, My Dad Has a Disease" A Child's View: Living with Addiction by Claudia Black. The basic premise of this book is that chemical dependency is a disease; the alcoholic/addict is a sick person not a bad person. Ages 5 – 12.</p>
	<p>When a Family is in Trouble: Children Can Cope with Grief from Drug and Alcohol Addiction by Marge Heegaard. Provides basic information about drug and alcohol addictions and encourages healthy coping skills. Grade 4 and up.</p>
	<p>Hey, Kiddo How I Lost my Mother, Found My Father and Dealt with Family Addiction. For Teens and Young Adults. In kindergarten, Jarrett Krosoczka's teacher asks him to draw his family, with a mommy and a daddy. But Jarrett's family is much more complicated than that. His mom is an addict, in and out of rehab, and in and out of Jarrett's life. His father is a mystery -- Jarrett doesn't know where to find him, or even what his name is. Jarrett lives with his grandparents -- two very loud, very loving, very opinionated people who had thought they were through with raising children until Jarrett came along. Jarrett goes through his childhood trying to make his non-normal life as normal as possible, finding a way to express himself through drawing even as so little is being said to him about what's going on. Only as a teenager can Jarrett begin to piece together the truth of his family, reckoning with his mother and tracking down his father. <i>Hey, Kiddo</i> is a profoundly important memoir about growing up in a family grappling with addiction, and finding the art that helps you survive.</p>

LOSS (Due to DEATH)

	<p>Everett Anderson's Goodbye—Lucille Clifton (Picture Book) A touching portrait of a little boy who is trying to come to grips with his father's death. Lucille Clifton captures Everett's conflicting emotions as he confronts this painful reality. We see him struggle through many stages, from denial and anger to depression and, finally, acceptance. In this spare and moving poem, the last in this acclaimed series, Lucille Clifton brings Everett Anderson's life full circle. Square Fish- 1983, Pages: 32, Age range: 5+</p>
	<p>This beautifully illustrated children's storybook about Brave Bart, a kitty who had something bad, sad and scary happen to him. Helping Hannah helps Brave Bart overcome his fears and become a survivor. This storybook helps to normalize trauma reactions, talk to children about trauma and offers comfort while helping them move from victim to survivor-thinking. Any Age</p>
	<p>I Miss You: A First Look At Death—Pat Thomas. When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by young children. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. 2001, Pages: 32, Age range: 4+</p>
	<p>Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie Page. When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand? Lifetimes explains life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. It tells about plants, animals, and people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand. 1983, Pages: 40, Age range: 5+</p>
	<p>The Purple Balloon by Chris Raschka (Picture Book). When a child becomes aware of his pending death and is given the opportunity to draw his feelings, he will often draw a blue or purple balloon, released and unencumbered, on its way upward. Health-care professionals have discovered that this is true and researchers believe that this is symbolic of the child's innate knowledge that a part of them will live forever. The message of the book is clear: talking about dying is hard, dying is harder, but there are many people in your life who can help. Schwartz & Wade, Pages: 32, Age range: 3+</p>

