

Children's Literature Resource List for Therapy

Stefanie Sherbon, MS, LMFT, Registered Play Therapist Supervisor (RPT-S)
(2020)

ADHD

All Dogs Have ADHD

Kathy Hoopman

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

Julia Cook

Focused Ninja: A Children's Book About Increasing Focus and Concentration at Home and School (Ninja Life Hacks)

Mary Nhin and Grow Grit Press, et al.

Abuse/Trauma

*****A Terrible Thing Happened**

Margaret Holmes

*****Brave Bart**

Caroline H. Shepphard

***** The Invisible Backpack: Owl Pal Series**

Stefanie Sherbon

*****Snug and Rug and the 'No Good Very Bad Thing': A story of coping, calming & courage for children**

Leslie Baker and Mary Ruth Cross

*****When a Grown-up You Love Hurts You**

Beth Richey and Paula Wood

*****Gabby the Gecko**

Paris Goodyear-Brown

*****The Little Helpers: What to Do When Bad Things Happen**

Maha Ghazale and Sophie Marsh

The Words Hurt: Helping Children Cope with Verbal Abuse

Chris Loftis

Adoption/Foster Care

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

Nancy Tillman

Tell Me Again About the Night I Was Born

Jamie Lee Curtis

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

*****The Magic Rainbow Hug: A fun Interactive Storyteller- Child Activity**

Janet Courtney

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

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do-Guides for Kids)

Dawn Huebner

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

You've Got Dragons

Kathryn Cave

Anxious Ninja

Mary Nhin and Grow Grit Press, et al.

ASD

Nathan's Autism Spectrum Superpowers

Lori Leigh Yarborough

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

Sad, the Dog

Sandy Fussell and Tull Suwannakit

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

Coronavirus Related

A Little Spot Wears A Mask

Diane Alber

Lucy's Mask

Lisa Sirkis Thompson

School Is Different This Year and That's OK!

Julie Bair and Susan Leininger

When Virona the Corona Came to Town

Hailey Glynn

The Stay Home Superheroes

Sophie Marsh

What Happens When the Coronavirus Changes Everything?

Sara Olsher

Uncertain Times: A Story for Kids During A Pandemic

Jaime Henle

The Social Distance King: Introducing Queens and Kings to Social Distancing

Eric DeSio

Why Did the Whole World Stop?: Talking With Kids About Covid-19

Heather Black

A Little SPOT Learns Online: A Story About Virtual Classroom Expectations

Diane Alber

Rona Stole My Fun!: The Four Year Old Vs the Virus (The Corona)

Chandra Clements

Smiling From Ear to Ear: Wearing Masks While Having Fun

Kaitlyn Chu

Thank You, Helpers: Doctors, Nurses, Teachers, Grocery Workers, and More Who Care for Us

Patricia Hegarty

Mask Up!: A Covid Crusader Story

Jennifer Price

The Love Behind the Mask

Lizy Toth

The Story of the Oyster and the butterfly: The Coronavirus and all the parts of me

Ana Gomez

Culture/Race and Identity/Anti-racism/Equality

We're Different, We're the Same

Bobbi Kates

Sulwe

Lupita Nyong'o

Where Are You From

Yamile Saied Mendez

Hair Love

Matthew Cherry

Alma and How She Got Her Name

Juana Martinez-Neal

I Am Enough

Grace Byers

I Believe I Can

Grace Byers

The Day You Begin

Jacqueline Woodson

Something Happened in Our Town

Marianna Celano, Marietta Collins, and Ann Hazzard

Dumpling Soup

Jama Kim Rattigan

Red or Blue, I Like You

Sarah Albee

Death/Grief/Loss

Gentle Willow: A Story for Children About Dying

Joyce Mills

*****Half a World Away**

Libby Gleeson

(friends who are not reunited)

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

Wendy Deaton

(workbook)

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

*****The Rabbit Listened**

Cori Doerrfeld

Tough Boris

Mem Fox

(expressing sad feelings)

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-Young

The Memory Box

Joanna Rowland

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

When My Parents Forgot How to Be Friends
Jennifer Moore-Mallinos

Domestic Violence

Hear My Roar: A Story of Family Violence
Gillian Watts

The Day My Daddy Lost His Temper: Empowering Kids That Have Witnessed Domestic Violence (The Empowering Kids Series)
Carol Santana McClearly

