



Mama's Waves

Chandra Ippen, Erich Ippen (Illustrator)

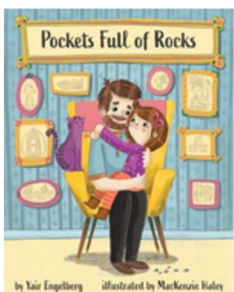
Ellie's mom did not come for their visit, and Ellie is stuck in a cloud of sadness and anger as she tries to understand why. Fortunately, Miss K. and Ellie's Uncle Finny are there to help her. Using the metaphor of a wave, they help Ellie talk about and understand her mother's ups and downs, recognize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



Mama Moon: A Story about Love and Mental Health

Noah Grigni

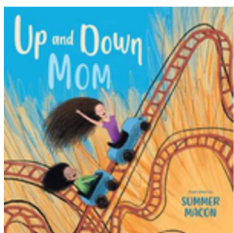
Deeply felt and beautifully told, Mama Moon is the story of a child who muses that their mother is like the moon—ever changing, sometimes blue, sometimes bright. Mama loves warm summers, and eating cherries while stargazing with Baba and Kiddo. But on her bluest of days, she can't do the things that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 At times, she is excited and full of energy, but at others, she is tired and withdrawn.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