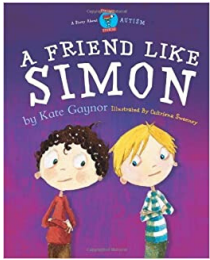
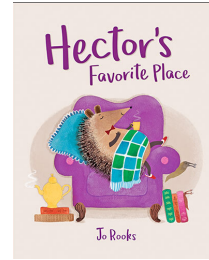




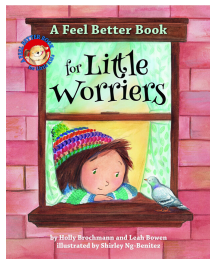
# May is Mental Health Awareness Month



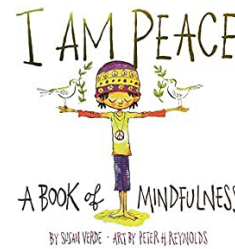
**A Friend Like Simon** by Kate Gaynor (Ages 3-6)  
When an autistic child joins a mainstream school, many children can find it difficult to understand and cope with a student that is somewhat 'different' to them. This story encourages other children to be mindful and patient of the differences that exist and to also appreciate the positive contribution that an autistic child can make to the group.



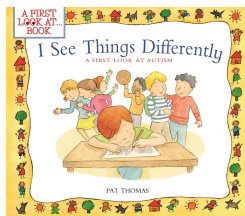
**Hector's Favorite Place** by Jo Rooks (Ages 4-8)  
A cute hedgehog turns down ice-skating and playing in the snow with his animal friends because of his worries. "What if he had forgotten how to skate? He could fall and hurt himself." When Hector receives a fun invitation to the Winter Forest Party, he hesitates, then realizes he has to be brave.



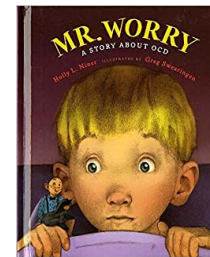
**A Feel Better Book for Little Worriers** by Holly Brochmann and Leah Bowen (Ages 3-6)  
This book assures kids that having some worries is normal- everyone has them, even adults! The rhyming narration helps kids to identify a worry and where it might come from, as well as provides them with helpful tools to reduce and cope with worries



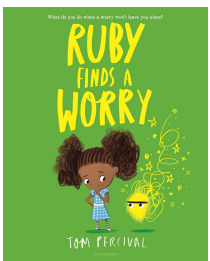
**I Am Peace: A Book of Mindfulness** by Susan Verde and Peter H. Reynolds (Ages 4-8)  
Verde's gentle, concrete narration and Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. I Am Peace will help readers of all ages feel grounded and restored.



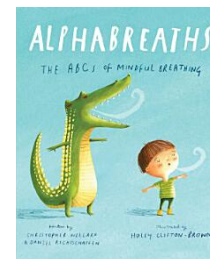
**I See Things Differently: A First Look at Autism** by Pat Thomas (Ages 3-6)  
This book is designed to help a child understand autism in a sibling, playmate, or classmate. The story line is simple and easily accessible to younger children, who will learn that exploring the personal feelings around social issues is a first step in dealing with them.



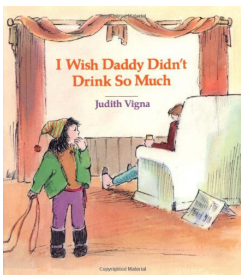
**Mr. Worry: A Story about OCD** by Holly L. Niner (Ages 4-8)  
Kevin can't get to sleep at night until he does many things. He checks under his bed for a light he knows isn't there, and then, a minute later, he checks again. Kevin wants to stop, but the worry thoughts keep coming.



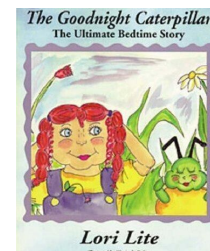
**Ruby Finds a Worry** by Tom Percival (Ages 3-6)  
Ruby--a happy, curious, imaginative girl. But one day, she finds something unexpected: a Worry. It's not such a big Worry, at first. But every day, it grows a little bigger . . . And a little bigger . . . Until eventually, the Worry is ENORMOUS and is all she can think about. But when Ruby befriends a young boy, she discovers that everyone has worries, and there's a great way to get rid of them too...



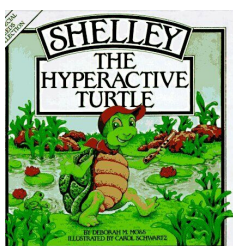
**Alphasbreaths: The ABCs of Mindful Breathing** by Christopher Willard (Ages 4-8)  
In this book, children learn their ABCs and the basics of mindfulness through playful breathing exercises, such as Mountain breath, Ice breath and Underwater breath.



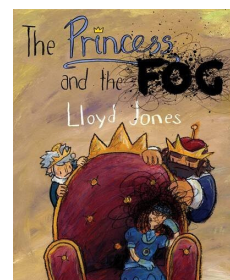
**I Wish Daddy Didn't Drink So Much** by Judith Vigna (Ages 3-8)  
When Lisa gets the sled Daddy made her for Christmas, she hopes he'll keep his promise to take her sledding. But when the time comes, Daddy's drinking - again. With the help of Mommy and a wise neighbor, Lisa learns about daddy's illness, being hopeful, and making not only Christmas, but everyday, good for herself.



**The Goodnight Caterpillar: The Ultimate Bedtime Story** by Lori Lite (Ages 4-9)  
Children love to unwind and relax with this easy, gentle exercise known as progressive muscular relaxation. This effective research-based, stress management technique is widely accepted and used by both traditional and holistic communities.



