Adoption

Gaston
By Kelly DiPuccio, Illus. by Christian Robinson
Gaston is a bulldog puppy who doesn’t look quite right in his poodle pack, but learns that love is what makes a family.

Home at Last
By Vera B. Williams, Illus. by Chris Raschka and Vera B. Williams
Lester is happy when he is adopted by Daddy Albert and Daddy Rich, however at night he finds he cannot fall asleep because he is alone and wonders when he will feel truly at “home.”

Just Right Family: An Adoption Story
By Silvia Lopez, Illus. by Ziyue Chen
Meili thinks that getting a puppy would be better than a little sister. The whole family prepares for the new baby to arrive, and when she does, she’s just right—like their family.

A Most Unusual Day
By Sydra Mallery, Illus. by E.B. Goodale
Everything is just a bit off for Caroline as she anxiously makes her way through an important day, the day her new adopted sister arrives.

Anxiety and Depression

The Color Thief: A Family’s Story of Depression
By Andrew & Polly Peters, Illus. by Karin Littlewood
A child describes the black and white world his father experiences when he falls into depression and the color that returns gradually as he undergoes counseling.

Emily’s Blue Period
By Cathleen Daly, Illus. by Lisa Brown
Roaring Brook Press. 2014. 56p.
Emily struggles with the depression and sadness she feels after her parents separate, making a connection between this difficult moment in her life and Picasso’s Blue Period.

I Used to Be Afraid
By Laura Vaccaro Seeger
A little girl describes all the things she used to be afraid of, but is not anymore. A relatable look at the fears young children have and how to face them.

Me and My Fear
By Francesca Sanna
Fear follows us everywhere. Sometimes it grows so big it gets in the way of everyday things. When we share our feelings, they grow smaller and more manageable.

Body Image/Self Esteem

Giraffe Problems
By Jory John, Illus. by Lane Smith
Giraffe doesn’t feel good about his neck. It’s too long, too bendy, too patterned, and everyone stares at it. Then he meets an admiring turtle who shows him how great differences can be.

My Hair is a Garden
By Cozbi A. Cabrera
After being teased by her classmates about her unruly hair, a young girl learns that the best way to care for her hair and keep it beautiful and healthy is to treat it like a garden.

Bullying

Eddie the Bully
By Henry Cole
This young bully gets a second chance at making friends when the new student Carla shows him some kindness.

Lila and the Crow
By Gabrielle Grimard
Lila has just moved to a new town where she is teased about the color of her hair and skin. An encounter with a crow helps her to embrace her true self.

One of a Kind Like Me/Único como yo
By Lauren Mayeno Illus. by Robert Liu-Trujillo
Danny is determined to create the perfect purple princess costume for himself with Mama’s help and despite the criticism of doubters.

Wild About Us!
By Karen Beaumont, Illus. by Janet Stevens
Told by Warty Warthog, all the animals in the zoo look different or have unique things about themselves in this celebration of individualism.
TOUGH TOPICS: Inspiring Conversations in Difficult Times

I Walk with Vanessa: A Story About a Simple Act of kindness
By Kerascoet
Troubled after seeing a classmate being bullied, a young girl takes simple but courageous action in this inspiring, wordless picture book.

Divorce/Single Parent

I Love You More Than...
By Taye Diggs. Illus. by Shane W. Evans
Portraying the separation of a child from a parent, the story reinforces the message of love and reassurance.

Monday, Wednesday, and Every Other Weekend
By Karen Stanton
Traveling between his mother’s house and his father’s house causes confusion for Henry Cooper and his dog, Pomegranate. Which is “home”?

Walk With Me
By Jairo Buitrago. Illus. by Rafael Yockteng
Although her father no longer lives at her home, a little girl moves about her day encouraged by his enduring presence.

Weekends with Max and His Dad
By Linda Urban. Illus. by Katie Kath
Third-grader Max adapts to his parents’ recent divorce. During their visits, Max and his loving and humorous father play spies, work on homework, sing, and eat lots of pizza together.

Grief

Blue
By Laura Vaccaro Seeger
This story celebrates the bond of friendship between a boy and his dog, and sensitively portrays the difficult emotions of dealing with the dog’s death.

Death is Stupid
By Anastasia Higginbotham
The Feminist Press at CUNY. 2016. 64p.
In a candid look at death, this book acknowledges the anger, fear and confusion that we all feel when confronted with the fragility of life.

The Pond
By Nicola Davies. Illus. by Cathy Fisher
Told from the perspective of a young boy dealing with the loss of his father, this story communicates the experience of grief in a touching and loving manner while centering on the evolution of a small pond.

The Rabbit Listened
By Cori Doerrfeld
A young boy deals with loss by talking to all of the stuffed animals in his house. Each of the animals tries to “fix” the problem for him, but in the end, the rabbit just listens, and helps the boy most of all.

