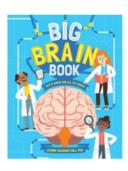


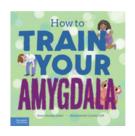
Topic: Brain Science



Big Brain Book

Leanne Boucher Gill

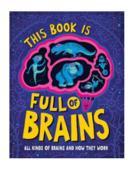
Readers are welcomed to the Lobe Labs and Dr. Brain activities in this brightly illustrated, highly engaging book that uses science to answer interesting questions that kids have about the brain and human behavior.



How to Train Your Amygdala

Anna Housley Juster, Cynthia Cliff (Illustrator)

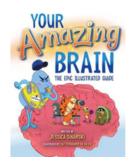
Your amygdala works hard to protect you from danger, but what about when it gets things wrong? This amusing character-driven narrative helps children learn to calm their amygdala and control their fight-flight-freeze impulses



This Book is Full of Brains

Little House of Science

Filled with interesting facts, immersive at-home activities, and fun optical illusions, This Book Is Full of Brains will make kids fall in love with all types of brains--whether they be human, dinosaur, or robot!



Your Amazing Brain

Jessica Sinarski, Luiz Fernando Da Silva (Illustrator)

Jam-packed with insights for kids and helpful guidance for adults, this "user's manual for the brain" is sure to become a go-to resource in your home, classroom, or therapy office. Along with a diverse cast of characters, author and intrepid guide, "Ms. Jessica," transforms complex neuroscience into fun graphics, simple metaphors, and practical solutions for students ages 7 and up.



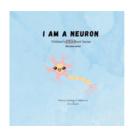
Topic: Brain Science



Your Fantastic Elastic Brain: Stretch It, Shape It

JoAnn Deak, Sarah Ackerley (Illustrator)

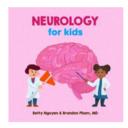
This innovative and timely picture book teaches children that they have the ability to stretch and grow their own brains. It also delivers the crucial message that mistakes are an essential part of learning.



I Am a Neuron

Olivia Renee Liu, Caroline Annette Liu, Addyson Trinity Liu

Your amygdala works hard to protect you from danger, but what about when it gets things wrong? This amusing character-driven narrative helps children learn to calm their amygdala and control their fight-flight-freeze impulses



Neurology for Kids

Betty Nguyen, Brandon Pham MD

Written by physicians, Neurology for Kidsis a charming, easy-to-understand introduction to the organ that allows you to think: the brain. With its beautiful illustrations and simple explanations, this book teaches children (and adults alike!) about the anatomy, physiology, and diseases of the nervous system.



Good Night to Your Fantastic Elastic Brain

JoAnn Deak, Terrence Deak, Neely Daggett (Illustrator)

Perfect for parents and educators, Good Night to Your Fantastic Elastic Brain is an excellent tool to teach kids about brain development, growth mindset, and the power of making healthy choices like getting enough sleep!



Topic: Change



Only for a Little While

Gabriela Orozco Belt, Richy Sánchez Ayala (Illustrator)

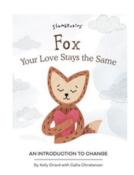
A heartwarming picture book with Spanish words woven in, about a father helping his daughter adjust when they temporarily have to move in with extended family.



Creature of Habit

Jennifer E Smith, Leo Espinosa (Illustrator)

On the island of Habit lives a very big creature who does the exact same things in the exact same order every day, but when a small creature comes along who wants to do something different every day, the creature of habit must learn to adapt.



Fox: Your Love Stays the Same

Kelly Oriard, Callie Christensen, Brooke Winka (Illustrator), Penny Serrano (Illustrator)

Fox's story introduces the concept of coping with change, no matter how big or small. Readers learn that all emotions are welcome and are encouraged to seek support when needed.



Topic: Disability Advocacy



Come Over to My House

Eliza Hull, Sally Rippin, Daniel Gray-Barnett (Illustrator)

Come Over To My House is a delightful picture book that explores the home lives of children and parents who are Deaf or disabled. Co-written by disability advocate Eliza Hull and bestselling author Sally Rippin, the inclusive rhyming text authentically explores the characters' various disabilities.



