Toddler/Preschool (0-4)  Book List

Reading and learning about mental health reduces the stigma of mental health concerns through early exposure. Providing age-appropriate mental health books can make a difference in a child’s academic, behavioral, and emotional success. Below is a list of suggested books you can read with your child or classroom, or they can read on their own, that can help them foster social emotional learning, model resiliency and mental well-being, have difficult conversations, and more.

**Adoption & Foster Care**

\*It’s OK to be Different: A Children’s Picture Book About Diversity and Kindness - Sharon Purtill

\*I Wished for You: An Adoption Story for Kids - Marianne Richmond

\*Once I Was Very Very Scared - Chandra Ghosh Ippen

**Behaviors and Manners**

\*Gentle Hands and Other Sing-Along songs for Social Emotional Learning - Amadee Ricketts

\*Germs Are Not for Sharing - Elizabeth Verdick

\*Grateful Ninja - Mary Nhin

\*I Did It, I’m Sorry - Caralyn Buehner

\*It’s Hard to Share My Teacher - Joan Singleton Prestine

\*Kindergators: Hands, off Harry! - Rosemary Wells

\*Kindness Starts With You - at School - Jacquelyn Stag

**Change and Transition**

\*Bye-Bye Time - Elizabeth Verdick

\*Families Change: A Book for Children Experiencing Termination of Parental Rights - Julie Nelson

\*Nothing Stays the Same, But That's Okay: A Book to Read When Everything (or Anything) Changes - Sara Olsher

\*You Weren't with Me - Chandra Ghosh Ippen

**Confidence and Self-Esteem**

\*Homemade Love - Bell Hooks

\*ABC for Me: ABC What Can She Be?: Girls can be anything they want to be, from A to Z (ABC for Me, 5) - Jessie Ford \*Happy Hair - Mechal Renee Roe

\* These Hands - Hope Lynn Price

**Coping Skills**

\*I Am Stronger Than Anger: Picture Book About Anger Management And Dealing With Kids Emotions And Feelings - Elizabeth Cole

\*I Can Share - Karen Katz

\*Mine! A Backpack Baby Story - Miriam Cohen

\*My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings - Natalia Maguire

\*The Choices I Make - Michael Gordon

\*We Don't Eat Our Classmates! - Ryan T. Higgins

\*When I Feel Left Out: Children's Book About emotions And Feelings - Michael Gordon

\*When I Lose My Cool: Children's Book about Anger, Emotion & Feelings - Michael Gordon

**Diversity, Equity, and Inclusion**

\*How Wonderfully Odd!: A Backwards Bedtime Adventure of Kindness, Empathy, and Inclusion for Kids - Rory Haltmaier

\*Diversity Ninja - Mary Nhin

\*Shades of People - Shelley Rotner Kates

**Divorce & Separation**

\*Living with Mom and Living with Dad - Melanie Walsh

\*Why Do Families Change - Dr. Jillian Roberts

**Emotions**

\*ABC Look at Me - Roberta Grobel Intrater

\*All About Feelings - Felicity Brooks

\*Allie All Along - Sarah Lynne Reul

\*Calm-Down Time (Toddler Tools) - Elizabeth Verdick

\*Franklin in the Dark - Paulette Bourgeois

\*Franklin's Bad Day - Paulette Bourgeois

\*Hurty Feelings - Helen Lester

\*La Catrina: Emotions - Emociones (English and Spanish Edition - Patty Rodriguez and Ariana Stein

\*Little Monkey Calms Down (Hello Genius) Part of:Hello Genius (28 Books) by Michael Dahl and Oriol Vidal

\*Little Teddy Bear's Happy Face Sad Face (a first book about feelings) - Lynn Offerman

\*Rain - Linda Ashman

\*Sheila Rae, the Brave - Kevin Henkes

\*The Way I Feel - Janan Cain Worrysaurus Rachel Bright

**Family**

\*Families, Families, Families! - Suzanne Lang

\*I Am a Big Brother - Caroline Jayne Church

\*Our Class is a Family - Shannon Olsen

\*You're All My Favorites - Sam McBratney

\*You're The Biggest - Lucy Tapper

**Friendship & Making Friends**

\*It's OK to be Different: A Children's Picture Book About Diversity and Kindness - Sharon Purtill

\*I Wished for You: An Adoption Story for Kids- Marianne Richmond

\*Once I Was Very Very Scared - Chandra Ghosh Ippen

**Grief & Loss**

\*God Gave Us Heaven - Lisa T. Bergren

\*Angel Grandpa - Heather Lean

\*Something Very Sad Happened - Bonnie Zucker

\*The Rabbit Listened - Cori Doerrfeld

\*In a Jar - Deborah Marcero

**Mental Health**

\*The Rabbit Listened - Cori Doerrfeld

\*Double Dip Feelings: Stories to Help Children Understand Emotions - Barbara Cain

**Mindfulness**

\*I Am Peace: A Book of Mindfulness (I Am Books) - Susan Verde

\*ABC for Me: ABC Mindful Me: ABCs for a happy, healthy mind & body (ABC for Me, 4) - Christiane Engel

\*Bedtime Meditations for Kids: Quick, Calming Exercises to Help Kids Get to Sleep - Cory Cochiolo

\*Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere - Kira Willey

\*Calm and Peaceful Mindful Me: A Mindfulness How-To Guide for Toddlers and Kids - Andrea Dorn

\*Mindful Games for Kids: 50 Fun Activities to Stay Present, Improve Concentration, and Understand Emotions - Kristina Sargent

\*Mindfulness for Little Ones: Playful Activities to Foster Empathy, Self-Awareness, and Joy in Kids - Hiedi France Ed.D \*Mindulness Moments for Kids: Breathe Like a Bear - Kira Willey

\*Yoga Bug: Simple Poses for Little Ones (Yoga Bug Board Book Series) - Sarah Jane Hinder

**Representation Matters**

\*Hey Black Child - Useni Eugene Perkins

\*Dream Big, Little One - Vashti Harrison

**Safe & Unsafe Touch**

\*Let's Talk About Body Boundaries, Consent and Respect: Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors - Jayneen Sanders

\*I Choose to Say No - Elizabeth Estrada

\*My Body Belongs to Me from My Head to My Toes (The Safe Child, Happy Parent Series) - Dagmar Geisler

\*My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships - Jayneen Sanders

\*Some Secrets Should Never Be Kept - Jayneen Sanders and Craig Smith

\*Teach Your Dragon Body Safety: A Story About Personal Boundaries, Appropriate and Inappropriate Touching (My Dragon Books) - Steve Herman

**Safety**

\*The Berenstain Bears Learn About Strangers - Stan & Jan Berenstain

\*I Won't Go With Strangers - Dagmar Geisler

\*If I Get Lost: Stay Put, Remain Calm, and Ask for Help - Dagmar Geisler

\*Never Talk to Strangers - Irma Joyce and George Buckett

**School**

\*Preschool, Here I Come! - D.J. Steinberg

\*Lola Goes to School - Anna McQuinn

\*The Little Book of Kindergarten - Zach Bush

\*The Office: A Day at Dunder Mifflin Elementary - Robb Pearlman

\*The Pigeon Has to Go to School - Mo Willems

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Coordinated by The Children’s Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children’s mental health. For more information, please visit www.ChildrensMentalHealthMatters.org. \*\*The books in this list are recommendations – the Children’s Mental Health Matters Campaign does not hold responsibility for the content. Parents/caregivers and educators should make all considerations before reading the suggested books