

# Behavioral Health Children's Books

Toddler – Grade School

## Emotions

*My Many Colored Days* by Dr. Seuss  
*Glad Monster, Sad Monster* by Ed Emberly  
*In My Heart: A Book Of Feelings* by Jo Witek  
*I Will Be Ok* by Laurie Wright  
*The Way I Feel* by Janan Cain  
*The Color Monster* by Anna Llenas  
*Listening To My Body* by Gabi Garcia

## Anxiety

*What To Do When You Worry Too Much* by Dawn Huebner  
*Jonathan James And The Whatif Monster* by Michelle Nelson-Schmidt  
*Wilma Jean The Worry Machine* by Julia Cook  
*But What If?* By Sue Graves  
*Breathe Like A Bear* by Kira Willey

## Separation Anxiety

*The Kissing Hand* by Audrey Penn  
*The Invisible String* by Patrice Karst  
*Llama Llama Misses Mama* by Anna Dewdney  
*What To Do When You Don't Want To Be Apart* by Kristen Lavalley and Sylvia Schneider

## Body Boundaries

*It's My Body* by Lory Freeman  
*I Said No* by Zach and Kimberly King  
*My Body Belongs To Me* by Jill Starishevsky  
*Do You Have A Secret* by Jennifer Moore-Mallinos  
*Your Body Belongs To You* by Cornelia Spelman  
*Some Secrets Should Never Be Kept* by Jayneen Sanders

## Divorce

*Two Homes* by Claire Masurel  
*Standing On My Own Two Feet* by Tamara Schmitz  
*My Family's Changing* by Pat Thomas  
*Family Changes* by Azmaira H. Maker  
*Divorce Is Not The End Of The World* by Zoe and Evan Stern  
*The Great Big Book Of Families* by Mary Hoffman

## Anger

*The Angry Dragon* by Michael Gordon  
*My Mouth Is A Volcano* by Julia Cook  
*Train Your Angry Dragon* by Steve Herman  
*When I Feel Angry* by Cornelia Maude Spelman  
*I Was So Mad* by Mercer Mayer  
*Jilly's Terrible Temper Tantrums* by Martha Heineman Pieper

## Potty Training

*Big Boy Underpants* by Frank Manushkin  
*Big Girl Panties* by Frank Manushkin  
*The Potty Train* by David Hochman and Ruth Kennison  
*Even Firefighters Go To The Potty* by Wendy Wax  
*Everybody Potties* by Cheri Vogel  
*Potty* by Leslie Patricelli  
*Everyone Poops* by Taro Gomi

## New Siblings

*Berenstain Bears' New Baby* by Stan and Jan Berenstain  
*The New Baby* by Mercer Mayer  
*I Am A Big Brother!* by Caroline Jayne Church  
*I Am A Big Sister!* by Caroline Jayne Church  
*The New Small Person* by Lauren Child  
*Babies Don't Eat Pizza* by Dianne Danzig

## Grief and Loss

***A Terrible Thing Happened*** by Margaret Holmes  
***No Matter What*** by Debi Gliori  
***Tough Boris*** by Mem Fox  
***The Memory Box*** by Joanna Rowland  
***A Land Called Grief*** by Maddie Janes  
***Something Very Sad Happened*** by Bonnie Zucker  
***The Memory Tree*** by Britta Teckentrup

## ADHD

***Mrs. Gorski I Think I Have The Wiggle Fidgets*** by Barbara Esham  
***ADHD Is My Superpower*** by Alana Moore  
***My Busy, Busy Brain*** by Nicole Russell  
***A Dragon with ADHD*** by Steve Herman  
***My Wandering Dreaming Mind*** by Merriam Sarcia Sanders

## Other Family Situations

***What Makes a Family?*** by Hannah Bruner  
***Family Means...*** by Matthew Ralph  
***Daddy, Papa and Me / Mommy, Mama, and Me*** by Leslea Newman  
***All Kinds of Families or Families, Families, Families!***  
by Suzanne Lang

## Gender Identity

***Julián Is a Mermaid*** by Jessica Love  
***It Feels Good to Be Yourself: A Book About Gender Identity*** by Theresa Thorn  
***Max*** by Rachel Isadora  
***From the Stars in the Sky to the Fish in the Sea*** by Kai Cheng Thom  
***Pink is for Boys*** by Robb Pearlman

## Autism

***Uniquely Wired*** by Julia Cook  
***A Kids Book About Autism*** by Justin P. Flood and David Flood  
***My Awesome Autism*** by Nikki Saunders  
***The Superhero Brain*** by Christel Land  
***A Friend Like Simon*** by Kate Gaynor  
***My Brother Charlie*** by Holly Robinson Pete

## Friends/Bullying

***The Berenstain Bears And The Trouble With Friends***  
by Stan Berenstain  
***Meesha Makes Friends*** by Percival Tom  
***Enemy Pie*** by Derek Munson  
***The Recess Queen*** by Alexis O'neill  
***Llama Llama and the Bully Goat*** by Anna Dewdney

## Celebrating Diversity

***The Proudest Color*** by Sheila Modir and Jeffrey Kashou  
***Eyes that Kiss in the Corners*** by Joanna Ho  
***Our Diversity Makes Us Stronger*** by Elizabeth Cole  
***Skin Like Mine*** by LaTashia M. Perry  
***Acceptance is my Superpower*** by Alicia Ortego

## Building Confidence

***I Am Enough*** by Grace Byers  
***Confidence is my Superpower*** by Alicia Ortego  
***The Lion Inside*** by Rachel Bright  
***Be You!*** by Peter H. Reynolds  
***My Magical Words*** by Becky Cummings  
***I Am!: Affirmations for Resilience*** by Bela Barbosa  
***A Boy Like You/ A Girl Like You*** by Frank Murphy