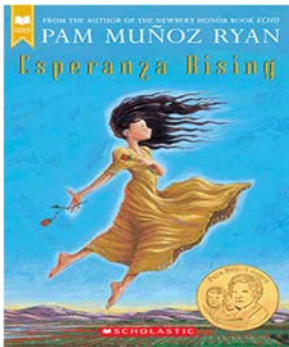
LOSS (Due to DEATH) continued

	<p>Someone Special Died by Joan Prestine (Picture Book) An unencumbered, explanation of death for young children. Using language appropriate for younger audience, the book addresses some of the feelings that a young child may have about death. Instilled is the message that while the person is no longer here with them, there are ways in which they can be remembered. Pages: 32, Publisher: Brighter Child, Age Range: 3+</p>
	<p>This book is intended to be given to a grieving child with the expectation that it will be written in and NOT returned to the library. The Memory Book: A Grief Journal for Children and Families has helps children and families work through the complex emotions that arise after the loss of a loved one. The Memory Book helps grieving families process their emotions by creating their own memory album of photos and keepsakes of the person they lost. With gentle prompts and ideas for journaling, drawing, and talking through grief, this journal will bring comfort in the midst of loss and be a keepsake for families for years to come. Ages 4-12.</p>
	<p>When Dinosaurs Die: A Guide to Understanding Death (Dino Life Guides for Families) by Laurie Rasky Brown. Unlike many books on death for little ones, this one doesn't tell a story. Instead, it addresses children's fears and curiosity head-on, and in a largely secular fashion, by answering some very basic questions: "Why does someone die?" "What does dead mean?" "What comes after death?" Other questions deal with emotions, and there's a section about death customs (the weakest part of the book). The forthright approach makes the subject seem less mysterious and provides kids with plenty to think about and discuss with their parents. It's the brightly colored artwork, however, that will really enable children to relax with the concept. Little, Brown Books for Young Readers- 1998, Pages: 32, Age range: 5+</p>
	<p>Where Do People Go When They Die—Mindy Avra Portnoy (Picture Book) The answers to the age old question about death may be as varied as the individuals asked. Some thoughtful answers are provided in this book. Suggestions for parents, on providing honest, age and developmentally appropriate answers to this and related questions are also addressed by the author, Portnoy, a rabbi. Pages: 24 Publisher: Kar-Ben Publishing, Age Range: 5+</p>

BULLYING

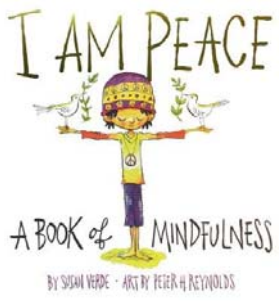
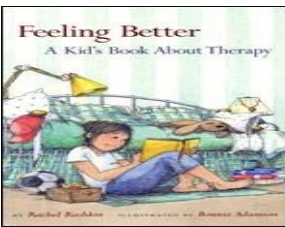
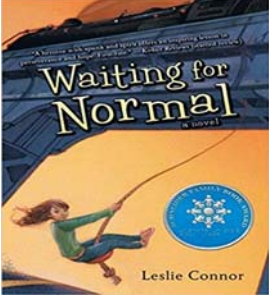
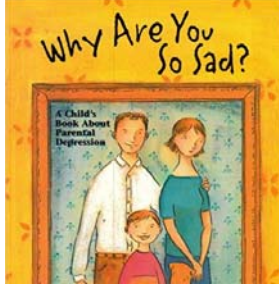
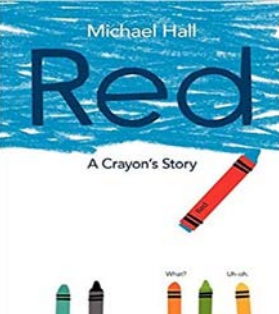
	<p>Freak the Mighty by Rodman Philbrick. This simple yet timeless story explores many themes, including bullying -- an important topic in today's schools. <i>Freak the Mighty</i> is sure to remain fresh, dramatic, and memorable for the next twenty years and beyond! Gr. 6-12</p>
	<p>Fuzzy Mud by Louis Sachar. Fifth grader Tamaya Dhilwaddi and seventh grader Marshall Walsh have been walking to and from Woodridge Academy together since elementary school. But their routine is disrupted when bully Chad Hilligas challenges Marshall to a fight. To avoid the conflict, Marshall takes a shortcut home through the off-limits woods. Tamaya, unaware of the reason for the detour, reluctantly follows. They soon get lost. And then they find trouble. Bigger trouble than anyone could ever have imagined. In the days and weeks that follow, the authorities and the U.S. Senate become involved, and what they uncover might affect the future of the world. Gr. 3-8</p>
	<p>Save Me a Seat by Gita Varadarajan. Joe and Ravi might be from very different places, but they're both stuck in the same place: school. Joe's lived in the same town all his life, and was doing just fine until his best friends moved away and left him on his own. Ravi's family just moved to America from India, and he's finding it pretty hard to figure out where he fits in. Joe and Ravi don't think they have anything in common, but soon enough they have a common enemy (the biggest bully in their class) and a common mission: to take control of their lives over the course of a single crazy week. Grades 3-8 Friendship and Cultural Differences</p>

