

Children's Literature Resource List for Therapy

Stefanie Sherbon, M.S., LMFT, Registered Play Therapist
(2018)

ADHD

All Dogs Have ADHD

Kathy Hoopman

*****My Mouth is a Volcano**

Julia Cook

Adoption/Foster Care

Tell Me Again About the Night I Was Born

Jamie Lee Curtis

*****On the Night You Were Born**

Nancy Tillman

Love You From Right Here: A Keepsake Book for Children in Foster Care

Jamie Sandefer

Maybe Days: A Book for Children in Foster Care

Jenn Wilgocki

*****The Invisible String**

Patrice Karst

Anger

*****Boom the Anger Tamer: An Emotes Book About Anger (great for boys)**

Matt Casper and Ted Dorsey

*****The Grouchies**

Debbie Wagenback and Steve Mack

When Sophie Gets Really Angry-Really Really Angry

Molly Bang

Steps and Stones: An Ahn's Anger Story

Gail Silver

Train Your Angry Dragon: Teach Your Dragon To Be Patient. A Cute Children Story To Teach Kids About Emotions and Anger Management.

Steve Herman

Anxiety

*****A Boy and a Bear: The Children's Relaxation Book**

Lori Lite

Cool Cats, Calm Kids: Relaxation and Stress Management for Young People

Mary Williams

The Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults!

Paris Goodyear-Brown

David and the Worry Beast: Helping Children Cope with Anxiety

Anne Marie Guanci

*****Is a Worry Worrying You?**

Ferida Wolff, Harriet May Savits, and Marie Le Tourneau

Scaredy Cats

Audrey Wood

Up and Down the Worry Hill: A Children's Book About Obsessive-Compulsive Disorder and Its Treatment

Aureen Pinto Wagner and Paul Jutton

When My Worries Get Too Big!: A Relaxation Book for Children Who Live with Anxiety

Kari Dunn Buron

Wemberley Worried

Kevin Henkes

Calming Communities: Standing Tall Together

Robyn Rausch

Asperger's Syndrome

All Cats Have Asperger Syndrome

Kathy Hoopman

Attachment

*****Casey's Greatness Wings: Teaching Mindfulness, Connection & Courage to Children**
Tammi Van Hollander

*****A Safe Circle For Little U**
Paris Goodyear-Brown

Body Safety/Sexual Abuse

My Body Is Private
Linda Walvoord Girard

*****Some Parts Are NOT for Sharing**
Julie K. Federico

I Said No! A kid-to-kid Guide to Keeping Private Parts Private
Kimberly and Zack King

God Made All of Me: A Book to Help Children Protect Their Bodies
Justin and Lindsey Holcomb

No Means No: Teaching children about personal boundaries, respect and consent; empowering kids by respecting their choices and their right to say, 'No!'
Jayneen Sanders

Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids
Kristen Jenson and Gail Poyner

Do You Have A Secret? (Let's Talk About It!)
Jennifer Moore-Mallinos

My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention (Can-Do Kids Series 1)
Kayla Marnach

Amazing You!: Getting Smart About Your Private Parts
Gail Saltz

Death/Grief/Loss

Gentle Willow: A Story for Children About Dying
Joyce Mills

*****Half a World Away**

(friends who are not reunited)

Libby Gleeson

I Miss You: A First Look at Death

Pat Thomas

Lifetimes

Bryan Mellonie and Robert Ingpen

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss

Michaelene Mundy

Samantha Jane's Missing Smile: A Story About Coping with Loss of a Parent

Julie Kaplow and Donna Pincus

Someone I Love Died (workbook)

Wendy Deaton

The Boy Who Didn't Want to be Sad

Rob Goldblatt

The Fall of Freddie the Leaf: A Story of Life for All Ages

Leo Buscaglia

*****The Invisible String**

Patrice Karst

Tough Boris (*expressing sad feelings*)

Mem Fox

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Grief

Marge Heegaard

When Someone Very Special Dies

Marge Heegaard

*****Wherever You Are: My Love Will Find You**

Nancy Tillman

Someone I love just died: What happens now?

Jill Johnson-Young

Someone is sick: How do I say goodbye?

Jill Johnson-Yppung

Divorce

Dinosaurs Divorce: A Guide for Changing Families

Laurene Krasny Brown and Marc Brown

It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Children During Divorce

Vicki Lansky

Please Come Home

Doris Sanford

Two Homes

Claire Masurel

Was It the Chocolate Pudding?: A Story for Little Kids About Divorce

Sandra Levins

Domestic Violence

When My Parents Forgot How to Be Friends

Jennifer Moore-Mallinos

Emotions

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Judith Viorst

Double Dip Feelings

Barbara Crain and Anne Patterson

Today I Feel Silly & Other Moods That Make My Day

Jamie Lee Curtis

Grumpy Gloria

Anna Dewdney

Focus on Feelings: Learning about my Feelings

Carmen Jimenez-Pride

No, No Elizabeth

Carmen Jimenez-Pride

Encopresis

*****Everyone Poops**

Taro Gomi and Amanda Stinchecum

Clouds and Clocks: A Story for Children Who Soil

Matthew Galvin

Super Pooper!: A cute story on how to bring fun and laughter to potty training.

