

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 Lienas
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 Patric Karst
Llama Llama Misses Mama - by Anna Dewdney
What To Do When You Don't Want To Be Apart - by Kristen Lavalley & Sylvia Schneider

OCD

Mr. Worry: A Story About OCD - by Holly L. Niner
Up And Down The Worry Hill: A Children's Book About OCD And Its Treatment - by Aureen Pinto Wagner

BODY BOUNDARIES

It's My Body - by Lory Freeman
I Said No - by Zach & Kimberly King
My Body Belongs To Me - by Jill Starishevsky
Do You Have A Secret - by Jennifer Moore-Mallings
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 & 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 & Ruth Kennison
Even Firefighters Go To The Potty - by Wendy Wax
Everybody Potties - by Cheryl Vogel
Potty - by Leslie Patricelli
Everyone Poops - by Taro Gomi

NEW SIBLINGS

Berenstein Bears' New Baby - by Stan & Jan Berenstein
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 & 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 Hanna 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 & 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 & 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