IMMIGRATION ISSUES/CULTURAL DIFFERENCES



Esperanza Rising by Pam Muñoz Ryan. Esperanza thought she'd always live with her family on their ranch in Mexico, and that she'd always have fancy dresses, a beautiful home, and servants. But a sudden tragedy forces Esperanza and Mama to flee to California during the Great Depression, and to settle in a camp for Mexican farm workers. Esperanza isn't ready for the hard labor, financial struggles, or lack of acceptance she now faces. When their new life is threatened, Esperanza must find a way to rise above her difficult circumstance; Mama's life, and her own, depend on it. Pam Muñoz Ryan eloquently portrays the Mexican workers' plight in this abundant and passionate novel that gives voice to those who have historically been denied one. Gr. 6-8, 262 pages

MENTAL ILLNESS and MENTAL HEALTH

	<p>I Am Peace: A Book of Mindfulness by Susan Verde. When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us <i>I Am Yoga</i>. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Brings the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation.</p>
	<p>Feeling Better: A Kids Book About Therapy By Rachel Rashkin and Bonnie Adamson, 48 pages, Black & white, 6" x 9" Age Range: 8-14 Copyright: 2005</p>
	<p>Addie is waiting for normal. But Addie's mother has an all-or-nothing approach to life: a food fiesta or an empty pantry, her way or no way.</p> <p>Addie's mother is bipolar, and she often neglects Addie. All-or-nothing never adds up to normal, and it can't bring Addie home, where she wants to be with her half-sisters and her stepfather. But Addie never stops hoping that one day, maybe, she'll find normal. Ages 8-12</p>
	<p>This text is aimed at children coming to terms with parental depression. Kdg. – Gr 5</p>
	<p>Red: A Crayon's Story by Michael Hall. A blue crayon mistakenly labeled as "red" suffers an identity crisis in this picture book about being true to your inner self. Red has a bright red label, but he is, in fact, blue. Others try to help him be red, but Red is miserable. He just can't be red, no matter how hard he tries! Finally, a brand-new friend offers a brand-new perspective, and Red discovers what readers have known all along. He's blue! Early Elementary</p>

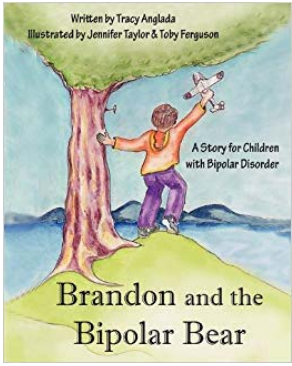
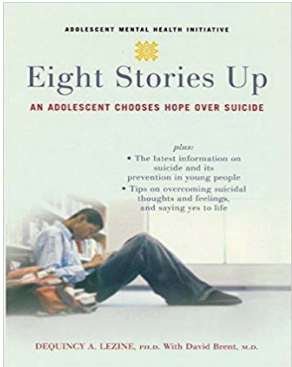
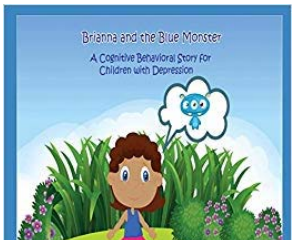
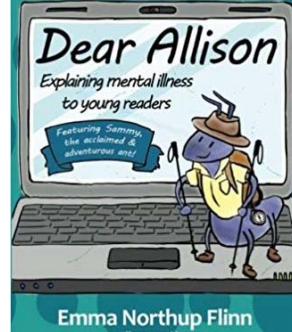
MENTAL ILLNESS and MENTAL HEALTH, continued

