
Daye's list of recommended children's books on mental health topics

Trauma

- [*A Terrible Thing Happened.*](#) Margaret M. Holmes. 1993.
- [*Brave Bart: A Story for Traumatized and Grieving Children.*](#) Caroline H. Sheppard. 1998.
- [*Always Erin.*](#) Erin Brewer. 2021.

Grief and Loss

- [*My Grandmother is Always With Me: A Remembering Journey.*](#) Lorraine Hedtke and Addison Davidove. 2004.
- [*Tear Soup.*](#) Pat Schwiebert, Chuck DeKlyen, et al. 2005.
- [*Missing Mommy: A book about bereavement.*](#) Rebecca Cobb. 2013.
- [*Mr. Rogers: When a Pet Dies.*](#) Fred Rogers. 1988.
- [*When Dinosaurs Die: A guide to understanding death.*](#) Laurie Krasny Brown, Marc Brown. 1996.
- [*The Rainbow Rocket.*](#) Fiona Tinwei Lam, Kristi Bridgeman. 2013.
- [*Michael Rosen's Sad Book.*](#) Michael Rosen. 2004.

Anxiety

- [*Tapping for Zapping Anxiety Away: GoTapping! Nelly learns the Emotional Freedom Technique \(EFT\) for kids.*](#) Renee Jain. 2015.
- [*Will Somebody Please Explain Anxiety to Me?*](#) Zelinger PhD, Laurie E, Jordan Zelinger, et al. 2014.

Emotional Literacy

- [*Listening to My Body.*](#) Gabi Garcia. 2017.
- [*The Way I Feel.*](#) Janan Cain. 2007.
- [*On Monday When it Rained.*](#) Cherryl Kachenmeister. 2001.

Healthy Self-Concept

- [*Have You Filled a Bucket Today?*](#) Carol McCloud. 2016.
- [*Ish.*](#) Peter H. Reynolds. 2004.
- [*Always Erin.*](#) Erin Brewer. 2021.
- [*My Body is Me!*](#) Rachel Rooney. 2019.

Foster Care

- [*Maybe Days: A book for children in foster care.*](#) Jennifer Wilgocki and Marcia Kahn Wright. 2002.
- [*Finding the Right Spot: When kids can't live with their parents.*](#) Janice Levy. 2004.



Addiction

- [*Addie's Mom Isn't Home Anymore: Addiction is scary – especially if you don't know what it is.*](#) Genia Calvin, MAC, PLPC, CSOTP. 2019.

Violence, Prison, and Restorative Justice:

- [*Two of Every 100.*](#) Richard W. Dyches, Ph.D. 2011.
- [*The Day My Daddy Lost His Temper: Empowering kids who have witnessed domestic violence.*](#) Dr. Carol S. McLeary, PsyD.
- [*Knock Knock: My Dad's Dream for Me.*](#) Daniel Beaty. 2013.
- [*What Will Happen to Me?: Every night, approximately three million children go to bed with a parent in prison or jail.*](#) Howard Zehr. 2010.

Books for Parents and Caregivers

- [*How to Talk So Kids Will Listen and Listen So Kids Will Talk.*](#) Adele Faber and Elaine Mazlish. 1999.
- [*Siblings Without Rivalry: How to help your children live together so you can live too.*](#) Adele Faber and Elaine Mazlish. 2012.
- [*The Mister Rogers' Parenting Book.*](#) Fred Rogers. 2002.
- [*Last Child in the Woods: Saving our children from nature-deficit disorder.*](#) Richard Louv. 2008.
- [*The Boy Who Was Raised as a Dog: and other stories from a child psychiatrist's notebook: What traumatized children can teach us about loss, love, and healing.*](#) Bruce D. Perry, MD, PhD, and Maia Szalavitz. 2017.
- [*CBT Strategies for Anxious and Depressed Children and Adolescents: A clinician's toolkit.*](#) Eduardo L. Bunge et al. 2017.