Some Days

Julie A. Stamm, Chamisa Kellogg (Illustrator)

Nothing can stop Wyatt and Rosie in this heartwarming tale about having a parent with a chronic illness. Even when Wyatt's mom isn't feeling her best, he still thinks she's a superhero!



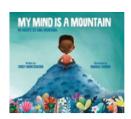
Rescue and Jessica: A Life-Changing Friendship

Jessica Kensky, Patrick Downes, Scott Magoon (Illustrator)

Based on a real-life partnership, the heartening story of the love and teamwork between a girl and her service dog will illuminate and inspire.



Topic: Emotional Literacy



My Mind Is a Mountain

Cindy Montenegro Delgado, Ngobile Adigun (Illustrator)

Introduce your little ones to the metaphor that the mind is a mountain and how it can powerfully handle all emotions from the lowest of the lows to the highest of the highs - and everything in between - in both English and Spanish.



It's OK

Wendy O'Leary, Sandra Eide (Illustrator)

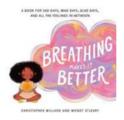
This sweet book teaches children 3-7 the simple and profound power of self-compassion through simple affirmations that can be repeated when things are hard.



Feel Calm

Andy Pizza, Sophie Miller

This hands-on board book leads toddlers on a whimsical and reassuring journey from chaos to calm. When you feel wound up, how do you get the knots out? Follow along to unwind the tangled mess of ups, downs, and loop the loops and find the way back to calm.



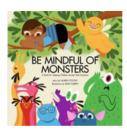
Breathing Makes It Better

Christopher Willard, Wendy O'Leary

Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness.



Topic: Emotional Literacy



Be Mindful of Monsters

Lauren Stockly, Ellen Surrey (Illustrator)

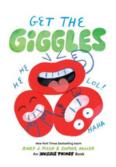
An early reader based on concepts commonly used while preparing children to process trauma.



Big Problems, Little Problems

Ben Feller, Mercè López (Illustrator)

Big Problems, Little Problems is the story of how a dad teaches his son to solve the daily challenges of life - and, in turn, the surprising ways in which a child can teach a grown-up to remember what is important, too.



Get the Giggles

Andy Pizza, Sophie Miller

When you feel fed up, how do you lift your mood? Laugh out loud as you turn the pages to see how funny pretend laughter can be! With this book in hand, take a moment to be silly, boost your mood, and experience joy and connection through laughter.



Greetings, Feelings

Lauren Stockly, Ellen Surrey (Illustrator)

As emotions like Happiness, Sadness, Anger and Calm introduce themselves to young Ezzy, we learn about the different messages they have for us. Perfect for little hands and growing hearts, this book helps children learn to welcome each feeling like a friend.



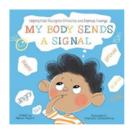
Topic: Emotional Literacy



How Are You?

Édouard Manceau

In this simple, reassuring book, children will relate to the character and be encouraged to talk about how they feel.



My Body Sends a Signal

Natalia Maguire, Anastasia Zababashkina

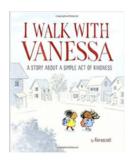
This book will help you explain to your kids that emotions, that is signals they get from their bodies, are linked to feelings. These feelings, whether positive or negative, are all perfectly fine, but they can be expressed differently.



I Forgive Alex

Kerascoët

Alex's enthusiasm and energy can sometimes be a challenge for his classmates. He loves to play ball on the playground with his friends, but when his rambunctious behavior inadvertently upsets one of the other students, he finds himself at odds with the whole class.



I Walk with Vanessa

Kerascoët

I Walk with Vanessa explores the feelings of helplessness and anger that arise in the wake of seeing a classmate treated badly and shows how a single act of kindness can lead to an entire community joining in to help. With themes of acceptance, kindness, and strength in numbers, this timeless and profound feel-good story will resonate with readers young and old.



Topic: Emotional Literacy



Why Do I Feel Like This

Shinsuke Yoshitake

Why Do I Feel Like This? follows a child's hilarious, wildly inventive train of thought as she walks home in a bad mood.



