

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Children's Materials

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Material Title: **15 Things Not to Do with a Baby**

Author: Margaret McAllister

*Books*

2016

Congratulations! You have a new baby in your family. Just follow our simple tips and you'll all be very happy...

Don't send your baby to play with an elephant, lend him to a kangaroo, or give the baby to an octopus to cuddle. And never let your baby take the dog for a walk!

This funny, warm-hearted picture book is perfect for the whole family to share.

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Material Title: **A Family Is a Family Is a Family**

Author: Sara O'Leary

*Children's Books*

2016

32

When a teacher asks the children in her class to think about what makes their families special, the answers are all different in many ways — but the same in the one way that matters most of all.

One child is worried that her family is just too different to explain, but listens as her classmates talk about what makes their families special. One is raised by a grandmother, and another has two dads. One is full of stepsiblings, and another has a new baby.

As one by one, her classmates describe who they live with and who loves them — family of every shape, size and every kind of relation — the child realizes that as long as her family is full of caring people, her family is special.

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Material Title: **A Foster-Adoption Story: Angela and Michael's Journey: A Therapeutic Workbook for Traumatized Children**

Author: Regina M. Kupecky & Christine Mitchell

*Children's Books*

2009

30

A Foster-Adoption Story tells the story of a brother and sister experiencing abuse, neglect, multiple foster care moves, sibling separation, and eventually adoption. The goal of this workbook is to open the door to discuss difficult topics; issues like abuse, neglect, birth parents, and loyalty conflicts. It can be used as an aid in helping children heal; one that allows them to read about "kids like me". This workbook will be a useful therapeutic tool to help children process their experiences and grief along the path to healing.

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Material Title: **A Kid of Their Own**

Author: Megan Lambert Dowd

*Children's Books*

2020

32 pages

Rooster Clyde has just settled in and found his voice when everyone demands that he take his hard-earned crow down a notch so as to not disturb newcomer Rowdy. That doesn't sit well with Clyde. Neither does the fact that motherly goose Roberta seems to have taken the new animals' side. The farm community learning to deal with a young member of the group is the main story in text and is paired with a wordless story in illustrations that shows Farmer Jay and Farmer Kevin getting ready for their adopted child to arrive on the farm.

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Material Title: **ADD not B.A.D.**

Author: Audrey Penn

*Children's Books*

2003

33

Jimmy Jumpingbean and his teacher, Mr. Jugardor, demonstrate to the class why Jimmy's attention deficit disorder makes it hard for him to sit still.

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Material Title: **ADHD: A Teenager's Guide (CD)**

Author: James J Crist, PhD

*CDs*

1996

28 minutes

For the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

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Material Title: **Adopted and Wondering: Drawing Out Feelings**

Author: Marge Eaton Heegaard

*Children's Books*

2007

40 pages

This art therapy book helps children cope with the emotional impact of adoption. Children can use this book's interactive exercises to realize that their birth parents were good people who loved them but were unable to give them a good home; understand that they were placed, rather than abandoned; and develop a strong sense of personal identity. The interactive drawing exercises help children explain in pictures what they are unable to say in words.

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## Children's Materials

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Material Title: **Adopted and Wondering: Drawing Out Feelings\* (Children's Materials)**  
Author: Marge Eaton Heegaard *Children's Books* 2007 31 pages

This book, designed for adopted children 6-12 brings up issues faced by such children and leaves spaces for them to draw pictures in response to the issues brought up. It should be read by parents before it is given to their children.

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Material Title: **Adopting Our Two Dads: A story about the Leffew Family \*(Children's Materials)**  
Author: Luca Panzini *Children's Books* 2014 33 pages

Based on the true story of the Leffew family, daddy Brian, daddy Jay, Daniel and Selena, we follow them through the story of their adoption and learn how this family was formed. An increasing number of lesbian, gay, bisexual, and transgender (LGBT) couples are having children through surrogacy, co-parenting, donor and adoption. Every child deserves a book that reflects their lives. This book also shows that families come in many different combinations, and helps children from all backgrounds understand more about families with same-gendered parents.

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Material Title: **Adoption is for always**  
Author: Linda Walvoord Girard *Children's Books* 1986 32 pages

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 a family holiday.

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Material Title: **Adoption Stories for Young Children\* (Children's Materials)**  
Author: Randall B. Hicks *Children's Books* 1995 43 pages

This book is told from the perspective of a 5-year-old boy who introduces us to his many friends and neighbors. They come from different walks of life, but they have one thing in common – their families were all created through adoption. It explores common issues of interest to young children about adoption.

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Material Title: **Adventures of NanaCat and Her Children "Moving In," The**  
Author: Maureen Catherine *Children's Books* 2003 28 pages

The first in a series of illustrated books for children who live with non-parents. In this book, four children move in with their grandmother.

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Material Title: **After Tupac and D Foster**  
Author: Jaqueline Woodson *Books* 2010 192 pages

The day D Foster enters Neeka and her best friend's lives, the world opens up for them. Suddenly they're keenly aware of things beyond their block in Queens, things that are happening in the world—like the shooting of Tupac Shakur—and in search of their Big Purpose in life. When—all too soon—D's mom swoops in to reclaim her, and Tupac dies, they are left with a sense of how quickly things can change and how even all-too-brief connections can touch deeply.

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Material Title: **Alex and the Scary Things; A Story to Help Children Who Have Experienced Something Scary**  
Author: Melissa Moses *Children's Books* 02/21/2015

Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes.

By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings.

An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.

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Material Title: **Alexander and the terrible, horrible, no good, very bad day\* (Children's Materials)**  
Author: Judith Viorst *Children's Books* 1987 32

The perennially popular tale of Alexander's worst day is a storybook that belongs on every child's bookshelf.

Alexander knew it was going to be a terrible day when he woke up with gum in his hair.

And it got worse...

His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV!

This handsome new edition of Judith Viorst's classic picture book is sure to charm readers of all ages.

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## Children's Materials

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Material Title: **All About Adoption: How Families Are Made & How Kids Feel About It\* (Children's Materials)**  
Author: Marc Nemiroff *Children's Books* 2004 43 pages

For children ages 4-12 adopted from any country, this book explores the what, how, and why of adoption, as well as many of the feelings kids experience as they grow up. And for parents, an extensive afterword discusses the unique practical and emotional dimensions of adopted children and their families, with suggestions for answering the most challenging questions.

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Material Title: **All About Ben: Helping Children with Attachment Issues to Understand Their Feelings**  
Author: Dorothy & Aileen Markham & O'Donnell *Children's Books* 5/21/2018 40

This reassuring story helps children aged 5+ with attachment issues to understand their feelings, open up to a caring adult and learn how to choose positive behaviours. Ben is made up of lots of different 'parts' - to name a few, he has happy, caring, angry, excited, hugging and yelling parts. Ben explains how all these parts are okay, and that a caring adult can help you to understand and manage them more easily.

This book also features activities to help children talk about their feelings, and a simple introduction to attachment theory for adults.

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Material Title: **All About Me**  
Author: Lynn Burwash *Books* 1998 12

All About Me was written by two adoptive mothers, this simple, direct children's book was designed to be an invaluable tool for adoptive parents who wish to provide their young children an avenue for understanding the meaning of being adopted. When incorporated into a regular reading schedule, it provides consistent opportunities for parents and children to have open, frank and meaningful conversations about being adopted. Illustrated with wonderful, colorful art produced by adopted children, it encourages children to participate in the story by "filling in the blanks" using their crayons and washable markers. The large format is easy for young fingers to handle and it's washable, so the fun can happen over and over again!

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Material Title: **All Are Welcome**  
Author: Alexandra Penfold *Children's Books* 2018 44 pages

Follow a group of children through a day in their school, where everyone is welcomed with open arms. A school where kids in patkas, hijabs, and yarmulkes play side-by-side with friends in baseball caps. A school where students grow and learn from each other's traditions and the whole community gathers to celebrate the Lunar New Year. "All Are Welcome" lets young children know that no matter what, they have a place, they have a space, they are welcome in their school.

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Material Title: **All Cats Have Asperger Syndrome \*(Children's Materials)**  
Author: Kathy Hoopmann *Children's Books* 2006 65 pages

Touching, humorous and insightful, this book evokes the joys and challenges of raising a child who is different. It leaves the reader with a sense of dignity, individuality and potential of people with Asperger Syndrome.

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Material Title: **All Dogs Have ADHD\* (Children's Materials)**  
Author: Kathy Hoopmann *Children's Books* 2009 65 pages

Absorbing and insightful, this book takes a refreshing approach to understanding ADHD. It combines humor with understanding to reflect the joys and challenges of raising a child who is different.

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Material Title: **All Kinds of Families\* (Children's Materials)**  
Author: Norma Simon *Children's Books* 1976 34 pages

This illustrated (by Joe Lasker) children's book describes and shows different kinds of families and normalizes the many ways in which they are not all the same. The word adoption comes up only twice, but the message that it is not necessary to be like everyone else is amply communicated.

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Material Title: **All the Colors of the Earth**  
Author: Sheila Hamanaka *Books* 1999 32 pages

Celebrate the colors of children and the colors of love—not black or white or yellow or red, but roaring brown, whispering gold, tinkling pink, and more.

Included in Brightly's list of recommended diverse poetry picture books for kids, this beautifully illustrated book "celebrates the beauty of diversity to the fullest through engaging, rhyming text," commented Charnaie Gordon in her Brightly review. All the Colors of the Earth "would be a wonderful book to use in multicultural classrooms in schools."

## Children's Materials

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Material Title: **Alphabreaths: The ABCs of Mindful Breathing**  
Author: Christopher Willard PsyD and Daniel Rechtschaffen *Children's Books* 2019 32

In Alphabreaths, children will learn their ABCs and the basics of mindfulness through playful breathing exercises. Breaths like Mountain Breath and Redwood Breath will connect them with nature, while breaths like Heart Breath and Wish Breath will help them remember to fill their heart with gratitude and send good wishes to others.

Simple, playful, and with delightful illustrations, Alphabreaths is the perfect introduction to mindfulness and breath awareness.

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Material Title: **Amber's Voice!: Navigating Through a Difficult Conversation with a young child about Sexual Abuse**  
Author: Amber Latimore *Children's Books* 2020 30

This is not your ordinary children's book! This book gives parents and caregivers a gentle way of having a discussion about sexual abuse, just by reading about Amber's story. In this book, you will learn all about Amber's likes and dislikes, and will be able to engage in conversation with your little ones by asking them questions throughout the book. Inside this book is information for parents and caregivers to look over and understand about sexual abuse.

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Material Title: **And That's Why She's My Mama**  
Author: Tiarra Nazario *Children's Books* 2018 31 pages

What is a Mama? A mama is someone who is always there for you. She makes you your favorite food, takes you to the park, and kisses your boo-boos better. Some mamas didn't hold you in their belly, but they will forever hold you in their hearts. Mamas come in all different shapes, colors, and ages, but they all have one thing in common. They love you!

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Material Title: **Anna-Tude**  
Author: Cindy Sadowsky *Children's Books* 2015 24

What is Anna-tude? It is changing negative feelings into positive feelings. It is celebrating caring, kindness and bravery. Originally written as a poem, this book speaks to young children about that they have the power to change their attitudes and see their worlds differently. You will learn the story of the original "Anna" in the book dedication. Anna-tude is written by a former pre- school teacher and illustrated by some of her students.

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Material Title: **Antonio's Card \* (Children's Material)**  
Author: Rigoberto González *Children's Books* 2005 31 pages

Antonio has two mother figures which makes it difficult to explain to his classmates. During Mother's Day card making time and after school, when his mom's partner picks him up, Antonio doesn't know how to deal with peer pressure. He is teased often and this confuses him because he loves his moms and his family. This book nicely portrays one boys struggle to fit in without hurting anyone's feelings. The book is written in English and Spanish on each page. The love in the story overpowers the basic illustrations. A feel good read.

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Material Title: **Arnie and the New Kid**  
Author: Nancy L. Carlson *Children's Books* 1992 32

Able-bodied Arnie teases Philip—a new student at his school who uses a wheelchair. However, after Arnie injures himself while making fun of Philip, he begins to understand what it means to be compassionate and welcoming.

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Material Title: **Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls\* (Children's Materials)**  
Author: Joanna Cole *Children's Books* 1988 86 pages

This illustrated book is targeted at preteen boys and girls. Written in an easy to understand question-and-answer format, it addresses all aspects of sexuality from growth and development to sex and relationships. The aim of this book is to give children a healthy and accurate view of sexuality.

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Material Title: **At Home in this World ... A China Adoption Story\* (Children's Materials)**  
Author: Jean MacLeod *Children's Books* 2003 15 pages

This book is a reflection of a pre-adolescent girl on what she knows of her adoption from China, and the strength she gains from her acceptance and experience. It addresses the underlying feelings and emotions that a China adoptee experiences and enables pre-teen readers to put their early lives into perspective, while emphasizing the supportive love that encircles them within their own families.

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## Children's Materials

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Material Title: **Autism: Living with my Brother Tiger**

Author: Linda Lee

*Children's Books*

2006

56

Looks like a book for siblings...but actually for anyone who wants to really understand autism. The compelling true story of an 8-year-old boy whose life at three was suddenly turned upside down by the birth of his young brother, severely affected by autism. Witness his confusion as he describes the hardships he endured daily. Laugh with him at certain ludicrous situations. Feel his sadness as he describes the loss of his life as he once knew it. Watch through Jason's eyes as his brother slowly transforms from a child who had essentially no "human" characteristics, screamed endlessly, was vicious with himself and others, and rarely slept for most of his first two years, to a gentle, loving, five-year-old boy.

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Material Title: **Ayuda Para Niños!: Entendiendo Tus Sentimientos Sobre Tu Papá o Mamá En La Carcel o La Prisión**

Author: Carole Gesme

*Libros para niños*

Este cuaderno de trabajo habla sobre algunos de los problemas que los niños tienen que enfrentar cuando, so separados de alguno de sus padres (u otro miembro de la familia) por encarcelamiento. Muchos niños manifiestan enojo, otros se entristecen, deprimen, asustan o avergüenzan. El propósito de este cuaderno es ayudarlos a identificar sus sentimientos y darles información de como lidiar con esos sentimientos. Es importante que ustedes entiendan que sus hijos, o niños a su cargo, pueden estar experimentando una gran variedad de sentimientos.

This workbook discusses some of the issues children face when they are separated from one of their parents (or another family member) by incarceration. Many children express anger, others become sad, depressed, frightened or embarrassed. The purpose of this workbook is to help the reader identify their feelings and give information on how to deal with those feelings. It is important for parents to understand that your children, or children in your care, may be experiencing a wide variety of feelings.

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Material Title: **B is for Breathe; The ABCs of Coping with Fussy and Frustrating Feelings**

Author: Melissa Munro Boyd

*Children's Books*

2019

32

From the letter A to the letter Z, B is for Breathe celebrates the many ways children can express their feelings and develop coping skills at an early age. Fun, cute, and exciting illustrations, this colorful book teaches kids simple ways to cope with fussy and frustrating emotions. This book will inspire kids to discuss their feelings, show positive behaviors, and practice calm down strategies.

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Material Title: **Baby Owl Lost Her Whoo\* (Children's Materials)**

Author: Cindy R. Lee

*Children's Books*

2014

30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

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Material Title: **Badger's Parting Gifts**

Author: Susan Varley

*Children's Books*

1992

32

Badger is old and knows he is going to die soon. When he does, the other animals think they will be sad forever, but they begin to talk about the memories they have of the things Badger taught them and learn to cope with his death. A lovely picture book that emphasizes the importance of remembering the person who has died.

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Material Title: **Be Bold! Be Brave! 11 Latinas who made U.S. History**

Author: Naibe Reynoso

*Children's Books*

2019

32 pages

"Be Bold! Be Brave! 11 American Latinas who made U.S. History", "Sé Audaz! Sé Valiente!: 11 Latinas que hicieron historia en los Estados Unidos" is a bilingual book that highlights 11 Latinas who excelled in their professions and made U.S. History by accomplishing something that hadn't been done before in various fields including medicine, science, sports, art and politics. By presenting the true biographical stories of these outstanding Latinas in rhyming verses, young readers will easily follow their journey to success. Some of the women highlighted include Antonia Novello (first female Surgeon General in the U.S.), Ellen Ochoa (first Latina to go to space), Sonia Sotomayor (first Latina Supreme Court Justice,) Rita Moreno (first Latina to win an Oscar), and Pura Belpre (first Latina to incorporate and promote bilingual literacy in Public Libraries).

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Material Title: **Be Brave Little One**

Author: Marianne Richmond

*Children's Books*

From the author of If I Could Keep You Little comes Be Brave Little One, which honors and celebrates the power of courage in every child. Perfect for cheering someone on, this story affirms how bravery can show up in all different ways!

When I look at you,  
shining bright as the sun,  
I wish for you this...  
be brave little one!

## Children's Materials

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Material Title: **Bear Inside, The**  
Author: Peter & Mark Molchan Mortola *Children's Books* 2016 30 pages

We all have a bear inside. Sometimes the bear will act in ways that can hurt others, biting someone at preschool, hitting our sibling, or using vicious words to attack someone on social media. Of course, we want our children to control this aggressive, inner bear. But sometimes, we need our bear to help us. We want our children to be appropriately assertive when confronted by a bully, when they are facing unhelpful peer pressure, or even when they are trying to score a goal in soccer. Clearly, coming to terms with "the bear inside" is important work for any growing child. This book was written to help children, parents, teachers, and counselors to do just that.

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Material Title: **Beautiful, Wonderful, Strong Little Me!\* (Children's Materials)**  
Author: Hannah Dias Carmona *Children's Books* 2019 32 pages

Dark skin, curly hair, freckles, and full lips. Smart, strong, funny, and friendly. Lilly knows that she does not look like her friends, and others have noticed. Through playful, lyrical lines, Lilly speaks up for every child who has been asked What are you? in this celebration of self-love and acceptance.

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Material Title: **Becoming Naomi Leon**  
Author: Pam Munoz Ryan *Children's Books* 2005 272 pages

Naomi Soledad Leon Outlaw has had a lot to contend with in her young life, her name for one. Then there are her clothes (sewn in polyester by Gram), her difficulty speaking up, and her status at school as "nobody special." But according to Gram, most problems can be overcome with positive thinking. And with Gram and her little brother, Owen, Naomi's life at Avocado Acres Trailer Rancho in California is happy and peaceful...until their mother reappears after seven years of being gone, stirring up all sorts of questions and challenging Naomi to discover and proclaim who she really is.

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Material Title: **Bedtime for Frances**  
Author: Russell Hoban *Children's Books* 1995 32

The big hand of the clock is at 12.  
The little hand is at 7.  
It is seven o' clock.  
It is bedtime for Frances.

It may be bedtime for Frances, but before Frances can sleep, she needs a glass of milk, a kiss from Father, one from Mother, her teddy bear, her doll, another kiss from Father, and another one from Mother. And then there are tigers and giants and ominous cracks in the ceiling to keep her up. Will Frances ever go to sleep?

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Material Title: **Beginnings: How Families Come to Be**  
Author: Virginia Kroll *Children's Books* 1994 29 pages

This children's book, with warmly glowing illustrations by Stacey Schuett and upbeat, realistic dialogue by Virginia Kroll, exudes familial affection in sketches of six differently composed families.

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Material Title: **Being Adopted (Children's Materials)**  
Author: Stephanie Herbert *Children's Books* 1991 22 pages

This illustrated little children's book follows some of the steps in the life of an at-birth adoption through a first person narrative.

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Material Title: **Benjamin Bear Gets a New Family\* (Children's Materials)**  
Author: Deborah Joy *Children's Books* 1988 40 pages

This children's book deals in story-book form with the feelings many children experience resulting from their birth parents' inability to provide for them, as well as feelings related to their subsequent adoption. Opportunities and guidelines for discussion are provided.

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Material Title: **Best Best Colors - Los Mejores Colores\* (Children's Material)**  
Author: Eric Hoffman *Children's Books* 1998 26 pages

Nate loves all of the wonderful colors he sees in his everyday life. When his Mamma Jean and Mamma Laura ask him about his favorite color, he wonders, "How can I choose just one?" This delightful picture book takes you on a journey with Nate as he figures out that he can like a lot of different colors and have a lot of different friends. This book is bilingual with words in English and Spanish.

Nate ama todos los maravillosos colores que ve en su vida cotidiana. Cuando su mamá Jean y su mamá Laura le preguntan acerca de su color favorito, se pregunta, "¿Cómo puedo elegir sólo uno?" Este maravilloso libro de imágenes le lleva a un viaje con Nate mientras él descubre que a él le pueden gustar un montón de diferentes colores y que puede tener un montón de diferentes amigos. Este libro es bilingüe, con palabras en Inglés y Español.

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## Children's Materials

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Material Title: **Best Single Mom in the World, The: How I Was Adopted\*** (Children's Materials)  
Author: Mary Zisk *Children's Books* 2001 29 pages

This illustrated book for very young children has an adopted child telling of how her mom tells her the story of the child's adoption from "far away across the ocean and over the mountains."

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Material Title: **Big Box, The\*** (Children's Materials)  
Author: Toni Morrison *Children's Books* 1999 10 pages

This colorfully illustrated children's book tells, in rhyme, the story of three active children who "can't handle their freedom," and of the attempts of the teachers and neighbors "who loved them" to deal with their behavior.

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Material Title: **Big Friend, Little Friend**  
Author: Eloise Greenfield *Children's Books* 1991 12

A three-year-old boy shares a special relationship with his older friend, a nine-year-old girl, and with a younger toddler

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Material Title: **Big Words for Little People**  
Author: Jamie Lee Curtis *Children's Books* 09/09/2008 40

The eighth hilarious picture book by the #1 New York Times bestselling team of Jamie Lee Curtis and Laura Cornell helps little people communicate in a big person's world. With grown-up words like cooperate, respect, patience and considerate, a big, boisterous and zany family celebrates the power of language and discovers that words—big or little—are the bridge that connects us all.

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Material Title: **Black is Brown is Tan**  
Author: Arnold Adoff *Children's Books* 2004 40 pages

Brown-skinned momma, the color of chocolate milk and coffee pumpkin pie, whose face gets ginger red when she puffs and yells the children into bed. White-skinned daddy, not white like milk or snow, lighter than brown, With pinks and tiny tans, whose face gets tomato red when he puffs and yells their children into bed. Children who are all the colors of the race, growing up happy in a house full of love. This is the way it is for them; this is the way they are, but the joy they feel extends to every reader of this book.

Black is brown is tan is a story poem about being, a beautiful true song about a family delighting in each other and in the good things of the earth.

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Material Title: **Black, White, Just Right!\*** (Children's Materials)  
Author: Marguerite Davol W. *Children's Books* 2019 32 pages

This simple story celebrates how the differences between one mother and father blend to make the perfect combination in their daughter. As this little family moves through the world, the girl notes some of the ways that her parents are different from each other, and how she is different from both of them. With each difference she lists, she highlights the ways that their individual characteristics join together to make her family. The fact that her mother is African American and her father is white is just one of the many interesting things that make this little girl and her family "just right."

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Material Title: **Blue Day Book for Kids, The** (Children's Material)  
Author: Bradley Trevor Greive *Children's Books* 2005 44 pages

Perfect for those downer days when your child needs a pick-me-up. It pairs animal photographs and inspirational thoughts. The deceptively simple, imaginative story line reflects a child's sensibility about the symptoms, causes, and cures for those time when children feel tired, grumpy, left out, or think that nothing ever goes as they planned.

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Material Title: **Boy and a Bear: The Children's Relaxation Book, A**  
Author: Lori Lite *Children's Books* 1996 32 pages

This story of a young boy who encounters a polar bear while climbing a snow-covered mountain teaches children relaxation techniques to reduce stress, prepare for sleep, and improve self-confidence.

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Material Title: **Boy Called Bat, A**  
Author: Elana Arnold *Children's Books* 2017 208

Bixby Alexander Tam, or Bat, has autism. He has a high need for structure; anything out of the ordinary causes him anxiety. When his mother, a vet, is late coming home from work one day, Bat is panicked. His mother explains she has a good reason, and tells him about the baby skunk she has brought home. The mother skunk did not survive a car accident, but Bat's mom was able to save the kit, and they will raise him at home for a month until he is old enough to be released to a wild animal shelter. Bat, who wants to be a vet himself someday, is fascinated by the kit, named Thor by his sister. Feeling that no one will be able to care for Thor as well as he can, Bat tries to find a way to convince his mother to keep the kit as a pet.

## Children's Materials

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Material Title: **Boy Who Built A Wall Around Himself, The**  
Author: Ali Redford *Children's Books* 11/21/2015 32

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all.

Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

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Material Title: **Boy Who Wanted a Family, The**  
Author: Shirley Gordon *Children's Books* 1982 96

Explores the hopes, fears, and experiences of a young boy and his new mom during the one-year waiting period before he can be legally adopted.

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Material Title: **Breathe Like a Bear; 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere**  
Author: Kira Willey *Children's Books* 12/5/2017 84

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.

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Material Title: **Brother Eagle, Sister Sky: A Message from Chief Seattle**  
Author: Seattle *Children's Books* 1991 26

"How can you buy the sky? How can you own the rain and the wind?"

So begin the moving words attributed to a great American Indian chief--Chief Seattle--over 100 years ago. They are words that eloquently capture the central belief of Native Americans: that this earth and every creature on it is sacred. It is this belief that inspired Susan Jeffers' extraordinary full-color paintings.

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Material Title: **But We're Not Lions!**  
Author: Karen Young *Children's Books* 2019

The animals were mighty and magnificent, but they were miserable! For way too long, they'd been forced to become something that didn't feel right - something that felt too much like bad days and scratchy things. The animals needed a hero - or someone to show them that a hero was in each of them all along.

'But We're Not Lions' is a book about social resilience. It will help children understand the importance of boundaries, how to manage peer-pressure, and how to nurture the courage and power that comes with self-acceptance. Most importantly, it is a reminder for all kids that the very best thing about them, is them.

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Material Title: **Callum Kindly and the Very Weird Child: A Story about Sharing your Home with a New Child**  
Author: Sarah Naish *Children's Books* 07/21/2017 32

Callum Kindly is a kind and caring boy, who lives alone with his mum. That is until Katie Careful comes to stay with them who Callum thinks is a very weird child!

Katie manages to get in the way whenever Callum wants to speak to his mum or have snuggle time. She cries and sulks on his birthday and she steals his toy car. Luckily, his mum can explain to him why Katie acts differently.

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Material Title: **Can I Tell You About Adoption?; A Guide for Friends, Family, and Professionals**  
Author: Anne Braff Brodzinsky *Children's Books* 8/28/2013 56

Meet Chelsea - a young girl who was adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help.

Accessible and informative, this illustrated book is an ideal introduction to adoption for children aged 7+ and is a great tool for encouraging discussions for families, teachers and professionals working with adopted children.

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## Children's Materials

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Material Title: **Can I Tell You About Auditory Processing Disorder?**

Author: Alyson Mountjoy

*Children's Books*

In this friendly guide, a girl called Amy tells all about her Auditory Processing Disorder (APD). Together with her friend Tom and sister Lucy, Amy explains how every child with APD is affected in unique ways, and how to get help if you have APD.