Emotions/Feelings

The Color Monster: A Story About Emotions
Anna Llenas

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 Dewdmey

Focus on Feelings: Learning about my Feelings
Carmen Jimenez-Pride

No, No Elizabeth
Carmen Jimenez-Pride

Listening to My Body
Gabi Garcia

In My Heart: A Book of Feelings
Jo Witek

Emotion in the Ocean: A Book to Help Children Understand and Express Their Emotions
Sharlene Christensen, Sarah Christensen, and Chantelle Ivie

In My Body, I Feel: A story about the felt sense of emotions
Jackie Flynn

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

*****Darkness Slipped In**

Ella Burfoot

(scared of dark)

Jessica and the Wolf

Ted Lobby

Jumpi Goes to Camp

Matt Casper and Ted Dorsey

Sailing Through the Storm

Edie Julik

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

Resiliency

The Most Magnificent Thing

Ashley Spires

The Girl Who Lost Her Smile

Karim Alrawi

Self-Harm/Suicide

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

Liz Quish

Self-Esteem/Loving Yourself

*****Spoon**

Amy Krouse Rosenthal

*****A Bad Case of the Stripes**

David Shannon

Stand Tall, Molly Lou Melon

Patty Lovell

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

Maria Dismondy

*****You Belong Here**

M.H. Clark and Isabelle Arsenault

It's Okay to Be Different

Todd Parr

You Are Special

Max Lucado

I Am Enough

Grace Byers

I Believe I Can

Grace Byers

The Adventures of Sandi and Clammy

Dora Henderson

I'm NOT Just a Scribble...

Diane Alber

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 Dismundy

Elizabeth Makes a Friend

Carmen Jimenez-Pride

Other

*****Penelope the Peacock**

Paris Goodyear-Brown

(For children of human trafficking survivors, whose fathers are unknown)

Missing Daddy

Mariame Kaba

(parent incarceration)

A Paper Hug

Stephanie Skolmoski

(military families/deploying parents)

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

Nancy Tillman

*****You Belong Here**

M.H. Clark and Isabelle Arsenault

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

Kristen Jenson and Gail Poyner

Where the Wild Things Are

Maurice Sendak

The Paper Bag Princess

Robert Munsch

Spanish (or Bilingual) Books:

Abuse/Trauma

La Mochila Invisible: Serie Owl Pal
Stefanie Sherbon

Adoption

La Noche En Que Tú Naciste (On the Night You Were Born) (Spanish Edition)
Nancy Tillman

Anger

Las Manos No Son Para Pegar / Hands Are Not for Hitting
Martine Agassi

Bubba Bajo Presion: Un Libro Emotes Sobre La Alegria Y La Presion
Matt Casper and Ted Dorsey

Las palabras no son para lastimar / Words Are Not for Hurting
Elizabeth Verdick

I No Me Gusta Como Se Oye No! / I Just Don't Like the Sound of No!
Julia Cook

Alexander Y Dia Terrible, Horrible, Espantoso, Horroso
Judith Viorst

El Pulpo Enojado: An Anger Management Story
Lori Lite

Anxiety

**El Abrazo Magico del Arcoirus /The Magic Rainbow Hug: A fun Interactive Storyteller-
Child Activity**
Janet Courtney

Tejedor De Afirmaciones: Una Historia Para Creer En Ti Mismo
Lori Lite

Bedtime

Buenas Noches, Luna/ Goodnight Moon Margaret Wise Brown and Clement Hund
Margaret Wise Brown and Clement Hund

El Nino Y La Tortuga: Un Cuento Para Promover La Relajacion

Lori Lite

Body Safety

Algunas Partes No Son Para Compartir/ Some Parts Are Not for Sharing

Julie Federico

Mi Cuerpo Es Mio/ It's My Body

Lory Freeman

Culture/Race and Identity/Anti-racism/Equality

¿De dónde eres?

