

## **Book Recommendations**

### **Body Safety**

Body Safety Wise Bundle by Krystaelynn Sanders Driggs

- This is a bundle of 4 book that build on each other: Where Hands Go: An Introduction to Safe and Unsafe Touch, Where Hands Go: Body Safety Rules, Where Hands Go: The Power of No, and The ABCs of Consent
- Assists in teaching children about safe and unsafe touches and consent

My Body Belongs to Me from My Head to My Toes by Pro Familia

- Assists in teaching children about safe and unsafe touches, and consent

No Means No! by Jayneen Sanders

- Teaches children about consent

No More Bad Secrets by Daisy Copelin

- Ideal for children who have experienced child sexual abuse, or who have siblings who have experienced child sexual abuse.

My Body Belongs to Me Jill Starishevsky

- Ideal for children who have experienced child sexual abuse, or who have siblings who have experienced child sexual abuse.

### **Grief and Loss**

The Scar by Charlotte Moundlic

- Follows the story of a young boy who has lost his mother

When Dinosaurs Die by Laurie Brown

- Helps children understand what death means

Something Very Sad Happened by Bonnie Zucker

- Helps children understand death
- Can be customized to fit the child's experience (loss of mom, loss of dad, loss of grandma, etc.)

When Someone Dies by Andrea Dorn

- Helps children understand grief and loss

Why Do I Feel Sad by Tracy Lambert

- Helps children understand grief

### **Chronic Illness**

How Do You Care for a Very Sick Bear by Vanessa Bayer

- For children who have a sibling or friend experiencing a chronic or terminal illness

### **Foster Care**

Maybe Days by Jennifer Wilgocki and Marcia Kahn Wright

- Addresses feelings and thoughts that children in foster care often experience

You Weren't with Me by Chandra Ippen

- For children experiencing reunification with a parent

No Matter What by Josh Shipp

- A story about a squirrel finding a home. Written by a former foster youth.

### **Domestic Violence/Physical Abuse**

The Day my Daddy Lost His Temper by Carol McCleary

- For children who have witnessed domestic violence

How Are You Feeling Today Baby Bear? by Jane Evans

- For children who have witnessed domestic violence

Your Feelings Matter by Amber Holmes and Tiffany Sanders

- For children who have witnessed domestic violence

A Terrible Thing Happened by Margaret Homes

- For children who have witnessed trauma or violence (physical abuse, school/gang violence, accidents, homicide, suicide, natural disasters, etc.)

### **Trauma**

Once I was Very Scared by Chandra Ippen

- Explains how people react differently to trauma or scary experiences

A Terrible Thing Happened by Margaret Homes

- For children who have witnessed trauma or violence (physical abuse, school/gang violence, accidents, homicide, suicide, natural disasters, etc.)

### **Anxiety**

Hey Warrior by Karen Young

- Helps children understand what anxiety is and how it impacts the body

### **Feelings**

You Have Feelings All The Time by Deborah Kris

- Teaches children about feelings

If I Am Upset I Can by Julien Bodrieu

- Teaches children about coping skills

My Body Sends a Signal by Natalia Maguire

- Demonstrates how our body might react to different feelings

Funny Feelings Aren't Funny by Kim May

- Demonstrates how our body might react to different feelings

B is for Breathe by Melissa Boyd

- ABC mindfulness and relaxation techniques