This illustrated guide is ideal for helping children aged 7+ with APD to understand the condition, while increasing their self-esteem and confidence. Explaining about causes, symptoms, diagnosis and comorbidity in child-friendly terms, it dispels myths and encourages children to self-advocate and seek help at home and at school. It is also an excellent starting point for parents, teachers and other professionals wishing to tailor support to the type and severity of a child's APD, and includes a helpful list of recommended sources for additional support.

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Material Title: **Can I Tell You About Compassion?**

Author: Sue Webb

*Children's Books*

05/21/2018

64

Material Title: **Can I Tell You About Gratitude?**

Author: Liz Gulliford

*Children's Books*

05/21/2018

64

Meet Maya. Maya always tries to be polite, and to remember to say 'thank you' but she wants to learn what it means to be truly grateful. Should she be grateful to her teachers for their hard work, even though they're only doing their job? Does she need to say thank you for the gifts she doesn't really like - like the pink scarf Nani gave her last birthday? And when Laura gives her some earrings but later asks to copy her history project in return, should Maya be grateful and give her the thank you letter she has written?

This illustrated book is an ideal conversation starter for children aged 7+, helping them to understand what gratitude means, recognise when it is appropriate, and develop their own ability to be genuinely grateful.

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Material Title: **Can I Tell You About Self-Harm?; A Guide for Friends, Family, and Professionals**

Author: Pooky Knightsmith

*Children's Books*

01/18/2018

72

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much.

The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family.

This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

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Material Title: **Can I Tell You About Sensory Processing Difficulties?; A guide for friends, family, and professionals**

Author: Sue Allen

*Children's Books*

10/31/2015

56

Meet Harry - a young boy with sensory processing difficulties. Harry invites readers to learn about why he finds it hard to process sensory information effectively, and how even simple things such as washing, dressing and coping with meal times can be challenging for him. He also talks about difficulties he faces at school and why large groups and loud noises are especially hard. He explains how other people can have different sensory processing issues and talks about what he and those around him can do to help.

This illustrated book is ideally suited for readers aged 7 and upwards and occupational therapists, teachers, parents, family members and friends of those with sensory processing difficulties.

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Material Title: **Carlos the Chameleon: A Story to Help Empower Children to Be Themselves**

Author: Alice Reeves

*Children's Books*

03/21/2018

As a chameleon, it's in Carlos' nature to change his colours in order to fit into his surroundings. Carlos is usually green, but can turn pink to join the flamingos, blue to match the frogs, and spotty to resemble the jaguars. When the other animals find out that Carlos has been changing his colours in order to fit in, they reassure him that his own colour is beautiful and that he doesn't need to change who he is to be accepted and loved by his friends.

Part of the Truth & Tails series, which aims to eliminate prejudices and encourage acceptance in young children aged 4-8, the story of Carlos and his friends is accompanied by hand-drawn, watercolour illustrations.

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## Children's Materials

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Material Title: **Celebration of Family (Audiotape)**

Author: Audiotape *Audiotapes* 2001 45 minutes

With a diverse assortment of artists and musical styles, this cassette speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on CD.

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Material Title: **Charley Chatty and the Disappearing Pennies: A Story about Lying and Stealing**

Author: Sarah Naish *Children's Books* 09/21/2017 32

Charley Chatty likes shiny things, especially shiny pennies. Sometimes Charley thinks her siblings get more than her so she likes to keep the pennies safe in her pocket.

Charley spots some pennies lying around the house, and puts them in her piggy bank. But she gets very nervous when her Dad starts looking for the missing pennies. Luckily, Charley's Dad is good at working out what might have happened and helps Charley to put it all right again.

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Material Title: **Charley Chatty and the Wiggly Worry Worm**

Author: Sarah Naish *Children's Books* 10/21/2016 32

Charley Chatty likes to talk. Charley talks so much that her mouth gets dry but there's just so much to say!

"Why is the pavement brown?"

"I have got two shoes. Everyone has two shoes."

"I can hear the radio. Who is on the radio? Why is there a button on the radio?"

Sometimes, Charley's imagination takes over and she tells stories about things that didn't really happen. She doesn't mean to but she likes how it makes her feel important and the wiggly worry worm inside her belly goes away.

Written by a mum who understands, and her daughter (who also liked to tell tales), this is a story for children functioning at age 3-10.

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Material Title: **Chester Raccoon and the Acorn Full of Memories**

Author: Audrey Penn *Children's Books* 2009 32

Chester Raccoon's good friend Skiddel Squirrel has had an accident and will not be returning - ever. Chester is upset that he won't get to play with his friend anymore. Mrs. Raccoon suggests that Chester and his friends create some memories of Skiddel, so that they will have good memories when they miss him. Chester, his brother Ronny, and their friends decide to gather at the pond, where they combine their memories and create a touching celebration of their friend's life.

Many young children must face the loss of loved ones or the need to attend a funeral. This sweet story will help children to understand the positive purpose behind memorial services and how "making memories" can provide cheer and comfort when missing an absent loved one.

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Material Title: **Chester Raccoon and the Big Bad Bully**

Author: Audrey Penn *Children's Books* 2009

Material Title: **Chris Dreams BIG**

Author: Chris Dudley, and Chris Love-Dudley *Children's Books* 2009 38

Chris loved being a kid! He also loved dreaming of his plan to one day play professional basketball. Life was pretty good! But one morning Chris woke up and found that he was facing the biggest challenge of his life. Chris had to decide if he was going to let his new found condition end his dream or find the courage to keep playing the game he loves! Chris Dreams BIG is a triumphant story of a boy who overcomes adversity. Chris learns a valuable lesson when he discovers that he is not the only person facing challenges. His life is forever changed when he realizes that challenges do not always have to keep you from doing the things you love.

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Material Title: **Chto by ni cluchilos' [No Matter What] RUSSIAN**

Author: *Russian Language Ma* 2017

## Children's Materials

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Material Title: **Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close: A Therapeutic Story With Creative Activities About Trust, Anger, and Relationships for Children Aged 5-10**  
Author: Karen Treisman *Children's Books* 2019 160

Amongst the beauty of the Okavango delta in Botswana, Cleo the Crocodile loved having fun with all of his animal friends. That is, until one day Hogan the Hippo, who was supposed to look after Cleo, started to act mean and hurt him. Cleo has to leave the swamp to find a safe new home - he's scared and puts his prickles up for protection, so all the other animals are afraid of him. How can Cleo find a new safe home? How can he make new friends when he doesn't know who he can trust?

This activity book developed by expert child psychologist Dr Karen Treisman combines a colourfully illustrated therapeutic story about Cleo the Crocodile to help start and enrich conversations, which is followed by a wealth of creative activities and photocopiable worksheets for children to explore issues relating to attachment, relationships, rejection, anger, trust and much more.

The activities are accompanied by extensive advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to start to name their tricky feelings. It will help children to understand their own prickles, to trust others and begin to invest in relationships so they can let others close again.

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Material Title: **Coco & Olive: The Color of Love**  
Author: Michelle Madrid-Branch *Children's Books* 2019 33

Explore the colors of love and the beauty of family diversity with Coco & Olive, a doggie mother and daughter pair who come together through adoption. Filled with imaginative characters and stunning illustrations, this is a story about finding home, not in a building, but within each other's hearts. Coco & Olive: The Color of Love is a 1st place winner of the 2019 Royal Dragonfly Award, recognizing excellence in children's literature. Written by international adoptee and mother-by-adoption, Michelle Madrid-Branch.

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Material Title: **Coffee Can Kid, The\* (Children's Materials)**  
Author: Jan M. Czech *Children's Books* 2002 24 pages

This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.

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Material Title: **Colors of Us, The**  
Author: Karen Katz *Books* 2002 32 pages

A positive and affirming look at skin color, from an artist's perspective.

Seven-year-old Lena is going to paint a picture of herself. She wants to use brown paint for her skin. But when she and her mother take a walk through the neighborhood, Lena learns that brown comes in many different shades.

Through the eyes of a little girl who begins to see her familiar world in a new way, this book celebrates the differences and similarities that connect all people.

Karen Katz created this book for her daughter, Lena, whom she and her husband adopted from Guatemala six years ago.

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Material Title: **Confusing World of Brothers, Sisters, and Adoption, The; The Adoption Club Therapeutic Workbook on Siblings**  
Author: Regina Kupecky *Children's Books* 10/21/2014 48

For children who are adopted families can get complicated, and that's very true when it comes to brothers and sisters, or 'siblings'.

Today The Adoption Club are exploring the confusing world of siblings. Some children have half-siblings, adopted siblings, step-siblings. Michael has a birth sibling, his sister Angela, who he lives with, but many other children who are adopted are separated from their brother or sisters. The Adoption Club talk about their feelings about their own siblings.

Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help explore sibling relationships. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

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## Children's Materials

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Material Title: **Cool Salsa**

Author: Lori M. Carlson

*Books*

2013

123 pages

Growing up Latino in America means speaking two languages, living two lives, learning the rules of two cultures. Cool Salsa celebrates the tones, rhythms, sounds, and experiences of that double life. Here are poems about families and parties, insults and sad memories, hot dogs and mangos, the sweet syllables of Spanish and the snag-toothed traps of English. Here is the glory—and pain—of being Latino American.

Latino Americans hail from Cuba and California, Mexico and Michigan, Nicaragua and New York, and editor Lori M. Carlson has made sure to capture all of those accents. With poets such as Sandra Cisneros, Martín Espada, Gary Soto, and Ed Vega, and a very personal introduction by Oscar Hijuelos, this collection encompasses the voices of Latino America. By selecting poems about the experiences of teenagers, Carlson has given a focus to that rich diversity; by presenting the poems both in their original language and in translation, she has made them available to us all.

As you move from memories of red wagons to dreams of orange trees to fights with street gangs, you feel Cool Salsa's musical and emotional cross rhythms. Here is a world of exciting poetry for you, y tú también.

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Material Title: **Cory Stories: A Kid's Book About Living with ADHD\* (Children's Materials)**

Author: Jeanne Kraus

*Children's Books*

2005

28 pages

Cory has lots of stories to tell, and lots of ways to get organized, pay attention, calm down, remember things, make friends, and feel good about himself and life with ADHD. With a note to parents by Dr. Jane Annunziata.

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Material Title: **Critters Cry Too: Explaining Addiction to Children**

Author: Anthony Curcio

*Children's Books*

2016

36

Critters didn't need much to be happy, a good game of critterball and doing what they loved to do most, talking to each other, was usually enough. But when Whateveritwas (what Critters called cookies) came, all of that changed. Some Critters stopped talking, stopped playing and stopped being themselves.

All they wanted was more Whateveritwas.

With a broken heart, Calvin had to do something but there wasn't much of anything he could do. Following good advice from an obnoxious insect friend and having a loved one to talk to, Calvin learns how to find himself even while some of the Critters he loves were still lost.

Topics Covered:

Drug and Alcohol Addiction

Understanding irrational/selfish behavior

Discussing feelings and the 'Elephant in the Room'

Loving someone who is chemically dependant

Feeling alone and ashamed

Inspires hope and promotes confidence

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Material Title: **Cuando Estoy Triste**

Author: Cornelia Maude Spelman

*Children's Books*

2016

24 pages

Educar en la manera de identificar y controlar las emociones (especialmente las desagradables o temibles) es algo tan importante como otros muchos aspectos del aprendizaje. En este libro, la terapeuta Cornelia Maude Spelman utiliza un lenguaje sencillo y tranquilizador para que los niños aprendan a manejar sus sentimientos y a relacionarse con los demás. / Children will take comfort from Cornelia Maude Spelman's latest addition to her The Way I Feel series. Readers will recognize similar experiences in their own lives as this little guinea pig describes feeling sad when someone is cross or when something bad happens. Eventually our heroine realizes that feeling sad doesn't last forever.

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Material Title: **Cuando Sofía se Enoja, se Enoja de Veras... \*(Materiales para Niños)**

Author: Molly Bang

*Libros para niños*

1999

34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor.

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Material Title: **Daddy, Papa, and Me\* (Children's Materials)**

Author: Lesléa Newman

*Children's Books*

2009

17 pages

This hard back book child sized book written for very young children presents a family with two fathers engaged in everyday parenting activities.

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## Children's Materials

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Material Title: **Day Jumoke Found His Name, The\*\* (Children's Materials)**  
Author: Jaiya John *Children's Books* 2016 110 pages

Once, there lived a boy with no name. Join him on a very special day as he and his dear sister go on an adventure to discover his name, and receive priceless life lessons along the way. This is the unillustrated story of an 8-year-old boy, living in quite a magical world, inside of a single, crystal-clear raindrop that fell 2,000 years ago onto the palm of a 3,000-year-old leaf, in the tree-top of an ancient tree, growing in an ancient land on a planet we call Earth, inside of a wide, wide universe.

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Material Title: **Day We Met You, The\* (Children's Materials)**  
Author: Phoebe Koehler *Children's Books* 1990 34 pages

This warmly illustrated book to be read to very young children tells a generic story of a mother and father's preparations for bringing an infant home to be adopted.

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Material Title: **Day You Begin, The**  
Author: Jacqueline Woodson *Children's Books* 2018 32

There are many reasons to feel different. Maybe it's how you look or talk, or where you're from; maybe it's what you eat, or something just as random. It's not easy to take those first steps into a place where nobody really knows you yet, but somehow you do it.

Jacqueline Woodson's lyrical text and Rafael López's dazzling art reminds us that we all feel like outsiders sometimes—and how brave it is that we go forth anyway. And that sometimes, when we reach out and begin to share our stories, others will be happy to meet us halfway.

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Material Title: **Dear Girl**  
Author: Amy Rosenthal *Children's Books* 2017

The #1 New York Times bestseller that Today show co-anchor Hoda Kotb calls "a beautiful, beautiful book."

The New York Times bestselling author of *I Wish You More*, Amy Krouse Rosenthal, and her daughter Paris Rosenthal collaborate to bring you the heartwarming and inspiring *Dear Girl*,

*Dear Girl*, is a remarkable love letter written for the special girl in your life; a gentle reminder that she's powerful, strong, and holds a valuable place in the world.

Through Amy and Paris's charming text and Holly Hatam's stunning illustrations, any girl reading this book will feel that she's great just the way she is—whether she enjoys jumping in a muddy puddle, has a face full of freckles, or dances on table tops.

*Dear Girl*, encourages girls to always be themselves and to love who they are—inside and out.

Dear Girl,  
This book is for you.  
Wonderful, smart, beautiful you.  
If you ever need a reminder, just turn to any page in this book and know that you are special and you are loved.  
—Amy and Paris

A perfect gift for all occasions.

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Material Title: **Detective Punybutmighty and the Case of the Drool Monster \* (Children's Materials)**  
Author: Cheri Partain *Children's Books* 2015 34 pages

Introducing Detective Punybutmighty, who is here to answer all of the questions you or your child may have about adoption, especially open adoption. In the first story of this adoption series, Detective Punybutmighty explores the topic of infant adoption when his aunt and uncle adopt a baby through a domestic adoption agency. His witty humor and candid nature will have you laughing at every turn of this thought-provoking children's book that answers the difficult question, where did this baby come from and who does he belong to? The answers may surprise you!

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Material Title: **Different Dragon, The**  
Author: Jennifer Bryan *Children's Books* 2011 32

This bedtime story about bedtime stories shows how a lively, curious boy helps one of his moms create a magical tale. Together they weave a nighttime adventures that lands young Noah and his singing cat Diva deep in dragon territory. Join them as they make an unexpected discovery and help a new friend find his way, who teaches them that being yourself is the most important thing of all.

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## Children's Materials

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Material Title: **Different Home, A\* (Children's Materials)**  
Author: John and Kelly Degarmo *Children's Books* 2014 48 pages

A sensitive picture book to help ease the anxieties of foster children aged 4 to 10 entering placement.

In *A Different Home*, Jessie tells us her story of being placed in foster care. At first she is worried and has lots of questions. The new home is not like her old home — she has a different bedroom, different clothes, and there's different food for breakfast. She also misses her family. When Jim and Debbie, her foster parents, answer her questions she begins to feel better and see that this different home is kind of nice.

Written in simple language and fully illustrated in color, this storybook is designed to help children in care, or moving into care, to settle in and answer some of the questions they may have. Accompanied by notes for adults on how to use the story with children, it will be a useful book for foster parents and caseworkers, as well as social workers, teachers and anyone else working with children in foster care.

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Material Title: **Diggy Dan: A Room-Cleaning Adventure**  
Author: Daniel Kamish *Children's Books* 2001

Timber! Diggy Dan, the sloppy man, has to dig his way out of the mess he calls a bedroom. Mounds of toys, garbage, and clothes cover every inch of his room. Such a mess can be tamed by no ordinary little boy

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Material Title: **Do You Have a Secret? (Let's Talk About It!)**  
Author: Jennifer Moore-Mallinos *Children's Books* 2005 32

Every child has secrets, and many secrets are fun to keep, for instance, a surprise birthday gift for Mom, or a secret handshake with a young friend. But sometimes, children have secrets that make them feel bad, and these secrets are best shared with their parents, or with some trusted older person. A child who is bullied might be inclined to keep it secret, but it's always best to tell parents about it. Or children who are touched intimately and improperly by an older person will soon feel better if they reveal the secret to parents. This book helps kids distinguish between good and bad secrets. Even very young children have concerns and anxieties, and *Let's Talk About It!* books are written and illustrated especially for them. Parents are advised to read these books aloud while their preschooler listens and looks at illustrations of the boys and girls in each story. Many children in early grades will be able to read the stories for themselves. *Let's Talk About It!* books encourage children to explore their feelings, and then to speak openly about things that trouble them.

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Material Title: **Doggie Doesn't Know No\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2015 30 pages

It is soooooo hard for children to accept "no!" Parents frequently experience whining, back-talk and defiance when they deny their child's request. Children can learn to accept "no" smoothly by practicing and understanding the concept of "accepting no." While living on his own, little stray Doggie was able to do whatever he pleased and was never told "no." On a cold snowy day he was invited to live with a family in a warm cozy home. Doggie was told "no" many times as he learned the rules of the household! This darling book includes Parenting Tips for Parents and facilitates your child's ability to understand the concept of "accepting no."

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Material Title: **Don't Feed the Worry Bug**  
Author: Andi Green *Children's Books* 2011 76

Meet Wince, The Monster of Worry, and his number one nemesis, the WorryBug! In this engaging follow-up to *The Monster Who Couldn't Decide*, Andi Green has created a whimsical adventure that brings another emotion to life. Join Wince as he discovers the secret to keeping his worries from getting monstrous. Using unique drawings and clever rhymes, *Don't Feed The WorryBug* carries an insightful message that readers of all ages will enjoy. Look for the new *Don't Feed The WorryBug APP!*

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Material Title: **Don't look at Me: A Child's Book about Feeling Different**  
Author: Doris Sanford *Children's Books* 1986 28

After being called stupid and fat by the kids at school, Patrick learns that he is special in his own right and does not have to see himself as others do

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Material Title: **Dream: A Tale of Wonder, Wisdom & Wishes**  
Author: Susan V. Bosak *Children's Books* 2004 31

Presents a collection of short readings and illustrations that help readers think about their hopes and dreams.

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Material Title: **Eagle Eyes: A Child's Guide to Paying Attention\* (Children's Materials)**  
Author: Jeanne Gehret, M.A. *Children's Books* 1991 26 pages

Some of the most telltale signs of ADHD - impulsivity, distractibility, and hyperactivity as well as trouble sleeping - are all highlighted through this story of the frustrations and triumphs of ben, a child with ADHD.

## Children's Materials

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Material Title: **Eden's Secret Journal: The Story of an Older Child Adoption\* (Children's Materials)**  
Author: Brenda McCreight *Children's Books* 2003 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

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Material Title: **Elfa and the Box of Memories**  
Author: Michelle Bell *Children's Books* 2008 24

We all have memories of happy times and sad times, and all our memories help us to remember the story of our lives. But what happens when you don't have anybody to share your memories with? In this bright, colourful book, Elfa the elephant revisits some of the important moments of her life.

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Material Title: **Emily is Being Bullied What Can She Do?; A Story and Anti-Bullying Guide for Children and Adults to Read Together**  
Author: Helen Cowie *Children's Books* 11/21/2018 66

Meet Emily. She is being bullied by a group of children at school. She describes how this makes her feel, think and act. Eventually, she finds ways to help herself and also realises that she can get help from other people - both adults and other children.

As well as the perspective of the child being bullied, this guide for children aged 7-11 portrays the view of bystanders and the bully, emphasising the difference everyone can make in a bullying situation. Based on the latest research in anti-bullying interventions and written in collaboration with leaders of the field, the book offers practical, tried-and-tested strategies for the prevention of bullying.

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Material Title: **Emma's Yucky Brother**  
Author: Jean Little *Children's Books* 2002 64 pages

Emma has always wanted a little brother. Now her family is adopting Max, and Emma is sure he will be the best brother ever. But Max has his own ideas. He thinks sisters are yucky, and that Emma is the yuckiest! Is this really what having a brother is all about? Emma learns that there is more to having a little brother than she had ever guessed -- and that in order to get the brother she wants, she must first learn to be the sister he needs.

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Material Title: **Emma's Yucky Brother\* (Children's Materials)**  
Author: Jean Little *Children's Books* 2001 61 pages

Pictures by Jennifer Plecas. This booklet tells the story of Emma, who initially has a harder time getting used to the four year old younger brother her family has adopted than she had anticipated. Problems escalate, but the story ends with a satisfactory resolution for the two children. -- ages 4-8

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Material Title: **Extraordinary Birds**  
Author: Sandy Stark-McGinnis *Children's Books* 2019 224

December believes she is a bird. The scar on her back is where her wings will sprout, and one day soon, she will soar away. It will not matter that she has no permanent home. Her destiny is in the sky.

But then she's placed with foster mom Eleanor, a kind woman who volunteers at an animal rescue and has secrets of her own. December begins to see that her story could end a different way – but could she ever be happy down on the ground?

In her arresting debut, Sandy Stark-McGinnis offers an inspiring story about family, friendship, and finding where you belong.

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Material Title: **Fall of Freddie the Leaf, The\* (Children's Materials)**  
Author: Leo Buscaglia *Children's Books* 1982 27 pages

This book, illustrated with color photographs, tells the story of Freddie, a leaf on a tree, and his companions, who change with the passing seasons and the coming of winter. It is intended to help children or anyone come to grips with death and life.

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Material Title: **Families Are Different\* (Children's Materials)**  
Author: Nina Pellegrini *Children's Books* 1991 26 pages

Nico doesn't like looking different than her parents, who adopted her from Korea, until her mother points out that that there are "different kinds of families . . .glued together" by love. Soon Nico starts to notice the differences in the families she sees. Now she doesn't feel so bad. She's just like everyone else – she's different!

## Children's Materials

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Material Title: **Families Change: A Book for Children Experiencing Termination of Parental Rights\* (Children's Material)**

Author: Julie Nelson *Children's Books* 2006 32 pages

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe.

A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.

This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.

With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

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Material Title: **Family Book, The\* (Children's Materials)**

Author: Todd Parr *Children's Books* 2003 30 pages

This colorful picture book for very young children illustrates that there are many different kinds of families and that every family is special.

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Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**

Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

i.Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

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Material Title: **Feelings Book: The Care & Keeping of your Emotions, The**

Author: Lynda Madison *Children's Books* 2013 104 pages

This invaluable companion to The Care & Keeping of You received its own fresh update! The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

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Material Title: **Feelings\* (Children's Materials)**

Author: Alik *Children's Books* 1984 34 pages

This picture book for young children presents numerous one to two-page scenarios that involve feelings. The pictures and the scenes they depict are compelling, and there is more content here than you might expect in 34 pages.

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Material Title: **Feet Are Not For Kicking**

Author: Elizabeth Verdick *Children's Books* 2004 24

"Look at those feet! Aren't they sweet?" Yes—when they're walking, standing, leaping and landing. And when they're kicking balls or leaves. But not when they're kicking people! In simple words and charming full-color illustrations, this book helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

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## Children's Materials

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Material Title: **Find Your Calm: A Mindful Approach to Relieve Anxiety and Grow Your Bravery**  
Author: Gabi Garcia *Children's Books* 2020 17 pages

"Anxiety can feel big and powerful. It can show up suddenly, without warning."

For many kids, it can be overwhelming.

Anxiety is not just a cognitive experience. When children feel anxious, their bodies respond physically to a perceived threat. They need to feel a sense of safety before being able to figure out what to do next.

Your child can follow along as the young narrator practices what helps her so that the anxiety doesn't take over.

Find Your Calm is a wonderfully accessible book that teaches children how to tap into their sense of safety when anxiety sends a false alarm, so they can find their calm. Includes simple activities for them to practice.

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Material Title: **Finding a Family for Tommy**  
Author: Rebecca Daniel *Children's Books* 2009

Material Title: **Finding the Right Spot; When Kids Can't Live with Their Parents**  
Author: Janice Levy *Children's Books* 2004 42 pages

When kids can't live with their parents, their feelings are complicated, confusing, and often chaotic. This beautifully illustrated story, for all such kids, regardless of the circumstances, offers children a chance to think about their feelings and understand them better. It also provides caregivers help in understanding the child's experience and a two-page "Note to Caregivers" by professionals for help in facilitating conversation.

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Material Title: **Fire Safety for Young Children (DVD)**  
Author: DVD *DVDs* 2006 10 minutes

The DVD offers both English and Spanish versions. It reviews different aspects of fire safety with children (from a child's perspective) and also discusses what a firefighter does, which could also provide a segue to identify and discuss other kinds of helpers work with a child. It could be used with a child by a resource family or professional to begin a discussion of the larger topic of personal safety.

Descripción en español: Este DVD revisa los diferentes aspectos de la seguridad de un fuego o incendio con los niños (desde la perspectiva de un niño) y también se trata lo que hace un bombero, lo cual podría proveer un formato de identificar y tratar a otras clases de personas que ayudan y trabajan con los niños. Una familia adoptiva/familia de crianza podría utilizar esta información para comenzar una conversación del tema mayor de la seguridad personal.

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Material Title: **Flicker of Hope, A**  
Author: Julia Cook *Children's Books*

HOPE is our children's window for a better tomorrow. In terms of resilience and well-being, hope is a critically important predictor of success. This creative story from the best-selling author of *My Mouth is a Volcano!*, and *Bubble Gum Brain*, reminds children that dark clouds can be temporary and asking for help is always okay. We all have times when we need to borrow a little hope from someone else. Sometimes the dark clouds overhead seem too heavy and you feel like giving up. Little candle knows all about this. Bad grades, blasted on social media, worried about making the team, and wondering who her real friends are so many hard things to deal with! All she can see is darkness. But her story begins to change when someone notices she needs a boost of hope. As little candle is reminded she has purpose and her own unique gifts, and that she isn't the only one with dark clouds, her dim light begins to shine brighter.

This hopeful story emphasizes for children (and adults) the many different ways to ask for help, and their ability to be a hope builder for others, too.

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Material Title: **Flying Lessons and Other Stories**  
Author: Ellen Oh *Children's Books* 2018 240 pages

Great stories take flight in this adventurous middle-grade anthology crafted by ten of the most recognizable and diverse authors writing today. Newbery Medalist Kwame Alexander delivers a story in-verse about a boy who just might have magical powers; National Book Award winner Jacqueline Woodson spins a tale of friendship against all odds; and Meg Medina uses wet paint to color in one girl's world with a short story that inspired her Newbery award-winner *Merci Suárez Changes Gear*. Plus, seven more bold voices that bring this collection to new heights with tales that challenge, inspire, and celebrate the unique talents within us all.

