

## SUPPLEMENTARY BOOKS CHILDREN

### APPRECIATION OF DIFFERENCES

**Chester's Way**, Kevin Henkes, Harper Collins Publishers, 1997

(two friends who like doing everything the same way meet Lilly, who has "her" own way of doing things)

**Chrysanthemum**, Kevin Henkes, Greenwillow Books, © 1991

(Chrysanthemum's classmates tease her about her flower name until they meet the music teacher)

**Giraffes Can't Dance**, Giles Andreae, Orchard Books © 1999

(a cricket inspires Gerald the Giraffe to believe in himself and dance to his own music that he loves)

**It's OK to Be Different**, Todd Parr, Little, Brown and Co., © 2001

(delivers the messages of acceptance, understanding, and confidence in a humorous, child-friendly format)

**The Colors of the Rainbow**, Jennifer Moore-Mallinos, Barrons Educational Series Inc., © 2005

(people are like the colours of the rainbow because each of us is unique but together are like a rainbow)

**Whoever You Are**, Mem Fox, © 1997

(a wonderful story that helps children recognize and celebrate the differences and similarities that unite us all)

### ANXIETY AND WORRIES

**David and the Worry Beast**, Anne Marie Guanci, New Horizons Press, © 2007

(children learn to face rather than avoid fears with techniques to deal with anxiety and control the worry beast)

**Give Maggie a Chance**, Frieda Wishinsky, Fitzhenry & Whiteside © 2002

(Maggie learns to overcome her fear of reading in front of classmates by helping a friend face his fears)

**Harriet's Recital**, Nancy Carlson, Viking Penguin, © 1985

(Harriet has extreme stage fright but learns to overcome her anxiety and dances proudly at her ballet recital.)

**Hole in One, a Tale from the Iris the Dragon Series**, Gayle Grass, Iris the Dragon Inc., © 2008

(Iris the dragon helps Teeman with tools to face his anxiety about going to school and performance)

**I'm Worried (Your Feelings)**, Brian Moses, Hodder Wayland, © 1998

(helps children understand and talk about their worries and offers a variety of ways for dealing with them)

**Is a Worry Worrying You?**, Ferida Wolff and Harriet May Savitz, Tanglewood Press, © 2005

(humorously deals with typical and not so typical worries using creative problem-solving to cope)

**Silly Billy**, Anthony Browne, Walker Books Ltd., © 2006

(his grandmother teaches him about how to use worry dolls so he can stop worrying and sleep at night)

**Supposing....**, Frances Thomas and Ross Collins, © 1998

(a little monster's fears about all the things that might go wrong are laid to rest with the help of his mother)

**Up and Down the Worry Hill, A Children's Book about Obsessive Compulsive Disorder and its Treatment**, Aureen Pinto Wagner, Ph.D., Lighthouse Press Book, ©2004  
(uses the metaphor of a "worry hill" to describe OCD and its treatment through the eyes of a child)

**Wemberly Worried**, Kevin Henkes, Greenwillow Books, © 2000  
(a worrywart who worries about starting school learns he is not alone and things will get easier)

**What If It Never Stops Raining?** Nancy Carlson, Puffin Books, ©1992  
(Tim worries about everything but learns that things work out and are never as bad as he thinks they will be)

**When Lizzy Was Afraid of Trying New Things**, Inger Maier, © 2005  
(even though Lizzy the Sheep is shy and afraid, she learns how to try new things, play with others and have fun)

## **FEARS**

**Big Ernie's New Home: A Story For Children Who Are Moving**, Teresa and Whitney Martin, Magination Press, © 2006  
(Ernie is sad, angry, and anxious about moving but gradually adjusts and begins to feel much better)

**Clyde Monster**, Robert L. Crowe, E. P. Dutton, © 1976  
(a monster afraid of the dark is reassured by his parents)

**Emily Umily**, Kathy Corrigan, Annick Press, © 1984  
(deals with the fear of going to school and stuttering)

**Franklin In The Dark**, Paulette Bourgeois, Kids Can Press, © 1986  
(normalizes fear of the dark and provides ways to deal with it)

**Ira Sleeps Over**, Bernard Waber, Houghton Mifflin Co., © 1972  
(fear about sleeping over at a friend's house and needing to take a teddy bear)

**Owen**, Kevin Henkes, Troll Associates, © 1993  
(a humorous book about going to school without a comfort blanket)

**Scared, from fear to courage**, Barron's Educational Series Inc. © 2002  
(normalizes fears and points out the beneficial aspects while helping children learn strategies to deal with fears)

**Sheila Rae, The Brave**, Kevin Henkes, Scholastic Inc., © 1987  
(a humorous book about a fearful younger mouse coming to her brave sister's rescue)