	<p>Lamb-Shapiro, Jessica. The Hyena Who Lost Her Laugh: A Story About Changing Your Negative Thinking. Childsworld/Childsplay, LLC: Plainview, NY, 2000. After a string of difficult events, Hillary the Hyena loses her much-loved laugh! When she learns the secret of optimistic thinking, and changes her attitude and behavior, she soon restores her laugh. 3rd -5th</p>
	<p>Huebner, Dawn. What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety. Magination Press; 1 edition (September 15, 2005) Guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and humorous illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children to master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcoming their overgrown worries. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. Includes a note to parents by psychologist and author Dawn Huebner, PhD. Grade range 5th-8th</p>
	<p>The Goldfish Boy by Lisa Thompson. Matthew Corbin suffers from severe obsessive-compulsive disorder. He hasn't been to school in weeks. His hands are cracked and bleeding from cleaning. He refuses to leave his bedroom. To pass the time, he observes his neighbors from his bedroom window. When a toddler goes missing, it becomes apparent that Matthew was the last person to see him alive. Suddenly, Matthew finds himself at the center of a high-stakes mystery, and every one of his neighbors is a suspect. Matthew is the key to figuring out what happened and potentially saving a child's life, but is he able to do so if it means exposing his own secrets, and stepping out from the safety of his home? Gr. 3-8</p>
	<p>Kinsella, Sophie. Finding Audrey. Ember; 2016. A standalone fictional novel for young readers about a fourteen-year-old girl struggling to overcome an anxiety disorder triggered by bullying at her school. Grade 7th-12th</p>

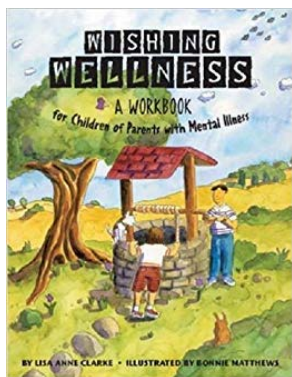
MENTAL ILLNESS and MENTAL HEALTH, continued

	<p>Greene, John. <i>Turtles All the Way Down</i>. Dutton Books for Young Readers (2017) The story of Indianapolis 16-year-old Aza Holmes, who struggles with debilitating obsessive-compulsive disorder, repetitive intrusive thoughts, and extreme anxiety. Grade 10-12</p>
	<p>Every Last Word by Tamara Ireland Stone. Samantha McAllister has Pure Obsessional OCD and is consumed by a stream of dark thoughts and worries that she can't turn off. Ideal for teens and young adults, "Every Last Word" is a tough-issue contemporary novel that explores the underlying symptoms of OCD and takes us on a fictional, yet all too familiar, journey of self-healing. Readers join Samantha as she grows from being a girl who is terrified of others knowing about her condition, to a girl who learns to own it, surrounding herself with people who accept and support her. Ages 12-Young Adult</p>
	<p>Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment by Aureen Pinto Wagner, Ph.D.. Tackles the tough topics of childhood anxiety and obsessive compulsive disorder (OCD). Written for a younger audience, the book is easy to read and comprehend. The author is a clinical child psychologist, an anxiety treatment expert, and an international speaker who is recognized for her unique Worry Hill® treatment approach. Has a companion book for parents. Preschool – Grade 3</p>
	<p>The Princess and the Fog by Lloyd Jones. Tells the story of a little princess who had everything... until the fog came. Using telling illustrations and metaphors to create an engaging, relatable story, the book helps young children learn about depression and cope with their difficult feelings.</p>
	<p>The Bipolar Bear Family by Angela Holloway. A story about a young cub who struggles to understand his mother's behavior and her subsequent diagnosis of bipolar disorder. The author is a licensed marriage and family therapist and an expert in the treatment of chronic mental illness in the family system. Ages 3-8</p>

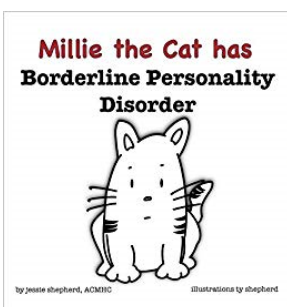
MENTAL ILLNESS and MENTAL HEALTH, continued