Yamile Saied Mendez

Alma y cómo obtuvo su nombre

Juana Martinez-Neal

El día en que descubres quién eres

Jacqueline Woodson

Divorce

Nina Tiene Dos Hogares

Danielle Jacobs

Domestic Violence

Algo Anda Mal En Mi Casa: Un libro acerca de las peleas de los padres

Diane Davis

Feelings

Siempre te querré/ Love You Forever

Robert Munsch

Asi Me Siento Yo/ The Way I Feel

Janet Cain

Drain y El Misterio Del Sueno: Un Libro Emotes Sobre Tener Habitos Saludables
Matt Casper and Ted Dorsey

Jumpi Va A Campar: Un Libro Emotes Sobre Tener Mideo
Matt Casper and Ted Dorsey

Cant Piedre Su Calms: Un Libro Emotes Las Rbietas
Matt Casper and Ted Dorsey

Abash Y El Peleon-Cibernetico: Un Libro Emotes Sobre La Intimidacion De Peleones Ciberneticos
Matt Casper and Ted Dorsey

Grief/Loss

La Burbuja Del Duelo/ Helping Kids Understand and Explore Grief
Kerry DeBay

Donde quiera que estés mi amor te encontrará
Nancy Tillman

Relaxation

El Nino Y La Tortuga: Un Cuento Para Promover La Relajacion
Lori Lite

Buenas Noches Oruga: Un Cuento Juvenil Para Relajars
Lori Lite

Self-Esteem/Loving Yourself

Las Aventuras De Sandi Y Clammy (Spanish Edition)
Dora Henderson

Tejedor De Afirmaciones: Una Historia Para Creer En Ti Mismo
Lori Lite

Separation Anxiety

Un Beso En Mi Mano/ The Kissing Hand
Audrey Penn

Social Skills

El Peor Dia De Toda Mi Vida / The Worst Day of My Life Ever
Julia Cook

Comparte y turna/ Share and Take Turns
Cheri Meiners

Other

Oye, Hormiguita / Hey, Little Ant
Phillip Hoose and Hannah Hoose

Marisol McDonald No Combina
Monica Brown

La Princesa Vestia con una Bolsa de Papel
Robert Munsch

Dode Viven Los Monstruos
Maurice Sendak

Books for Therapists

101 Favorite Play Therapy Techniques: Volume III by Heidi Kaduson and Charles Schaefer
A Parent's Handbook of Filial Therapy by Risë VanFleet
Animal Assisted Play Therapy by Risë VanFleet and Tracie Faa-Thompson.
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
AutPlay Therapy for Children and Adolescents on the Autism Spectrum by Robert Grant
Calming Communities: Parent's Guide by Robyn Rausch
Child-Centered Play Therapy by VanFleet, R., Sywulak, A. and Sniscak, C.
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
Digital Play Therapy by Jessica Stone
Filial Therapy: Strengthening Parent-Child Relationships Through Play by Risë VanFleet
Game Play: Therapeutic Use of Games with Children and Adolescents (3rd Edition) by Jessica Stone and Charles Schaefer
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
Increasing Your Play Therapy Toolbox: A Collection of Play Therapy and Expressive Arts Interventions by Carmen Jimenez-Pride, Angel Onley-Livingston, Alisia Mitchell, and Sabra Starnes
Infant Play Therapy: Foundations, Models, Programs, and Practice by Janet A. Courtney
Integrating Extremes: Aggression and Death in the Playroom by Lisa Dion
Integrating Geek Culture Into Therapeutic Practice: The Clinician's Guide to Geek Therapy by Anthony M. Bean, Emory S. Daniel Jr. and Sarah A. Hays
Letters to a Young Therapist by Mary Pipher
Play-Based Interventions for Autism Spectrum Disorder and Other Developmental Disabilities by Robert Grant
Play in Family Therapy (2nd edition) by Eliana Gil
Play Therapy: Engaging & Powerful Techniques for the Treatment of Childhood Disorders by Claire Mellenthin
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

Books for Therapists

Understanding Autism Spectrum Disorder: A Workbook for Children and Teens *by Robert Grant*

When Parents Are at War: A Child Therapist's Guide To Navigating High Conflict Divorce & Custody Cases *by Lynn Louise Wonders*

Windows to Our Children *by Violet Oaklander*

Working with Children with Sexual Behavior Problems *by Eliana Gil and Jennifer A. Shaw*