More Than Words

Roz MacLean

A touching picture book about the many unique ways we communicate, and how we can better listen to and respect these different modes of expression.



I Feel!

Juana Medina

Do you feel happy? Sad? Calm? Shy? Brave? Proud? This book provides a way for young readers and the adults in their lives to talk about their feelings and build emotional literary together.



Taco Falls Apart

Brenda S. Miles, Monika Filipina (Illustrator)

Meet Taco. The world expects so much from him... tacos must stay strong without much support, tacos must stay open without much room, and tacos must keep it all together, all the time! With all these expectations piling on, Taco starts wonder if he has what it takes to be a terrific taco. Can he even do this? Should he even try? As his thoughts start to pester him, Taco's shell starts to crack and his toppings begin to tumble, and Taco falls apart!



Topic: Emotional Literacy



The Color Monster

Anna Llenas

One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through color.



The Feelings Book

Todd Parr

Todd Parr's bold, kid-friendly illustrations portray children expressing all different moods.



The Monster Parade

Wendy O'Leary, Noémie Gionet Landry (Illustrator)

Watch as the anger monster passes and the sadness monster disappears--it's all part of the parade of feelings we experience every day. Instead of holding on to their emotions, kids can acknowledge them and let them go on their way. What's happening in your parade today?



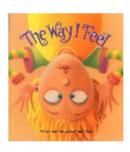
The Rabbit Listened

Cori Doerrfeld

The Rabbit Listened is a tender meditation on loss. When something terrible happens, Taylor doesn't know where to turn. All the animals are sure they have the answer.



Topic: Emotional Literacy



The Way I Feel

Janan Cain

The zany characters who sniffle, soar and shriek through this book will help kids understand the concept of such emotions as joy, disappointment, boredom and anger.



When Sadness Is at Your Door

Eva Eland

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest. Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are--an overwhelming, invisible, and scary sensation.



Where Happiness Begins

Eva Eland

Happiness is a character which comes and goes, and is sometimes hard to find, but frequently it begins with your family and friends, and it can lead you home.



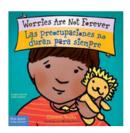
Invisible Things

Andy J. Pizza, Sophie Miller

If we could put on a pair of magical invisible glasses and see all the feelings, ideas, and other invisible things that populate our world, what would they look like? As readers give these unknown forces a name, they'll also find a gentle invitation to pause, take a deep breath, and reflect on the invisible things at work in their own lives.



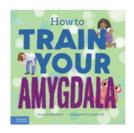
Topic: Emotional Literacy



Worries Are Not Forever

Elizabeth Verdick, Marieka Heinlen (Illustrator)

It's normal for toddlers to worry and feel anxious--they have enough experience with the world to know that things may go wrong. With warmth and empathy, this bilingual English-Spanish board book helps little ones understand what it means to worry.



How to Train Your Amygdala

Anna Housley Juster, Cynthia Cliff (Illustrator)

Your amygdala works hard to protect you from danger, but what about when it gets things wrong? This amusing character-driven narrative helps children learn to calm their amygdala and control their fight-flight-freeze impulses



Topic: Family Illness



The Tide

Clare Helen Welsh, Ashling Lindsay (Illustrator)

Grandad doesn't remember things like he used to. But I love him as much as I always have. And I know that he loves me. A story about families, laughter, and how we can help a loved one with dementia live well.



Perfect Shelter

Clare Helen Welsh, Åsa Gilland (Illustrator)

A story about sisters. A story about love. A story about how it feels when someone close to you has cancer. When the author's uncle was diagnosed with cancer, she wrote this text for her children, to help them name and explore the complicated feelings borne of heartbreaking situations.



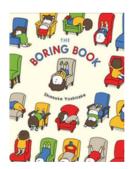
Some Days

Julie A. Stamm, Chamisa Kellogg (Illustrator)

Nothing can stop Wyatt and Rosie in this heartwarming tale about having a parent with a chronic illness. Even when Wyatt's mom isn't feeling her best, he still thinks she's a superhero!



