

# Healthy Childhood Book List

*Books about promoting safe, healthy childhoods*

- **[A World of Pausabilities](#) by Frank J. Sileo & Jennifer Zivojn**  
*Ages 4-8.* Everyone has the capacity to be mindful, including (especially!) children. A World of Pausabilities is a gentle reminder to stop, take a break, and notice details even as we go about our busy days.
- **[Angryman](#) by Gro Dahle & Svein Nyhus**  
*Ages 6+.* Boj's father can be very angry and violent. Boj calls this side of his father's personality "Angryman." When Angryman comes no one is safe. With an important message to children who experience the same things as Boj: You are not alone. It's not your fault.
- **[Blended](#) by Sharon M. Draper**  
*Grades 6-10.* Eleven-year-old Isabella's blended family is more divided than ever in this story about divorce and identity in a time of rising racial tension.
- **[Brave Bart: A Story for Traumatized and Grieving Children](#) by Caroline H Sheppard**  
This beautifully illustrated children's storybook about Brave Bart, a kitty who had something bad, sad and scary happen to him. Helping Hannah helps Brave Bart overcome his fears and become a survivor. This storybook helps to normalize trauma reactions, talk to children about trauma and offers comfort.
- **[C is for Consent](#) by Eleanor Morrison & Faye Orlove**  
*Ages 3-5.* The book teaches that it is okay for kids to say no to hugs and kisses, and that what happens to a their body is up to them. This helps children grow up confident in their bodies, comfortable with expressing physical boundaries, and respectful of the boundaries of others.
- **[Calm: Mindfulness for Kids](#) by Wynne Kinder**  
*Ages 6-9.* Mindfulness practices are helpful for coping with – and even diffusing – the big feelings of childhood. From techniques like “rainbow breathing” and “waves of breath, this practical book is full of simple strategies.
- **[Calm with The Very Hungry Caterpillar](#) by Eric Carle**  
*Ages 3-5.* This small book uses signature images to share a powerful message: when life feels like too much, take a moment to stop, breathe, and reflect.
- **[Do You Have a Secret?](#) By Jennifer Moore-Mallinos & Marta Fabrega**  
*Ages 4-7.* 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.
- **[Find Your Calm](#) by Gabi Garcia & Marta Pineda**  
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. It includes simple grounding activities and coping tools for them to practice.



- **[Fort Building Time](#) by Megan Wagner Lloyd & Abigail Halpin**  
Ages 3-7. Unstructured, creative play is the perfect alternative to excessive screen time, and a much more fun habit to foster than nagging kids to put down their video games.
- **[Hear My Roar: A Story of Family Violence](#) by Gillian Watts & Ben Hodson**  
Ages 6-9. Papa loves little Orsa -- but sometimes it's hard to tell. Told in an easy-to-read format, Hear My Roar provides a gentle, non-threatening approach to talking with children about family violence.
- **[I Can Do Hard Things](#) by Gabi Garcia & Charity Russel**  
Ages 2-6. I Can Do Hard Things introduces children to the practice of using mindful affirmations for support and encouragement when they need it.
- **[I Can't Do That, Yet](#) by Ester Pia Cordova & Maim W Adiputri**  
Ages 5-8. One night in a dream Enna sees all the possible future versions of herself, discovering that she can be any of those versions with time, knowledge and dedication. She develops a growth mindset throughout her journey and instead of saying "I can't do that," she learns to say "I can't do that YET!"
- **[I Just Ate my Friend](#) by Heidi McKinnon**  
Ages 4-8. After a yellow creature eats his friends he sets off on a journey to find a new companion. At last, he comes across a monster who will be his friend. However not all is well. Promotes themes of behavior, cause and effect, friendship and loneliness.
- **[Let's Talk About Body Boundaries, Consent & Respect](#) by Jayneen Sanders & Sarah Jennings**  
Ages 4-10. This book manages to be direct, informative, and incredibly accessible. Plus it has a helpful conversation guide for adults.
- **[Listening to My Body](#) by Gabi Garcia & Ying-Hui Tan**  
Ages 8-12. Help your child build on their capacity to engage more mindfully, self-regulate, and develop emotional resilience. Listening to my Body is an engaging and interactive book that guides children through the practice of naming their feelings and the physical sensations that accompany them.
- **[My Body! What I Say Goes!](#) by Jayneen Sanders & Anna Hancock**  
Ages 3-10. 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 will teach children the crucial and empowering skills in personal body safety.
- **[My Strong Mind](#) by Niels van Hove**  
Ages 4-8. Teach your children about Confidence, Resilience and a Growth Mindset. With My Strong Mind your children will be introduced to mental strength and learn social skills and techniques to develop their own strong mind.
- **[No Means No!](#) by Jayneen Sanders & Cherie Zamazing**  
Ages 2-9. 'No Means No!' is a children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries.
- **[Resilience](#) by Jayneen Sanders & Sofia Cardoso**  
Ages 4-9. This charming story uses verse and beautiful illustrations to model resilience, persistence, and the ability to face challenges with tenacity.



- **[Some Secrets Should Never Be Kept](#) by Jayneen Sanders & Craig Smith**  
*Ages 3-11.* A beautifully illustrated children's picture book that sensitively broaches the subject of keeping children safe from inappropriate touch.
- **[Something is Wrong at My House](#) by Diane Davis & Keith R Neely**  
*Ages 3-8.* Based on a true story, this book shows a child seeking, and finally obtaining, help in a domestic violence situation. Written so that it can be used with both the very young, and the school-age child.
- **[Stick and Stone](#) by Beth Ferry & Tom Lichtenheld**  
*Ages 4-7.* Stick and stone become best friends when Stone is rescued by Stick. What will happen with the situation is reversed? Promotes themes of bullying, kindness, loneliness, overcoming adversity and relationship skills.
- **[Still a Family](#) by Brenda Reeves Sturgis & Jo-Shin Lee**  
*Ages 4-8.* The love of family is stronger than distance and can endure even when a family is split apart because of homelessness. This story shares some ways that family bonds can be strengthened despite hardship.
- **[The Feelings Book](#) by Todd Parr**  
*Baby-3.* Introduces young children to a wide range of emotions.
- **[Tough Guys Have Feelings Too](#) by Keith Negley**  
*Ages 3-5.* A fabulous reminder that we all have feelings (yes, even tough guys) and that it is okay to share how we feel.
- **[When I'm Feeling Scared](#) by Trace Maroney**  
*Ages 2-8.* Explores the physical reaction of the body to fear, as well as common childhood fears and potential solutions.
- **[When My Worries Get Too Big!](#) By Kari Dunn Buron**  
*Ages 6-8.* The thought of losing control can cause major problems for children who live with anxiety. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies.
- **[Why is Dad so Mad?](#) By Seth Kastle & Karissa Gonzalez-Othon**  
*Ages 4-7.* A narrative story told from a family's point of view (mother and children) of a service member who struggles with PTSD and its symptoms.
- **[Why is Mom so Mad?](#) By Seth Kastle & Karissa Gonzalez-Othon**  
*Ages 4-7.* A narrative story told from a family's point of view (mother and children) of a service member who struggles with PTSD and its symptoms.