**Some Things Are Scary (No Matter How Old You Are)**, Florence Parry Heide, Candlewick Press, © 2003  
(a boy experiences a variety of scary situations including everyday events and problems children face)

**Sometimes I'm Scared**, Jane Annunziata and Marc Nemiroff, Magination Press, ©2009  
(normalizes children's fears and provides helpful suggestions and strategies for dealing with them)

**The Invisible String**, Patrice Karst, DeVorse and Company, © 2000  
(beautiful story about how people who love each other are always connected by a special string made of love)

**The Kissing Hand**, Audrey Penn, Tanglewood Press, © 2006  
(reassurance for young children who fear going to school and being separated from their parent)

**There's A Big, Beautiful World Out There**, Nancy Carlson, Puffin Books, © 2002  
(helps children see the good things they miss if they don't venture out because they are afraid)

**Wanda's First Day**, Mark Sperring, Scholastic Inc., ©2004

(a humorous book about a young witch's fears about her first day at school where her classmates are fairies)

**When I Feel Scared**, Cornelia Maude Spelman, Fitzhenry & Whiteside © 2002

(helps young children deal with unnecessary fears and builds confidence in their coping ability)

**When Lizzy Was Afraid of Trying New Things**, Inger M. Maier, Magination Press, © 2004

(Lizzy's brother devises a plan to help her deal with her shyness and fears about trying new things and failing)

### **FEELINGS:**

**Alexander and the Terrible, Horrible, No Good, Very Bad Day**, Judith Viorst,

Aladdin Books, © 1972

(a humorous story about how everyone has a bad day sometimes)

**Angry**, Sarah Medina, Heinemann Library, © 2007

(normalizes and helps children recognize anger in themselves and others)

**First Grade Stinks**, Mary Ann Rodman, Peachtree Publishers, © 2006

(deals with the difficulty adjusting to a new grade and new teacher and finding out that first grade is special, too)

**Grumpy Bird**, Jeremy Tankard, Scholastic Canada Ltd., © 2007

(a bird wakes up grumpy but is able to shake his bad mood with the help of exercise and his friends)

**Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids**, Carol McCloud, Ferne Press © 2006

(by being kind and filling other people's buckets, we fill our bucket too and feel happy and good inside)

**How Are You Peeling? Foods with Moods**, Saxton Freymann, Joost Elffers, Scholastic Inc., © 2000

(cleverly provides images and vocabulary for a wide range of feelings depicted by real fruit and vegetables)

**How Full Is Your Bucket? For Kids**, Tom Rath and Mary Reckmeyer, Gallop Press, © 2009

(children learn that what they say and do can affect how they and others feel by filling or emptying their bucket)

**My Many Colored Days**, Dr. Seuss, Random House Inc., © 1996

(a rhyming book where colors are assigned to moods to help children express how they feel)

**Sad**, Sarah Medina, Heinemann Library, © 2007

(normalizes and helps children recognize sad feelings in themselves and others)

**Shy**, Sarah Medina, Heinemann Library, © 2008

(normalizes and helps children recognize shy feelings in themselves and others)

**Tell Me Something Happy Before I Go To Sleep**, Joyce Dunbar and Debi Giori, Picture Corgi Books, 2007

(Willa's big brother helps her to get to sleep by pointing out happy things that await her in the morning)

**The Feel Good Book**, Todd Parr, Little Brown Books for Young Readers, © 2002

(inspires children to celebrate all the little things in life that make them feel good and happy)

The Feelings Book, Todd Parr, Little Brown Books for Young Readers, © 2000

(shows a range of both pleasant, unpleasant and silly feelings children may have in a humorous way)

**The Way I Feel**, Janan Cain, Scholastic Inc., © 2000

(a rhyming book of beautifully illustrated feelings)

**What Are You So Grumpy About?**, Tom Lichtenheld, Little, Brown and Co., © 2003  
(a very funny book for children in a bad mood and in need of cheering up)

**When I Feel Angry**, Cornelia Maude Spelman, Albert Whitman & Co., © 2000  
(normalizing anger and learning ways to manage it constructively)

**When I Feel Sad**, Cornelia Maude Spelman, Albert Whitman & Co., © 2002  
(normalizing sadness and learning ways to cope)

### **FAMILIES:**

**Koala Lou**  
(Koala Lou misses her mother telling her she loves her as the family grows and her mother gets busier)

**Little Sisters Are...**, Beth Norling, Kane/Miller Book Publishers, © 2007  
(it is not always easy having a little sister but an older sister loves them and views them as a best friend)

**My Dad**, Anthony Browne, Farrar Straus Giroux, © 2001  
(a boy who adores and idolizes his father embellishes his father's accomplishments and traits)