Topic: Flexible Thinking & Resilience



The Boring Book

Shinsuke Yoshitake

Boredom: humankind's age-old adversary. It's a state that is undesirable, uninteresting . . . and just plain boring. But as one particularly bored boy discovers, there's actually more to boredom than meets the eye--more questions, more theories, and heaps of humor.



Big Problems, Little Problems

Ben Feller, Mercè López (Illustrator)

Big Problems, Little Problems is the story of how a dad teaches his son to solve the daily challenges of life - and, in turn, the surprising ways in which a child can teach a grown-up to remember what is important, too.



There Must Be More Than That

Shinsuke Yoshitake

Troubled because her brother has told her that the future of Earth is bleak, a little girl goes to her grandmother who assures her that there are many possible futures and encourages her to use her imagination to explore some of the alternatives.



When Sadness Is at Your Door

Eva Eland

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest. Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are--an overwhelming, invisible, and scary sensation.



1USEUM Topic: Flexible Thinking & Resilience



Creature of Habit

Jennifer E Smith, Leo Espinosa (Illustrator)

On the island of Habit lives a very big creature who does the exact same things in the exact same order every day, but when a small creature comes along who wants to do something different every day, the creature of habit must learn to adapt.



The Boy with Big, Big Feelings

Britney Winn Lee, Jacob Souva (Illustrator)

Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. When a loud truck drives by, he cries. When he hears a joke, he bursts with joy. The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated.



Taco Falls Apart

Brenda S. Miles, Monika Filipina (Illustrator)

Meet Taco. The world expects so much from him... tacos must stay strong without much support, tacos must stay open without much room, and tacos must keep it all together, all the time! With all these expectations piling on, Taco starts wonder if he has what it takes to be a terrific taco. Can he even do this? Should he even try? As his thoughts start to pester him, Taco's shell starts to crack and his toppings begin to tumble, and Taco falls apart!



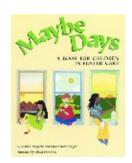
Topic: Foster Care



Home for a While

Lauren Kerstein

Calvin is in foster care, and he wants to trust someone, anyone, but is afraid to open his heart. He has lived in a lot of houses, but he still hasn't found his home. When he moves in with Maggie, she shows him respect, offers him kindness, and makes him see things in himself that he's never noticed before. Maybe this isn't just another house, maybe this is a place Calvin can call home, for a while.



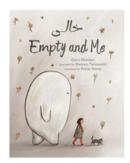
Maybe Days: A Book for Children in Foster Care

Jennifer Wilgocki, Marcia Kahn Wright

Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe." Maybe Days addresses the questions, feelings, and concerns these children most often face. Honest and reassuring, it also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help.



Topic: Grief & Loss



Empty and Me

Azam Mahdavi, Maryam Tahmasebi (Illustrator), Parisa Saranj (Translator)

After a young girl's mother dies, Empty appears and silently takes up the big blank space left behind. For some time, the girl can't connect with her dad or any friends, and Empty is her closest companion. But then, a happy reminder of her mom pops up one day, and this bit of joy helps the little girl open up to the world around her.



Everywhere, Still

M. H. Clark, Claire Sahara Lemp (Illustrator)

When someone you care about isn't here anymore, your love for them continues. What do you do with that love when that someone isn't here to give it to?



Good Things

Maryah Greene, Alleanna Harris (Illustrator)

A beautiful and necessary picture book about a little boy who loses his father and pays homage to his life through the growth and love of plants.



The Goodbye Book

Todd Parr

Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye.



Grief is an Elephant

Tamara Ellis Smith, Nancy Whitesides (Illustrator)

When it first comes, grief is as large as an elephant, but with time it becomes smaller, and easier to deal with until finally you can let it go and just remember.



Topic: Grief & Loss



Ida, Always

Caron Levis

A beautiful, honest portrait of loss and deep friendship told through the story of two iconic polar bears. Gus lives in a big park in the middle of an even bigger city, and he spends his days with Ida. Ida is right there. Always. Then one sad day, Gus learns that Ida is very sick, and she isn't going to get better.