	<p>Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder, 2009 by Tracy Anglada and Jennifer Taylor. A rare glimpse into the private feelings and fears of a bipolar child. Children with bipolar disorder frequently are able to identify with Brandon's moods as he cycles between depression and mania. When symptoms differ from those of the character, reading the book still opens dialogue about the illness. Children are educated along with the character as he learns what the illness is, how people get it and why there is hope for him to feel better. This story is appropriate for children between 4 and 11 years of age. However, it will also be indispensable to parents, health care workers, teachers, grandparents and anyone else who cares about a child with bipolar disorder.</p>
	<p>Eight Stories Up: An Adolescent Chooses Hope Over Suicide by DeQuincy Lezine and David Brent. As a teenager, DeQuincy Lezine nearly ended his own life, believing it was the only way to escape the emotional pain that was overwhelming him. Instead, Lezine was able to find expert psychiatric care. He offers hard-earned wisdom and practical advice to other young people who may be considering suicide. Lezine discusses the potential causes of suicide in adolescents, how to seek psychiatric treatment, and how to get the most out of professional help. Written specifically for teens and young adults, <i>Eight Stories Up</i> offers hope to young people who are at risk of suicide, extending a lifeline of support and guidance that can save their lives.</p>
	<p>Brianna and the Blue Monster: A Cognitive Behavioral Story for Children with Depression, 2017, by Patience Domowski. Brianna is very sad and doesn't know why. She gets angry easily and cries often. Her parents take her to see a therapist who teaches her how to talk back to the monster in her head who lies to her and makes her feel depressed. Ages 12-17</p>
	<p>Dear Allison: Explaining Mental Illness to Young Readers, 2016, by Emma Northup Flinn. An acclaimed ant named Sammy explores mental illness in an approachable and gentle manner appropriate for young readers. Dear Allison also features a letter from the President, as well as opportunities for further discussion and online activities. Emma is sitting on her back deck when a family friend, Sammy the intelligent and charming ant, makes a surprise visit. As they adventure together across the east coast, they work together to learn to fight the stigma associated with mental illness. Can Sammy and his friends uncover the mystery of human behavior?</p>

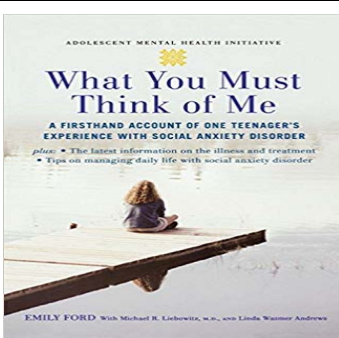
MENTAL ILLNESS and MENTAL HEALTH, continued



Wishing Wellness: A Workbook for **Children of Parents with Mental Illness**, 2006, by Lisa Anne Clarke, Bonnie & Ellen Candace. A workbook for the child whose mother or father is suffering from a serious mental illness. This work includes information, interactive questions, and fun activities suitable for children and their therapists or other professional mental health workers, covering: how the brain works; causes, symptoms, and treatment of mental illness; and more. **Ages 6-12**



Millie the Cat has **Borderline Personality Disorder**, 2015 by Jessie Shepherd and Tyler Shepherd. Often when people are given a mental health disorder diagnosis the weaknesses are clear and overwhelmingly emphasized, while the strengths are ignored or forgotten. The mental health children's book series 'What Mental Disorder?' challenges the stigma against therapy and diagnosis. It enlists the reader to view the character as a whole being and not as a mental issue. Although there are aspects that the character will have to learn to cope with in order to function successfully in their life, there are also amazing traits that make them unique and remarkably accomplished. Millie the Cat has Borderline Personality Disorder is a picture book that takes a unique look at the positive and negative characteristics of Borderline Personality Disorder. It is written in such a way that the mental health disorder is explained in a realistic balanced light, while eliciting empathy and understanding from the audience. The book series 'What Mental Disorder?' including Millie the Cat has Borderline Personality Disorder is excellent for therapeutic clinicians, those diagnosed with Borderline Personality Disorder, or those who would like to gain a better understanding of the disorder. **Ages 5-18**

