

Resources for Families by Category

Children's Chronic Health/Medical Issues

Asthma

- [Breathe Easy By: Jonathan Weiss \(Ages 8-14\)](#)
- [The Lion Who Had Asthma By: Jonathan London and Nadine Bernard Westcott \(Ages 4-8\)](#)
- [So you have Asthma Too! By: Nancy Sander \(Ages 5-10\)](#)
- [Taking Asthma to School By: Barbara Mitchell \(Ages 4-8\)](#)

Cancer

- [Chemo to the Rescue! A children's book about leukemia By: Mary Brent and Caitlin Knutsson \(Ages 4-8\)](#)
- [Kathy's Hats, A story of hope By: Trudy Krisher \(Ages 4-8\)](#)
- [Taking Cancer to School By: Cynthia S. Henry and Kim Gosselin \(Ages 5-10\)](#)
- [Why, Charlie Brown, Why? By: Charles M. Schulz \(Ages 4-8\)](#)

Cancer (Books for Siblings)

- [Oliver's Story For "Sibs" of Kids with Cancer By: Michael Dodd \(Ages 4-8\)](#)
- [Stevie's New Blood By: Kathryn Ulberg Lilleby \(Ages 5-12\)](#)
- [What About Me? When Brothers and Sisters Get Sick By: Allan Peterkin, MD \(Ages 4- 8\)](#)

Cystic Fibrosis

- [Oliver's Story, for 'sibs' of kids with Cancer](#)
- [Mallory's 65 Roses By: Diane Shader Smith \(Ages 4-8\)](#)
- [Taking Cystic Fibrosis to School By: Cynthia Henry \(Ages 4-8\)](#)

Death (Grief and Loss)

- [When Dinosaurs Die: A Guide to Understanding Death By: Brown & Brown \(Ages 4-9\)](#)
- [Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss \(Elf-Help Books for Kids\) By: M. Mundy \(Ages 4-8\)](#)
- [Gentle Willow: A Store for Children About Dying By: Dr. Mills & Pillo \(Ages 4 and up\)](#)
- [Don't Despair on Thursdays!: The Children's Grief Management Book By: A. Moser \(Ages 6-8\)](#)
- [I Miss You: A First Look at Death By: P. Thomas \(Ages 4-8\)](#)
- [One Wave at a Time: A Story About Grief and Healing By: Thompson & Crowley \(Ages 4-8\)](#)
- [The Invisible String By: Karst & Lew-Vriethoff \(Ages 4-8\)](#)
- [The Memory Box: A Book About Grief By: Rowland & Baker \(Ages 4-8\)](#)

Diabetes

- [Even Little Kids Get Diabetes By: Connie Piner \(Ages 8-11\)](#)
- [It's Time to Learn About Diabetes By: Jean Betschart-Roemer \(Ages 8-11\)](#)
- [Lara Takes Charge By: Sally Huss \(Ages 8-11\)](#)
- [My Sister Rose Has Diabetes By: Monica Driscoll Beatty \(Ages 8-11\)](#)
- [Rufus Comes Home By: Kim Gosselin \(Ages 4-8\)](#)
- [Taking Diabetes to School By: Kim Gosselin \(Ages 8-11\)](#)

Emotional Support for Parents w/ Sick and/or Seriously Ill Children

- [Why Mine? By: Johnson & Williams](#)
- [When your Child is Sick By: Johanna Breyer, PhD](#)

Epilepsy

- [Taking Seizure Disorders to School: A Story about Epilepsy By: Kim Gosselin \(Ages 8- 12\)](#)

GI Issues

- [The Gas We Pass By: Shinta Cho \(Ages 4-6\)](#)
- [It Hurts When I Poop: Children who are scared to use the potty By: Howard Bennett \(Ages 4-12\)](#)
- [The Moose with Loose Poops By: Charlotte Cowan \(Ages 4-10\)](#)
- [The Truth about POOP! By: Susan Goodman \(Ages 6-up\)](#)
- [Where's the Poop By: Julie Markers \(Ages 4-6\)](#)

Hospitalization

- [Do I have to go to the Hospital? By: Pat Thomas \(Ages 4-8\)](#)
- [Hospital \(First Time Series\) By: Jess Stockham](#)
- [Franklin Goes to the Hospital By: Paulette Bourgeois \(Ages 3-8\)](#)
- [Harry Goes to the Hospital By: Bennett, Howard, & Weber \(Ages 3-8\)](#)
- [Jack's Amazing Magic Bed By: Bennett & Hone \(Ages 6-8\)](#)
- [Little Tree: A Story for Children with Serious Medical Problems By: Mills \(Ages 4-8\)](#)