AUTHORS INCLUDE: Kwame Alexander, Kelly J. Baptist, Soman Chainani, Matt de la Peña, Tim Federle, Grace Lin, Meg Medina, Walter Dean Myers, Tim Tingle, Jacqueline Woodson

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## Children's Materials

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Material Title: **For Black Girls Like Me**

Author: Mariama Lockington

*Books*

2019

336 pages

In this lyrical coming-of-age story about family, sisterhood, music, race, and identity, Mariama J. Lockington draws on some of the emotional truths from her own experiences growing up with an adoptive white family.

I am a girl but most days I feel like a question mark.

Makeda June Kirkland is eleven years old, adopted, and black. Her parents and big sister are white, and even though she loves her family very much, Makeda often feels left out. When Makeda's family moves from Maryland to New Mexico, she leaves behind her best friend, Lena— the only other adopted black girl she knows— for a new life. In New Mexico, everything is different. At home, Makeda's sister is too cool to hang out with her anymore and at school, she can't seem to find one real friend.

Through it all, Makeda can't help but wonder: What would it feel like to grow up with a family that looks like me?

Through singing, dreaming, and writing secret messages back and forth with Lena, Makeda might just carve a small place for herself in the world.

For Black Girls Like Me is for anyone who has ever asked themselves: How do you figure out where you are going if you don't know where you came from?

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Material Title: **For Your Own Good: A Child's Book about Foster Care**

Author: Doris Sanford

*Children's Books*

1993

28

Jerome and his younger brother stay in a foster home while their mother tries to recover from her substance abuse

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Material Title: **Forever Family, A: A book about adoption\* (Children's Materials)**

Author: Roslyn Banish and Jennifer Jordan-Wong

*Children's Books*

1992

41 pages

Recommended for children ages five to eight, this first-person photo essay tells the true story of Jennifer's experiences with foster parents, social workers, and getting used to the new life she leads with her adoptive family. This upbeat, loving, yet honest story has a picture book appearance that offers accessibility to beginning readers.

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Material Title: **Forever Fingerprints\* (Children's Materials)**

Author: Sherrie Eldridge

*Children's Books*

2007

30 pages

In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."

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Material Title: **Forever or a Day**

Author: Sarah Jacoby

*Children's Books*

2018

40

In a poignant conversation as elegant as a poem and as perfectly paced as a mystery, Sarah Jacoby captures the paradox of time. At once individual and universal, measured and unbounded, fleeting and eternal, time tells us how to live-and how to love.

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Material Title: **Forever Sky, The\* (Children's Materials)**

Author: Thomas Peacock

*Children's Books*

2019

32 pages

"Nooko's spirit is there in the stars," says Niigaanii to his younger brother, Bineshiinh, as they sprawl in a meadow, gazing skyward. "Uncle said when Nooko's spirit left this world it went there." Nooko was their grandmother, and they miss her. But Uncle helps them find comfort in the night sky, where all the stars have stories.

Indeed, there are so many stars and so many stories that the boys spend night after night observing and sharing, making sense of patterns and wisdom in "the forever sky." They see a moose, a loon, a crane, the Path of Souls, and so much more.

One night, a beautiful show of lights fills the sky. Niigaanii explains that the northern lights are the spirits of the relatives who have passed on. The boys imagine different relatives dancing, lighting up the sky with their graceful movements. And then they see her: Nooko is one of the elders leading the dance. She has a message for them. One they can share with their parents and their uncle and everyone else who remembers her. One that lends power to the skies and brings smiles to the stargazers' faces.

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## Children's Materials

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Material Title: **Forever, or a Long, Long Time**

Author: Caela Carter

*Children's Books* 2019 336 pages

From rising star Caela Carter, author of *My Life with the Liars*, comes a captivating and heartfelt story about siblings who learn that love can never be divided, only multiplied. This middle grade novel is an excellent choice for tween readers in grades 5 to 6, especially during homeschooling. It's a fun way to keep your child entertained and engaged while not in the classroom.

Flora and her brother, Julian, don't believe they were born. They've lived in so many foster homes, they can't remember where they came from. And even now that they've been adopted, Flora still struggles to believe that they've found their forever home.

So along with their new mother, Flora and Julian begin a journey to go back and discover their past—for only then can they really begin to build their future.

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Material Title: **Foster Care and Adoption: A Pathway to Understanding**

Author: Heather Wilson

*Children's Books* 2006 64 pages

This is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

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Material Title: **Foster Care: One Dog's Story of Change**

Author: Julia Cook

*Children's Books* 2018 32

In this heartfelt story from the bestselling author of *My Mouth is a Volcano!*, Foster meets new friends and a kind foster mom who help him navigate the fears and feelings associated with going into foster care. Foster has lived with his mom and "sometimes dad" all of his life...until now. And like so many others entering foster care, he has more questions than answers and so many new feelings to deal with.

"I don't know what's going to happen to me. Will I end up being like Zeke? Will I have a new forever mom? Can I visit my mom once a week?"

"I have so much going on inside me right now. I feel angry, guilty, scared, hurt, and sad. But maybe the others are right. Maybe being here isn't so bad."

Written in an honest, approachable way, *Foster Care* will encourage children entering or already in foster care and help them understand they are not alone. Foster, Daisy, Zeke, Simpson, and Rex all have different circumstances which brought them to foster care. Together they talk through their stories and realize this is right where they need to be for now; under the caring watch of foster mom, Miss Beulah.

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Material Title: **Free Verse**

Author: Sarah Dooley

*Children's Books* 2017 368

When her brother dies in a fire, Sasha Harless has no one left, and nowhere to turn. After her father died in the mines and her mother ran off, he was her last caretaker. They'd always dreamed of leaving Caboose, West Virginia together someday, but instead she's in foster care, feeling more stuck and broken than ever.

But then Sasha discovers family she didn't know she had, and she finally has something to hold onto, especially sweet little Mikey, who's just as broken as she is. Sasha even makes her first friend at school, and is slowly learning to cope with her brother's death through writing poetry, finding a new way to express herself when spoken words just won't do. But when tragedy strikes the mine her cousin works in, Sasha fears the worst and takes Mikey and runs, with no plans to return. In this sensitive and poignant portrayal, Sarah Dooley shows us that life, like poetry, doesn't always take the form you intend.

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Material Title: **Friends, Bullies, and Staying Safe; The Adoption Club Therapeutic Workbook on Friendship**

Author: Regina Kupecky

*Children's Books* 10/21/2014 48

Friendship is so complicated! The children of The Adoption Club think they are friends - they go to the same school and belong to The Adoption Club.

But what does it mean? What is the difference between a casual and a close friend? How should you respond to teasing? It's time for The Adoption Club to explore friendship.

Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help explore friendship, staying safe and social skills. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

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## Children's Materials

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Material Title: **Gentle Willow; A Story for Children About Dying**  
Author: Joyce C. Mills, Ph.D. *Children's Books* 2003 32

Amanda the squirrel is upset that she is going to lose her friend Gentle Willow, but the tree wizards give advice that help both her and Gentle Willow accept the change that comes with death.

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Material Title: **Getting a Grip on Add: A Kids Guide to Understanding and Coping With Attention Disorders**  
Author: Kim & Susan Frank & Smith *Children's Books* 1994 64 pages

Help children cope more effectively with ADD. Use the practical ideas in the second part to help them work out their own problems by doing the creative fun and practical projects.

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Material Title: **Giant from Nowhere, The**  
Author: Frances Dickens *Children's Books* 07/19/2018 56

This story is about a Giant who lives in Nowhere, with no one around to make friends with. He's so lonely that he goes searching for the village of Somewhere - only to find that he's still too big to fit in! The Giant seems huge and scary to the villagers, but can they learn to understand him and make him feel at home?

Beautifully illustrated, this heart-warming tale encourages children to think about inclusivity and tolerance and to develop language skills, while allowing them to take part in the story themselves. Its exploration of differences and belonging make it especially suitable for children with special needs or for whom English is a second language, and the activities will help these children build communication skills. Featuring fun and adaptable lesson plans (also available online) including activities for discussion, creative writing and arts and crafts, it is the perfect resource for children aged 5-8 and those who work with or care for them.

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Material Title: **Giant King, The\* (Children's Materials)**  
Author: Kathleen T. Pelley *Children's Books* 2003 30 pages

In this children's book, illustrated by Maurie J. Manning, young Rabbie makes beautiful wood sculptures. He works from his heart, carving "not what is, but what could be." When he goes to sell his carvings in a far-off town, he finds the townspeople besieged by a fierce and destructive giant. The people despair, but Rabbie suggests that if the giant were treated like a king, he might behave like one.

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Material Title: **Gingerbread Girl, The**  
Author: Joanna & Heather Forbes *Children's Books* 2017 59 pages

Full of pizzazz and adventure, The Gingerbread Girl takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional Gingerbread Boy story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The Gingerbread Girl includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

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Material Title: **Girl Who Ran, The; Bobbi Gibb, the First Woman to Run the Boston Marathon**  
Author: Frances Poletti and Kristina Yee *Children's Books* 2017 48

Material Title: **Girl Who Thought In Pictures, The: The Story of Dr. Temple Grandin**  
Author: Julia Mosca Finley *Children's Books* 2017 40 pages

If you've ever felt different, if you've ever been low, if you don't quite fit in, there's a name you should know... Meet Dr. Temple Grandin—one of the world's quirkiest science heroes!

When young Temple was diagnosed with autism, no one expected her to talk, let alone become one of the most powerful voices in modern science. Yet, the determined visual thinker did just that. Her unique mind allowed her to connect with animals in a special way, helping her invent groundbreaking improvements for farms around the globe!

The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin is the first book in a brand new educational series about the inspirational lives of amazing scientists. In addition to the illustrated rhyming tale, you'll find a complete biography, fun facts, a colorful timeline of events, and even a note from Temple herself!

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## Children's Materials

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Material Title: **Good Job, Oliver**  
Author: Laurel Molk *Children's Books* 2001 40

Irresistible bunnies, a mother-son bond, and a sweet can-do story make this picture book a classic crowd pleaser.

When little Oliver Bunny enters the Strawberry Contest, the big bunnies just laugh at him. Little bunnies grow little berries, they tease. But with his mother's encouragement, Oliver is determined to win. He plants his strawberry patch far away from the big bunnies' patch and hopes for the best. Then -- STOMP! STOMP! STOMP! -- the berry-loving BEARS arrive! And only little Oliver bunny thinks of a way to save his beautiful strawberries, save the day, and win the strawberry contest. Suddenly size isn't important anymore -- except when it comes to a giant Mother Bunny hug and a big slice of strawberry pie. . . .

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Material Title: **Goodbye, Friend! Hello, Friend!**  
Author: Cori Doerrfeld *Children's Books* 2019 40

Change and transitions are hard, but *Goodbye, Friend! Hello, Friend!* demonstrates how, when one experience ends, it opens the door for another to begin. It follows two best friends as they say goodbye to snowmen, and hello to stomping in puddles. They say goodbye to long walks, butterflies, and the sun...and hello to long evening talks, fireflies, and the stars. But the hardest goodbye of all comes when one of the friends has to move away. Feeling alone isn't easy, and sometimes new beginnings take time. But even the hardest days come to an end, and you never know what tomorrow will bring.

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Material Title: **Goose\* (Children's Materials)**  
Author: Molly Bang *Children's Books* 1996 34 pages

This story for preschoolers through about grade 3 tells of a gosling raised by a family of woodchucks. But despite the best efforts of her family and friends, the goose feels different and sad. So she goes off into the world to learn what she can about herself, where she learns she can fly. She flies back home to her family, surprising everyone, even herself.

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Material Title: **Great Big Book of Families, The**  
Author: Mary Hoffman *Children's Books* 2011 40

This fun and fascinating treasury features all kinds of families and their lives together. Each spread showcases one aspect of home life—from houses and holidays, to schools and pets, to feelings and family trees. Ros Asquith's humorous illustrations perfectly complement a charming text from the acclaimed Mary Hoffman; kids will love poring over these pages again and again. A celebration of the diverse fabric of kith and kin the world over, *The Great Big Book of Families* is a great big treat for every family to share.

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Material Title: **Great Gilly Hopkins, The**  
Author: Katherine Paterson *Children's Books* 2004 160

Eleven-year-old Gilly has been stuck in more foster families than she can remember, and she's hated them all. She has a reputation for being brash, brilliant, and completely unmanageable, and that's the way she likes it. So when she's sent to live with the Trotters—by far the strangest family yet—she knows it's only a temporary problem.

Gilly decides to put her sharp mind to work and get out of there fast. She's determined to no longer be a foster kid. Before long she's devised an elaborate scheme to get her real mother to come rescue her. Unfortunately, the plan doesn't work out quite as she hoped it would...

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Material Title: **Growing Up Adopted**  
Author: Maxine Rosenberg *Books* 1989 107 pages

This striking collection of fourteen brief case studies, told in first person, is based on lengthy interviews with eight children and six adults, all of whom were adopted as children. The text is consciousness-raising, low-key, and highly readable. *Growing Up Adopted* is an illuminating resource for children and adults alike.

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Material Title: **Grumpy Monkey\* (Children's Materials)**  
Author: Suzanne Lang *Children's Books* 2018 32

Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it--how can he be in a bad mood when it's SUCH a beautiful day? They encourage him not to hunch, to smile, and to do things that make THEM happy. But Jim can't take all the advice...and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?

Suzanne and Max Lang bring hilarity and levity to this very important lesson. This picture book is an excellent case study in the dangers of putting on a happy face and demonstrates to kids that they are allowed to feel their feelings (though they should be careful of hurting others in the process!).

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## Children's Materials

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Material Title: **Guts**  
Author: Raina Telgemeier *Children's Books* 2019 224

Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on?

Raina Telgemeier once again brings us a thoughtful, charming, and funny true story about growing up and gathering the courage to face -- and conquer -- her fears.

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Material Title: **Handful of Buttons, A**  
Author: Carmen Parets Luque *Children's Books* 2018 28

Not all families are the same. Each family is different, unique and special. This is the beginning of a children's book about family diversity. What types of families are there? And what special thing makes them a family? These are some of the answers we want to offer to encourage tolerance towards others.

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Material Title: **Handful of Quiet, A: Happiness in Four Pebbles**  
Author: Thich Nhat Hanh *Children's Books* 2008 64

Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practicing pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions.

A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home, in a way that is meaningful and inviting. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own.

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Material Title: **Hands Are Not for Hitting\* (Children's Materials)**  
Author: Martine Agassi *Children's Books* 2000 35 pages

In this book, children learn and practice fun and constructive things hands can do, such as playing sharing clapping, saying hello, etc. and many of the ways to handle strong feelings without hitting. Made to be read aloud, this book also includes a special section for adults that offers ideas to talk about and activities to do together.

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Material Title: **Happy Adoption Day\* (Children's Materials)**  
Author: John McCutcheon and Julie Paschiks *Children's Books* 1996 24 pages

This illustrated book for young children is written in verse and presents images of a happy family who has adopted internationally. It is based on a song by John McCutcheon which can be found, among other songs, on the audiotape "Celebration of Family," which is also available in our library.

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Material Title: **Happy in Our Skin**  
Author: Fran Manushkin *Children's Books* 2018 32 pages

Is there anything more splendid than a baby's skin? For families of all stripes comes a sweet celebration of what makes us unique—and what holds us together.

Look at you!  
You look so cute  
in your brand-new birthday suit.

Just savor these bouquets of babies—cocoa-brown, cinnamon, peaches and cream. As they grow, their clever skin does too, enjoying hugs and tickles, protecting them inside and out, and making them one of a kind. Fran Manushkin's rollicking text and Lauren Tobia's delicious illustrations paint a breezy and irresistible picture of the human family—and how wonderful it is to be just who you are.

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Material Title: **Healing Days: A Guide for Kids Who Have Experienced Trauma\* (Children's Materials)**  
Author: Susan Farber Straus *Children's Books* 2013 32 pages

Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers 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.

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## Children's Materials

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Material Title: **Heart Knows Something Different, The: Teenage Voices from the Foster Care System\* (Children's Materials)**  
Author: Al Desetta *Children's Books* 1996 211 pages

Divided into four sections, "Family," "Living in the System," "Who Am I," and Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.

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Material Title: **Heather Has Two Mommies\* (Children's Material)**  
Author: Lesléa Newman *Children's Books* 2009 25 pages

This is a "special twentieth anniversary edition of the classic children's book with the enduring message that will appeal to readers of all ages and backgrounds: the most important thing about any family is that all of the people in it love each other". This edition includes a retrospective by the author.

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Material Title: **Hector's Favorite Place**  
Author: Jo Rooks *Children's Books* 2018 32

Hector loves his home. It was his favorite place to be.  
At home, there was always...so much to do.  
Hector loved his home so much that he didn't often go out.  
Home was cozy and snuggly and safe.

Hector loves his home so much that he doesn't often go out, and it starts to affect his friendships. Soon Hector realizes that his worries are keeping him from enjoying himself, so he needs to learn to be brave and try new things.

Can Hector find the courage to break out of his comfort zone?

Included is a Note to Parents, Caregivers, and Professionals by Julia Martin Burch, PhD, that discusses helping children overcome their worries and break out of their comfort zones.

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Material Title: **Hello, Goodbye Window, The**  
Author: Norton Juster *Books* 2005 32 pages

This is a love song devoted to that special relationship between grandparents and grandchild. The kitchen window at Nanna and Poppy's house is, for one little girl, a magic gateway. Everything important happens near it, through it, or beyond it. Told in her voice, her story is both a voyage of discovery and a celebration of the commonplace wonders that define childhood, expressed as a joyful fusion of text with evocative and exuberant illustrations. The world for this little girl will soon grow larger and more complex, but never more enchanting or deeply felt.

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Material Title: **Help Your Dragon Deal With Anxiety**  
Author: Steve Herman *Children's Books* 2018

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Material Title: **Help! I've Got an Alarm Bell Going Off in My Head!; How Panic, Anxiety, and Stress Affect Your Body**  
Author: K.L. Aspden *Children's Books* 11/15/2015 48

Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy.

Designed for ages 9+, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences. It also includes ways to manage the stress reaction and reduce feelings of shame. It is an invaluable resource for anyone supporting children who are easily triggered into anxiety or anger, including parents and carers, support workers, teachers, and therapists.

## Children's Materials

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Material Title: **Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life**  
Author: K.L. Aspden *Children's Books* 03/21/2019 64

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and confusing.

This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.

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Material Title: **Henry The Hermit Crab: A Storybook-Workbook for Children With Attachment Issues \*(Children's Materials)**  
Author: Deborah Berry Joy *Children's Books* 1998 12 pages

This illustrated booklet, preceded by a "Preface for Parents and Professionals" and followed by a "Workbook" to help kids create their own stories, tells of Henry, a hermit crab whose birth parents are unable to care for him, and how he withdraws into a series of shells to protect himself from the pain of abandonment. He eventually meets a family who can care for him and life gets better.

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Material Title: **Hey awesome; a book for kids about anxiety, courage, and being already awesome**  
Author: Karen Young *Children's Books* 2018

If kids with anxiety could see their strengths, they would feel so much bigger than their anxiety. They would feel bigger than everything - as though a tiny, tip-toed stretch could have them touching the top of the world from where they are. This book is a reminder for all kids that everything they need to be brave, strong and brilliant is already in them.

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Material Title: **Hey Warrior; A Book for Kids About Anxiety**  
Author: Karen Young *Children's Books* 2018 32

A book for kids about anxiety. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.

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Material Title: **Home at Last**  
Author: Vera B Williams *Children's Books* 2016 40

After Lester is adopted by Daddy Albert and Daddy Rich, he develops a big problem—he can't fall asleep. Night after night he creeps into his parents' room and attempts to crawl in between his two daddies, confident that if he's with them and their dog, Wincka, nothing bad will happen to him ever again. But every night, Lester's new dads walk him back to his own room, hoping that eventually Lester will get used to the new house and his new family and feel as though he belongs. They buy him a bike and take him for ice cream. They make cocoa and introduce him to his cousins. But no matter how happy Lester seems during the day, he still gets scared and worried at night! It's the sweet dog Wincka who finally solves the problem when she climbs into Lester's bed and promptly falls asleep, serving as both his pillow and his protector. Lester feels home at last.

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Material Title: **Hootah's Baby\* (Children's Materials)**  
Author: Joanne Green *Children's Books* 2012 32 pages

Most children have happy, untroubled childhoods. But not all. There are some who are placed in harm's way, if even temporarily, by their own parents' lack of parental skills. When that happens, often, the courts must step in, in the best interest of the child. But when that happens, it is the child who often does not understand the dynamics of this very complicated situation.

Hootah's Baby is an allegorical story about a mother owl whose life-style choices have made it impossible to be an effective mother. The community steps in to ensure the baby's safety. It is not about whether or not the mother loves her baby. It is all about mothering skills and the child's need to be safe.

Hootah's Baby is a tool to be used to help children of court-ordered relinquishment and/or state custody to understand the complex issues that have led to their current life situation. Helps are included for the adult who reads this book with these children to be able to assist them to open windows of communication that will help them understand basic truths: They are not at fault; the courts are not the bad guys; and their mothers do, in fact, love them. They simply cannot parent any child at that point in their lives.

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## Children's Materials

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Material Title: **House for Everyone, A; A Story to Help Children Learn about Gender Identity and Gender Expression**

Author: Jo Hirst *Children's Books* 05/21/2018 32

At lunchtime, all of Tom's friends gather at school to work together building their house. Each one of them has a special job to do, and each one of them has a different way of expressing their gender identity.

Jackson is a boy who likes to wear dresses. Ivy is a girl who likes her hair cut really short. Alex doesn't feel like 'just' a boy, or 'just' a girl. They are all the same, they are all different - but they are all friends.

A very simple story that challenges gender stereotypes and shows 4 to 8 year olds that it is OK to be yourself. An engaging story that is more than just an educational tool; this book will assist parents and teachers in giving children the space to explore the full spectrum of gender diversity and will show children the many ways they can express their gender in a truly positive light.

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Material Title: **How Big Are Your Worries Little Bear?: A book to help children manage and overcome anxiety, anxious thoughts, stress, and fearful situations**

Author: Jayneen Sanders *Children's Books* 2017 33

Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all. Through this engaging and beautifully illustrated story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener, and an understanding that making mistakes is how we learn. Also included are Discussion Questions for parents, caregivers and educators, and extra hints to help children manage anxiety.

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Material Title: **How Do We Feel About Adoption? The Adoption Club Therapeutic Workbook on Feelings and Behavior**

Author: Regina Kupecky *Children's Books* 10/21/2014 56

The children of The Adoption Club have lots of different feelings about adoption.

Michael was scared when he first met this adopted family, and was worried his adoptive family might not keep him. Other children talk about feeling happy, sad and angry, and how feeling can make them behave strangely. This workbook gives children a way to sort out feelings, discuss them and feel better.

Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help children to explore their feelings and behavior. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

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Material Title: **How I Became a Big Brother: An Adoption Story\* (Children's Materials)**

Author: Dave Moore *Children's Books* 2008 19 pages

This is a simple adoption story told from the standpoint of a little boy whose biological parents decide to bring another child into the home through adoption. They prepare him for welcoming his new brother, and despite some early apprehension, he enthusiastically welcomes this newcomer into his family.

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Material Title: **How I Was Adopted\* (Children's Materials)**

Author: Joanna Cole *Children's Books* 1995 37 pages

Here, Samantha tells the story of how she was adopted, but it is also a story of how babies are born and how children grow, of what makes people different and what makes them the same, and it is a story about love and family.

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Material Title: **How My Family Came to Be - Daddy, Papa and Me\* (Children's Materials)**

Author: Andrew R. Aldrich and Mike Motz *Children's Books* 2003 22 pages

"The day I was born was a happy day."

Told with simple words and playful illustrations, this book clearly addresses for a young audience the changing makeup of families. The story grew out of the author's need to explain to his son how their family came to be and what "family" means. Narrated from the perspective of a school-aged child, the book shows how his family was created and that families are made up of people who love each other.

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## Children's Materials

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Material Title: **How Sprinkle the Pig Escaped the River of Tears; A Story About Being Apart from Loved Ones**  
Author: Anne & C.C. Alicia Westcott & Hu *Children's Books* 11/21/2017 40

Sprinkle the pig has moved to a new house, with a new family, but he misses his old family. On his first day at school his classmate yells at him, and everything gets too much. He cries and cries, and soon the tears become a river and carry him away! Wise monkey spots Sprinkle, but he is too far away. Can he help Sprinkle to find hidden strengths to survive the river of tears?

This therapeutic picture book is written to help children aged 4-10 and adults to talk about being separated from or losing loved ones, and explores how difficult experiences can affect how your body feels and reacts to things. It is followed by easy to read advice for adults on how to help your child.

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Material Title: **How To Be A Superhero Called Self-Control!\* (Children's Materials)**  
Author: Lauren Brukner *Children's Books* 2016 112 pages

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopyable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

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Material Title: **How To Do Homework Without Throwing Up\* (Children's Materials)**  
Author: Trevor Romain *Children's Books* 1997 67 pp

Targeted at elementary and middle school children, this book emphasizes the importance of doing your homework. Through the use of jokes and cartoons, it teaches valuable homework skills such as how to make a homework schedule, how to get help with your homework, and especially how to get excited and motivated about doing it.

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Material Title: **I Am Enough**  
Author: Grace Byers *Children's Books* 2018

A New York Times bestseller and Goodreads Choice Awards picture book winner!

This is a gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another—from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.

This is the perfect gift for mothers and daughters, baby showers, and graduation.

We are all here for a purpose. We are more than enough. We just need to believe it.

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Material Title: **I Am Human: A Book of Emaphy**  
Author: Susan Verde *Children's Books* 2018

From the picture book dream team behind I Am Yoga and I Am Peace comes the third book in their wellness series: I Am Human. A hopeful meditation on all the great (and challenging) parts of being human, I Am Human shows that it's okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying "I'm sorry." At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

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Material Title: **I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism \* (Children's Materials)**  
Author: Elaine Marie Larson *Children's Books* 2006 52 pages

Discover the unique characteristics and abilities of children with Asperger Syndrome and high-functioning autism from A to Z. This book, laid out in an A-to-Z format, celebrates the extraordinary gifts and unique perspectives that children with ASD possess. Each page of this playful alphabet book presents one of the children's many talents and abilities. The kid-friendly illustrations and clever text create a positive portrayal of children with ASD.

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Material Title: **I Am...(Positive Affirmations for Brown Girls)**  
Author: Ayesha Rodriguez *Books* 2016 30 pages

In this book, author Ayesha Rodriguez uses rhyming verses, followed by a positive affirmation. I am and the words that follow are powerful. Repeated affirmations will build up your child's self-esteem and transform her sense of self!

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Material Title: **I Call My Grandma "Mom"**  
Author: Carilyn Rouyer *Children's Books* 2018 30

Kayden is being raised by his grandma. He is letting the reader know that his grandma and him are a family. He is telling the reader that he can still do the same things with his grandma even though she is older.

