

Children/Teen Book Recommendations

ADHD:

<http://add.about.com/od/adhdresources/a/kidbooks.htm>

ADOPTION:

- <https://www.goodreads.com/shelf/show/adoption-books-for-kids-and-youth>
- <https://www.goodreads.com/list/tag/adoption>
- I'm Adopted! By Shelley Rotner
- My New Family: A First Look at Adoption by Pat Thomas
- Did my First Mother Love Me? By Kathryn Anne Miller
- Sweet Moon Baby by Karen Henry Clark
- Over the Moon: An Adoption Tale by Karen Katz
- I Wished for You by Marianne Richmond
- I Don't Have Your Eyes by Carrie A. Kitzel
- Pieces of Me: Who do I want to Be? Voices for and by adopted teens
- Adopted: The Ultimate Teen Guide (It Happened To Me) by Suzanne Buckingham Slade

ANGER:

- <http://www.rhythmsofplay.com/15-books-to-help-kids-manage-anger/>
- What to Do When Your Temper Flares by Dawn Huebner
- I Was So Mad by Mercer Mayer
- Angry Octopus: An Anger Management Story by Lori Lite

ANXIETY:

- <http://www.livingthelifefantastic.com/2013/10/31-days-to-peace-day-15-helping-children-with-anxiety-13-recommended-books/>
- Wince-Don't Feed the Worry Bug by Andi Green (available as a book and as an interactive app)
- Franklin in the Dark-by Paulette Bourgeois
- What to Do When you Worry Too Much- by Dawn Huebner
- What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD by Dawn Huebner
- Chester the Brave- by Audrey Penn
- Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, At School, and Everywhere Else by Christopher Willard

AUTISM:

<http://www.parenting.com/gallery/autism-books?page=0>

Books that Encourage Compassion, Kindness, and Good Choices:

- <http://growingbookbybook.com/2011/11/28/redirecting-and-promoting-good-behavior/>
- The Seven Habits of Happy Kids-by Sean Covey
- What if Everybody Did That? (by Colleen M. Madden)
- How Full is Your Bucket Series
 - How Full is Your Bucket: For Kids by Tom Rath
 - Have You Filled A Bucket Today? by Carol McCloud
 - Fill a Bucket: A Guide To Daily Happiness for Young Children by Carol McCloud (Very Young Child)
 - Growing Up With a Bucket Full of Happiness: Three Rules for A Happier Life by Carol McCloud

BULLYING:

- <http://www.ourfamilyworld.com/2014/03/24/books-about-bullying-kids-teens/>
- Bully Beans by Julia Cook
- Chester Raccoon and the Big Bad Bully- by Audrey Penn
- My Secret Bully-Trudy Ludwig
- Stop Picking on Me: A First Look at Bullying by Pat Thomas

Depression

- **Online Resource:** http://kidshealth.org/teen/your_mind/mental_health/depression.html#

DIVORCE:

- <http://www.fantasticfunandlearning.com/books-divorce.html>
- <http://www.charlestonscdivorce.com/divorce-resources-for-children-and-teens/>
- **Children's Bill of Rights (online resource):** <http://www.divorcenet.com/states/texas/txart32>
- When Mom and Dad Separate: Children Can Learn to Cope With Grief From Divorce- by Marge Heegaard.
- My Family's Changing: A First Look at Family Break-Up-by Pat Thomas
- Let's Talk About It: Divorce-by Fred Rogers (aka Mr. Rogers)
- The Invisible String by Patrice Karst
- Daddy Doesn't Live Here Anymore: A book about divorce by Betty Boegehold

FEELINGS:

- <http://www.worrywoos.com/meet-woos.html>
- Top 5 apps to help teach children about emotions:
<http://www.usatoday.com/story/tech/columnist/gudmundsen/2015/05/10/kids-apps-emotions/70941980/>
- <http://childhood101.com/2015/05/books-about-emotions/>
- Little Teddy Bear's Happy Face, Sad Face: A First Book About Feelings (magnet book) by Lynn Offerman

- The Feelings Book: The Care and Keeping of Your Emotions by American Girl

GRIEF AND LOSS:

- What's Heaven-by Maria Shriver
- Chester Raccoon and the Acorn Full of Memories- by Audrey Penn
- The Next Place by Warren Hanson
- When Someone Very Special Dies: Children Can Learn to Cope With Grief by Marge Heegard
- When Dinosaurs Die: A Guide to Understanding Death by Marc Brown

MINDFULNESS/RELAXATION BOOKS

- Peaceful Piggy Meditation by Kerry MacLean
- Peaceful Piggy Yoga by Kerry Maclean
- Moody Cow Meditates by Kerry Maclean
- Mindful Monkey, Happy Panda by Lauren Alderfer
- Sitting Still Like a Frog: Mindfulness Exercises for Kids and their Parents by Eline Snel
- A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh
- Mindful Movements by Thich Nhat Hanh
- Visiting Feelings by Linda Rubenstein
- Mindfulness Meditations for Teens by Bodhipaska (Audio CD)
- Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, At School, and Everywhere Else by Christopher Willard
- **Online Article: Turtle Time:** <http://kidsrelaxation.com/uncategorized/turtle-time/>

NEW SIBLING:

- <http://www.med.umich.edu/yourchild/topics/newbaby.htm>
- The Birds, The Bees, and the Berenstain Bears-by Stan and Jan Berenstain
- The New Baby by Mercer Mayer

SENSORY PROCESSING:

- <http://www.thejennyevolution.com/childrens-books-on-sensory-processing-disorder/>

SEXUAL ABUSE:

- The Trouble with Secrets by Karen Johnson
- It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch by Lory Freeman
- I Said NO! A Kid to Kid Guide to Keeping Private Parts Private by Zack and Kimberly King

SOCIAL SKILLS:

- <http://cleverclassroomblog.blogspot.ca/p/social-skills.html>
- The Treasure Tree by John and Cindy Trent
- Making Friends is An Art by Julia Cook

STORIES TO SNUGGLE UP WITH (great for parent-child story-time):

- I Love You Always and Forever-by Jonathon Emmett
- Hello Sweetie Pie- by Carl Norac
- Me I Am! By Jack Prelutsky
- Wherever You Are My Love Will Find You by Nancy Tillman
- On the Night You Were Born by Nancy Tillman
- Love You Forever by Robert Munsch
- Polar Bear Boy by Gillian Shields (great for dad's to read)
- The Cuddliest Cuddle in the World by Sarah Nash (great for mom's to read)

MISCELLANEOUS

- Nobody's Perfect: A Story for Children About Perfectionism by Ellen Flanagan Burns
- The Care and Keeping of You 1: The Body Book for Younger Girls by American Girl
- The Care and Keeping of You 2: The Body Book for Older Girls by American Girl
- A Smart Girls Guide to Starting Middle School by American Girl
- The Body Book for Boys by Rebecca Paley
- The Boys Body Book: Everything You Need to Know for Growing Up You by Kelli Dunham