Monica Sloan

Guilt

I Know I Made It Happen

Lynn Blackburn

Interrupting/Impulsive

*****My Mouth is a Volcano**

Julia Cook

Mindfulness

*****Casey's Greatness Wings: Teaching Mindfulness, Connection & Courage to Children**

Tammi Van Hollander

Visiting Feelings

Lauren Rubenstein

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

Kira Willey

Nightmares/Feeling Scared

Jessica and the Wolf

Ted Lobby

*****Jumpi Goes to Camp**

Matt Casper and Ted Dorsey

Sailing Through the Storm

Edie Julik

*****Darkness Slipped In**

(scared of dark)

Ella Burfoot

Pretty Little Lily and the Land of Sweet Dreams

Ashley Hornsby

*****The Invisible String**

Patrice Karst

There's a Nightmare in My Closet

Mercer Mayer

Problem Solving

What Do You Do With A Problem?

Kobi Yamada

PTSD/Trauma

*****A Terrible Thing Happened**

Margaret Holmes

*****Brave Bart**

Caroline H. Sheppard

The Words Hurt: Helping Children Cope with Verbal Abuse

Chris Loftis

Gabby the Gecko

Paris Goodyear-Brown

Self Harm/Suicide

Overcoming Self-harm and Suicidal Thinking: A practical guide for the adolescent years

Liz Quish

Self-Esteem

*****A Bad Case of the Stripes** (*"fitting in"*)

David Shannon

Stand Tall, Molly Lou Melon

Patty Lovell

Spaghetti in a Hot Dog Bun: Having the Courage to Be Who You Are

Maria Dismundy

*****You Belong Here**

M.H. Clark and Isabelle Arsenault

It's Okay to Be Different

Todd Parr

You Are Special

Max Lucado

Separation Anxiety

*****The Invisible String**

Patrice Karst

*****The Runaway Bunny**

Margaret Wise Brown

*****Wherever You Are: My Love Will Find You**

Nancy Tillman

When Fuzzy Was Afraid of Losing His Mother

Inger Maier

I Love You All Day Long

Francesca Rusackes

The Kissing Hand

Audrey Penn

Social Skills/Friendship

A Bad Case of Tattle Tongue

Julia Cook and Anita DuFalla

Have You Filled Your Bucket Today?

Carol McCloud and David Messing

How to Lose All Your Friends

Nancy Carlson

Personal Space Camp

Julia Cook and Hartman

The Recess Queen

Alexis O'neill

The Juice Box Bully: Empowering Kids to Stand Up for Others

Bob Sornson and Maria Dismody

Other

*****Penelope the Peacock** (For children of human trafficking survivors, who ask who their father is.)

Paris Goodyear-Brown

A Paper Hug

(military families/deploying parents)

Stephanie Skolmoski

*****On the Night You Were Born**

Nancy Tillman

Red or Blue, I Like You

(prejudice/for young children)

Sarah Albee

*****You Belong Here**

M.H. Clark and Isabelle Arsenault

Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids

Kristen Jenson and Gail Poyner

Books for Therapists Below:

*****Books for Therapists**

- 101 Favorite Play Therapy Techniques: Volume III** by Heidi Kaduson and Charles Schaefer
- Aggression in Play Therapy: A Neurobiological Approach for Integrating Intensity** by Lisa Dion
- Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners Share Their Most Effective Techniques** by Liana Lowenstein
- Calming Communities: Parent's Guide** by Robyn Rausch
- Creative Approaches for Counseling Individual Children in the School Setting** by Diane S. Senn
- Creative Family Therapy Techniques: Play, Art, and Expressive Activities to Engage Children in Family Sessions** by Liana Lowenstein
- Creative Interventions with Traumatized Children** by Cathy Malchiodi
- Digging for Buried Treasure: 52 Prop-Based Play Therapy Interventions for Treating the Problems of Childhood** by Paris Goodyear-Brown
- Digging for Buried Treasure2: 52 Prop-Based Play Therapy Interventions for Treating the Problems of Childhood** by Paris Goodyear-Brown
- Helping Abused and Traumatized Children: Integrating Directive and Nondirective Approaches** by Eliana Gil
- Hidden Treasures: A Map to the Child's Inner Self** by Violet Oaklander
- Letters to a Young Therapist** by Mary Pipher
- Play in Family Therapy (2nd edition)** by Eliana Gil
- Play Therapy with Traumatized Children: A Prescriptive Approach** by Paris Goodyear Brown
- Handbook of Child Sexual Abuse: Identification, Assessment and Treatment** by Paris Goodyear-Brown
- Posttraumatic Play in Children** by Eliana Gil
- Reaching Children Through Play Therapy: An Experiential Approach** by Carol Norton and Byron Norton
- Tackling Touchy Subjects** by Paris Goodyear-Brown
- Techniques-Techniques-Techniques: Play-Based Activities for Children, Adolescents, & Families** by Sueann Kenney-Noziska
- The Healing Power of Play** by Eliana Gil
- Windows to Our Children** by Violet Oaklander
- Working with Children with Sexual Behavior Problems** by Eliana Gil and Jennifer A. Shaw