## Children's Materials

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Material Title: **I Call My Grandpa "Dad"**  
Author: Carilyn Rouyer *Children's Books* 2018 32

Kayden is telling the reader about his grandpa raising him. He is explaining all the things that his grandpa does for him and with him. He is telling the reader why he calls his grandpa "Dad" because his grandpa does everything that a dad would do.

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Material Title: **I Can Make This Promise**  
Author: Christine Day *Children's Books* 2019 272

All her life, Edie has known that her mom was adopted by a white couple. So, no matter how curious she might be about her Native American heritage, Edie is sure her family doesn't have any answers.

Until the day when she and her friends discover a box hidden in the attic—a box full of letters signed "Love, Edith," and photos of a woman who looks just like her.

Suddenly, Edie has a flurry of new questions about this woman who shares her name. Could she belong to the Native family that Edie never knew about? But if her mom and dad have kept this secret from her all her life, how can she trust them to tell her the truth now?

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Material Title: **I don't want to go to Justin's house anymore**  
Author: Heather Klassen *Children's Books* 1999

PreSchool-Grade 2-When children go to play at a friend's house, they may see and experience things they have trouble articulating. Collin tries to tell his busy mom that he doesn't want to go to Justin's house, but like many preoccupied adults, she doesn't really listen. At his friend's house, the boys' play is disturbed, first when Collin sees bruises on Justin's back, and then when the child's angry father calls him into another room. Collin is upset by the sounds he overhears. Uncertain what to do, he calls his mother and asks her to come and get him. As they walk home, he tells her what has happened. While no unrealistic promises are made, Collin's mother takes responsibility to "make the call today to someone who can help Justin and his parents" and there is a hopeful ending.

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Material Title: **I Have a Question About Death; Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs**  
Author: Arlen Grad Gaines and Meredith Englander Polsky *Children's Books* 2017 40

"What does it mean when someone dies?" "Why did someone I love have to die?" This book asks questions like these that a child might have about death before offering answers. It uses straightforward text and clear illustrations to explain what death means specifically to children with ASD and other Special Needs aged 5-11.

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Material Title: **I Love My Hair!**  
Author: Natasha Tarpley Anastasia *Books* 2001 32 pages

A modern classic, this whimsical story has been celebrating the beauty of African-American hair for 20 years!

In this imaginative, evocative story, a girl named Keyana discovers the beauty and magic of her special hair, encouraging black children to be proud of their heritage and enhancing self-confidence.

I Love My Hair! has been a staple in African-American picture books for 20 years, and now has a fresh, updated cover that shines on the shelves!

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Material Title: **I Love Saturdays y domingos**  
Author: Alma Ada Flor *Books* 2004 32 pages

Saturdays and Sundays are very special days for the child in this story. On Saturdays, she visits Grandma and Grandpa, who come from a European-American background, and on Sundays -- los domingos -- she visits Abuelito y Abuelita, who are Mexican-American. While the two sets of grandparents are different in many ways, they also have a great deal in common -- in particular, their love for their granddaughter.

While we follow our narrator to the circus and the pier, share stories from her grandparents' pasts, and celebrate her birthday, the depth and joy of both cultures are conveyed in Spanish and English. This affirmation of both heritages will speak to all children who want to know more about their own families and ethnic backgrounds.

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Material Title: **I Love You, Stinky Face**  
Author: Lisa McCourt *Children's Books* 2/1/2004 16

A mother and child discuss how the mother's love would remain constant even if her child were a smelly skunk, scary ape, or bug-eating green alien. On board pages.

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Material Title: **I Miss My Foster Parents**  
Author: Stefon Herbert *Children's Books* 1991 36 pages

Stefon describes the fear and anxiety he feels when he and his sister Latisha leave their foster home and go to live with their new adoptive family.

## Children's Materials

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Material Title: **I Miss You: A First Look at Death**

Author: Pat Thomas

*Children's Books*

2001

32

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 children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct--easily accessible to younger children. There are full-color illustrations on every page.

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Material Title: **I Said No! A kid-to-kid guide to keeping private parts private**

Author: Kimberly and Zack King

*Children's Books*

2016

38

Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, *I Said No!* makes this task a lot easier.

To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. *I Said No!* uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use.

Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, *I Said No!* covers a variety of topics, including:

What's appropriate and with whom.

How to deal with inappropriate behavior, bribes and threats.

When and where to go for help, and what to do if the people you're turning to for help don't listen.

Dealing with feelings of guilt and shame.

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Material Title: **I Wish You More**

Author: Amy Rosenthal

*Children's Books*

Some books are about a single wish. Some books are about three wishes. The infallible team of Amy Krouse Rosenthal and Tom Lichtenheld have combined their extraordinary talents to create this exuberant, inspirational book for kids of endless good wishes. Wishes for curiosity and wonder, for friendship and strength, laughter and peace. Whether celebrating life's joyous milestones, sharing words of encouragement, or observing the wonder of everyday moments, this sweet and uplifting book is perfect for wishers of every age.

Whether this is a preschool graduation gift, a present for elementary kids, or just a positive book for kids in your life, this book of wishes is sure to bring positivity to all who read it.

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Material Title: **I Wished for You: An Adoption Story**

Author: Marianne Richmond

*Children's Books*

2008

"Mama," said Barley. "Tell me again how I'm your wish come true."

Thus begins this beautiful story for adoptive families. *I Wished for You: An Adoption Story* follows a conversation between a little bear named Barley and his Mama as they curl up in their favorite cuddle spot and talk about how they became a family. Barley asks Mama the kinds of questions many adopted children have, and Mama lovingly answers them all.

With endearing prose and charming watercolor illustrations, *I Wished for You* is a cozy read that affirms how love is what truly makes a family.

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Material Title: **I'm Adopted! (Children's Materials)**

Author: Shelley Rotner and Sheila M. Kelly

*Children's Books*

2011

32 pages

Why was I adopted? What was it like where I was born? How did you find me?

Children have many questions about adoption. With a perceptive text and dynamic photographs, the creators of this book demystify adoption for young children and celebrate the joy that comes with adding to a family.

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Material Title: **I'm Brown and My Sister Isn't\* (Children's Materials)**

Author: Robbie O'Shea

*Children's Books*

2002

16 pages

In this book for very young children, illustrated by Matthew Ambre, we are exposed to the daily similarities and differences between an adopted boy of color and his older, white adopted sister.

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Material Title: **I'm Deaf, and It's Okay**

Author: Lorraine Aseltine

*Children's Books*

1986

40

A young boy describes the frustrations caused by his deafness and the encouragement he receives from a deaf teenager that he can lead an active life.

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## Children's Materials

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Material Title: **I'm Like You, You're Like Me: A Book about Understanding and Appreciating Each Other**  
Author: Cindy Gainer *Children's Books* 2013 48 pages

"It's fun to find ways I'm like you and you're like me. It's fun to find ways we're different." In this colorful, inviting book, kids from preschool to lower elementary learn about diversity in terms they can understand: hair that's straight or curly, families with many people or few, bodies that are big or small. With its wide-ranging examples and fun, highly detailed art, *I'm Like You, You're Like Me* helps kids appreciate the ways they are alike and affirm their individual differences. A two-page adult section in the back provides tips and activities for parents and caregivers to reinforce the themes and lessons of the book.

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Material Title: **I'm SO Mad!\* (Children's Materials)**  
Author: Robie H. Harris *Children's Books* 2005 24 pages

This engaging children's book takes the reader through a shopping trip at the grocery store and a child's frustration when she does not get everything she wants. A addendum by Linda Mayes, MD, at the book's end reads that, " Almost every store is a vast, undiscovered country for a young child, full of wonders at every turn. There as so many exciting possibilities that sometimes children can feel overwhelmed and can become overexcited and irritable." Find out how the mother handles her daughter's increasing frustration, and delight in the colorful illustrations.

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Material Title: **In a Minute!**  
Author: Virginia Miller *Children's Books* 2000 32

Ba wants to play and he wants George to play with him now, but George has to finish his chores first and so tells little Ba that he has to be patient.

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Material Title: **In My Heart**  
Author: Jo Witek *Children's Books* 2014 32 pages

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In *My Heart* explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this unique feelings book is gorgeously packaged.

The Growing Hearts series celebrates the milestones of a toddler's emotional development, from conquering fears and expressing feelings to welcoming a new sibling.

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Material Title: **In My Heart\* (Children's Materials)**  
Author: Molly Bang *Children's Books* 2006 32 pages

This warm, reassuring book with vividly colored illustrations and lettering has a mother telling her child how she thinks of that child and finds her/him in her heart in a wildly imaginative list of ways, times, places and circumstances over the course of a typical day. For children 4-8

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Material Title: **In Our Mother's House**  
Author: Patricia Polacco *Books* 2009 48 pages

Marmee, Meema, and the kids are just like any other family on the block. In their beautiful house, they cook dinner together, they laugh together, and they dance together. But some of the other families don't accept them. They say they are different. How can a family have two moms and no dad? But Marmee and Meema's house is full of love. And they teach their children that different doesn't mean wrong. And no matter how many moms or dads they have, they are everything a family is meant to be.

Here is a true Polacco story of a family, living by their own rules, and the strength they gain by the love they feel.

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Material Title: **In the Footsteps of Crazy Horse**  
Author: Joseph Marshall III *Children's Books* 2015 176 pages

Teased for his fair coloring, eleven-year-old Jimmy McClean travels with his maternal grandfather, Nyles High Eagle, to learn about his Lakota heritage while visiting places significant in the life of Crazy Horse, the nineteenth-century Lakota leader and warrior, in a tale that weaves the past with the present. Includes historical note and glossary.

## Children's Materials

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Material Title: **Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children; Designed to Improve Sleep, Manage Stress and Anxiety**

Author: Lori Lite *CDs* 2004 60 minutes

Indigo Dreams is a 60 minute CD/audio book designed to entertain your children while introducing them to four research-based relaxation and stress management techniques. Children follow their friends along as they learn to fall asleep peacefully with The Goodnight Caterpillar, breathe calmly with A Boy and a Bear, build self-esteem with The Affirmation Web, and visualize with A Boy and a Turtle.

5 tracks:

1. The Affirmation Web
  2. A Boy and a Bear
  3. A Boy and a Turtle
  4. The Goodnight Caterpillar
  5. Indigo Dreams Soundtrack
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Material Title: **Inside Out/ "Intensamente" (DVD) \* (Children's Materials)**

Author: Disney Pixar *DVDs* 2015 35 minutes

Do you ever look at someone and wonder what's going on inside their head? Disney-Pixar's INSIDE OUT takes a rollicking journey into the mind to find the answer. Based in Headquarters, the control center of 11-year-old Riley's mind, five emotions are hard at work, led by lighthearted optimist Joy. She strives to make sure Riley stays happy as she operates alongside fellow emotions Fear, Anger, Disgust and Sadness. (Blu-Ray/DVD/Digital HD edition)

En Español: ¿Alguna vez miraron a alguien y se preguntaron qué tiene en la cabeza? La película "Intensa Mente" por Disney Pixar les llevará a un viaje tumultuoso por la mente para descubrir la respuesta. Las 5 emociones viven en la Sede Central, el centro de control dentro de la mente de Riley, desde donde la ayudan y aconsejan en su vida cotidiana.

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Material Title: **Into the Great Forest: A Story for Children away from Parents for the First Time**

Author: Irene Wineman Marcus *Children's Books*

Early separations - to go to school, to camp, or to visit relatives - can be exciting yet frightening. This tale about a young prince's adventures away from home explores the insecurities and anger children may feel and teaches them to rely on their own strengths.

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Material Title: **Invisible Boy, The**

Author: Trudy Ludwig *Children's Books* 2013

Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class.

When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine.

From esteemed author and speaker Trudy Ludwig and acclaimed illustrator Patrice Barton, this gentle story shows how small acts of kindness can help children feel included and allow them to flourish. Any parent, teacher, or counselor looking for material that sensitively addresses the needs of quieter children will find The Invisible Boy a valuable and important resource.

Includes backmatter with discussion questions and resources for further reading.

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Material Title: **Invisible String, The**

Author: Patrice Karst *Children's Books* 10/30/2018 40

Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love. Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

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Material Title: **Is That Your Sister?: A True Story of Adoption\* (Children's Materials)**

Author: Catherine Bunin *Children's Books* 1992 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

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## Children's Materials

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Material Title: **Is This Normal (Revised): MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You**  
Author: Darcie Johnston *Children's Books* 2015 120

This helpful resource book is filled with over 100 letters from real girls like you with questions about their changing bodies, and expert answers to each one. Plus, the back of the book features tips on how to talk to your parents about puberty and other touchy topics.

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Material Title: **It Won't Last Forever; Living with a depressed parent**  
Author: Doris Sanford *Children's Books* 1993 28

Kristen finds it hard to care for herself and her baby brother when her mother is too depressed to pay attention to them, but Mrs. Gerhart, the neighbor, and Barbara, the Activities Director at the pool, help, even when Kristen's mother is admitted to the hospital.

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Material Title: **It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch\* (Children's Materials)**  
Author: Lory Freeman *Children's Books* 1982 24 pages

This illustrated book for preschool children teaches them about boundaries and the difference between "good" and "bad" touches. Also discusses appropriate responses to unwanted touching . Also available in Spanish

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Material Title: **It's Raining and I'm Okay; A Calming Story to Help Children Relax When They Go Out and About**  
Author: Adele Devine *Children's Books* 08/21/2017 40

This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. It offers calming techniques that can help when things don't go to plan, when you get stuck in a crowd, or when you start to feel tired at the end of a long day. Particularly suited to children with special needs and learning differences, including autism, symbols on each page help pre-readers begin to recognise words. With bright illustrations, and accompanying notes, lesson plans and worksheets available to download, this book can be used to help children think about situations they find tricky and better cope with feelings of anxiety.

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Material Title: **It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies and Families**  
Author: Robie H. Harris *Children's Books* 2014

How does a baby begin? What makes a baby male or female? How is a baby born? Children have plenty of questions about reproduction and babies — and about sex and sexuality, too. It's So Amazing! provides the answers — with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies. Created by the author and illustrator of It's Perfectly Normal, this forthright and funny book has been newly updated for its fifteenth anniversary.

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Material Title: **It's Tough to Be Gentle: A Dragon's Tale\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2015 34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. It's Tough to Be Gentle: A Dragon's Tale, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. It's Tough to Be Gentle: A Dragon's Tale is designed to teach Trust Based Relational Intervention (TBRI ®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

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Material Title: **I've Loved You Since Forever**  
Author: Hoda Kotb *Children's Books* 2018

## Children's Materials

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Material Title: **Jamie Lee Curtis Audio Collection. The**  
Author: Jamie Lee Curtis *CDs* 2006 60 minutes

New York Times bestselling author Jamie Lee Curtis perfectly captures a little girl's simple, joyous celebration of herself, as she looks back on her childhood from the lofty height of four and a half years.

This spirited view of growing up is perfect to share at home or in a classroom, as kids will respond to the exuberant pleasures of growing freedom and independence.

Tracks:

1. HarperAudio Presents
  2. Tell Me Again About the Night I Was Born
  3. Today I Feel Silly & Other Moods that Make My Day
  4. Where do Balloons Go? An Uplifting Mystery
  5. I'm Gonna Like Me: Letting Off a Little Self-Esteem
  6. It's Hard to Be Five: Learning How to Work My Control Panel
  7. Is There Really a Human Race?
- 

Material Title: **Jazzy's Quest: Adopted and Amazing!**  
Author: Carrie Goldman *Children's Books* 6/7/2015 66

What makes you amazing? That's what Star-Wars-loving adoptee Jazzy Armstrong has to figure out before the big community talent show. Is she musical like her parents and sisters? Can she make dazzling flower arrangements like her birth mother, score goals on the soccer field like her birth brother, or is there something unique about Jazzy that is nothing like her families? Join Jazzy on her quest to discover just what makes her amazing!

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Material Title: **Jazzy's Quest: What Matters Most**  
Author: Juliet Bond *Children's Books* 9/26/2016 104

What matters most to you? That's what Jazzy needs to figure out when faced with some tough decisions. Is what matters most being invited to the coolest birthday party in town? Is it competing in an amazing Star Wars contest? Or is it helping a friend in need? Join Jazzy on her quest to discover what matters most.

The second book in the groundbreaking Jazzy's Quest series, this compelling story explores friendship issues that are common in tween social circles, through the lens of 10-year-old adoptee, Jazzy Armstrong. Kids will relate to Jazzy's search for belonging at school and at home.

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Material Title: **Josh: A Boy With Dyslexia\* (Children's Materials)**  
Author: Caroline Janover *Children's Books* 1988 99 pages

In this book, Josh struggles to live down the stigma of his learning disability, dyslexia, and receive both respect and friendship from his peers. It includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

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Material Title: **Journey Through The Healing Circle: Video Series I (VHS)**  
Author: Washington State Division of Social and Health Services *Videotapes* 2000

For young people ages birth to 11: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the first two books, "The Little Fox" and "The Little Mask" (see individually under those titles). It comes with a Discussion Guide and Video Overview.

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Material Title: **Journey Through The Healing Circle: Video Series II (VHS)**  
Author: Washington State Division of Social and Health Services *Videotapes* 2000

For young people ages 12-22: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the second two books, "Sees No Danger & Wanders Afar" and "Travels in Circles" (see individually under those titles above). It comes with a Discussion Guide and Video Overview.

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Material Title: **Jumpin' Johnny Get Back to Work: A Child's Guide to ADHD/Hyperactivity\* (Children's Materials)**  
Author: Michael Gordon, PhD *Children's Books* 1998 24 pages

This is a story about a boy who has trouble paying attention and keeping still even when he really tries. Along with his family and teacher, he finds that he has an Attention Deficit Hyperactivity Disorder (ADHD). The story is told by a youngster who truly struggles to achieve, but doesn't always meet with success or acceptance. Although he moves through the day experiencing frustration and embarrassment, he still maintains his sense of humor and spirit of determination.

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## Children's Materials

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Material Title: **Just Ask! Be Different, Be Brave, Be You\* (Children's Materials)**

Author: Sonia Sotomayor *Children's Books* 2019 32 pages

Supreme Court Justice Sonia Sotomayor and award-winning artist Rafael Lopez create a kind and caring book about the differences that make each of us unique.

Feeling different, especially as a kid, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful.

In *Just Ask*, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well. As the kids work together to build a community garden, asking questions of each other along the way, this book encourages readers to do the same: When we come across someone who is different from us but we're not sure why, all we have to do is *Just Ask*.

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Material Title: **Katie Careful and the Very Sad Smile; A Story about Anxious and Clingy Behavior**

Author: Sarah Naish *Children's Books* 09/21/2017 34

Katie Careful has just moved in with her siblings and their new parents. Even if she's sad or scared, she smiles and smiles to try and hide her wobbly feelings.

She clings on to her Mum's leg and won't let go and she even follows her to the toilet, banging on the door to remind her that she's there. Luckily, her Mum understands why Katie acts this way.

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Material Title: **Keeping A Head in School: A Young Student's Book About Learning Abilities and Disorders\* (Children's Materials)**

Author: Mel Levine *Children's Books* 1990 279 pages

This student's book about learning abilities and learning disorders, written for adolescents and pre-adolescents, should appeal also to older and younger students. It attempts to empower students with learning disorders to advocate for themselves, to see themselves as resilient beings, to use adults effectively as resources, to deploy their strengths, and to preserve and cherish their own individuality.

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Material Title: **Kids Need to Be Safe: A Book for Children in Foster Care**

Author: Julie Nelson *Children's Books* 2005 32 pages

Kid-all kids-need safe places to live, and safe places to play. For some kids, this means living with foster parents. Written especially for kids, this book can help children prepare for, understand, and accept foster care. Simple words and realistic color illustrations tell and show why some kids move to foster homes, what foster parents do, and how kids might feel during foster care.

This book offers hope and support for kids and adults. The first part is meant to be read and shared with children. The second part includes information and resources for adults who work to keep kids safe: parents, foster parents, social workers, teachers and caregivers.

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Material Title: **Kinda Like Brothers**

Author: Coe Booth *Children's Books* 2015 256

Jarrett doesn't trust Kevon. But he's got to share a room with him anyway. It was one thing when Jarrett's mom took care of foster babies who needed help. But this time it's different. This time the baby who needs help has an older brother -- a kid Jarrett's age named Kevon.

Everyone thinks Jarrett and Kevon should be friends -- but that's not gonna happen. Not when Kevon's acting like he's better than Jarrett -- and not when Jarrett finds out Kevon's keeping some major secrets. Jarrett doesn't think it's fair that he has to share his room, his friends, and his life with some stranger. He's gotta do something about it -- but what? From award-winning author Coe Booth, *KINDA LIKE BROTHERS* is the story of two boys who really don't get along -- but have to find a way to figure it out.

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Material Title: **King & King & Family\* (Children's Materials)**

Author: Linda de Hann and Stern Nijland *Children's Books* 2004 28 pages

It's time for King Lee and King Bertie's royal honey-moon. Hippos, crocodiles, and snakes - oh my! Little do the regal travelers know that the jungle holds much more - perhaps even the secret to fulfilling their hearts's fondest wish for a family of their own.

Originally published in the Netherlands, *King & King* presents same-sex marriage as a viable, acceptable way of life within an immediately recognizable narrative form, the fairy tale.

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## Children's Materials

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Material Title: **Kiss Goodbye, A**  
Author: Audrey Penn *Children's Books* 2008 32

Moving is hard on everyone, but especially children. Chester Racoon, whom readers have come to know and love through the New York Times bestseller *The Kissing Hand*, and its sequel, *A Pocket Full of Kisses*, is facing another dilemma common to the lives of many children; he and his family are moving. Young readers will love the way Chester says goodbye to his old home and learns that there are some exciting aspects to his new home.

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Material Title: **Kissing Hand, The\* (Children's Materials)**  
Author: Audrey Penn *Children's Books* 1993 27 pages

This warmly illustrated book for children, 4-8, tells of Chester Raccoon, who doesn't want to go to school because it will take him away from his mother and his familiar world. His mother assures him that "we all have to do things we don't want to do," and offers a unique way for him to feel her love when she is away from him. It is not an adoption story, but it might be helpful to any child who is temporarily separated from home or loved ones.

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Material Title: **Knut: How One Little Polar Bear Captivated the World**  
Author: Craig Hatkoff *Children's Books* 2007 40

When Knut was born, the first polar bear cub at the Berlin Zoo in more than thirty years, he was no bigger than a snowball and unable to care for himself. His mother, a rescued East German circus bear, didn't know how to take care of Knut and rejected him. Knut would have died if it weren't for Thomas Dorflein, a zookeeper who nurtured Knut, feeding him, sleeping with him, and giving him the love and attention Knut needed to thrive. But Thomas wasn't the only one who adopted Knut. The adorable little polar bear captured the world's attention, and now Knut is loved around the globe.

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Material Title: **Koala for Katie, A\* (Children's Materials)**  
Author: Jonathan London *Children's Books* 1993 21 pages

When Katie receives a stuffed koala, she pretends she has adopted the bear just as her parents had adopted her. This sweet picture book helps young children understand the many ways their parents love and care for them. Appropriate for ages 3-8.

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Material Title: **Kunu's Basket: A Story from Indian Island**  
Author: Lee Francis DeCora *Children's Books* 2015 36 pages

Kunu wants to make a pack basket, just like the other men on Indian Island. But making the basket is difficult, and Kunu gets frustrated. He is ready to give up when his grandfather intervenes. This is not only a story about a family tradition, but also a story about learning to be patient and gentle with yourself. A story about contemporary Native American life. This new paperback edition includes a new Author's Note about the traditions and importance of basketmaking in Penobscot Nation culture.

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Material Title: **Last Stop on Market Street**  
Author: Matt De La Pena *Books* 2015 32 pages

Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don't own a car like his friend Colby. Why doesn't he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma, who helps him see the beauty—and fun—in their routine and the world around them. This energetic ride through a bustling city highlights the wonderful perspective only grandparent and grandchild can share, and comes to life through Matt de la Pena's vibrant text and Christian Robinson's radiant illustrations.

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Material Title: **Learning to Slow Down and Pay Attention: A Book for Kids About ADHD\* (Children's Materials)**  
Author: Kathleen Nadeau, PhD and Ellen B. Dixon, PhD *Children's Books* 2005 88 pages

Packed with practical tips, know-how, and fun, this friendly workbook just for kids has solutions for every situation - at home, at school, and with friends. Includes notes and resources for parents.

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Material Title: **Let's Learn About Adoption: The Adoption Club Therapeutic Workbook on Adoption and its Many Different Forms**  
Author: Regina Kupecky *Children's Books* 10/21/2014 48

There are many kinds of adoption -- and in this workbook the children of The Adoption Club find out about all of them!

The children of The Adoption Club are all different. There's Mary who was adopted from China by her single mum, Alice, who is still in touch with her birth parents in an 'open adoption'; siblings Angela and Michael who lived in different homes for many years but are now back together; Robert who loves to do stunts in his wheelchair; and Alexander who grew up with lots of children in a care home.

Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is one of a set of five interactive therapeutic workbooks written to address the key emotional and psychological challenges they are likely to experience. They provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

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## Children's Materials

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Material Title: **Let's Talk About Body Boundaries, Consent & Respect: A Book to Teach Children About Body Ownership, Respectful Relationships, Feelings and Emotions, Choices and Recognizing Bullying Behaviors**

Author: Jayneen Sanders

*Children's Books*

2017

Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss. It is important that the reader and the child take the time required to unpack each scenario and explore what they mean both to the character in the book, who may not be respecting someone's body boundary, and to the character who is being disrespected. It is through these vital discussions that children will learn the meaning of body boundaries, consent and respect. Learning these key social skills through such stories as 'Let's Talk About Body Boundaries, Consent and Respect' and role-modelling by significant adults can, importantly, carry forward into a child's teenage years and adult life.

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Material Title: **Let's Talk About It: Adoption\* (Children's Materials)**

Author: Fred Rogers

*Children's Books*

1998

26 pages

Mr. Rogers encourages open communication and acknowledges that difficult issues will arise. This provides a solid base for children learning about their backgrounds. As one might expect from Mr. Rogers, this is a gentle, matter-of-fact, and reassuring approach to the topic of adoption.

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Material Title: **Let's Talk About Living with a Grandparent (Children's Material)**

Author: Susan Kent

*Children's Books*

2000

22 pages

Provides narratives of different children's experiences in living with a grandparent, along with explaining the various reasons why. It covers how relationships can change including what the benefits and difficulties can be for children and their grandparent(s).

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Material Title: **Let's Talk About Race**

Author: Julius Lester

*Children's Books*

2008

32 pages

In this acclaimed book, the author of the Newbery Honor Book *To Be a Slave* shares his own story as he explores what makes each of us special. A strong choice for sharing at home or in the classroom.

Karen Barbour's dramatic, vibrant paintings speak to the heart of Lester's unique vision, truly a celebration of all of us. "This stunning picture book introduces race as just one of many chapters in a person's story" (School Library Journal). "Lester's poignant picture book helps children learn, grow, discuss, and begin to create a future that resolves differences" (Children's Literature).

Julius Lester said: "I write because our lives are stories. If enough of these stories are told, then perhaps we will begin to see that our lives are the same story. The differences are merely in the details."

I am a story. So are you. So is everyone.