**Love You Forever**, Robert Munsch, Firefly Books, © 1995  
(a story about a mother's enduring love and support for her son and his support for her when she grows old)

**Standing on My Own Two Feet, A Child's Affirmation of Love in the Midst of Divorce**, Tamara Schmitz, Price Stern Sloan, © 2008  
(teaches children that having two homes to live in can be just as great as having two strong feet to stand on)

**The Family Book**, Todd Parr, Little, Brown and Company, © 2003  
(celebrates the different types of families that exist, both non-traditional and traditional)

**The Ultimate Guide To Grandmas and Grandpas!** Sally Lloyd-Jones, Harper Collins Publishers, © 2008  
(humorous guidelines from a child's point of view on how to take care of and show love for grandparents)

**Why I Love My Daddy**, Daniel Howarth, Harper Collins Children's Books, © 2006  
(from a child's perspective- all the wonderful things about daddy depicting animal fathers and children)

**Why I Love My Mummy**, Daniel Howarth, Harper Collins Children's Books, © 2006  
(from a child's perspective- all the wonderful things about mummy depicting animal mothers and children)

### **FRIENDSHIPS:**

**Friends**, Kathyn Cave, Hodder Children's Books, © 2005  
(a story about friendship and helping each other through good times and bad)

**Scaredy Squirrel Makes A FRIEND**, Melanie Watt, Kids Can Press Ltd., © 2007  
(a humorous story about a worrywart squirrel who overcomes his fear and makes a friend)

**Sharing, How Kindness Grows**, Fran Shaw, PhD, Reader's Digest Children's Books, © 2006  
(a board book about making friends and helping others feel happier by sharing and being kind)

### **RELAXATION:**

**A Boy and a Bear: The Children's Relaxation Book**, Lori Lite, © 1996  
(helps children learn how to use deep, abdominal breathing and calm themselves)

**Cool Cats, Calm Kids, Relaxation and Stress Management for Young People**, Mary L. Williams, Impact Publishers, © 1996

(children imitate cats' behaviours to calm down and handle difficult situations)

**Peaceful Piggy Meditation**, Kerry Lee MacLean, Albert Whitman Publishers, © 2006

(children learn to find a peaceful place and become more mindful and calm through breathing and being still )

**Relax**, Catherine O'Neill and Toni Goffe, Child's Play International, © 1993

(helps children identify sources of stress and discomfort and provides simple relaxation techniques and games)

**When My Worries Get Too Big! A Relaxation Book for Children Who Live With Anxiety**, Kari Dunn Buron, Autism Asperger Publishing Company, © 2006

(helps children to identify their level of anxiety and learn simple ways to calm themselves down)

**Who Am I?: Yoga for Children of All Ages**, Jane Lee Weisner, Michelle Anderson Publishing, © 2007

(teaches children yoga poses as well as concentration, relaxation and confidence to be themselves)

### **SELF-ESTEEM/POSITIVE ATTITUDE:**

**A Great Attitude**, Sandi Hill, Creative Teaching Press, © 1998

(a great book for showing children how to solve problems and keep a positive attitude in difficult situations)

**All By Myself**, Mercer Mayer, Random House, ©1983

(a humorous book about Little Critter who is proud of all the things that he has learned how to do)

**I Know A Lot of Things**, Ann and Paul Rand, First Chronicle Books, © 1956

(helps children think about the world and to realize there are many things they already know about)

**I Like Me!**, Nancy Carlson, Puffin Books, © 1990

(a wonderful book for young children about a pig with high self-esteem and a positive perspective)

**I'm Gonna Like Me, Letting Off a Little Self-Esteem**, Jamie Lee Curtis, Joanna Cotler Books, © 2002

(a rhyming book that shows children that the key to feeling good is liking themselves because of who they are)

**Ish**, Peter H. Reynolds, Candlewick Press, © 2004

(Ramon learns to look at his art differently and appreciate his creations even though they are not exact replicas)

**I Think, I Am! Teaching Kids the Power of Affirmations**, Louise L. Hay and Kristina Tracy, Hay House Inc., © 2008

(how to feel happier and more confident by changing negative thoughts and words and using affirmations)

**The Deep**, Tim Winton, Tricycle Press, © 2004

(Alice conquers her fear of swimming in the deep ocean water when dolphins visit her beach.)