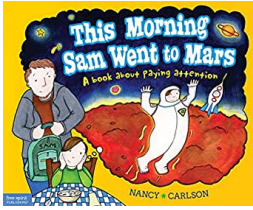
**Shelley, The Hyperactive Turtle** by Deborah Moss (Ages 4-7)  
Shelley the turtle has a very hard time sitting still, even for short periods of time. During a visit to the doctor, Shelley learns that he is hyperactive, and that he can take medicine every day to control his wiggly feeling. With help from his doctor and love from his family, Shelley feels much better about himself.



**The Princess and the Fog: A Story for Children with Depression** by Martyn Lloyd-Jones (Ages 5-7)  
This picture book to helps children suffering with depression cope with their difficult feelings. It uses a sense of humor and metaphor to create a relatable, enjoyable story that not only describes the symptoms of childhood depression but also provides hope that things can get better.

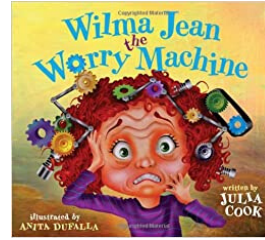
# Recommended Children's Mental Health Books

Read one with your child



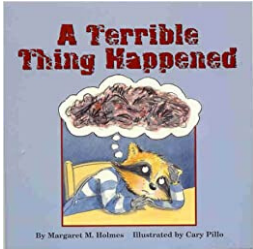
**This Morning Sam Went to Mars** by Nancy Carlson (Ages 5-9)

8 year-old Sam daydreams about exploring space, which is awesome—except when he's supposed to be focusing on schoolwork. All he hears is, "Focus, Sam!" and "Pay attention!" The doctor gives Sam lots of strategies to improve focus. Sam's favorite? Make time for imagination!



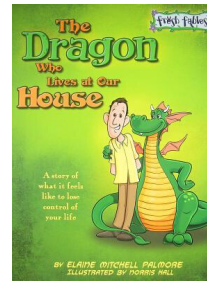
**Wilma Jean the Worry Machine** by Julia Cook (Ages 7-11)

This fun book addresses the problem of anxiety in a way children can relate to. It offers creative strategies for parents and teachers to both lessen the severity of anxiety and give children the tools needed to feel more in control of their anxiety.



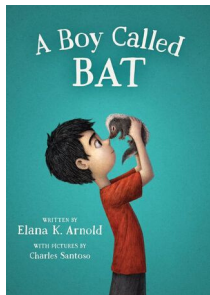
**A Terrible Thing Happened** by Margaret M. Holmes (Ages 5-9)

Sherman saw something that upset him, he became nervous, didn't sleep well, and felt sad. Through Sherman, the book explains symptoms of PTSD (Post traumatic stress disorder) in terms young children can understand. Plus: The story doesn't specify what happened, so it can be useful in many situations



**The Dragon Who Lives at our House** by Elaine Mitchell (Ages 8+)

Al the Dragon is a welcome and festive visitor at family events, but soon his relationship with Dad becomes all consuming, forcing the rest of the family out of the house. Through "treatment" Al becomes smaller and the family gains new hope.



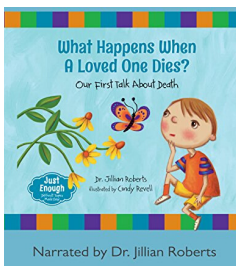
**A Boy Called Bat** by Elana K. Arnold (Ages 6-10)

On the surface, it's a sweet boy-wants-pet story. Bixby's (aka Bat's) mom is a veterinarian, and she brings home a baby skunk that he desperately wants to keep. But readers with autism may relate to chatter about itchy and uncomfortable clothes, sticking with routines, and only having friends who are grown-ups.



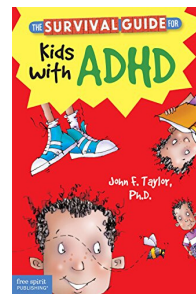
**What to do When You're Sad and Lonely** by J Crist PhD (Ages 8-11)

This reassuring book offers strategies and tips kids can use to beat the blues and blahs, get a handle on their feelings, make and keep friends, and enjoy their time alone. The second part focuses on depression, bipolar disorder, grief, and other problems too big for kids to handle on their own, and describes what it's like to go to counseling.



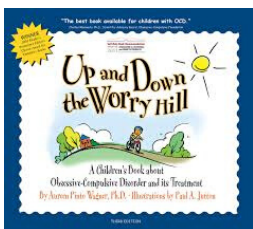
**What Happens When A Loved One Dies** by Dr. Jillian Roberts (Ages 6-8)

Whether children are experiencing grief and loss for the first time or simply curious, it can be difficult to know how to talk to them about death. Using questions posed in a child's voice and answers that start simply and go more in-depth, this book allows adults to guide reassuring conversations.



**The Survival Guide for Kids with ADHD** by John F. Taylor, PhD (Ages 8-12)

In kid-friendly language and a format that welcomes reluctant and easily distracted readers, this book helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing with doctors, counselors, and medication.



**Up and Down the Worry Hill** by Aureen Pinto Wagner (Ages 7-10)

In this uniquely creative and heart-warming book, the powerful real-life metaphor of the Worry Hill is used to describe OCD (obsessive compulsive disorder) and its treatment clearly and simply through the eyes of a child.



**Guts** by Raina Telgemeier (Ages 10+)

It begins with Raina getting ill. But the stomachaches don't stop. In fact, they start getting worse, as does a growing fear of vomiting. Her parents are concerned, and send her to therapy, where she learns how to manage her anxiety with beneficial calming practices.

Coalition volunteers reviewed and compiled this list as part of our organization's children's mental health prevention efforts. This project was made possible with a grant from The Friendship Fund.