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Material Title: **Lifetimes: The Beautiful Way to Explain Death to Children**

Author: Bryan Mellonie

*Children's Books*

1983

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 is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About 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.

Lifetimes . . . a very special, very important book for you and your child. The book that explains—beautifully—that all living things have their own special Lifetimes.

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Material Title: **Listening to My Body\* (Children's Materials)**

Author: Gabi Garcia

*Children's Books*

2017

34

This interactive book guides children through the practice of naming their feelings and the sensations that accompany them. It engages children in easy, kid-friendly mindfulness activities.

Help your child build on their capacity to be mindful, self-regulate, and develop emotional resilience. Listening to My Body is a wonderful tool for parents, counselors and teachers!

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## Children's Materials

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Material Title: **Listening With My Heart; A Story of Kindness and Self-Compassion**  
Author: Gabi Garcia *Children's Books* 2017 36

We talk to kids a lot about how to be friends to others. Not much about how to be friends to themselves.

Yet, positive self-talk and self-acceptance help build emotional resilience, happiness and well-being.

Along with Esperanza, your child can learn the importance of being a friend to themselves!

Listening with my Heart also touches on the universal themes of friendship, empathy and kindness. Includes mindfulness and self-compassion activities.

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Material Title: **Little Bunnies Say Goodbye to Birth Mom\* (Children's Materials)**  
Author: Sherri Malloy, PhD *Children's Books* 2005 26 pages

This powerfully moving book is for children facing termination of their parent's parental rights. This little book has been instrumental in touching the hearts of children ages 2 to 12, helping them to explore and release their feelings of grief and loss related to adoption and foster care. It could be a turning point in the life of your child.

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Material Title: **Little Fox, The: Fetal Alcohol Syndrome (CD-ROM)**  
Author: Washington State Division of Social and Health Services *CD-ROMs* 2001

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children five years old and younger, provides a video-telling - in the style of Native American folklore - of the story of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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Material Title: **Little Fox, The: Fetal Alcohol Syndrome\* (Children's Materials)**  
Author: Washington State Division of Social and Health Services *Children's Books* 2000 42 pages

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This illustrated book for children five years old and younger, tells the story - in the style of Native American folklore - of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

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Material Title: **Little Heroes FASD\* (Children's Materials)**  
Author: Ira Chasnoff *Children's Books* 2003 32 pages

This booklet is about children who were born to mothers who used alcohol during pregnancy. Through story and pictures, it is meant to guide parents in talking with their children. In higher functioning children with FASD, these discussions can help them better understand their behavior and the way they feel about themselves. It can help brothers and sisters of a child with FASD be more tolerant of the behaviors that drive them up the wall.

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Material Title: **Little Mask, The: Fetal Alcohol Syndrome (CD-ROM)**  
Author: Washington State Division of Social and Health Services *CDs* 2001

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children ages 6-11, provides a video-telling - in the style of Native American folklore - of the story of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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Material Title: **Little Mask, The: Fetal Alcohol Syndrome\* (Children's Materials)**  
Author: Washington State Division of Social and Health Services *Children's Books* 2000 81 pages

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This illustrated book for children ages 6-11, tells the story - in the style of Native American folklore - of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

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Material Title: **Little Rat Sets Sail\* (Children's Materials)**  
Author: Monika Bang-Campbell *Children's Books* 2003 48 pages

In this warmly illustrated (by Molly Bang) book, Little Rat has been signed up for sailing lessons but is unhappy about it because she is scared of the water. We see how, with encouragement, she learns to overcome her fear and even look forward to sailing. Ages 4-8

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## Children's Materials

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Material Title: **Locomotion**  
Author: Jacqueline Woodson *Children's Books* 2010 144

When Lonnie was seven years old, his parents died in a fire. Now he's eleven, and he still misses them terribly. And he misses his little sister, Lili, who was put into a different foster home because "not a lot of people want boys-not foster boys that ain't babies." But Lonnie hasn't given up. His foster mother, Miss Edna, is growing on him. She's already raised two sons and she seems to know what makes them tick. And his teacher, Ms. Marcus, is showing him ways to put his jumbled feelings on paper.

Told entirely through Lonnie's poetry, we see his heartbreak over his lost family, his thoughtful perspective on the world around him, and most of all his love for Lili and his determination to one day put at least half of their family back together. Jacqueline Woodson's poignant story of love, loss, and hope is lyrically written and enormously accessible.

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Material Title: **Long Journey Home, The\* (Children's Materials)**  
Author: Richard Delaney *Children's Books* 1997 42 pages

This illustrated children's book tells the story of a young boy named Mayla. Separated from his mother by a raging flood, Mayla begins a perilous search to find her. This story is an adventure-with-a-message for any child who has suffered separation from loved ones. The Long Journey Home is all about love and loss, trauma and trust.

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Material Title: **Loud Emily**  
Author: Alexis O'Neill *Children's Books* 2001 40

Poor Emily. She doesn't mean to be loud, but whenever she says anything in her Emily voice, plates shatter, neighbors are astonished, and birds are frightened right out of the trees. It seems like there's nowhere she fits in. Until the day she sees a ship with a sign that reads: LOUD HELP NEEDED. NOW. So Emily sets sail for an adventure on the high seas, where perhaps there is a place for her after all...

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Material Title: **Love Makes a Family**  
Author: Sophie Beer *Books* 2018 24 pages

This fun, inclusive board book celebrates the one thing that makes every family a family . . . and that's LOVE. Love is baking a special cake. Love is lending a helping hand. Love is reading one more book. In this exuberant board book, many different families are shown in happy activity, from an early-morning wake-up to a kiss before bed. Whether a child has two moms, two dads, one parent, or one of each, this simple preschool read-aloud demonstrates that what's most important in each family's life is the love the family members share.

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Material Title: **Love You Forever**  
Author: Robert N. Munsch *Children's Books* 1995 32

A young woman holds her newborn son  
And looks at him lovingly.

Softly she sings to him:  
"I'll love you forever  
I'll like you for always  
As long as I'm living  
My baby you'll be."

So begins the story that has touched the hearts of millions worldwide. Since publication in 1986, Love You Forever has sold more than 15 million copies in paperback and the regular hardcover edition (as well as hundreds of thousands of copies in Spanish and French)

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Material Title: **Loving Touches: A Book for Childre About Positive, Caring Kinds of Touching**  
Author: Lory Freeman *Children's Books* 1986

Describes the different kinds of touches children need and argues that they are as important as the need for food and warmth

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Material Title: **Lucy's Family Tree\* (Children's Materials)**  
Author: Karen Halvorsen Schreck *Children's Books* 2001 39 pages

In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.

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Material Title: **Lucy's Umbrella**  
Author: Sara Madden *Children's Books* 2017 48 pages

Lucy has vitiligo. She finds beauty in the patterns on her skin. She also finds beauty in the patterns she notices out in nature. Follow Lucy as she goes on a walk through nature, admiring everything she sees.

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## Children's Materials

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Material Title: **Lying Up a STORM**

Author: Julia Cook

*Children's Books*

2015

32

A storm is brewing... Whenever Levi doesn't like the truth, he kinda, sorta makes up other stuff to say. One day his mother explains to him that telling lies will damage the trust of his friends and make him very sad.

Whenever you tell a lie, your inside sun goes away.  
Then a lying cloud forms, and glooms up your day.  
Each time you tell a lie, another cloud starts to form,  
and before you can stop it from happening, your insides start to storm.

This book is a great resource to help children understand not only the consequences of telling a lie, but also how one lie can often lead to telling several more. It will help parents and teachers understand that lying can be a normal and sometimes healthy response for a child and offers tools to help guide children toward truthfulness.

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Material Title: **Mango, Abuela, and Me**

Author: Meg Medina

*Books*

2017

32 pages

"Mia's abuela has left her sunny house with parrots and palm trees to live with Mia and her parents in the city. The night she arrives, Mia tries to share her favorite book with Abuela before they go to sleep and discovers that Abuela can't read the words inside. So while they cook, Mia helps Abuela learn English ("Dough. Masa"), and Mia learns some Spanish too, but it's still hard for Abuela to learn the words she needs to tell Mia all her stories. Then Mia sees a parrot in the pet-shop window and has the perfect idea for how to help them all communicate a little better. An endearing tale from an award-winning duo that speaks loud and clear about learning new things and the love that bonds family members."-- From Amazon.com.

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Material Title: **Manners\* (Children's Materials)**

Author: Alik

*Children's Books*

1990

30 pages

This colorful and imaginative picture book for young children demonstrates the behavioral do's and don'ts of a host of everyday situations. It is humorous and compelling.

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Material Title: **Marisol McDonald Doesn't Match\* (Children's Materials)**

Author: Monica Brown

*Children's Books*

2011

32 pages

My name is Marisol McDonald, and I don't match. At least, that's what everyone tells me.

Marisol McDonald has flaming red hair and nut-brown skin. Polka dots and stripes are her favorite combination. She prefers peanut butter and jelly burritos in her lunch box. And don't even think of asking her to choose one or the other activity at recess—she'll just be a soccer playing pirate princess, thank you very much. To Marisol McDonald, these seemingly mismatched things make perfect sense together.

Unfortunately, they don't always make sense to everyone else. Other people wrinkle their nose in confusion at Marisol—can't she just be one or the other? Try as she might, in a world where everyone tries to put this biracial, Peruvian-Scottish-American girl into a box, Marisol McDonald doesn't match. And that's just fine with her.

A mestiza Peruvian American of European, Jewish, and Amerindian heritage, renowned author Monica Brown wrote this lively story to bring her own experience of being mismatched to life. Her buoyant prose is perfectly matched by Sara Palacios' engaging acrylic illustrations.

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Material Title: **Maybe Days: A book for children in foster care**

Author: Jennifer Wilgocki and Marcia Kahn Wright

*Children's Books*

2002

32 pages

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". Maybe Days 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.

An extensive afterword for adults caring for foster children describes the child's experience, underscores the importance of open communication, and outlines a variety of ways to help children adjust to the "maybe days" - and to thrive.

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## Children's Materials

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Material Title: **Maybe Tomorrow?**  
Author: Charlotte Agell *Children's Books* 2019 40

Elba has a big block. She's been dragging it around for a long time.

Norris dances everywhere he goes, even uphill. He is always surrounded by a happy cloud of butterflies.

Can Norris and his butterflies help ease Elba's sadness and convince her to join them on a trip to the ocean?

This tender exploration of loss illuminates how kindness, empathy, and friendship can lift our spirits and see us through many tomorrows. It will resonate with anyone who has experienced hardship or grief, from the death of a loved one or a pet, to a friend moving away, or the transition to a new home or family situation.

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Material Title: **Me and My Volcano\* (Children's Materials)**  
Author: Deborah Hage *Children's Books* 1999 17 pages

This booklet for children makes an analogy between people who are angry and volcanoes. It explains that either one can let off steam in a nondestructive way or in an explosive, destructive way which hurts both the volcano (or the person) and everyone and everything nearby. It asks the child to draw pictures on almost every page to illustrate feelings behaviors and situations.

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Material Title: **Memory Box, The: A Book About Grief**  
Author: Joanna Rowland *Children's Books* 2017 32

From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Heartfelt and comforting, The Memory Box will help children and adults talk about this very difficult topic together. The unique point of view allows the reader to imagine the loss of any they have loved - a friend, family member, or even a pet. A parent guide in the back includes information on helping children manage the complex and difficult emotions they feel when they lose someone they love, as well as suggestions on how to create their own memory box.

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Material Title: **Mindful Dragon, The**  
Author: Steve Herman *Children's Books* 2018 48

Having a pet dragon is very fun.

You can teach your dragon to sit, stand, roll over, and you can even potty train him...

But what if your dragon is worried about so many things?

He worries about the past, and about the future....

What do you do?

You teach him about mindfulness - You teach him to be mindful!

How do you do it?

Get this book now and find out how!

Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids about mindfulness.

A must have book for children and parents to teach kids the importance of mindfulness, focus and peace.

Get this book now and enjoy!

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Material Title: **Minnie & Max are OK!; A Story to Help Children Develop a Positive Body Image**  
Author: Chris Calland *Children's Books* 05/18/2017 40

Body image is an increasingly important issue for young children. This beautifully illustrated, confidence-boosting book will help encourage children aged 3-7 to celebrate their strengths and embrace diversity. Included are questions that adults can ask to see how children relate to Minnie and Max's thoughts and feelings. Colourful, funny and uplifting, this book will help you make sure your child is OK with their body image!

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## Children's Materials

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Material Title: **Mitzi Tulane Preschool Detective in What's That Smell?\*** (Children's Materials)  
Author: Lauren McLaughlin *Children's Books* 2016 32 pages

Mitzi Tulane may be only three years old, but she sure knows how to follow a trail of evidence and solve tough mysteries. From the strange happenings in the kitchen to the sudden arrival of every family member she's ever met, Mitzi pieces together the clues and (finally) realizes that she's . . . in the middle of her own surprise birthday party!

Kids and parents will laugh along as Mitzi sorts through not-so-subtle hints and comes to her conclusions. Readers will love figuring out the surprise ahead of the private-eye protagonist! Debbie Ridpath Oh's bouncy illustrations bring an extra layer of fun to Lauren McLaughlin's clever story.

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Material Title: **Molly the Mole: A Story to Help Children Build Self-Esteem**  
Author: Alice Reeves *Children's Books* 03/21/2018 40

Molly is a mole with many friends, including a deer, a butterfly, and an owl. Sometimes Molly feels sad because she doesn't look the same as her friends, and feels very different to them. By helping each of them out with a task, Molly learns that her friends love her for the amazing qualities that are unique just to her. Molly the Mole addresses the difference between the way we perceive ourselves and the way our friends and family perceive us. Molly learns the importance of being kind and patient with others, and that everyone is unique.

Part of the Truth and Tails series, which aims to eliminate prejudices and encourage acceptance in young children aged 4-8, this delightful story is accompanied by hand-drawn, watercolour illustrations.

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Material Title: **Mom and Mum are Getting Married!\*** (Children's Material)  
Author: Ken Setterington *Children's Books* 2004 24 pages

"When Rosie finds out that her two mothers are planning to get married, she has only one worry...will she get to be a flower girl?" This children's book features "a joyful celebration of love and family in a changing world". This is a book for early elementary age children.

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Material Title: **Mommy, Mama, and Me\*** (Children's Material)  
Author: Lesléa Newman *Children's Books* 2009 17 pages

This hard back child sized book written for very young children presents a family with two mothers engaged in everyday parenting activities.

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Material Title: **Morris and the Bundle of Worries**  
Author: Jill Seenev *Children's Books* 2007

Morris the mole finds out that talking about his problems, and facing his worries with the aid of others, is more helpful than hiding his fears.

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Material Title: **Moses Goes to a Concert**  
Author: Isaac Millman *Children's Books* 1998 40

Moses and his school friends are deaf, but like most children, they have a lot to say. They communicate in American Sign Language, using visual signs and facial expressions. This is called signing. And even though they can't hear, they can enjoy many activities through their other senses. Today, Moses and his classmates are going to a concert. Their teacher, Mr. Samuels, has two surprises in store for them, to make this particular concert a special event.

Isaac Millman tells Moses's story in pictures and written English, and in American Sign Language (ASL), introducing hearing children to the signs for some of the key words and ideas. At the end of the book are two full conversations in sign language and a page showing the hand alphabet.

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Material Title: **Mother Bunny and the Bad Plants: a story of kinship care for small children**  
Author: Elise Bowditch *Children's Books* 2016 24

Depending how you count, about 3-5% of children in the USA live with their grandparents or other relatives. Some of them live there because their parents have drug problems. Most of them arrive at grandma and grandpa's home when they are very young. This book is for them. The book is kid-focused, and has a happy ending.

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Material Title: **Mother for Choco, A\*** (Children's Materials)  
Author: Keiko Kasza *Children's Books* 1992 31 pages

This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.

## Children's Materials

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Material Title: **Mulberry Bird, The: An Adoption Story\* (Children's Materials)**  
Author: Ann Braff Brodzinsky *Children's Books* 1996 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

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Material Title: **Murphy's Three Homes: A Story for Children in Foster Care\* (Children's Materials)**  
Author: Jan Levinson Gilman *Children's Books* 2009 29 pages

Being a pup in foster care is awfully confusing. What's Murphy to do when he's taken away from his family and placed in a new home, with new people, new pets, and... new everything? As he moves from one house to another, Murphy begins to understand all his sad and angry feelings and finds ways to cope. Eventually, he discovers what it means to be a "good luck" dog as he jumps and barks his way into a comfortable spot in his new home.

\*Note to Parents: Author Jan Levinson Gilman, PhD, discusses the emotional experience of children who are in foster care, and provides caregivers with information on how to help kids cope with the difficulties of being placed in multiple homes.

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Material Title: **My Body Is Private\* (Children's Materials)**  
Author: Linda Walvoord Girard *Children's Books* 1984 25 pages

Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-forward but it avoids being alarmist.

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Material Title: **My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships**  
Author: Jayneen Sanders *Children's Books* 2016 42

The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. Children will be empowered to say in a strong and clear voice, "This is my body! What I say goes!" Through age-appropriate illustrations and engaging text this book, written by the author of 'No Means No!' and 'Some Secrets Should Never Be Kept', will teach children the following crucial and empowering skills in personal body safety: • identifying safe and unsafe feelings • recognizing early warning signs • developing a safety network • using the correct names for private parts • understanding the difference safe and unsafe touch • understanding the difference between secrets and surprises • respecting body boundaries. Approximately 20% of girls, and 8% of boys will experience sexual abuse before their 18th birthday (Pereda, et al, 2009). Parents, caregivers, and educators have a duty of care to protect children by teaching them Body Safety skills. These skills empower children, and go a long way in keeping them safe from abuse - ensuring they grow up as assertive and confident teenagers and adults. Also included in this book are in-depth Discussion Questions to further enhance the learning and to initiate important family conversations around body autonomy.

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Material Title: **My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention**  
Author: Kayla Marnach *Children's Books* 2018 21 pages

My Body's Mine helps children learn they have the rights to their body. Told through rhyme from a child's point of view, this book on boundaries empowers a child to say no when others approach him or her in ways that make them uncomfortable. It also gives clear instructions on what to do if they are approached in an unwanted manner. The questions at the end of the book provide an easy transition for counselors and parents to open a discussion, assisting the child in understanding and practicing body boundaries or further exploring if abuse has occurred. Through the use of this book, I have experienced families being able to openly discuss abuse together for the first time. Kayla's heart for children from hard places is infectious. Her vision for all children to know they are not alone is unfolding in this new book. She is a gifted writer who will continue to create works benefiting children. My Body's Mine was a missing piece of literature in abuse prevention and I am so thankful to Kayla for writing it! Jessica Kilpatrick, M.A., LPG, STARRY

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Material Title: **My Brother's a World-Class Pain: A Sibling's Guide to ADHD/Hyperactivity\* (Children's Materials)**  
Author: Michael Gordon, PhD *Children's Books* 1992 34 pages

Finally a book for the oft-forgotten group of those affected by ADHD: the brothers and sisters of ADHD children. While they frequently bear the brunt of the ADHD child's impulsiveness and distractibility, siblings usually are not afforded opportunities to understand the nature of the problem and to have their own feelings and thoughts addressed. This story about an older sister's efforts to deal with her active and impulsive brother sends the clear message to siblings of the ADHD child that they can play an important role in a family's quest for change.

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Material Title: **My Family's Changing: A First Look at Family Break Up**  
Author: Pat Thomas *Children's Books* 1999 32

This unusual picture book for younger children explores the issue of divorce. The author of this book is a psychotherapist and counselor and helps children to face their fears, worries and questions when their family is going through a break-up. A special feature, "What About You?" sidebars appear frequently with questions directed at the child reading the book. The questions encourage children to explore their own feeling about the situation. Full color illustrations throughout.

## Children's Materials

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Material Title: **My First Baby Signs**  
 Author: Linda P. Acredolo *Children's Books*      2002      24  
 Board book with simple baby sign language

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Material Title: **My Heart**  
 Author: Corinna Luyken *Children's Books*      2019      32  
 Some days your heart is a puddle or a fence to keep the world out. But some days it is wide open to the love that surrounds you.

With lyrical text and breathtaking art, *My Heart, My Heart* empowers all readers to listen to the guide within in this ode to love and self-acceptance.

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Material Title: **My Hidden Chimp**  
 Author: Steve Peters *Children's Books*      2018      175

Learn how TEN habits can help children to understand and manage their emotions and behaviour - the NEW book from the creator of the chimp management mind model and author of the million copy selling *The Chimp Paradox*. *My Hidden Chimp* is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life. The science behind the habits is discussed in a practical way with exercises and activities to help children think the habits through and start putting them into practice. The neuroscience of the mind is simplified for children to understand and then use to their advantage. Professor Steve Peters explains neuroscience in a straightforward and intuitive way - offering up 10 simple habits that we as adults and children should have in our arsenal to deal with everyday life. They include: - Smiling- The importance of talking through your feelings- Learning how to say sorry- Knowing how to ask for help. By also explaining the developing 'chimp' brain in children, he shows us how 10 habits can help children to understand and manage their emotions and behaviour. These 10 habits should and can be retained for life. This is an important and another groundbreaking new book from the bestselling author of *The Chimp Paradox* and the creator of the chimp management mind model.

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Material Title: **My Mom has a Bad Temper**  
 Author: Beverly H. Hopkins *Children's Books*      2001

A child learns that her mother's anger is not her fault, and with some help, the family learns how to deal with it.

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Material Title: **My Nana and Me**  
 Author: Irene Smalls *Children's Books*      2015      28

A young girl and her grandmother enjoy a day filled with tea parties, hide-and-seek, stories, and plenty of love.

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Material Title: **My New Family: A First Look at Adoption**  
 Author: Pat Thomas *Children's Books*      2003      32

Children are sometimes upset to discover that they have been adopted. This book helps them understand how lucky they are to have to have loving, adoptive parents—and how lucky their parents are to have them! *A First Look At...* is an easy-to-understand series of books for younger children. Each title explores emotional issues and discusses the questions such difficulties invariably raise among kids of preschool through early school age. Written by a psychotherapist and child counselor, each title promotes positive interaction among children, parents, and teachers. The books are written in simple, direct language that makes sense to younger kids. Each title also features a guide for parents on how to use the book, a glossary, suggested additional reading, and a list of resources. There are attractive full-color illustrations on every page. (Ages 4-7)

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Material Title: **My New Mom & Me**  
 Author: Renata Galindo *Books*      2016      32 pages

Told from the point of view of a puppy who is adopted by a cat, this gentle and reassuring tale is perfect for very young readers and listeners. When the puppy comes to live with his new mom, he is nervous. After all, his mom has stripes and he doesn't. But his mom says she likes that they look different, and soon the puppy likes it, too. (And who cares what anyone else thinks!) The puppy's new mom does all the things other parents do. She plays with him, takes care of him, and sometimes even makes him mad! But that's okay, because when he's feeling sad, she knows just what to say.

"A gentle, comforting story about nontraditional families."--Booklist

## Children's Materials

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Material Title: **My Secret Bully**

Author: Trudy Ludwig

*Children's Books* 2004

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why.

Monica is a target of relational aggression, emotional bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.

Including a foreword by the founder of the The Ophelia Project, as well as helpful tips, discussion questions, and additional resources, *My Secret Bully* is a vital resource for children, parents, teachers, and counselors.

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Material Title: **My Strong Mind; A Story About Developing Mental Strength**

Author: Niels Van Hove

*Children's Books* 2017 32

Do you want to teach your children about Confidence, Resilience and a Growth Mindset? With *My Strong Mind* your children will be introduced to mental strength and learn about techniques to develop their own strong mind.

The story is about Kate, a sporty and happy girl who uses her strong mind to tackle her daily challenges with a positive attitude.

This book aspires to educate children and parents about mental toughness and open a positive dialogue on the subject. Kate solves her every day problems with a positive attitude and hopefully will help 5-8 year old children do the same.

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Material Title: **My Two Moms and Me**

Author: Michael Joosten

*Children's Books* 2019 22 pages

Families with same-sex parents are celebrated in this board book that follows busy moms and their kids throughout their day—eating breakfast, going on a playdate, heading to the pool for a swim, and settling back in at night with a bedtime story and a good-night lullaby. LGBTQ+ parents and their friends and families will welcome this inclusive and cheerful book that reflects their own lives and family makeup.

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Material Title: **Naia the Witch**

Author: Carmen Luque Parets

*Children's Books* 2014 26 pages

Children's picture book for back to school and first day of preschool for children between 3-6. Naia is a naughty witch who doesn't want to go to school like other good witches. You know that will happen?. You'll find out when you read this story.

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Material Title: **Neon the Ninja; Activity Book for Children who Struggle with Sleep and Nightmares**

Author: Karen Treisman

*Children's Books* 12/21/2018 128

Neon the Ninja has a very special job. He looks after anyone who finds the night time scary. Lots of us have nightmares, but Neon loves nothing more than using his special ninja powers to keep the nightmares and worries far away, and to keep the magical dreams and positive thoughts close by.

It combines a fun illustrated story to show children how Neon the Ninja can reduce their nightmares and night worries with fun activities and therapeutic worksheets to make night times feel safer and more relaxed. This workbook contains a treasure trove of explanations, advice, and practical strategies for parents, carers and professionals. Based on creative, narrative, sensory, and CBT techniques, it is full of tried and tested exercises, tips and techniques to aid and alleviate nightmares and sleeping difficulties. This is a must-have for those working and living with children aged 5-10 who experience nightmares or other sleep-related problems.

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Material Title: **Night is Yours, The**

Author: Abdul-Razak Zachariah

*Books* 2019 28 pages

From the New York Times bestselling illustrator of *I Am Enough*, this glowing, empowering picture book about a nighttime hide-and-seek game celebrates blackness and self-confidence.

Little one, so calm and so happy, the darkness of the night is yours like the darkness of your skin.

This lyrical text, narrated to a young girl named Amani by her father, follows her as she plays an evening game of hide-and-seek with friends at her apartment complex. The moon's glow helps Amani find the last hidden child, and seems almost like a partner to her in her game, as well as a spotlight pointing out her beauty and strength.

This is a gorgeous bedtime read-aloud about joy and family love and community, and most of all about feeling great in your own skin.

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## Children's Materials

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Material Title: **Nutmeg Gets Cross\* (Children's Materials)**

Author: Judith Foxon *Children's Books* 2002 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

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Material Title: **Oh Brother!: Growing Up With a Special Needs Sibling**

Author: Natalie Hale *Children's Books* 2004 48 pages

An eleven-year-old girl finds ways to handle the unique challenges presented by her thirteen-year-old mentally disabled brother by looking for his good qualities and taking the rest in stride.

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Material Title: **Oliver: A Story About Adoption\* (Children's Materials)**

Author: Lois Wickstrom *Children's Books* 1991 32 pages

In this picture book for children, 4-8, Oliver, who is adopted, imagines a much better life living with his birth parents. He pictures them variously as firemen, scientists, astronauts and in other scenarios. Then his parents, who are not adopted, tell him that they used to imagine that they were adopted, dreaming about the exciting world their birthparents might be living. In the end, Oliver realizes that his life is pretty good as it is.

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Material Title: **On the Day You Were Born\* (Children's Materials)**

Author: Debra Frasier *Children's Books* 1991 40 pages

Debra Frasier's simple words and radiant collages celebrate the earth and extend an exuberant welcome to each member of our human family. Recommended for children age 1 and up, On the Day You Were Born affirms the special place each child holds in the world.