Missing Violet

Kelly Swemba, Fabiana Faiallo (Illustrator)

Life is full of sunshine for inseparable friends Violet and Mia. Until one day, Violet leaves school sick and doesn't get better. Without her best friend, Mia slips into a gloomy existence. As she moves through the stages of grief like the colors of a rainbow, Mia wonders if she will ever feel like herself again.



Our Lake

Angie Kang

A tender and vulnerable exploration of love and loss that follows two boys as they take their first trip back to the lake without their father.



Remembering Ethan

Lesléa Newman, Tracy Bishop (Illustrator)

Sarah misses her adored big brother with all her heart. She wants to celebrate all the fun times she and her parents spent with him. But ever since Ethan died, Mommy and Daddy won't mention him. Sarah can't even say his name without upsetting them.



Topic: Grief & Loss



Something Very Sad Happened: A Toddler's Guide to Understanding Death

Bonnie Zucker

Something Very Sad Happened is a useful tool for parents, caregivers, therapists, and teachers to help young children understand the concept of death and begin the process of coping with the loss. Intended for children ages 2 and 3, the book explains death and loss to a very young child in a simple and age-appropriate way.



Sprite Helps Say Goodbye

Kelly Oriard, Callie Christensen

Sprite's book offers an introduction to the concept of Grief and Loss. In this story, Sprite helps the reader learn about different types of goodbyes. Children will learn that all feelings are welcome, and saying goodbye is a natural part of life.



The Dreams We Made

Lisa Bentley

In this moving, hope-filled picture book about loss, love, and family, a little girl grieving the death of her father discovers that she can take the loved ones she's lost with her on all her future journeys.



You'll Find Me

Amanda Rawson Hill, Joanne Lew-Vriethoff (Illustrator)

Absence becomes remembrance in this soothing book that offers tender ways to pay tribute throughout daily life to a loved one who is not around. Be it friends, family, pets, or others, memories can carry us beyond the precious moments we have together to keep the ones we love in mind always.



Topic: Grief & Loss



The Hole

Lindsay Bonilla, Brizida Magro (Illustrator)

What does it feel like to lose someone you love? For one little boy, it's like he has a hole in his life. It's in the bottom bunk, where his little brother, Matty, used to sleep, and it's on his brother's chair at dinner. It follows him everywhere until the day he decides to really explore it.



The Invisible String

Patrice Karst, Joanne Lew-Vriethoff (Illustrator)

In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love.



The Memory Box: A book About Grief

Joanna Rowland

From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process.



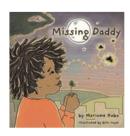
When a Pet Dies

Fred Rogers

Mister Rogers helps children share feelings of the loss of a pet while offering reassurance that grieving is a natural, healing thing to do.



Topic: Incarceration



Missing Daddy

Mariame Kaba, Bria Royal (Illustrator)

A little girl who misses her father because he's away in prison shares how his absence affects different parts of her life. Her greatest excitement is the days when she gets to visit her beloved father.



My Brother is Away

Sara Greenwood, Luisa Uribe (Illustrator)

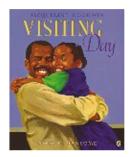
With her older brother in prison, a young girl copes with the confusing feelings his absence creates. At times she remembers the way her brother would carry her on his shoulders or how he would make up stories to tell her at bedtime. Other times she feels angry and wants to fly so far away that she can forget what happened.



See You Soon

Mariame Kaba, Bianca Diaz (Illustrator)

From New York Times Bestselling Author Mariame Kaba, a poignant, beautifully illustrated story of a little girl's worries when her Mama goes to jail, and the love that bridges the distance between them.



Visiting Day

Jacqueline Woodson

A young girl and her grandmother prepare for a very special day--the one day a month they get to visit the girl's father in prison. As the little girl and her grandmother get ready, her father, who adores her, is getting ready, too, and readers get to join the community of families who make the trip together, as well as the triumphant reunion between father and child.



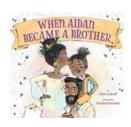
Topic: LGBTQ+ Identities



It Feels Good to Be Yourself: A Book about Gender Identity

Theresa Thorn

Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, It Feels Good to Be Yourself provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.