Hospital - Siblings in Hospital (Books for Children)

- [What About Me?: When Brothers and Sister Get Sick By: Allan Peterkin \(Ages 4 and up\)](#)
- [When Molly Was in the Hospital By: Debbie Duncan \(Ages 3 and up\)](#)

Mental Health & Social/Emotional Needs (Children)

ADHD: Books for Kids

- [Cory Stories: A Kid's Book about Living with ADHD](#)
- [I Can't Sit Still!: Living with ADHD](#)
- [Baxter Turns Down His Buzz: A Story for Little Kids About ADHD](#)

ADHD: Books for Parents

- [The Explosive Child](#)
- [Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child](#)
- [Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons](#)
- [Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive](#)
- [The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder](#)
- [Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential](#)

Anxiety

- [Freeing Your Child From Anxiety: Practical Strategies to Overcome Fears, Worries, and Phobias \(Updated Ed\) By: Dr. T. Chansky](#)
- [Helping Your Anxious Child: A Step-by-Step Guide for Parents By: R. Rapee, et al.](#)
- [Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress, and Worry By: Dr. Achar Josephs](#)
- [The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties & Fears By L. Cohen](#)
- [Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children By: Wilson & Lyons](#)
- [Brave the Beaver Has the Worry Warts By: Black & Rankovic](#)
- [Parenting the New Teen in the Age of Anxiety: A Complete Guide to Your Child's Stressed, Depressed, Expanded, Amazing Adolescence By: Dr. John Duffy](#)
- [The Worry Workbook for Kids: Helping Children to Overcome Anxiety and the Fear of Uncertainty \(An Instant Help Book for Parents & Kids\) Part of: An Instant Help Book for Parents & Kids \(2 Books\) | by Muniya S. Khanna , Deborah Roth Ledley , et al.](#)

Autism

- [Autism in Lockdown: Expert Tips and Insights on Coping with the COVID-19 Pandemic By: Grandin, et al.](#)

Bullying

- [Stick and Stones by Beth Ferry \(Ages 4-7\)](#)
- [Stand Tall, Molly Lou Melon by Patty Lovell \(Ages 4-8\)](#)
- [The Recess Queen Hardcover by Alexis O'Neill & Laura Huliska-Beith \(Ages K-3\)](#)
- [The Juice Box Bully: Empowering Kids to Stand Up for Others by Bob Sornson & Maria Dismody \(Ages K-3\)](#)
- [You, Me and Empathy by Jayneen Sanders \(Ages K-3\)](#)
- [American Born Chinese by Gene Luen Yang \(Ages 12 & Up\)](#)
- [The skin I'm in by Sharon G. Flake \(Ages 14 & Up\)](#)

Feelings

- [A Little SPOT of Feelings: Emotion Detective By: Alber \(Ages: Infant-12\)](#)
- [A Little SPOT of Emotion: 8 Book Box Set By: Alber \(Ages: Infant-12\)](#)
- [In My Heart: A Book of Feelings \(Growing Hearts\) By: Witek & Roussey \(Ages: 2-5\)](#)
- [The Color Monster: A Story About Emotions By: Llenas \(Ages: 4-8\)](#)
- [Train Your Angry Dragon: A Cute Children's Story to Teach Kids About Emotions and Anger Management By S. Herman \(Ages 4-8\)](#)
- [¿Puede Pedro el Puercoespín controlar su mal genio?: Un libro ilustrado sobre cómo manejar la ira utilizando estrategias para calmarse. \(Can Peter Porcupine Control His Short Temper? Managing Anger Using Calming Strategies\) By: Black et al. Ages 3-7\)](#)

Identity

- [It Feels Good to Be Yourself: A Book About Gender Identity by Theresa Thorn and Noah Grigni \(Ages 4-8\)](#)
- [Who Are You?: The Kid's Guide to Gender Identity by Brook Pessin-Whedbee and](#)

Naomi Bardoff (Ages 5-8)

- [A House for Everyone: A Story to Help Children Learn about Gender Identity and Gender Expression](#) by Jo Hirst and Naomi Bardoff (Ages 4-8)
- [Pink Is for Boys](#) by Robb Pearlman (Ages 4-8)
- [The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families](#) about Sex, Gender, Bodies, and Families by Rachel Simmon and Noah Grigni (Ages 7-12)
- [No Difference Between Us: Teaching children about gender equality, respectful relationships, feelings, choice, self-esteem, empathy, tolerance, and acceptance](#) by Jayneen Sanders (Ages 2-9)
- [A Day of Pride: A children's book that Celebrates Diversity, Equality and Tolerance!](#) by Roy Youldous-Raiss
- [Jamie and Bubbie: A Book About People's Pronouns](#) by Afsaneh Moradian and Maria Bogade (Ages 4-8)