**The Dot**, Peter H. Reynolds, Candlewick Press, © 2003

(a clever teacher inspires Vashti to draw, enabling her to feel proud of her accomplishments and inspire others)

**The Little Engine That Could**, Watty Piper, Platt and Munk Publishers, © 1976

(a classic book about kindness, perseverance, and how a positive attitude can achieve great thing)

**The OK Book**, Amy Krouse Rosenthal, Harper Collins © 2007

(advises children to go ahead and enjoy doing things even if they're just OK at them)

**When I Feel Good About Myself**, Cornelia Maude Spelman, Albert Whitman and Company, © 2003

(helps children feel good about themselves and feel loved for being who they uniquely are)

## SUGGESTED BOOKS FOR PARENTS

### ANXIETY AND WORRIES

Aron, Elaine N., Ph.D., **The Highly Sensitive Child, Helping Our Children Thrive When the World Overwhelms Them**, Broadway Books, © 2002

Chansky, Tamar, Ph.D, **Freeing Your Child From Anxiety, Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias**, Broadway Books; © 2004.

Eisen, Andrew R., Ph.D. & Linda B. Engler, PH.D, **Helping Your Child Overcome Separation Anxiety or School Refusal, A Step-By-Step Guide for Parents**, New Harbinger Publications, Inc.; 2006.

Foxman, Paul, Ph.D., **The Worried Child, Recognizing Anxiety in Children and Helping Them Heal**, Hunter House Publishers, 2004

Last, Cynthia G., Ph.D., **Help for Worried Kids, How Your Child Can Conquer Anxiety and Fear**, Guilford Press, © 2006.

Manassis, Katharina, M.D., **Keys to Parenting Your Anxious Child**, 2<sup>nd</sup> Ed, Barron's Educational Services Inc. © 2008.

Markway, Barbara G., Ph.D. and Gregory P. Markway, Ph.D., **Nurturing the Shy Child**, Thomas Dunne Books, © 2005

Pinto Wagner, Ph.D., **Worried No More, Help and Hope for Anxious Children** 2<sup>nd</sup> edition, Lighthouse Press, ©2005

Rapee, Ronald M., Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., and Ann Wignall, M. Psych., **Helping Your Anxious Child, A Step-by-Step Guide for Parents**, New Harbinger Publications Inc., © 2008

### OCD/SELECTIVE MUTISM

Chansky, Tamar, Ph.D., **Freeing Your Child from Obsessive Compulsive Disorder**, Three Rivers Press © 2001.

March, John S. MD., **Talking Back to OCD, The Program That Helps Kids and Teens Say “No Way”- and Parents Say “Way to Go”**, The Guilford Press, © 2007

McHolm, Angela Ph.D., Charles E. Cunningham, PhD and Melanie K. Vanier, M.A., **Helping Your Child with Selective Mutism: Practical Steps to Overcome a Fear of Speaking**, New Harbinger Publications © 2005.

Pinto Wagner, Ph.D., **What to do When your Child has Obsessive-Compulsive Disorder, Strategies and Solutions**, Lighthouse Press, ©2006

## **WEBSITES AND RESOURCES FOR PARENTS**

### **Anxiety BC- Parenting Pathways Program**

Anxiety BC provides parents with information on strategies for helping their children cope with anxiety and worries. There are helpful videos with experts in childhood anxieties discussing anxiety in children and youth as well as resources for parents to read or print.

[www.anxietybc.com/parent](http://www.anxietybc.com/parent)

### **Center on the Social and Emotional Foundations for Early Learning (CSEFEL)**

Information sheets for families are available.

A wealth of excellent resources are available for teachers, caregivers and parents including: scripted stories for social situations, a booklist to support SEL development, lessons and activities to use with selected story books (booknook), feelings faces and other visual aids to teach SEL to children, PowerPoint presentations, and information sheets for families.

<http://www.vanderbilt.edu/csefel>

### **Dr. Michael Cheng – Child, Adolescent, and Family Psychiatrist, Children’s Hospital of Eastern Ontario**

Under the Articles section of his practice website, Dr. Cheng has provided handouts written mainly for parents and caregivers of children and youth with mental health difficulties. Topics include: anxiety, school refusal, depression, OCD, selective mutism and bullying.

[www.drcheng.ca](http://www.drcheng.ca)

### **KidsHealth.org**

This website provides parents with information on a range of childhood issues including social and emotional behavior, growth and development and positive parenting.

<http://kidshealth.org/parent>

### **Offord Centre for Child Studies – Centre of Knowledge on Healthy Child Development**

<http://knowledge.offordcentre.com>

Provides a series of information pamphlets especially for parents on mental health problems such as anxiety disorders in children which can be downloaded and printed.

### **School Psychiatry Program and MADi Resource Centre, Massachusetts General Hospital**

This site was created for parents, educators, and clinicians working together to support children and teens with mental health conditions. Information to meet the needs of young people with depression, bipolar disorder, attention deficit / hyperactivity disorder, autism spectrum disorders, and anxiety disorders, including panic disorder and obsessive-compulsive disorder is provided.

<http://www2.massgeneral.org/schoolpsychiatry/index.asp>