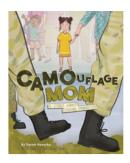
When Aidan Became a Brother

Kyle Lukoff, Kaylani Juanita (Illustrator)

When Aidan was born, everyone thought he was a girl. His parents gave him a pretty name, his room looked like a girl's room, and he wore clothes that other girls liked wearing. After he realized he was a trans boy, Aidan and his parents fixed the parts of life that didn't fit anymore, and he settled happily into his new life.



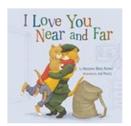
Topic: Military Families



Camouflage Mom: A Story About Staying Connected

Sarah Hovorka, Elif Balta Parks (Illustrator)

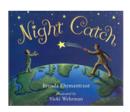
Sarah is happy to finally see her mom after two months of boot camp but she feels a distance between them that's more than the physical space that separates them.



I Love You Near and Far

Marjorie Blain Parker

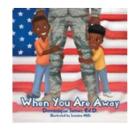
This sweet rhyming story, written from the child's point of view, is a love letter to those who may not be geographically near—but remain very close at heart.



Night Catch

Brenda Ehrmantraut

When a soldier's work takes him half-way around the world, he enlists the help of the North Star for a nightly game of catch with his son. Night Catch is a timeless story that connects families while they are apart and offers comforting hope for their reunion.



When You Are Away

Dominique James, Jasmine Mills (Illustrator)

Nothing is the same when a parent has to leave home for a while. See how things are different for these military kids when their dad goes on deployment.



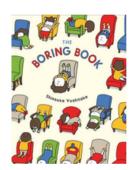
Topic: Mindfulness



Ploof

Ben Clanton, Andy Chou Musser

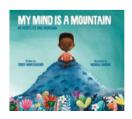
Ploof is a puffy cloud who's a little lonely -- but now you're here, and the fun can begin! Can you help Ploof overcome their shyness? Play pretend? Make Ploof laugh with your funny faces, find their hiding spot, give them a high five!



The Boring Book

Shinsuke Yoshitake

Boredom: humankind's age-old adversary. It's a state that is undesirable, uninteresting . . . and just plain boring. But as one particularly bored boy discovers, there's actually more to boredom than meets the eye--more questions, more theories, and heaps of humor.



My Mind Is a Mountain

Cindy Montenegro Delgado, Nqobile Adigun (Illustrator)

Introduce your little ones to the metaphor that the mind is a mountain and how it can powerfully handle all emotions from the lowest of the lows to the highest of the highs - and everything in between - in both English and Spanish.



It's OK

Wendy O'Leary, Sandra Eide (Illustrator)

This sweet book teaches children 3-7 the simple and profound power of self-compassion through simple affirmations that can be repeated when things are hard.



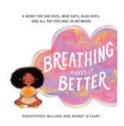
Topic: Mindfulness



Feel Calm

Andy Pizza, Sophie Miller

This hands-on board book leads toddlers on a whimsical and reassuring journey from chaos to calm. When you feel wound up, how do you get the knots out? Follow along to unwind the tangled mess of ups, downs, and loop the loops and find the way back to calm.



Breathing Makes It Better

Christopher Willard, Wendy O'Leary

Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness.



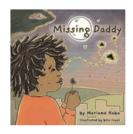
MUSEUM Topic: Parent/Child Separation



The Invisible String

Patrice Karst, Joanne Lew-Vriethoff (Illustrator)

In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love.



Missing Daddy

Mariame Kaba, Bria Royal (Illustrator)

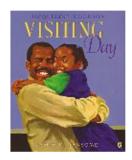
A little girl who misses her father because he's away in prison shares how his absence affects different parts of her life. Her greatest excitement is the days when she gets to visit her beloved father.



See You Soon

Mariame Kaba, Bianca Diaz (Illustrator)

From New York Times Bestselling Author Mariame Kaba, a poignant, beautifully illustrated story of a little girl's worries when her Mama goes to jail, and the love that bridges the distance between them.