Mindfulness

- [Peaceful Piggy Meditation](#) By: K. MacLean (Ages 5-10)
- [Moody Cow Meditates](#) By: K. MacLean (Ages 5-10)
- [Mindful Monkey, Happy Panda Hardcover](#) By: Lauren Alderfer, Kerry Lee MacLean (Ages 5-10)
- [Mindfulness Workbook for Teens: Exercises and Tools to Handle Stress, Find Focus, and Thrive](#) By: Linette Bixby (Ages 12-18)
- [Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused & Be Your Best Self](#) Kindle Edition (Ages 12-18)
- [The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are](#) Kindle Edition (Ages 12-18)
- [Ultimate Mindfulness Activity Book: 150 Playful Mindfulness Activities for Kids and Teens \(and Grown-Ups too!\)](#) Kindle Edition by Christian Bergstrom (Ages 12 & Up)
- [Mindfulness Journal for Parents: Prompts and Practices to Stay Calm, Present, and Connected](#) by Josephine Atluri

Parenting Skills/Child Development

- [The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired](#) By: Drs. Siegel & Payne Bryson
- [No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind](#) By: Drs. Siegel & Payne Bryson
- [Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive \(10th Anniv Ed\)](#) By: Drs. Siegel & Hartzel
- [The Yes Brain: How to Cultivate Courage, Curiosity and Resilience in your Child](#) By: Drs. Siegel & Hartzel
- [The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection \(Audiobook\)](#) By: Brene Brown
- [Parenting While Working From Home: A Monthly Guide to Help Parents Balance Their Careers, Connect With Their Kids, and Establish Their Inner Strength](#) By: Medini & Tunis

- [The Whole-Brain Child By: D. Siegel & T. Payne Bryson](#)
- [Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges By: Dr. Delahooke](#)

Puberty

- [The Care and Keeping of You: The Body Book for Younger Girls \(American Girl Library\) By: Schaefer & Masse \(Ages 8-10\)](#)
- [The Care and Keeping of You 2: The Body Book for Older Girls By: Natterson & Masse \(American Girl Library \(Ages 10-12\)](#)
- [Celebrate Your Body \(and It's Changes, Too!\): The Ultimate Puberty Book for Girls By: Taylor & Laureano \(Ages 8-11\)](#)
- [Growing Up Great!: The Ultimate Puberty Book for Boys By: Todnem \(Ages 8-14\)](#)
- [The Boys' Guide to Growing Up By: Wilkinson & Horne \(Ages: 9-11\)](#)
- [Guy Stuff: The Body Book for Boys By: Natterson & Player \(Ages 9-11\)](#)

Self-Esteem

- [I Am Confident, Brave & Beautiful: A Coloring Book for Girls Paperback By: Hopscotch Girls \(Ages 3 and up\)](#)
- [I Can't Reach It!: A Growth Mindset Book to Promote Self-Esteem By: Jana Buchmann and Eduardo Paj \(Ages 3-6\)](#)
- [All that I Am By: M.H. Clark and Laura Carlin \(Ages 8-12\)](#)
- [How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid Of Negative Thinking \(How To Get Unstuck From The Negative Muck - Series\) By: Lake Sullivan \(Ages 8-12\)](#)
- [Being Me: A Kid's Guide to Boosting Confidence and Self-Esteem f-Esteem By: Wendy Moss \(Ages 8-12\)](#)
- [The Magic Is Inside You: Powerful & Positive Thinking For Confident Kids by Cathy Domoney \(Ages 8-12\)](#)
- [I Believe in You: A Motivational and Self-Esteem Book to Teach Confidence by Marianne Richmond \(Ages 2-8\)](#)
- [Confident Ninja: A Children's Book About Developing Self Confidence and Self Esteem by Mary Nhin \(Ages 3-11\)](#)
- [The Girl Who Never Made Mistakes: A Growth Mindset Book For Kids To Promote Self Esteem by Mark Pett \(Ages 4-8\)](#)
- [I Can't Do That, YET: Growth Mindset by Ester Pia Cordova \(Ages 5-8\)](#)
- [I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia \(Ages 2-6\)](#)

Website Recommendations for Parents

- [Save the Children: Armenia](#)
- [Save the Children: Positive Discipline](#)