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Material Title: **Once I Was Very Very Scared**

Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

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Material Title: **Once Upon a Potty, Girl**

Author: Alona Frankel *Children's Books* 1999 48

Thanks to their timeless words and beloved images, Once Upon a Potty -- Boy and Once Upon a Potty -- Girl are being discovered and used by a new generation of parents. These two books, with their phenomenal staying power, target and meet the needs of an obviously perpetual market.

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Material Title: **Once Upon a Potty: Boy**

Author: Alona Frankel *Children's Books* 2014

There are 28.9 million children under the age of 5 in the U.S. and all of them will need to be toilet trained. This classic book has already helped millions of parents get their children through a life milestone with ease and some entertainment too.

With Once Upon a Potty, a parent reads the book to their child or allows the child to read it while on the potty. Not surprisingly, the book takes some wear. This new board book edition will withstand such heavy use and survive the occasional water spill too.

This is THE potty training book. It has it all, bright graphics, simple language, fun story and an anatomically correct hero. With an edition for each gender, the book relates directly to the child, making the potty-training process relatable and easy to understand.

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Material Title: **One Dad, Two Dads, Brown Dad, Blue Dads\* (Children's Material)**

Author: Johnny Valentine *Children's Books* 1994 27 pages

This humorous book for elementary age children uses the concept of blue dads to introduce the idea of how there are similarities among all dads even if they are a different color. It allows a child to examine differences in light of how people still share common traits.

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## Children's Materials

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Material Title: **One Family**  
Author: George Shannon *Children's Books* 2015 32 pages  
Just how many things can "one" be?  
One box of crayons.  
One batch of cookies.  
One world.  
One family.

From veteran picture book author George Shannon and up-and-coming artist Blanca Gomez comes a playful, interactive book that shows how a family can be big or small and comprised of people of a range of genders and races.

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Material Title: **One for the Murphys**  
Author: Lynda Mullaly Hunt *Children's Books* 2013 256  
Carley uses humor and street smarts to keep her emotional walls high and thick. But the day she becomes a foster child, and moves in with the Murphys, she's blindsided. This loving, bustling family shows Carley the stable family life she never thought existed, and she feels like an alien in their cookie-cutter-perfect household. Despite her resistance, the Murphys eventually show her what it feels like to belong--until her mother wants her back and Carley has to decide where and how to live. She's not really a Murphy, but the gifts they've given her have opened up a new future.

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Material Title: **One Wave at a Time**  
Author: Holly Thompson *Children's Books* 2018 32  
After his father dies, Kai experiences all kinds of emotions: sadness, anger, fear, guilt. Sometimes they crash and mix together. Other times, there are no emotions at all--just flatness. As Kai and his family adjust to life without Dad, the waves still roll in. But with the help of friends and one another, they learn to cope--and, eventually, heal. A lyrical story about grieving for anyone encountering loss.

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Material Title: **Otto Learns About His Medicine: A Story About Medication for Hyperactive Children\* (Children's Materials)**  
Author: Matthew Galvin *Children's Books* 1995 26 pages  
This picture book tells of a hyperactive car who learns from a special mechanic about how "car medicine" can help him control his behavior.

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Material Title: **Our Brother Has Down Syndrome: An Introduction For Children\* (Children's Materials)**  
Author: Shelley Cairo *Children's Books* 1985 22 pages  
This short booklet with photographs introduces us to Jai, a Down Syndrome child, and his loving family.

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Material Title: **Our Gracie Aunt\* (Children's Materials)**  
Author: Jacqueline Woodson *Children's Books* 2002 30 pages  
Intended for kids age 5-9, this book, with expressive watercolor illustrations by Jon J Muth, tells the story of Johnson and his older sister Beebee, children whose mother has left many times before, but never for this many days. A Social worker comes and takes them to stay with their Aunt Gracie whom the children hardly know.

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Material Title: **Out With It: Gay and Straight Teens Write About Homosexuality\* (Children's Materials)**  
Author: Youth Communication *Children's Books* 1996 113 pages  
Young people today are aware of gays and lesbians in almost every area of their lives, yet they rarely get a chance to talk openly about it. Here, young people speak in their own voices about the myriad ways they encounter - and deal with - homosexuality. Their brave and honest work provides a point of departure for teen readers trying to make sense of some very complicated issues.

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Material Title: **Owen and Mzee: The True Sotry of a Remarkable Friendship\* (Children's Materials)**  
Author: Isabella and Craig Hatkoff, and Dr. Paula Kahumbu *Children's Books* 2006 29 pages

## Children's Materials

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Material Title: **Paddington Bear Goes to the hospital**  
Author: Michael Bond *Children's Books* 2001 40

Oh, no! Paddington Bear has hurt his arm, and he's having trouble remembering just how it happened. The Browns are worried enough to take Paddington on his first trip to the hospital. From the moment he arrives on a stretcher with wheels, which he thinks is "very good value:" to the end of his overnight stay, Paddington takes it all in with curiosity and wonderment ... along with a little apprehension! But the kind nurses and doctors, and even the patients themselves, help Paddington see that the hospital isn't as scary a place as it first seems. At the end of this gentle, reassuring story, Paddington's arm is set straight and so is Paddington when he discovers that even the hospital food isn't as bad as he thought it would be!

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Material Title: **Paula and Her Multi-Coloured Hair**  
Author: Carmen Luque Parets *Children's Books* 2014 25 pages

'Paula and her Multi-coloured Hair' is a short story about the four basic human emotions: happiness, sadness, anger and fear.

Through the changes in Paula's hair, we are visually giving name to the emotions we feel. Beginning with asking ourselves questions such as... 'What does it cause us that emotion?', 'What does it make us feel?', and 'What should we do?' We provide answers or solutions for each type of emotion.

In this way, children can learn to identify and manage their emotions in a healthy way.

A book about feelings for children between 3-6: Pre- to Beginning Readers.

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Material Title: **Peace, Locomotion**  
Author: Jaqueline Woodson *Books* 2009 176 pages

The stunning companion to the National Book Award finalist--from a three-time Newbery Honor winning author

Jacqueline Woodson is the 2018-2019 National Ambassador for Young People's Literature

Twelve-year-old Lonnie is finally feeling at home with his foster family. But because he's living apart from his little sister, Lili, he decides it's his job to be the "rememberer"—and write down everything that happens while they're growing up. Lonnie's musings are bittersweet; he's happy that he and Lili have new families, but though his new family brings him joy, it also brings new worries. With a foster brother in the army, concepts like Peace have new meaning for Lonnie. Told through letters from Lonnie to Lili, this thought-provoking companion to Jacqueline Woodson's National Book Award finalist Locomotion tackles important issues in captivating, lyrical language. Lonnie's reflections on family, loss, love and peace will strike a note with readers of all ages.

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Material Title: **Penguin and the Fine-Looking Fish, The\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

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Material Title: **Perfect Spring, A\* (Children's Materials)**  
Author: Lark Carrier *Children's Books* 1990 24 pages

This illustrated story for young children tells of a seabird couple who find an egg and hatch it along with their own. The egg they find hatches into a turtle. Both young listen to the lessons taught by the parents which apply equally to life in the air and life in the sea. This book takes a look at the similarities of parenting children born to you and adopted and yet gives the freedom to both young to explore the environments that "feel" natural.

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Material Title: **Period.: A Girl's Guide**  
Author: JoAnn Loulan *Children's Books* 2001 100

In simple terms, and without getting into sex education, the authors explain the changes all girls go through and how to handle the onset of their menstrual cycle. The supportive voice of peers and an emphasis on the uniqueness of each of us, pay the way for a healthy attitude about our bodies. It is a practical, user-friendly guide and medically accurate. You'll also find an open dated calendar to use to monitor one's cycle, helpful websites, and sample send-for information. Included with this book is a guide for parents to talk with their daughters (and sons!) about menstruation.

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Material Title: **Phoenix Goes to School; A Story to Support Transgender and Gender Diverse Children**  
Author: Michelle Finch *Children's Books* 07/19/2018 40

Phoenix wants to wear her favourite purple dress to express her gender, but she is scared of being bullied on her first day of school. Follow Phoenix's journey as she arrives at school, makes some friends, stands up for herself, and helps us learn to be true to who we really are.

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## Children's Materials

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Material Title: **Pictures of Hollis Woods**

Author: Patricia Reilly Giff

*Children's Books*

2004

176

Hollis Woods

is the place where a baby was abandoned

is the baby's name

is an artist

is now a twelve-year-old girl

who's been in so many foster homes she can hardly remember them all.

When Hollis is sent to Josie, an elderly artist who is quirky and affectionate, she wants to stay. But Josie is growing more forgetful every day. If Social Services finds out, they'll take Hollis away and move Josie into a home. Well, Hollis Woods won't let anyone separate them. She's escaped the system before; this time, she's taking Josie with her. Still, even as she plans her future with Josie, Hollis dreams of the past summer with the Regans, fixing each special moment of her days with them in pictures she'll never forget.

Patricia Reilly Giff captures the yearning for a place to belong in this warmhearted story, which stresses the importance of artistic vision, creativity, and above all, family.

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Material Title: **Pinballs, The**

Author: Betsy Byars

*Children's Books*

2004

144 pages

You can't always decide where life will take you—especially when you're a kid.

Carlie knows she's got no say in what happens to her. Stuck in a foster home with two other kids, Harvey and Thomas J, she's just a pinball being bounced from bumper to bumper. As soon as you get settled, somebody puts another coin in the machine and off you go again.

But against her will and her better judgment, Carlie and the boys become friends. And all three of them start to see that they can take control of their own lives. Ages 10 and up.

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Material Title: **Place in My Heart, A \* (Children's Materials)**

Author: Mary Grossnickle

*Children's Books*

2004

32 pages

Charlie was adopted and he wonders about the same things that many adopted children think about. This book reassures children that it's okay to ask questions and gives parents an opportunity to discuss adoption, birthparents and the fact that our hearts are big enough to hold everyone we care about.

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Material Title: **Plan for Tyrone, A\* (Children's Materials)**

Author: Tamara and Chelsea Severance Evanson, MSW

*Children's Books*

2009

26 pages

A Plan for Tyrone was written for children between the ages of 5 and 11. It describes the process of transitioning from foster care to adoption. This beautifully illustrated booklet follows the story of a young elephant named Tyrone, his diverse family, and their experiences with the family group conferencing process. This book is written from the context of the child welfare system in Ontario, Canada describing family group conferences. However, this can still be applied to the local child welfare system as it still incorporates common terminology and child welfare professionals. This book can still be a helpful tool for adults in talking with young children about the transition from foster care to adoption along with the different roles people have in this process.

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Material Title: **Please Come Home: A Book About Divorce and Learning and Growing**

Author: Doris Sanford

*Children's Books*

1985

30

A young girl deals with the emotions of her parents' divorce.

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Material Title: **Please Tell!: A Child's Story about Sexual Abuse**

Author: Jessie

*Children's Books*

1991

32

Written and illustrated by a young girl who was sexually molested by a family member, this book reaches out to other children in a way that no adult can, Jessie's words carry the message, "It's o.k. to tell; help can come when you tell." This book is an excellent tool for therapists, counselors, child protection workers, teachers, and parents dealing with children affected by sexual abuse. Jessie's story adds a sense of hope for what should be, and the knowledge that the child protection system can work for children. Simple, direct, and from the heart, Jessie gives children the permission and the courage to deal with sexual abuse. "Please Tell!" is a beautifully simple book with a profoundly important message for children who have been sexually abused: the abuse wasn't their fault. Written and illustrated by Jessie, herself a pre-teen survivor of sexual abuse, it tells kids just what to do to get the help they need." Kristin A. Kunzman, abuse therapist and author of *The Healing Way: Adult Recovery from Childhood Sexual Abuse*

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## Children's Materials

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Material Title: **Pocket Full of Kisses, A**

Author: Audrey Penn

*Children's Books*

2004

32

In this tender sequel to the New York Times bestseller and children's classic *The Kissing Hand*, Audrey Penn provides parents with another tale of love and reassurance to share with their children. Chester Raccoon has a baby brother—and the baby brother is taking over his territory. When Chester sees his mother give his baby brother a Kissing Hand—his Kissing Hand—he is overcome with sadness, but Mrs. Raccoon soothes his fears with her own special brand of wisdom, finding just the right way to let Chester know he is deeply loved. Brought to life by Barbara Leonard Gibson's warm illustrations, this story is perfect for families who are adjusting to all the changes new members can bring.

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Material Title: **Poppy and the Overactive Amygdala**

Author: Holly Provan

*Children's Books*

January 2021

30 pages

Many kids suffer from an overactive "Fight or Flight" response, which can affect them in all areas of their lives. Follow Poppy as she explains some of her struggles with anxiety, anger, and friendships as a kid with an overactive amygdala. This book was created to help build understanding and empathy for children with a wide range of mental health challenges. This type of behavior can be seen in many children, including but not limited to those kids with DMDD, ADHD, ODD, Anxiety, Bipolar disorder, PANS/PANDAS, RAD, Autism disorders, PTSD, IED, and Conduct disorder, among others. While many of the children struggle with comprehension of their disorder, they all have one important factor in common. They did not choose this. As adults, we have a responsibility to build understanding, encourage empathy, and continue to grow our own set of skills and knowledge in order to best serve our most vulnerable population: Children.

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Material Title: **Porcupette Finds a Family**

Author: Vanita Oelschlager

*Children's Books*

2010

44

*Porcupette Finds a Family*, is a story about how a baby porcupine (called a porcupette) finds a new family after losing his mother. He wants to have an attachment to the bear family he finds, but is afraid his "bear" mother and "bear" brother and sister will leave him too. This causes him to act out his fears in ways that jeopardize acceptance from his adopted family. However, with the understanding and help of Mother Bear, Porcupette finally accepts that he is truly loved and wanted despite, or maybe because of, his differences.

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Material Title: **Princess Hair**

Author: Sharee Miller

*Children's Books*

2018

32 pages

Princesses with curls wear pearls. Princesses with head wraps take long naps. And princesses with teeny-weeny Afros wear teeny-weeny bows.

Celebrate different hair shapes, textures, and styles in this self-affirming picture book! From dreadlocks to blowouts to braids, *Princess Hair* shines a spotlight on the beauty and diversity of black hair, showing young readers that every kind of hair is princess hair.

Debut author-illustrator Sharee Miller encourages confidence and pride in this playful, colorful picture book that teaches readers to love every bit of themselves.

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Material Title: **Pup and Bear**

Author: Kate Banks

*Children's Books*

2017

40 pages

This deeply emotional read-aloud about a lost wolf pup who is raised by a loving polar bear is sure to resonate with families – particularly non-traditional ones.

You are not my mother, said the wolf pup.

I am not your mother, said the polar bear, but I can cuddle you and keep you safe.

Here is a picture book that celebrates differences and promotes kindness, sure to resonate with the many fans of the beloved classic, *Mama Do You Love Me?* During the ice melt that follows an Arctic winter, a wolf cub finds himself spinning out to sea on a sheet of ice. He awakes lost and alone to an unfamiliar smell: a polar bear. And while the polar bear is not the wolf's mother, she takes him on her back to her den, where she feeds him, keeps him warm, and does everything a mother would do. Time passes, the cub grows into a wolf, and soon it's time for him to venture out into the wide world alone. Years later, the now grown wolf comes upon a tiny lost polar bear cub--and the cycle begins again. With poetic prose this beautiful picture book about the love and kindness of a stranger is sure to touch a deep chord, particularly with parents and children who have found each other in unexpected ways.

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Material Title: **Push, The: A Story of Friendship**

Author: Patrick Gray

*Children's Books*

2018

32 pages

When Marcus moved next door to John, they knew instantly they'd be friends. Now John and Marcus do almost everything together. They go on lots of adventures, with Marcus pushing John's wheelchair and John fueling their escapades with jokes. Through their friendship, the boys discover that their unique gifts make them stronger together.

Based on the friendship of real-life best friends Patrick Gray and Justin Skeesuck, *The Push* teaches kids that people of all abilities have important roles to play and that we're all better together than we are on our own.

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## Children's Materials

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Material Title: **Putting on the Brakes Activity Book for Kids with ADD or ADHD\* (Children's Materials)**  
Author: Patricia O. Quinn, MD and Judith M. Stern, MA *Children's Books* 2009 90 pages

This workbook features activities that are comprehensive and cover practically every area in a kids' life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organization, taking medication, doing things step-by-step); behavior and emotional regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outside/green space, etc.); and self awareness/self-esteem (strengths and weaknesses, making friends, etc.). All of the information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. \*\*Parents are encouraged to make copies of activities in order to preserve longevity of book\*\*

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Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder\* (Children's Materials)**  
Author: Patricia Quinn *Children's Books* 2001 67 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

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Material Title: **Questions to ask yourself: A book for Kids like you who live with their Grandparents\* (Children's Materials)**  
Author: Collaboration *Information Packet* 05-2005 18 pages

ORPARC has this booklet as a PDF printable file. It was created with the assistance of:

- Aging and Disability Services of Multnomah County
- Lifespan Respite Care Network of Multnomah County
- Oregon Post Adoption Resource Center
- The Princess Royal Trust for Carers
- Nickey

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Material Title: **Rabbityness**  
Author: Jo Empson *Children's Books* 2012 32 pages

Rabbit enjoys doing rabbity things, but he also loves un-rabbity things! When Rabbit suddenly disappears, no one knows where he has gone. His friends are desolate. But, as it turns out, Rabbit has left behind some very special gifts for them, to help them discover their own unrabbity talents! This is a stunning debut picture book by author/illustrator Jo Empson. Rabbityness celebrates individuality, encourages the creativity in everyone and positively introduces children to dealing with loss of any kind.

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Material Title: **Raily el Valiente**  
Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

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Material Title: **Ramón Preocupón**  
Author: Anthony Browne *Libros en español* 2006

Ramón es un niño preocupón que se angustia a causa de los zapatos, las nubes, la lluvia, los pájaros gigantes. Después de pasar una difícil noche en casa de su abuela, ésta la le da la receta para deshacerse de sus preocupaciones. A partir de entonces, Ramón las dejará a un lado.

Ramón is a worried child who is distressed by shoes, clouds, rain, giant birds. After spending a difficult night at her grandmother's house, she is given the recipe to get rid of her worries. From then on, Ramón will leave them aside.

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Material Title: **Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls**  
Author: Lynda Madaras *Children's Books* 2003 128

In her uniquely warm and funny style, Lynda wrote this entirely new book especially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty.

Illustrated with delightful drawings, Ready, Set, Grow! is the sixth book in the popular Madaras "What's Happening to My Body?" series of growing-up books for girls and boys. Praised by parents, teachers, nurses, doctors, and especially kids, the bestselling "What's Happening to My Body?" books for older girls and boys are on the "Best Books for Young Adults" list from the American Library Association, and have been translated into 12 languages. Over 2,000,000 copies of the "What's Happening to My Body?" series are in print.

## Children's Materials

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Material Title: **Real Sisters Pretend**

Author: Megan Lambert Dowd

*Books*

2016

32 pages

Safe in the knowledge that adoption has made them "forever family," stepsisters Mia and Tayja improvise an imaginary adventure with a joyful homecoming to a real home with their two moms.

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Material Title: **Red in the Flower Bed: An Illustrated Children's Story about Interracial Adoption**

Author: Andrea Nepa

*Children's Books*

2008

28

The journey of adoption is beautifully depicted with the comforting imagery of a poppy flower who is welcomed into a garden family. It is a charming story of "seeds" being planted in the perfect place - exactly where they belong. Children and adults will enjoy this simple yet meaningful story and homespun illustrations. The book's loving approach helps children to understand adoption. Andrea Nepa has captured the essence of adoption and family, and has illustrated it beautifully with images and poetry that even a small child can comprehend and enjoy.

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Material Title: **Red: a crayon's story**

Author: Michael Hall

*Children's Books*

2016

A blue crayon mistakenly labeled as "red" suffers an identity crisis. Red is a story about being true to your inner self and following your own path despite obstacles that may come your way. Story is left ambiguous making it applicable to a variety of issues and topics (gender identity, autism, etc.)

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Material Title: **Ricky Sticky Fingers**

Author: Julia Cook

*Children's Books*

2012

32

Meet Ricky! A cute little boy that just can't seem to figure out that stealing is wrong:

When I see something that I really want,

I think, "Hey, that could be mine!"

So I look both ways, reach out my hand,

and take it at just the right time.

If I ever get caught, I just pretend

that it wasn't me that took it.

A quick little lie is just what I need,

and lying helps me get through it!

Taking things that I want to have

at times can be very tricky.

But there's no way that I can help myself,

because all of my fingers are sticky!

Ricky learns first-hand what it feels like to have something stolen from him. Then he uses the "GOOD" inside of himself to overtake the "BAD" and returns the items that he took from others.

Finally, a book that confronts the issue of stealing and offers a strategy to curb the desire to steal! Through a fun and whimsical story, children will learn the concept of ownership and how it feels when someone doesn't respect what is yours. This book uses empathy in a powerful way to teach children that stealing is wrong.

## Children's Materials

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Material Title: **Right Touch, The: A Read Aloud Story to Help Prevent Child Sexual Abuse**  
Author: Sandy Kleven *Children's Books* 1998 32

The Right Touch reaches beyond the usual scope of a children's picture book. It is a parenting book that introduces a very difficult topic--the sexual abuse of young children. This gentle, thoughtful story can be read aloud to a child by any trusted caregiver.

In the story, young Jimmy's mom explains the difference between touches that are positive and touches that are secret, deceptive or forced. She tells him how to resist inappropriate touching, affirming that abuse is not the child's fault.

The introduction provides valuable information about sexual abuse and guidance on what to do if your child experiences an abusive situation. Jody Bergsma's gentle illustrations soften the impact of this story; yet this portrayal of a dangerous situation is very realistic. If your child is old enough to sit still and listen to a story, he or she is old enough for The Right Touch.

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Material Title: **Riley the Brave (Children's Materials)**  
Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults.

"Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

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Material Title: **Road to Paris, The**  
Author: Nikki Grimes *Children's Books* 2008 160

Material Title: **Rosie Rudey and the Enormous Chocolate Mountain**  
Author: Sarah Naish *Children's Books* 10/21/2016 32

Rosie Rudey loves chocolate. It's her very favourite food, and it helps fill the empty feelings in her tummy. When her stupid siblings annoy her, Rosie wants nothing more than to eat lots and lots of chocolate.

One day, Rosie takes all of her family's chocolate and forms her own enormous chocolate mountain. She thinks it is beautiful and it takes away all her fuzzy feelings. But then suddenly, there's no chocolate left! And now Rosie is going to throw up. Luckily, Mum understands why Rosie acts this way.

Written by a mum who understands, and her daughter, who is adopted, this endearing story will help your whole family to feel a bit better.

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Material Title: **Rosie Rudey and the Very Annoying Parent**  
Author: Sarah Naish *Children's Books* 10/21/2016 32

Today Rosie Rudey has had enough!

"Rosie, put your coat on, it's cold outside."  
"Rosie, bring your sandwich box to the kitchen, please."  
"Rosie, stop being nasty to your brother."

LEAVE ME ALONE, she thought.

Rosie did not have an easy childhood which has made her build a hard shell around herself so no one can get in. Luckily her new mum knows just how to help soften Rosie's hard exterior.

Written by a mum who understands, and her daughter (who was also a bit prickly), this is a story for children functioning at age 3-10.

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Material Title: **Rosie's Family: An Adoption Story**  
Author: Lori Rosove *Children's Books* 2001 32

Rosie's Family is a story about belonging in a family regardless of differences. Rosie is a beagle who was adopted by schnauzers. She feels different from the rest of her family and sets forth many questions that children who were adopted may have.

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## Children's Materials

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Material Title: **Rough Patch, The**  
Author: Brian Lies *Children's Books* 2018 40

Evan and his dog do everything together, from eating ice cream to caring for their prize-winning garden, which grows big and beautiful. One day the unthinkable happens: Evan's dog dies. Heartbroken, Evan destroys the garden and everything in it. The ground becomes overgrown with prickly weeds and thorns, and Evan embraces the chaos.

But beauty grows in the darkest of places, and when a twisting vine turns into an immense pumpkin, Evan is drawn out of his isolation and back to the county fair, where friendships—old and new—await.

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Material Title: **Roxy the Raccoon: A Story to Help Children Learn about Disability and Inclusion**  
Author: Alice Reeves *Children's Books* 03/21/2018 48

Roxy lives in the forest with her three best friends, who she loves to visit and play games with. Roxy is in a wheelchair, so sometimes it is harder for her to go to the same places and play the same games as the other animals. Roxy and her friends realise that by making a few small changes and working together, they can make the forest a better place for everyone. Roxy teaches us that there are bunches of ways to be more inclusive of those who have a disability so that everyone can join in.

Part of the Truth & Tails series, which aims to eliminate prejudices and encourage acceptance in young children aged 4-8, the story of Roxy and her friends is accompanied by hand-drawn, watercolour illustrations.

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Material Title: **Runaway Bunny, The\* (Children's Material)**  
Author: Margaret Brown *Children's Books* 1941 39 pages

Mother rabbit tells the little bunny that no matter where he runs and hides, she will go to the ends of the earth to seek him out "because you are my little bunny!" What a great "claiming" message to read with your adopted young person (ages 2 -8)!

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Material Title: **Saddest Time, The**  
Author: Norma Simon *Children's Books* 1986 40

Norma Simon offers three stories to help children talk about death--an uncle with a terminal illness, a classmate killed in an accident, and a grandparent.

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Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**  
Author: Kathleen & Paul Chara *Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

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

Author: Joyce C. Mills *Children's Books* 2005

Sammy the Elephant and Mr. Camel is a gently empowering book for children who have trouble staying dry. This encouraging story about a delightful little elephant will help children learn to overcome problems with wetting. A comprehensive healing metaphor, it addresses feelings of insecurity, frustration, and ridicule while encouraging children to find inner strength to overcome their challenges. A "Note to Parents" by psychologist Jane Annunziata, PsyD, further explains wetting problems and provides many practical tips to help children remain dry during the day and at night.

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## Children's Materials

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Material Title: **Seeds and Trees: A children's book about the power of words**  
Author: Brandon Walden *Children's Books* 2018 38

Words are powerful. They can hurt or they can heal.

It's time to tell a special tale that will warm the hearts of readers of all ages. *Seeds and Trees* revels in the power of words. It explores their effects on feelings and emotions. And it does so though the journey of two different seeds.

In *Seeds and Trees*, discover a young prince who gathers seeds both green and dark from those he encounters, and then gifts them forward. He faithfully plants and waters all those seeds daily, but comes to realise that the dark trees harm the green ones. With the help of a kind friend he discovers he can cut down, uproot, and then replace those dark trees with green seeds, creating a beautiful vibrant garden.

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Material Title: **Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome (CD-ROM)**  
Author: Washington State Division of Social and Health Services *CD-ROMs* 2001

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 12-17, provides a video-telling - in the style of Native American folklore - of the story of *Sees No Danger and Wanders Afar*, two young bears with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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Material Title: **Self-Control to the Rescue!; Super Powers to Help Kids Through the Tough Stuff in Everyday Life\* (Children's Materials)**  
Author: Lauren Brunker *Children's Books* 06/21/2017 112

The self-control super hero is back! This time, they've come prepared with simple strategies to tackle the difficult emotions and challenges of everyday life. From the morning routine to making friends at recess, paying attention in class and getting a good night's sleep, this guide will help children stay on track and save the day!