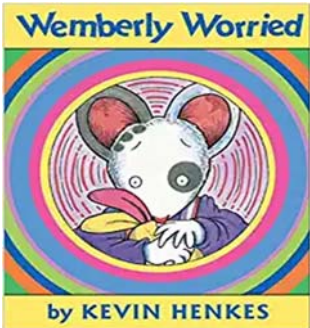
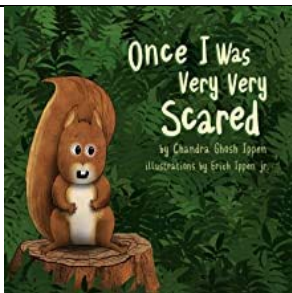
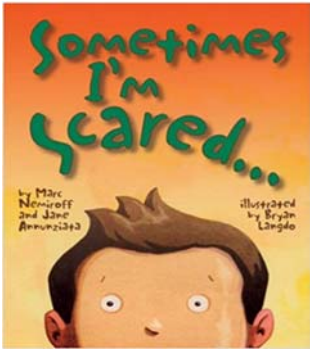
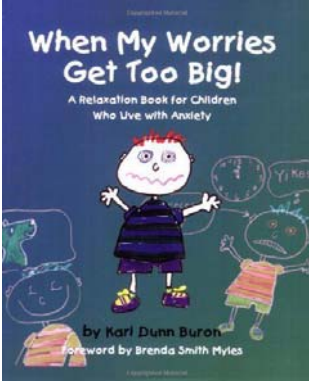


This is Emily's account of how she negotiated all the obstacles of **social anxiety**--and eventually overcame them with the help of therapy and hard work. Emily's story is coupled with the latest medical and scientific information about the causes, diagnosis, treatment, and self-management of social anxiety disorder (or SAD). Readers will find a wealth of solid advice and genuine inspiration here. Liebowitz discusses what is known and not known about social anxiety disorder in **adolescents**. She outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations.

FEELINGS: ANGER

	<p>When Sophie Gets Angry – Really, Really Angry by Molly Bang. Baker & Taylor, CATS, 2009. Everybody gets angry sometimes. And for children, anger can be very upsetting. In this Caldecott-honor book, children will see what Sophie does when she gets angry. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. What do you do? ISBN - 1442074264, 9781442074262, Preschool-3, 40 pages</p>
	<p>The Penguin Who Lost her Cool; A Story about Controlling your Anger by Marla Sobel and Denise Gilgannon. Childsworke/Childsplay (2000). Simple black and white drawings. This unique series features an animal that loses the very thing he or she is known for, but then regains it with the help of simple, sound advice. In The Penguin Who Lost Her Cool, Penelope Penguin is a great student and a good friend, but sometimes she can't control her temper. She learns new anger control techniques, which help her control her temper and keep her friends. Ages 3-7</p>
	<p>Don't Rant and Rave on Wednesday!; The Children's Anger-Control Book. By Adolph Moser and David Melton. Landmark Editions, Incorporated, 1994. Discusses the causes and effects of anger and provides advice on how to control and channel it. 61 pages. Ages 9 and up</p>

FEELINGS: FEAR

	<p>Wemberly Worried by Kevin Henkes, 2010. Greenwillow Books. Wemberly worried about spilling her juice, about shrinking in the bathtub, even about snakes in the radiator. She worried morning, noon, and night. "Worry, worry, worry," her family said. "Too much worry." And Wemberly worried about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying! Preschool, 32 pages</p>
	<p>"Once I was very very scared", declared squirrel. The other animals chime in to share that they were also once scared. Through the story we learn what scared the little animals, ways they each respond when scared, and things that help them feel safe and calm. This book was designed to help young children who have experienced stressful or traumatic events. Ages 3-14.</p>
	<p>Sometimes I'm Scared... by Jane Annunziata and Dr. Marc A. Nemiroff PhD and Bryan Langdo. American Psychological Association, 2009. Kids can be afraid of lots of things—it's normal. But these fears can seem really big! This book outlines easy steps kids can use to overcome their everyday fears. An extensive Note to Parents gives parents additional information on why fears naturally develop and how to help their kids understand and deal with common fears. Pages: 32, Age range: 5+</p>
	<p>When My Worries Get Too Big! by Kari Dunn Buron. AAPC Publishing, 2013. Worry and anxiety are on an upswing. In fact, anxiety is the most frequent of all mental disorders in children. High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. Such stress can lead to a loss of control, resulting in aggressive behavior, such as screaming, throwing things or even hurting someone. Prolonged anxiety can also seriously impact success in academic achievement and cause children to avoid social and extracurricular activities. Now with a special section on evidence-based teaching activities for parents and teachers alike, this bestselling children's classic just became even better and more relevant. 58 pages. Ages 6-10</p>