Visiting Day

Jacqueline Woodson

A young girl and her grandmother prepare for a very special day--the one day a month they get to visit the girl's father in prison. As the little girl and her grandmother get ready, her father, who adores her, is getting ready, too, and readers get to join the community of families who make the trip together, as well as the triumphant reunion between father and child.



IUSEUM Topic: Parent/Child Separation



I Love You Near and Far

Marjorie Blain Parker

This sweet rhyming story, written from the child's point of view, is a love letter to those who may not be geographically near—but remain very close at heart.



You Weren't With Me

Chandra Ippen, Erich Ippen (Illustrator)

Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit's love. Little Rabbit needs Big Rabbit to understand what it felt like when they were apart.



Mama's Waves

Chandra Ippen, Erich Ippen (Illustrator)

Ellie's mom did not come for their visit, and Ellie is stuck in a cloud of sadness and anger as she tries to understand why. Fortunately, Miss K. and Ellie's Uncle Finny are there to help her. Using the metaphor of a wave, they help Ellie talk about and understand her mother's ups and downs, recognize and hold on to loving memories, and know that she is not alone.



MUSEUM Topic: Parental Mental Health



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Mama Moon: A Story about Love and Mental Health

Noah Grigni

Deeply felt and beautifully told, Mama Moon is the story of a child who muses that their mother is like the moon—ever changing, sometimes blue, sometimes bright. Mama loves warm summers, and eating cherries while stargazing with Baba and Kiddo. But on her bluest of days, she can't do the things that other mamas do.



Pockets Full of Rocks

Yair Engelberg, MacKenzie Haley (Illustrator)

As a young girl gently questions her depressed father, he offers direct answers that help her understand what he is going through. This gentle, hopeful book will help kids cope with a parent's mental illness.



Up and Down Mom

Summer Macon

Living with Mom is a bit like a roller coaster ride. At times, she is excited and full of energy, but at others, she is tired and withdrawn. But she's always my mom, and we're sharing the ride. For children who grow up in the care of a parent who has bipolar disorder, life can be filled with anxiety and uncertainty.



Topic: Self-Esteem



Hedge Lion

Robyn Wilson-Owen

Discover your inner-roar with Ida, and your inner kindness with Hedge Lion! Ida sees Hedge Lion every day on her walk around town. She knows Hedge Lion is a lion, she just needs to help him find his roar. Along the way, Ida learns to be patient and kind, and Hedge Lion learns to be brave and confident.



Sometimes, All I Need Is Me

Juliana Perdomo

Gentle themes of resiliency, mindfulness, and self-care are brought home in this sweet and soulful picture book with charmingly graphic illustrations and a poetic text.



It Feels Good to Be Yourself: A Book about Gender Identity

Theresa Thorn

Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, It Feels Good to Be Yourself provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.



Come Over to My House

Eliza Hull, Sally Rippin, Daniel Gray-Barnett (Illustrator)

Come Over To My House is a delightful picture book that explores the home lives of children and parents who are Deaf or disabled. Co-written by disability advocate Eliza Hull and bestselling author Sally Rippin, the inclusive rhyming text authentically explores the characters' various disabilities.



Topic: Sensory Processing



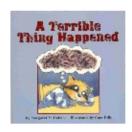
Too Much!

Jolene Gutiérrez, Angel Chang (Illustrator)

When feelings go on overload, I pause and breathe and all is . . . slowed. Sometimes everything is too much! Too loud, too bright, and all too overwhelming. Writing from her own experience with sensory processing disorder, award-winning teacher-librarian Jolene Gutiérrez's compassionate picture book explores the struggles of a sensorily sensitive child and how they settle themselves.



Topic: Trauma



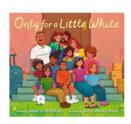
Terrible Thing Happened

Margaret M. Holmes, Sasha J. Mudlaff

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire.



Topic: Housing Insecurity



Only for a Little While

Gabriela Orozco Belt, Richy Sánchez Ayala (Illustrator)

A heartwarming picture book with Spanish words woven in, about a father helping his daughter adjust when they temporarily have to move in with extended family.