Focussing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control. Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.

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Material Title: **Sex is a Funny Word: A Book About Bodies, Feelings, and You**  
Author: Cory Silverberg *Children's Books* 2015 160

A comic book for kids that includes children and families of all makeups, orientations, and gender identities, *Sex Is a Funny Word* is an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers. Much more than the "facts of life" or "the birds and the bees," *Sex Is a Funny Word* opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy.

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Material Title: **Shelley: The Hyperactive Turtle\* (Children's Materials)**  
Author: Deborah Moss *Children's Books* 1989 19 pages

This short picture book for very young readers follows Shelley through his ups and downs until a doctor helps him understand why and how he is different from the other turtles.

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Material Title: **Silly Billy**  
Author: Anthony Browne *Children's Books* 2007 32

Billy is a bit of a worrier. He worries about hats and shoes. He worries about clouds and rain and giant birds. Most of all, he worries about staying at other people's houses. His mum and dad try to help, but still Billy worries...until a visit to his grandma's shows him how to overcome his fears with the aid of his imagination - and some tiny worry dolls.

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Material Title: **Simon's Hook: A Story about Teases and Put-Downs**  
Author: Karen Gedig Burnett *Children's Books* 1999 40

Simon is having a bad day because his sister gives him a strange hair cut and his friends tease him, but he runs into Grandma Rose who teaches him how to handle teases and put-downs.

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Material Title: **Sissy Duckling, The\* (Children's Material)**  
Author: Harvey Fierstein *Children's Books* 2002 37 pages

In this story for young children, the main character, a juvenile duck named Elmer, enjoys such non-traditional activities as baking and puppet shows and as a result he becomes the object of bullying and ridicule, even by his father, until an event occurs that changes the way the rest of the duck population views Elmer. The reviews of this children's book describe this as "an incredibly empowering book for boys who've felt different or picked on" and "a parable in which individuals succeed when they stay true to themselves."

## Children's Materials

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Material Title: **Sister for Matthew, A\* (Children's Materials)**

Author: Pamela Kennedy and Amy Wummer

*Children's Books*

2006

28 pages

This illustrated book tells of Mathew, a young boy whose parents decide to adopt a baby girl from China. At first Matthew doesn't know if he likes the idea. Things are fine the way they are, his friend has a little sister "and she was a pain." Furthermore, he worries that his parents are adopting because they aren't happy with him. Eventually he comes around and likes the idea of an adopted younger sister.

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Material Title: **Skin Like Mine**

Author: Latashia Perry M.

*Books*

2016

24 pages

From the Creators of Hair Like Mine, Skin Like Mine is a fun, easy-to-read for beginners as well as advanced readers. An entertaining yet creative way to address and celebrate diversity among young children. Guaranteed to make you smile and a bit hungry.

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Material Title: **Skin You Live In, The**

Author: Michael Tyler

*Children's Books*

2005

32

With the ease and simplicity of a nursery rhyme, this lively story delivers an important message of social acceptance to young readers. Themes associated with child development and social harmony, such as friendship, acceptance, self-esteem, and diversity are promoted in simple and straightforward prose. Vivid illustrations of children's activities for all cultures, such as swimming in the ocean, hugging, catching butterflies, and eating birthday cake are also provided. This delightful picturebook offers a wonderful venue through which parents and teachers can discuss important social concepts with their children.

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Material Title: **SkySisters**

Author: Jan Waboose Bourdeau

*Children's Books*

2002

32 pages

Two Ojibway sisters set off across the frozen north country to see the SkySpirits' midnight dance. It isn't easy for the younger sister to be silent, but gradually she begins to treasure the stillness and the wonderful experiences it brings. After an exhilarating walk and patient waiting, the girls are rewarded by the arrival of the SkySpirits --- the northern lights --- dancing and shimmering in the night sky.

This powerful story, with its stunning illustrations, captures the chill of a northern night, the warmth of the family circle and the radiance of a child's wonder.

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Material Title: **Slishkom bolshoy, slishkom malenkiy! [Too Big, Too Small!] RUSSIAN**

Author: Katherine Leblanc

*Russian Language Ma*

2018

(See English below) Новая книга о семействе медвежонка Мартина —продолжение истории «У меня теперь есть сестрёнка!»Чтобы Мартин ни сделал, для родителей он всегда то слишком БОЛЬШОЙ, то слишком маленький.А что если бы он сам показал своим родителям, что они тоже иногда слиш

[Why is it that Little Bear seems to be too small or too big for everything? Little Bear is excited to do so many things! He rushes into the kitchen to have his breakfast, but he finds he is too small to cut his food without Mama Bear's help. He is too big]

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Material Title: **Social networking and you**

Author: Eileen Fursland

*Children's Books*

2011

24 pages

This booklet for adopted and long-term fostered teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It specifically addresses concerns about unexpected contact with birth family members, talking things through with adoptive parents and tracing birth relatives. The real-life experiences of adopted young people help bring the guide to life and challenge the reader to consider 'what happened next?'

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## Children's Materials

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Material Title: **Social Skills Activities for Kids; 50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules**  
Author: Natasha Daniels *Children's Books* 03/26/2019 152

What are the Dos and Don'ts for making and keeping friends? How can you decode body language clues? What's the best way to keep a conversation going? Just like learning multiplication tables, social skills don't come naturally—every child has to learn them. Luckily, this book makes mastering social skills super fun with 50 awesome activities.

Social Skills Activities for Kids gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learning to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills super powers.

Inside Social Skills Activities for Kids, you'll find:

Life Lessons—Kids learn how to handle everyday social situations like communicating with peers and adults, using and interpreting body language, reading social cues, and more.

50 Interactive Activities—Games, fill-in-the-blank exercises, and reflective entries keep kids learning and engaged.

Real Scenarios—Includes up-to-date topics like bullying and using social media.

Get the courage to be your very best self with Social Skills Activities for Kids.

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Material Title: **Somebody Cares: A Guide for Kids Who Have Experienced Neglect**  
Author: Straus Susan Farber *Children's Books* 2016 32

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.

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Material Title: **Something Happened to Me**  
Author: Phyllis E. Sweet *Children's Books* 1985 36

A sensitive, straightforward book designed to help children victimized by incest or other sexual abuse...Are the incidences of sexual abuse of children increasing? Estimates run from one in twenty to one in four children who have experienced this trauma. But statistics are questionable because they are based only on reported cases. This book is not meant to be a simplistic substitute for in-depth therapy with the child and family, but part of the repertoire of the skilled therapist. Please use with care and caring...

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Material Title: **Something is Wrong at My House: A Book about Parents Fighting**  
Author: Diane Davis *Children's Books* 1985 40

A young boy describes the frequent fights his parents have, explains how they make him feel scared and confused, and tells what he does to make himself feel better

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Material Title: **Something Must Be Wrong With Me: A Boy's Book about Sexual Abuse**  
Author: Doris Sanford *Children's Books* 1993 28

Dino is sexually abused by his coach. With the help of his mother, therapists, and lawyers, he understands what happened.

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Material Title: **Something to Tell the Grandcows (Children's Materials)**  
Author: Eileen Spinelli *Children's Books* 2004 31 pages

This is an enjoyable book to read with your child. Emmadine the cow decides that chasing crows from the barn and swatting horseflies is not an exciting story to tell her grandcows. She decides to join Admiral Richard E. Byrd on his expedition to the South Pole where she has many adventures.

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Material Title: **Sometimes I Feel Sad**  
Author: Tom Alexander *Children's Books* 03/21/2018 32

Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children aged 5+ that they're not alone in feeling this way, and is especially useful for children who struggle to express their feelings.

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Material Title: **Sometimes I'm Bombaloo**  
Author: Rachel Vail *Children's Books* 2005 32 pages

Sometimes, Katie loses her temper. Sometimes she uses her feet and her fists instead of words. When Katie is this mad, she's just not herself. Sometimes, she's BOMBALOO. Being BOMBALOO is scary. But a little time-out and a lot of love calm BOMBALOO down and help Katie feel like Katie again!

## Children's Materials

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Material Title: **Sometimes It's Grandmas and Grandpas Not Mommies and Daddies**  
Author: Gayle Byrne *Children's Books* 2009 32 pages

Sometimes It's Grandmas and Grandpas shares a child's experience living with and being cared for by grandparents through the eyes of a cheerful and delightful little girl. Uplifting watercolor illustrations give extra warmth to this caring and loving story, to which a growing number of children can identify—over 4.5 million children in the United States are primarily cared for by a grandparent. Poignant moments expressing the child's curiosity and questions give way to comforting and playful exchanges at home with Nonnie and Poppy. Spending the day with this grandparent-led family, we see that it's not always Mommies or Daddies that care for children, and that's okay!

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Material Title: **Sometimes Noise is Big; Life with Autism**  
Author: Angela Coelho *Children's Books* 10/19/2017 40

Flipping the perspective for neurotypicals, this book explains in simple terms some of the sensory issues experienced by children with autism. It shows situations which can be overwhelming and the ways that somebody with autism might react when there is too much going on. This picture book raises awareness of autism and helps young children of all abilities to better understand these issues. Suitable for ages 5+.

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Material Title: **SOMETIMES... A Story of Transition For Foster and Adopted Children**  
Author: Keri Vellis *Children's Books* 2017 24

A comforting book written for foster children, or for children who are not able to stay in their home and may be placed in a new home. Follow along with a timid foster child and a teddy bear as they learn about their new home. A transition like this can be scary and this book helps a child understand and feel safe along their journey, all while providing comfort and acceptance into their new environment. This book is an ideal tool to have available in social service agencies, law enforcement agencies, daycare and schools, as well as to have in a home library where foster children are living. Foster, resource, adopted and divorced families will find this book both helpful and inspirational!

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Material Title: **Sophie Spikey Has a Very Big Problem**  
Author: Sarah Naish *Children's Books* 10/21/2016 32

Today Sophie Spikey has a very big problem. She has lost her shoes, again! There is no way she is asking her mum for help, though. I can fix it all by myself, she thought.

Sophie did not have an easy start in life and now she cannot trust grown-ups to help her. Luckily, her new mum is good at guessing when Sophie needs a helping hand.

Written by a mum who understands, and her daughter (who did not like asking for help), this is a story for children functioning at age 3-10.

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Material Title: **Speranza's Sweater**  
Author: Marcy Pusey *Children's Books* 2018 32

Speranza wears her sweater everywhere, hanging onto the last memories of her birth home, until it's threadbare. Like her unraveled sweater, Speranza must weave together a new story, bringing threads from her past and strands from her present, into a future of love, family, and the true meaning of home.

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Material Title: **Stand Tall, Molly Lou Melon**  
Author: Patty Lovell *Children's Books* 2001 32

Be yourself like Molly Lou Melon no matter what a bully may do.

Molly Lou Melon is short and clumsy, has buck teeth, and has a voice that sounds like a bullfrog being squeezed by a boa constrictor. She doesn't mind. Her grandmother has always told her to walk proud, smile big, and sing loud, and she takes that advice to heart.

But then Molly Lou has to start in a new school. A horrible bully picks on her on the very first day, but Molly Lou Melon knows just what to do about that.

## Children's Materials

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Material Title: **Stanley will Probably be Fine**  
Author: Sally Pla *Children's Books* 2018 288

A New York Public Library Best Kids Book of 2018 \* A Kirkus Best Book of 2018 \* A Bank Street Best Children's Book of 2019

This funny and moving second novel from the author of *The Someday Birds* features comic trivia, a safety superhero, and a super-cool scavenger hunt all over downtown San Diego, as our young hero Stanley Fortinbras grapples with his anxiety—and learns what, exactly, it means to be brave.

Nobody knows comics trivia like Stanley knows comics trivia.

It's what he takes comfort in when the world around him gets to be too much. And after he faints during a safety assembly, Stanley takes his love of comics up a level by inventing his own imaginary superhero, named John Lockdown, to help him through.

Help is what he needs, because Stanley's entered Trivia Quest—a giant comics-trivia treasure hunt—to prove he can tackle his worries, score VIP passes to Comic Fest, and win back his ex-best friend. Partnered with his fearless new neighbor Liberty, Stanley faces his most epic, overwhelming, challenging day ever.

What would John Lockdown do?

Stanley's about to find out.

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Material Title: **Star People, The: A Lakota Story**  
Author: S.D. Nelson *Children's Books* 2003 36 pages

When Young Wolf and his older sister wander from their village and face the danger of a prairie fire, Elk Tooth Woman, their deceased grandmother who is now one of the Star People, appears to guide them.

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Material Title: **Star, The: A story to help young children understand foster care**  
Author: Cynthia Miller Lovell *Children's Books* 1999 16 pages

A delightfully simple, colorfully illustrated story. The Star is a must for young children and foster parents experiencing foster care for the first time. This book focuses on typical situations encountered in foster care and could easily be used for support group sessions.

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Material Title: **Stella Brings the Family**  
Author: Miriam B. Schiffer *Children's Books* 2015 36

Stella's class is having a Mother's Day celebration, but what's a girl with two daddies to do? It's not that she doesn't have someone who helps her with her homework, or tucks her in at night. Stella has her Papa and Daddy who take care of her, and a whole gaggle of other loved ones who make her feel special and supported every day. She just doesn't have a mom to invite to the party. Fortunately, Stella finds a unique solution to her party problem in this sweet story about love, acceptance, and the true meaning of family.

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Material Title: **Stellaluna**  
Author: Janell Cannon *Children's Books* 2018 48

Knocked from her mother's safe embrace by an attacking owl, Stellaluna lands headfirst in a bird's nest. This adorable baby fruit bat's world is literally turned upside down when she is adopted by the occupants of the nest and adapts to their peculiar bird habits. Two pages of notes at the end of the story provide factual information about bats.

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Material Title: **Story of Megan, The\* (Children's Materials)**  
Author: Daniel Gregg *Children's Books* 1980 15 pages

Megan is so anxious about the thought of being adopted that her tummy feels funny! She wonders what it means to be adopted, and what being part of a forever family will be like for her. When she meets the mom and dad who will adopt her she wonders "How can I fit into this family?" The Story of Megan addresses some of the questions and feelings that children may have when going into adoption.

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Material Title: **Story That Makes Me Special, The\* (Children's Materials)**  
Author: Peg Studaker and Judy Haines, Deb Contag Al-Aidy *Information Packet* 07-1990 30 pages

"The Story That Makes Me Special" is only one part of a larger binder of material entitled "FAMILY PRESERVATION: The Second Time Around, A Curriculum for Adoptive Families" produced by the North American Council on Adoptable Children (NACAC). ORPARC received permission from NACAC to reproduce and distribute the "Lifebook" tab of this binder, under "PART II: Latency-Age Curriculum" Lifebook II-129, which is "The Story That Makes Me Special" by Peg Studaker, Judy Haines, and Deb Contag Al-Aidy and Illustrated by Michaelin Otis.

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## Children's Materials

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Material Title: **Sulwe\* (Children's Materials)**

Author: Lupita Nyong'o

*Children's Books*

2019

48 pages

From Academy Award-winning actress Lupita Nyong'o comes a powerful, moving picture book about colorism, self-esteem, and learning that true beauty comes from within.

Sulwe has skin the color of midnight. She is darker than everyone in her family. She is darker than anyone in her school. Sulwe just wants to be beautiful and bright, like her mother and sister. Then a magical journey in the night sky opens her eyes and changes everything.

In this stunning debut picture book, actress Lupita Nyong'o creates a whimsical and heartwarming story to inspire children to see their own unique beauty.

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Material Title: **Super Coach Arty vs. The Shadow; Taking the Fear out of Failure**

Author: Lorraine Thomas

*Children's Books*

07/05/2018

64

School can be a difficult and stressful place for a child, and sometimes they just need a little bit of help to manage it all. That's where Arty comes in. He's an inner coach, here to help each child achieve their very best.

Offering children a creative way of helping to manage their own worries, Arty will help show children that they're not alone in their struggles and that they always have choices, even when stuff happens that they don't like. With practical guidance for parents and teachers on how to use the book and specific coaching activities, it is perfect for children aged 8-12, especially those who have a fear of failure.

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Material Title: **Survival Guide for Kids with ADD or ADHD, The\* (Children's Materials)**

Author: John F. Taylor, PhD

*Children's Books*

2006

107 pages

Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior? Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you.

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Material Title: **Survival Guide for Kids with LD (Learning Differences), The\* (Children's Materials)**

Author: Gary Fisher, PhD and Rhoda Cummings, EdD

*Children's Books*

2002

What is LD? Why do some kids have LD? Why is it hard for kids with LD to learn? Why do other kids sometimes tease kids with LD? What happens when kids with LD get out of school? If you are a kid with LD, you may have lots of questions like these. This book has many answers. It can help you understand LD better. It can also help you understand yourself better.

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Material Title: **Tails are Not for Pulling**

Author: Elizabeth Verdick

*Children's Books*

2005

If pets could talk, what would they say? Maybe "Fur is for petting, backs are for scratching, noses are for nuzzling . . . and tails are not for pulling!" Toddlers and pets belong together—as long as toddlers don't chase, grab, squeeze, yank, and tease. In simple words and delightful illustrations, this book teaches the basics of kindness to animals: careful handling, awareness, safety, and respect. It also includes helpful tips for parents and caregivers.

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Material Title: **Tale of Two Daddies, A**

Author: Vanita Oelschlager

*Children's Books*

2010

42

A Tale of Two Daddies is a playground conversation between two children. The boy says he heard that the girl has two dads. The girl says that is right. She has Daddy and Poppa. True to a child's curiosity, practical questions follow. "Which dad helps when your team needs a coach? / Which dad cooks you eggs and toast?" To which she answers: "Daddy is my soccer coach. / Poppa cooks me eggs and toast."

A Tale of Two Daddies is intended for 4-8 year olds. It becomes clear that the family bond is unburdened by any cultural discomforts. This book introduces a type of family increasingly visible in our society. Neither favoring nor condemning, this book reflects a child's practical and innocent look at the adults who nurture and love her.

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Material Title: **Tale of Two Mommies, A**

Author: Vanita Oelschlager

*Children's Books*

2011

40

A Tale of Two Mommies is a beach conversation among three children. One boy asks another boy about having two mommies. A young girl listening in asks some questions too.

True to a child's curiosity, practical questions follow. "Which mom is there when you want to go fishing? / Which mom helps out when Kitty goes missing?" To which he answers: "Mommy helps when I want to go fishing. / Both Mommies help when Kitty goes missing."

A Tale of Two Mommies is intended for 4-8 year olds.

This book lets us look inside one non-traditional family, a same sex couple and their son. As the children talk, it's clear this boy lives in a nurturing environment where the biggest issues are the everyday challenges of growing up.

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## Children's Materials

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Material Title: **Tango Makes Three, And\* (Children's Material)**  
Author: Justin Richardson and Peter Parnell *Children's Books* 2005 28 pages

This young children's story is based upon true events that occurred at the Central Park Zoo. Two male penguins, Roy and Silo, who became a couple, successfully adopt, incubate, hatch and nurture a fertile egg from another penguin couple. Her name is Tango. She is often seen in the company of her two proud fathers proving once again "that all kinds of love can create a family."

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Material Title: **Tanya and the Tobo Man = Tanya y el Hombre Tobo: A Story in English and Spanish for Children entering Therapy**  
Author: Lesley Koplow *Children's Books* 1991 32

Tanya's continuing fear of the Tobo Man leads her mother to start her in therapy at a children's mental health center

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Material Title: **Teach Your Dragon Empathy**  
Author: Steve Herman *Children's Books* 2/5/2019 42

Having a pet dragon is very fun!

He can sit, roll over, and play...

He can candle a birthday cake, lit a campfire, or so many other cool things...

But what if your dragon does not care about other people's feelings?

What if he does and says things to others that he will regret?

What should you do?

You teach him empathy!

You show him how to be considerate, to understand how others feel, to put himself in others' shoes, and to get along!

How do you do that?

Get this book and learn how!

Fun, cute, and entertaining with beautiful illustrations, this is a must have book for children, parents and teachers to teach kids empathy, compassion and kindness.

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Material Title: **Tear Soup: A Recipe for Healing After Loss (DVD)\* (Children's Material)**  
Author: DVD *DVDs* 2006 17 Min

The Tear Soup video was produced in a documentary style format. All of the original illustrations from the picture book created by Taylor Bills were filmed in digital format. The pictures were then edited together with the voice of Mary McDonald-Lewis as the story teller and then cleverly mixed with an original score of music and all of the sounds that fill Grandy's day to day life. This story is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives.

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Material Title: **Tear Soup: A Recipe for Healing after Loss\* (Children's Materials)**  
Author: Pat Schwiebert and Chuck DeKlyen *Children's Books* 2013 51 pages

This book, illustrated by Taylor Bills, is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives. It is followed by two pages of on-line support sites.

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Material Title: **Tell Me About When Moms and Dads Come Home from Jail**  
Author: Judi Goozh *Children's Books* 05/21/2018 42

Ideal for use with children aged 6-11, this is a vital resource for supporting the wellbeing of children whose parent is coming home after spending time in prison. Using plain language and photographs, it reassures children and guides them through adjusting to their parent's homecoming. It explains which feelings the child and both parents might experience and the different challenges that everyone in the family might face, while suggesting ways to build new bonds with the parent. Included are activities to help children manage their feelings, tips for parents and professionals on how best to support them, and a list of resources for additional help and information.

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## Children's Materials

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Material Title: **Tell Me About When Moms and Dads Go to Jail**  
Author: Judi Goozh *Children's Books* 05/21/2018 48

"This book will help you understand what is happening to your mom or dad who goes to jail..."

Ideal for use with children aged 6-11, this is an invaluable resource for supporting the wellbeing of children whose parent is incarcerated. It explains what jail is like and why some people have to go there, while reassuring children that their parent loves them, is safe, and is working hard to come home again. Included are activities to help children manage their feelings, tips for parents and professionals on how best to support them, and a list of resources for additional help and information.

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Material Title: **Tell Me Again About the Night I Was Born\* (Children's Materials)**  
Author: Jamie Lee Curtis *Children's Books* 1996 29 pages

In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotape, Jamie Lee Curtis reads the story followed by a couple of songs.

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Material Title: **Telling Isn't Tattling**  
Author: Kathryn M. Hammerseng *Children's Books* 1995 32

Distinguishes between telling and tattling and explains the motivations behind tattling

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Material Title: **Terrible Thing Happened, A: A story for children who have witnessed violence or trauma\* (Children's Materials)**  
Author: Margaret Holmes *Children's Books* 2000 28 pages

This gently told and tenderly illustrated story of a young raccoon who sees something terrible, is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers suggestions for helping traumatized children, including a list of sources that focus on specific events.

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Material Title: **Thank You Book, The**  
Author: Mo Willems *Children's Books* 2016

Gerald is careful. Piggie is not.  
Piggie cannot help smiling. Gerald can.  
Gerald worries so that Piggie does not have to.

Gerald and Piggie are best friends.

In The Thank You Book!, Piggie wants to thank EVERYONE. But Gerald is worried Piggie will forget someone . . . someone important.

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Material Title: **That's Me Loving You**  
Author: Amy Krouse Rosenthal *Children's Books* 2016 40

Wherever you are,  
Wherever you go,  
Always remember  
And always know. . .

That feeling you always have in your heart?  
That's me loving you.

Amy Krouse Rosenthal captures parents' desire to be ever-present in this simple and touching poem offering reassurance of their love. Signs of affection can be found in the natural world around us—from a soft breeze to a shimmering star.

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Material Title: **The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition (American Girl Library)**  
Author: Valorie Schaefer *Children's Books* 2012 104

Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. (Medical consultant: Cara Natterson, MD.) You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. Once you feel comfortable with what's happening, you'll be ready to move on to the *The Care & Keeping of You 2!*

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Material Title: **There's a Nightmare in My Closet\* (Children's Materials)**  
Author: Mercer Mayer *Children's Books* 1968 28 pages

A little boy anxiously awaits a nightmare he knows lives in his closet. when it finally appears, the little boy shoots it with his popgun. Looking more sheepish than terrifying, the nightmare starts to blubber, and the little boy realizes the nightmare isn't scary at all. He takes the nightmare by the hand and tucks it into bed. Silly and comforting, this is the perfect book to get rid of those bedtime bogeys.

## Children's Materials

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Material Title: **This Book is Gray**

Author: Lindsay Gray

*Books*

2019

40 pages

Gray just wants to be included. But the other colors are always leaving him out. So he decides to create his own project: an all-gray book. Once upon a time, there lived a wolf, a kitten, and a hippo...

Gray just knows it's going to be perfect. But as he adds page after page, the Primary and Secondary colors show up...and they aren't quite so complimentary.

A book within a book, this colorful tale explores the ideas of fitting in, appreciating others, and looking at things from another perspective and also uses personality and wit to introduce basic color concepts.

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Material Title: **Through Moon and Stars and Night Skies**

Author: Ann Turner

*Children's Books*

1992

32

A little boy living in a distant country is lonely. He needs a bed of his own, a room of his own, a house of his own -- and most of all, a momma and poppa of his own. But he must travel far to get them. He must fly for a day and a night through blue skies and clouds and stars before he comes to a place he can call home... with his loving new adopted family.

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Material Title: **Throw Your Tooth on the Roof: Tooth Traditions from Around the World**

Author: Selby B. Beeler

*Children's Books*

1998

32

Travel around the world and discover the surprising things children do when they lose a tooth. Selby B. Beeler spent years collecting traditions from every corner of the globe for this whimsical book, and G. Brian Karas adds to the fun, filling every page with humorous detail. He perfectly captures the excitement and pride that children experience when a tooth falls out.

---

Material Title: **Thunder Boy Jr.\* (Children's Materials)**

Author: Sherman Alexie

*Children's Books*

2016

40 pages

From New York Times bestselling author Sherman Alexie and Caldecott Honor winning Yuyi Morales comes a striking and beautifully illustrated picture book celebrating the special relationship between father and son.

Thunder Boy Jr. wants a normal name...one that's all his own. Dad is known as big Thunder, but little thunder doesn't want to share a name. He wants a name that celebrates something cool he's done like Touch the Clouds, Not Afraid of Ten Thousand Teeth, or Full of Wonder.

But just when Little Thunder thinks all hope is lost, dad picks the best name...Lightning! Their love will be loud and bright, and together they will light up the sky.

---

Material Title: **Tiptoe into Kindergarten**

Author: Jacqueline Rogers

*Children's Books*

1999

40

This story about a preschooler's day in her big brother's kindergarten classroom is now in paperback!

Using oil pastels, watercolors, and inks in a loose and friendly painting style, Jacqueline Rogers lovingly depicts a curious preschooler who tiptoes into a kindergarten classroom. There, the little girl discovers a wonderful world of paints and puzzles, blocks and books.

The rhythmic text and warm, happy environment of TIPTOE INTO KINDERGARTEN welcome children who are fearful of kindergarten as well as those who are eager to begin.

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Material Title: **Today I Feel Silly & Other Moods That Make My Day**

Author: Jamie Lee Curtis

*Books*

2007

Jamie Lee Curtis's zany and touching verse, paired with Laura Cornell's whimsical and original illustrations, helps kids explore, identify, and, even have fun with their ever-changing moods.