FEELINGS: FEAR, continued

	<p>Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids deal with a fear of the unknown, embrace uncertainty, and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anyplace, to help kids put a stop to worry before worry takes over.</p>
	<p>Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"—the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried. Teens</p>
	<p>Now in its second edition, <i>Helping Your Anxious Child</i> has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. For parents.</p>

Research Supporting the use of Books with Students:

Cocking, Andy and Astill, Jackie. Using literature as a therapeutic tool with people with moderate and borderline learning disabilities in a forensic setting **Published: 16 February 2004** <https://doi.org/10.1111/j.1354-4187.2003.00266.x>

Fischer, Frey & Savitz (2020) Teaching Hope and Resilience for Students Experiencing Trauma.

Lucas, Carla Vale & Luísa Soares (2013) Bibliotherapy: A tool to promote children's psychological well-being, *Journal of Poetry Therapy*, 26:3, 137-147, DOI: [10.1080/08893675.2013.823310](https://doi.org/10.1080/08893675.2013.823310)

The focus of this article is on bibliotherapy and child development. Particular attention is given to collaboration between psychologists and educators. The authors identify and discuss the benefits of bibliotherapy, provide guidelines for practice, and discuss implementation. Cautions, new directions, and particular issues relating to bibliotherapy in Portugal conclude this article.

McCulliss, Debbie & Chamberlain, David (2013) Bibliotherapy for youth and adolescents—School-based application and research, *Journal of Poetry Therapy*, 26:1, 13-40, DOI: [10.1080/08893675.2013.764052](https://doi.org/10.1080/08893675.2013.764052)

Bibliotherapy in the elementary, middle, and high-school classroom is used to foster healthy social and emotional growth in children and young adults to develop insight, a deeper understanding of self, solutions to personal problems, development of life skills, or enhanced self-image. The focus of this article is on how bibliotherapy can be used to address students' specific issues ranging from mild behavioral issues to physical and psychosocial conditions. Based on an extended review of the literature on bibliotherapy, this article may serve as a guide to readers interested in developing a bibliotherapy program for youth and adolescents. Recommendations for research are also noted.

Pardeck, John T.; Pardeck, Jean A. Bibliotherapy for Children In Foster Care and Adoption. *Child Welfare* . May/June87, Vol. 66 Issue 3, p269-278. 10p. ,

The bibliotherapeutic technique can help children adjust to the foster care and adoption experience. Appropriate children's books are described and the application and limitations of bibliotherapy are discussed.

Pehrsson, D., McMillen, P. S. (2005). A Bibliotherapy evaluation tool: Grounding counselors in the therapeutic use of literature. *The arts in Psychotherapy*, 32(1), 47-59.
https://digitalscholarship.unlv.edu/lib_articles/31

Rapee, Ronald M., Abbott, Maree J., Lynham, Heidi J. Bibliotherapy for children with anxiety disorders using written materials for parents: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, Vol 74(3), Jun 2006, 436-444

The current trial examined the value of modifying empirically validated treatment for childhood anxiety for application via written materials for parents of anxious children. Two hundred sixty-seven clinically anxious children ages 6-12 years and their parents were randomly allocated to standard group treatment, waitlist, or a bibliotherapy version of treatment for childhood anxiety. In general, parent bibliotherapy demonstrated benefit for children relative to waitlist but was not as efficacious as standard group treatment. Relative to waitlist, use of written materials for parents with no therapist contact resulted in around 15% more children being free of an anxiety disorder diagnosis after 12 and 24 weeks. These results have implications for the dissemination and efficient delivery of empirically validated treatment for childhood anxiety. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Rozalski, Michael, Angela Stewart & Jason Miller (2010) Bibliotherapy: Helping Children Cope with Life's Challenges, *Kappa Delta Pi Record*, 47:1, 33-37