Silly, cranky, excited, or sad—everyone has moods that can change each day. And that's okay! Follow the boisterous, bouncing protagonist as she explores her moods and how they change from day to day.

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## Children's Materials

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Material Title: **Train Your Angry Dragon: Teach Your Dragon to be Patient**  
Author: Steve Herman *Children's Books* 2018 46

Having a pet dragon is very fun.

But what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground?

Get this book and learn how to train your angry dragon!

A must have book for children and parents to teach kids about emotions and anger management.

Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle when things don't go their way.

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Material Title: **Travels in Circles: Fetal Alcohol Syndrome (CD-ROM)**  
Author: Washington State Division of Social and Health Services *CD-ROMs* 2001

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 18-22, provides a video-telling - in the style of Native American folklore - of the story of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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Material Title: **Trouble with Secrets, The**  
Author: Karen Johnsen *Children's Books* 1986 26

Presents situations which illustrate when to share and when to keep a secret

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Material Title: **Twenty Yawns\* (Children's Materials)**  
Author: Jane Smiley *Children's Books* 2016 32 pages

From Pulitzer Prize winner Jane Smiley and Caldecott Honor artist Lauren Castillo.

As her mom reads a bedtime story, Lucy drifts off. But later, she awakens in a dark, still room, and everything looks mysterious. How will she ever get back to sleep?

Pulitzer Prize winner Jane Smiley's first picture book, illustrated by Caldecott Honor artist Lauren Castillo, evokes the splashy fun of the beach and the quietude of a moonlit night, with twenty yawns sprinkled in for children to discover and count.

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Material Title: **Twice Upon-A-Time: Born and Adopted**  
Author: Eleanora Patterson *Children's Books* 1987 43 pages

Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good about themselves and their families.

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Material Title: **Two Birthdays for Beth\* (Children's Materials)**  
Author: Gay Lynn Cronin *Children's Books* 1995 28 pages

This illustrated children's book tells the story of Beth, a young girl whose mother tells her the story of her adoption, which puts the mistaken notion into Beth's head that she has two birthdays.

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Material Title: **Two Dads: A Book about Adoption**  
Author: Carolyn Robertson *Children's Books* 2014 26 pages

Having Two Dads is double the fun! Many families are different, this family has Two Dads. A beautifully illustrated, affirming story of life with Two Dads, written from the perspective of their adopted child.

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Material Title: **Tye May and the Magic Brush\* (Children's Materials)**  
Author: Molly Bang *Children's Books* 1992 55 pages

This story, adapted from the Chinese by Molly Bang, tells of a poor, young orphan girl who wakes up one morning with a magic brush that can make whatever she paints real. She uses her new power to help the poor people of the village, which enrages the greedy emperor. He attempts to take the brush and imprison her, but his plan backfires. Eventually harmony is restored to the country side. Throughout, Tye May shows courage, kindness and wisdom.

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Material Title: **Ultimate Guide to Grandmas and Grandpas, The (Children's Material)**  
Author: Sally Lloyd-Jones *Children's Books* 2008 30 pages

This is an enjoyable book to read with your children about fun and sometimes silly things to do with grandmas and grandpas.

## Children's Materials

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Material Title: **Un Beso en Mi Mano (The Kissing Hand SPANISH VERSION)**  
Author: Audrey Penn *Libros para niños* 2006 32

Chester Raccoon y su madre, y las diferentes formas en que el amor nos hace sentir seguros y nos da la fuerza necesaria en un mundo que a veces nos asusta, son el punto focal de este libro para niños escrito e ilustrado con gran belleza. Un Beso en Mi Mano es un regalo maravilloso para el niño que entra a la escuela o que sale de campamento por primera vez, o para cualquier ocasión que le signifique una separación temporal de su hogar o de sus seres queridos.

Chester Raccoon and his mother, and the different ways in which love makes us feel safe and gives us the necessary strength in a world that sometimes scares us, are the focal point of this children's book written and illustrated with great beauty. A Kiss in My Hand is a wonderful gift for the child who enters school or leaves camp for the first time, or for any occasion that means a temporary separation from his home or loved ones.

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Material Title: **Una Vez Tuve Mucho Mucho Miedo**  
Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

Una pequeña ardilla anuncia que una vez tuvo mucho mucho miedo. Descubre que no es el único animalito que se siente así. Muchos animalitos también han pasado por experiencias que les asustaban, pero reaccionan en distintas maneras. Tortuga se esconde y le duele la panza, Mono busca a alguien a quien abrazar, Perro ladra, y a Elefante no le gusta hablar de esas cosas. Todos necesitan apoyo, y lo reciben de adultos que les ayudan a sentirse seguros y a aprender maneras de afrontar sentimientos difíciles.

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Material Title: **Very Happy Story, A: About a Foster Child**  
Author: Linda M. Chase *Children's Books* 1998 24

This children's story talks about a child in foster care and what happens when they are placed in a home for adoption. This gives a child an idea of what he/she can expect when they are placed in a foster home.

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Material Title: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**  
Author: Jan Hindman *Children's Books* 1983 50 pages

This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.

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Material Title: **Vincent the Vixen: A Story to Help Children Learn about Gender Identity**  
Author: Alice Reeves *Children's Books*

Vincent is a fox who loves to play dress-up with their brothers and sisters, but when they always choose to dress up as female characters, Vincent's siblings begin to wonder why. Vincent knows they are actually a girl more than anything else, and with the support of friends and family they transition to living as their true self. This is the fun and sensitive story of one fox's journey to realise their gender identity and the importance of being who you are.

Part of the Truth & Tails series, which aims to eliminate prejudices and encourage acceptance in young children aged 4-8, this story of growing up transgender is accompanied by hand-drawn, watercolour illustrations.

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Material Title: **Visit, The**  
Author: S. Latisha Herbert *Children's Books* 1991 20

A story for children about living in foster care and meeting their brothers and sister that live in a different foster home. Latisha describes her excitement in preparing for a visit with her siblings, and then shares her sadness and disappointment because she knows it may be a long time until the next visit.

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Material Title: **Visiting Feelings**  
Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

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## Children's Materials

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Material Title: **Vmeste luchshe! [So Happy Together!] RUSSIAN**

Author: Iutta Langroiter

*Russian Language Ma* 2018

(See English Below) Зайчик Джоси поссорился со своими сёстрами: Марта и Мэтти хотят играть с его подружкой Леной без него! Это, конечно, несправедливо и ужасно обидно! Однако когда начинается сильная гроза, Джоси кажется, что его сёстры в опасности, и он спешит к ним на помощь, ведь они - одна семья.Продолжение книги "А дома лучше!"Для дошкольного возраста.

[A warm tale about brothers, sisters, and the importance of family. Brayden Bunny is grumpy. His friend Lena is playing silly games with his sisters, leaving him all alone. Then he hears there is a storm on the way, and he knows his sisters, Minnie and Millie, are frightened of thunder and lightning. Suddenly he's not grumpy anymore. He needs to save his sisters.]

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Material Title: **W.I.S.E. Up Powerbook\* (Children's Materials)**

Author: Marilyn Schoettle

*Children's Books* 2000 29 pages

This children's book from the Center of Adoption Support and Education, Inc. (C.A.S.E.) is intended to give your children and you the tools to cope with the sometimes discomfoting comments, both personal and general, you sometimes get from others. Learn how and when to (W)alk away, say (I)t's private, (S)hare, or (E)ducate. This booklet also comes with a 7-page (purple) Parent Guidebook to help parents use the Powerbook to teach their children these techniques.

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Material Title: **War I Finally Won, The**

Author: Kimberly Brubaker Bradley

*Children's Books* 2017 400

When Ada's clubfoot is surgically fixed at last, she knows for certain that she's not what her mother said she was—damaged, deranged, crippled mentally as well as physically. She's not a daughter anymore, either. Who is she now?

World War II rages on, and Ada and her brother, Jamie, move with their guardian, Susan, into a cottage with the iron-faced Lady Thorton and her daughter, Maggie. Life in the crowded home is tense. Then Ruth moves in. Ruth, a Jewish girl, from Germany. A German? Could Ruth be a spy?

As the fallout from war intensifies, calamity creeps closer, and life during wartime grows even more complicated. Who will Ada decide to be? How can she keep fighting? And who will she struggle to save?

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Material Title: **War that Saved My Life, The**

Author: Kimberly Brubaker Bradley

*Books* 2015 316 pages

Nine-year-old Ada has never left her one-room apartment. Her mother is too humiliated by Ada's twisted foot to let her outside. So when her little brother Jamie is shipped out of London to escape the war, Ada doesn't waste a minute—she sneaks out to join him.

So begins a new adventure of Ada, and for Susan Smith, the woman who is forced to take the two kids in. As Ada teaches herself to ride a pony, learns to read, and watches for German spies, she begins to trust Susan—and Susan begins to love Ada and Jamie. But in the end, will their bond be enough to hold them together through wartime? Or will Ada and her brother fall back into the cruel hands of their mother?

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Material Title: **We Can Get Along: A Child's Book of Choices**

Author: Lauren Murphy Payne

*Children's Books* 1997 36

Children need help learning how to get along with others at school, in the neighborhood, and on the playground. They need to know that they have the power to make good choices.

In simple, affirming words and exuberant full-color illustrations, We Can Get Along teaches essential conflict resolution and peacemaking skills—think before you speak or act, treat others the way you want to be treated—in a way that young children can understand.

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Material Title: **We See the Moon\* (Children's Materials)**

Author: Carrie A. Kitze

*Children's Books* 2003 30 pages

This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

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Material Title: **Welcome to Kindergarten**

Author: Anne F. Rockwell

*Children's Books* 2004 32

Join Tim as he visits his future kindergarten classroom and learns what he will be doing during his first year of school! He'll explore the reading, math, and art centers. Sit at the desk where he will practice writing, counting, and telling time. The classroom may look a little too big at first, but after finding out about all the fun ahead, it doesn't seem too big at all. In fact, it's just the right size.

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## Children's Materials

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Material Title: **We're All Not the Same, But We're Still Family: An Adoption and Birth Family Story**

Author: Theresa Fraser & Eric Fraser

*Children's Books*

This story was written for adoptive families to explore the benefits of adoption openness. The main character, Deshaun, loves his family but always wondered about his biological family. Does he look like them? Did they love him? With the support of his adoptive parents, Deshaun gets to meet his biological family. They develop an ongoing relationship, so Deshaun feels more stable in his adoptive family, but also develops a comfortable relationship with his birth family. Deshaun and his family are reminded (as we all are) that family can include biological, adopted, foster and kin members.

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Material Title: **We're Different, We're the Same\* (Children's Materials)**

Author: Bobbi Jane Kates

*Children's Books*

1992

31 pages

This picture book, featuring cartoon depictions of Sesame Street Muppets and other characters, delivers the message that in many ways we are all different, and yet, in many ways we are all the same.

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Material Title: **What Color is My World?**

Author: Kareem Abdul-Jabbar

*Books*

2013

96 pages

Kareem Abdul-Jabbar, basketball legend and the NBA's all-time leading scorer, champions a lineup of little-known African-American inventors in this lively, kid-friendly book. Offering profiles with fast facts and framed by a funny contemporary story featuring two feisty twins, here is a tribute to black inventors whose ingenuity and perseverance against great odds made our world safer, better, and brighter.

Back matter includes an authors' note and sources.

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Material Title: **What is a Feeling?\* (Children's Materials)**

Author: David Krueger

*Children's Books*

1993

28 pages

This children's booklet with pictures uses familiar situations to help children put words to their wide range of feelings. When children can declare their feelings, they begin to embrace a whole new world.

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Material Title: **What is a Thought? (A Thought is a Lot)**

Author: Jack Pransky & Amy Kahofer

*Children's Books*

2011

42

This poetic and engaging book introduces children (K-5th) to the amazing, creative power within us all: thought. It is not a book about changing thoughts or changing behaviors, but rather a story to help children (and adults!) see how their own thinking creates their lives, moment to moment, day to day. Wonderfully illustrated, this children's book not only introduces young readers to the concept of thought but also the amazing power of their own thoughts. Authors Amy Kahofer and noted prevention specialist Jack Pransky tell a simple yet profound message: that our thinking creates our feelings and behavior, and when our minds are calm we have access to natural wisdom and healthy feelings. Includes a downloadable 10 Lesson Plans and Activities that transform a simple children's story into a teaching tool that explores perspective taking, abstract/inferential language, and introduces abstract visual images to its readers. Whether we are parents, teachers, or clinicians, we strive to help our children grow and develop social competencies. Before we can fully support different types of learners and social communicators, it is important to understand where communication originates: from our own creative power of thought!. The book introduces children to the amazing, creative power with-in us all, called thought. It is not a book about changing thoughts or changing behaviors, but rather a story to help children (and adults!) see how their own thinking creates their lives, moment to moment, day to day.

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Material Title: **What Makes a Baby**

Author: Cory Silverberg

*Children's Books*

2013

Material Title: **What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep**

Author: Dawn Huebner

*Children's Books*

2008

96

Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom?

Bedtime is tough for many kids. If you're a kid who dreads your bed, and you're convinced that nothing short of magic will make nighttime easier, this book is for you.

What to Do When You Dread Your Bed guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep and stay asleep — like magic!

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## Children's Materials

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Material Title: **What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity**  
Author: Dawn Huebner *Children's Books* 2006 88

What to Do When You Grumble Too Much guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. Lively metaphors and illustrations help kids see life's hurdles in a new way, while drawing and writing activities help them master skills to get over those hurdles. And step-by-step instructions point the way toward becoming happier, more positive kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.

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Material Title: **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**  
Author: Dawn Huebner, Ph.D. *Children's Books* 2005 80

Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them. If your worries have grown so big that they bother you almost every day, this book is for you. What to Do When You Worry Too Much 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.

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Material Title: **What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger**  
Author: Dawn Huebner *Children's Books* 2007 88

What to Do When Your Temper Flares guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.

This book is part of the Magination Press What-to-Do Guides for Kids® series and includes an "Introduction to Parents and Caregivers." What-to-Guides for Kids® are interactive self-help books designed to guide 6–12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of various psychological concerns. Engaging, encouraging, and easy to follow, these books educate, motivate, and empower children to work towards change.

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Material Title: **What's a Foster Family Anyway?**  
Author: Martine Golden Inlay *Children's Books* 2001 20

This book provides a much needed resource in helping children cope with the potentially traumatic experience of placement into foster care. It should be offered to all children making such a transition and may help to reduce some of the normal fear, confusion, and discomfort inherent in this experience.

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Material Title: **What's a Foster Family?**  
Author: Anne Garboczi Evans *Children's Books* 2015 32

Alex's an only child who's used to having Mommy and Daddy all to himself. So when his parents start doing foster care and little Malik joins their home, Alex's not so sure he's happy about sharing.

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Material Title: **What's Happening to Me? An Illustrated Guide to Puberty\* (Children's Materials)**  
Author: Peter Mayle and Arthur Robins *Children's Books* 1975 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

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Material Title: **What's the Big Secret?: Talking about Sex with Girls and Boys\* (Children's Materials)**  
Author: Laurie Krasny Brown *Children's Books* 1997 32 pages

With chapters entitled "How Do Boys and Girls Differ?"; "More About Girls' and Boys' Bodies;" and "Why Boys and Girls Differ: A Little Lesson in Reproduction," this children's book (pre-school-grade 3) with anatomically correct cartoon illustrations is intended to help parents talk about "where babies come from" in an enlightened way.

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Material Title: **What's the Difference? Being Different is Amazing**  
Author: Doyin Richards *Children's Books* 2017 32 pages

What's the difference if she has light skin and yours is a little darker?  
All that matters is the artwork you create together is as colorful as possible . . .

As he did in I Wonder, Upworthy.com and Today Show parenting expert parenting guru Doyin Richards tackles a timely and universal subject—diversity and acceptance—and distills it for the youngest readers. Because what matters most is not our differences, but what we do together as friends, as families, as colleagues, as citizens. Perfect for sharing as a family or in the classroom, What's the Difference? Should find a place in homes and in hearts.

## Children's Materials

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Material Title: **When Dinosaurs Die: A Guide to Understanding Death**  
Author: Laurene Krasny Brown *Children's Books* 1996 32

Straightforward and compassionate, *When Dinosaurs Die* explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.

No one can really understand death, but to children, the passing away of a loved one can be especially perplexing and troublesome. This is true whether the loss is a classmate, friend, family member, or pet. Here to offer advice and reassurance are the wise dinosaurs from *Dinosaurs to the Rescue*, *Dinosaurs Divorce*, *Dinosaurs Travel*, and *Dinosaurs Alive and Well*. This succinct and thorough guide helps dispel the mystery and negative connotations associated with death. This helpful book provides answers to kids' most-often asked questions and also explores the feelings we may have regarding the death of a loved one, and the ways to remember someone after he or she has died.

Satisfying and comprehensive, this indispensable book is a comforting aid to help all children through a difficult time in their lives.

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Material Title: **When I Was Little...A Child's Journey in Overcoming Abuse & Trauma**  
Author: Keri Vellis *Children's Books* 2018 24

*When I Was Little* is a story for children who have suffered any kind of abuse or trauma in their young lives. Follow along as a child struggles with emotions and learns to share difficult feelings and experiences with trusted individuals. The child finds comfort and security in a safe and loving environment.

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Material Title: **When Sadness is At Your Door**  
Author: Eva Eland *Children's Books* 2019 32

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest.

Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are--an overwhelming, invisible, and scary sensation.

In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. The beauty of this approach is in the respect the book has for the feeling, and the absence of a narrative that encourages the reader to "get over" it or indicates that it's "bad," both of which are anxiety-producing notions.

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Material Title: **When Something Terrible Happens: Children Can Learn to Cope with Grief**  
Author: Marge Heegaard *Children's Books* 1992 32 pages

Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives. The 'Drawing Out Feelings' series has been designed to provide parents, educators and counselors with an organized approach to helping children cope with grief, family loss and change. A workbook to help children work out feelings about a traumatic event. Traumatic events in the lives of their families, friends or community leave children feeling confused, insecure and frightened. Recreating the event on paper reduces the child's terror and creates feelings of empowerment. Drawing puts the child in charge, providing the opportunity for exploring feelings. With the help of this book, nightmares and post-traumatic stress symptoms can be relieved.

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Material Title: **When Sophie Gets Angry – Really, Really Angry ...\* (Children's Materials)**  
Author: Molly Bang *Children's Books* 1999 34 pages

Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world which calms her. This book offers no solutions to a child who rages, but it shows a family that treats her with respect and might help a child like Sophie to better look at herself. Ages 2-7

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## Children's Materials

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Material Title: **Where Are You From?**

Author: Yamile Mendez Saied

*Books*

2020

40 pages

This resonant picture book tells the story of one girl who constantly gets asked a simple question that doesn't have a simple answer. A great conversation starter in the home or classroom—a book to share, in the spirit of *I Am Enough* by Grace Byers and Keturah A. Bobo.

When a girl is asked where she's from—where she's really from—none of her answers seems to be the right one.

Unsure about how to reply, she turns to her loving abuelo for help. He doesn't give her the response she expects. She gets an even better one.

Where am I from?

You're from hurricanes and dark storms, and a tiny singing frog that calls the island people home when the sun goes to sleep....

With themes of self-acceptance, identity, and home, this powerful, lyrical picture book will resonate with readers young and old, from all backgrounds and of all colors—especially anyone who ever felt that they don't belong.

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Material Title: **Where Did I Come From?: The facts of life without any nonsense and with illustrations\* (Children's Materials)**

Author: Peter Mayle and Arthur Robins

*Children's Books*

1977

43 pages

For more than twenty years, this book has helped parents explain the facts of life to their curious children. It helps describe to young children how babies are really made. It is packed full of humorous illustrations and honest facts about love, sex, pregnancy, and the birth process.

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Material Title: **Where Oliver Fits**

Author: Cale Atkinson

*Children's Books*

2017

40

Oliver has always dreamed about where he will fit. Will he be in the mane of a unicorn? The tentacle of a pirate squid? The helmet of an astronaut? When he finally goes in search of his perfect place, he finds that trying to fit in is a lot harder than he thought. But like any puzzle, a little trial and error leads to a solution, and Oliver figures out exactly where he belongs.

Where Oliver Fits is a sweet and funny story that explores all the highs and lows of learning to be yourself and shows that fitting in isn't always the best fit.

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Material Title: **Who We Are and Why We Are Special: The Adoption Club Therapeutic Workbook on Identity**

Author: Regina Kupecky

*Books*

10/21/2014

48

We each have our own unique life story which make us special. When you are adopted you have an extra layer of identity – your birth family. This therapeutic workbook is designed to be used with adopted children aged 5-11, and offers a gentle way to explore this difficult subject.

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Material Title: **Who's in My Family?\*** (Children's Materials)

Author: Robie Harris H.

*Children's Books*

2012

40 pages

Join Nellie and Gus and their family — plus all manner of other families — for a day at the zoo, where they see animal families galore! To top off their day, Nellie and Gus invite friends and relatives for a fun dinner at home. Accessible, humorous, and full of charming illustrations depicting families of many configurations, this engaging story interweaves conversations between the siblings and a matter-of-fact text, making it clear to every child that whoever makes up your family, it is perfectly normal — and totally wonderful.

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Material Title: **Why Am I Different?**

Author: Norma Simon

*Books*

1993

Portrays everyday situations in which children see themselves as "different" in family life, preferences, and aptitudes, and yet, feel that being different is all right.

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Material Title: **Why Are You Looking At Me? I Just Have Down Syndrome**

Author: Lisa Tompkins

*Children's Books*

2013

32 pages

This story is about the life of a child with Down Syndrome that wants to be your friend. Lynn may look different than most children, but has many of the same likes and dislikes. Help your child discover what it means to accept and embrace a relationship with people who are different.

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## Children's Materials

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Material Title: **Why Was I Adopted? The facts of adoption with love and illustrations (Children's Materials)**  
Author: Carole Livingston *Children's Books* 1978 43 pages

This classic provides parents with a tool for helping their child understand the circumstances of their "birth" into an adoptive family. The book explains away much of the initial confusion, instills a feeling of uniqueness in an adopted child, and encourages open lines of communication with the adoptive parents. Full-color illustrations throughout.

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Material Title: **Will You Take Care of Me?**  
Author: Margaret Park Bridges *Books* 1998

Will I always be little, Mama? Will you always take care of me? Little Kangaroo asks Mama. What if I became an apple tree? A teddy bear? A star? Here is a warm, imaginative story that gently reminds young ones of a parent's unwavering devotion. No matter how her child grows or changes, Mama will always be there. Sunny paintings and collages, genuinely evocative of child's world, make this a distinctive bedtime book.

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Material Title: **William Wobbly and the Mysterious Holey Jumper; A Story about Fear and Coping**  
Author: Sarah Naish *Children's Books* 2017 32

William Wobbly is having lots of wobbly feelings one morning but his mum is so busy that she doesn't notice.

William Wobbly's worries worsen when he notices small changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and he chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his mum is here to help him cope when he's afraid.

William Wobbly has many of the behavioural and emotional issues experienced by children who have suffered trauma and have attachment difficulties. This is a story for children aged 3-10 with problematic coping habits.

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Material Title: **William Wobbly and the Very Bad Day**  
Author: Sarah Naish *Children's Books* 10/21/2016 32

William Wobbly is having a very bad day. He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until...

Something happened to William Wobbly when he was very little which makes it hard for him to understand or control his feelings. Luckily, his new mum is here to help with his wibbly wobbly feelings.

Written by a mum who understands, and her daughter (who used to have a lot of wobbly feelings), this is a story for children functioning at age 3-10 who struggle with sensory overload.

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Material Title: **Winston Wallaby Can't Stop Bouncing; What to do about Hyperactivity in Children Including Those with ADHD, SPD, and ASD\* (Children's Materials)**  
Author: K.I. Al-Ghani *Children's Books* 12/19/2017 72

Winston Wallaby, like most Wallabies, loves to bounce. However, Winston can't seem to ever sit still and when he starts school he needs help to concentrate...

Luckily his teacher Mrs Calm shows Winston how to settle down and focus his mind in class, and he learns new ways to help him with touch, feel, attention and awareness.

This fun, illustrated storybook will help children aged 5-10 with Attention Deficit Hyperactivity Disorder (ADHD), Sensory Processing Disorder (SPD) and Autism Spectrum Disorder (ASD) recognise their sensory needs and develop tools to support them. A helpful introduction for parents and carers explains hyperactivity and how it can affect a child's perception of the world, and the appendices at the back provide useful strategies to be adopted at school and at home.

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Material Title: **Wish\* (Children's Materials)**  
Author: Matthew Cordell *Children's Books* 2015 48 pages

As an elephant couple embark on a life together, thoughts of children are far away-at first. But as the desire for a child grows, so do unexpected challenges. And it's only after thwarted plans and bitter disappointment that their deepest wish miraculously comes true.

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Material Title: **With You Always, Little Monday**  
Author: Genevieve Cote *Children's Books* 2007 32 pages

Who is Little Monday's mommy? Is she Swan, Bear, or Chipmunk? What about Skunk? Little Monday asks nearly every animal in the forest, but he can't find his mommy anywhere. He's just about ready to give up. Then, late one night, Little Monday looks high into the sky and finally discovers her in a most unexpected place.

By weaving in the legend of the moon rabbit, this gentle story reminds us all that the bond between a parent and child is as far-reaching as the endless night sky

## Children's Materials

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Material Title: **Words are Not for Hurting**  
Author: Elizabeth Verdick *Children's Books* 2004 24  
Board book about speaking kindly.

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Material Title: **Worry Says What?**  
Author: Allison Edwards *Children's Books* 2018 32  
Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, *Worry Says What?* will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.

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Material Title: **You Are My Happy**  
Author: Hoda Kotb *Children's Books* 2019  
As mama bear and her cub cuddle together before closing their eyes for a good night's sleep, they reflect on the everyday wonders of life that make them happy.  
Inspired by her own nighttime routine with her daughter, Haley Joy, Kotb creates another beautiful treasure for parents and children to enjoy together. With charming and lush illustrations from bestselling artist Suzie Mason, this soothing yet playful lullaby explores the simple joy of taking a moment to be grateful.

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Material Title: **You Can't Sell Your Brother at the Garage Sale!: The Kid's Book of Values**  
Author: Beth Brainard *Children's Books* 1992 144  
Explains the importance of self-respect, responsibility, family harmony, friendship, open-mindedness, involvement, sensible money habits, and doing one's best

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Material Title: **Your Body Belongs to You\* (Children's Materials)**  
Author: Cornelia Spelman *Children's Books* 1997 18 pages  
This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.

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Material Title: **Zachary's New Home: A Story for Foster and Adopted Children\* (Children's Materials)**  
Author: Geraldine Blomquist *Children's Books* 1990 30 pages  
Zachary, a little kitten, is confused and concerned. He doesn't understand why he has to move from his first family to a foster family and then to an adoptive family. He is angry at the changes in his life. He thinks no one loves him. This comforting story, designed to be read to children aged 3 to 8, explores his emotions with appealing illustrations of animal characters. It may evoke strong emotions in children, so it is important that knowledgeable and concerned adults discuss these emotions and allow the child to explore his or her own feelings.