A Stone for Sascha
By Aaron Becker
A beloved family dog passes away and through a stone of grief cast by a little girl, travels through the cosmos to time immortal.

Where Do They Go?
By Julia Alvarez. Illus. by Sabra Field
Triangle Square. 2016. 20p.
In poetic form, this book provides answers to many tough questions children have about death.

Home Situation Change

Far Apart, Close in Heart: Being a Family When a Loved One is Incarcerated
By Becky Birtha. Illus. by Maja Kastelic
With a diverse cast of characters, the story validates the complex emotions of children who have a parent in jail, ultimately sharing the message of parental love.

Mabel and Sam at Home
By Linda Urban. Illus. by Hadley Hooper
This book celebrates imaginative play as two children adjust to a move to a new home. The collection of three stories follows the children as they explore their new home through imagination and play.

Still a Family: A Story about Homelessness
By Brenda Reeves Sturgis. Illus. by Jo-Shin Lee
Even though they are separated into different homeless shelters, a girl and her parents maintain their loving bond.

Body Safety

By Kimberly and Zack King. Illus. by Sue Ramâ
Zack and his mom have a conversation about proper and improper touching, and different ways to handle “red flag” situations. Open-ended questions for discussion make this a versatile resource.

Super Manny Stands Up
By Kelly DiPucchio. Illus by Stephanie Graegin
Every day, Manny battles imaginary hordes of giants, cloud monsters and zombie bears. When he's faced with a bully in the school cafeteria, will he have the courage to do what he knows is right?

Miles is the Boss of His Body
By Samantha Kurtzman-Counter and Abbie Schiller
The Mother Company. 2014. 32p.
On his 6th birthday, Miles’ family respects his personal boundaries when he decides that he has had enough pinching, hugging and tickling.

Some Secrets Should Never Be Kept
By Jayneen Sanders. Illus. by Craig Smith
Educate2Empower Publishing. 2015. 32p.
Alfred got along with Lord Henry really well until one day Lord Henry began to tickle him in a way that made him uncomfortable. Alfred learns that some secrets should never be kept.
Yard Sale
By Eve Bunting. Illus. by Lauren Castillo
Candlewick 2015. 32p.
With her family downsizing from a house to a small apartment, a young girl reminisces about the items she is saying goodbye to at their yard sale.

A Piece of Home
By Jeri Watts; Illus. by Hyewon Yum
Hee Jun and his family are slowly adjusting to their new home in America but it is difficult when everything is different and new. Learning that a Rose of Sharon is the same as a Korean mugunghwa blossom ties their two lives together and helps to make things just a little bit easier.

Cancer Hates Kisses
By Jessica Reid Sliwerski. Illus. by Mika Song
A child sees her Mama fight cancer like a superhero, and joins in the fight with kisses, hugs and love.

The Remember Balloons
By Jessie Oliveros; Illus by Dana Wulfekotte
Through metaphor, this sensitive picture book explains memory loss associated with aging and diseases such as Alzheimer’s.

Flood
By Alvaro F. Villa
This wordless picture book shows the devastation caused by a natural disaster, as well as the resilience and hopefulness of a family whose home has been destroyed.

Carmela Full of Wishes
By Matt de la Pena. Illus. by Christian Robinson
Carmela has lots of wishes on her birthday, but her most important wish is for her father to get his immigration papers so he can come home.

Two Bobbyes: A True Story of Hurricane Katrina, Friendship, and Survival
By Kirby Larson and Mary Nethery. Illus. by Jean Cassels
The story of a dog and a cat left behind during the evacuation of New Orleans when Hurricane Katrina ravaged the city. The amazing friendship of the two animals provides a hopeful perspective to a devastating natural disaster.

The Breaking News
By Sarah Lynne Reul
Roaring Brook. 2018. 48p.
When bad news leaves her parents scared and worried, a little girl finds that small acts of kindness can help in a big way.

The Invisible Boy
By Trudy Ludwig. Illus. by Patrice Barton.
A shy young boy who feels invisible uses art and drawing to keep from feeling lonely, until a new student to class befriends him.

A Piece of Home
By Jeri Watts. Illus. by Hyewon Yum
Hee Jun and his family are slowly adjusting to their new home in America but it is difficult when everything is different and new. Learning that a Rose of Sharon is the same as a Korean mugunghwa blossom ties their two lives together and helps to make things just a little bit easier.

What Do You Do With a Problem?
By Kobi Yamada. Illus. by Mae Besom
A child has a problem and is afraid to confront it: when he finally does, he learns it is not exactly what was expected.

The Day War Came
By Nicola Davies. Illus. by Rebecca Cobb
The war that comes to a young girl’s town not only leaves it in rubble, it leaves her trying to find a place and people that war hasn’t reached - both physically and emotionally.

The Forgiveness Garden
By Laura Thompson. Illus. by Christy Hale
Two children, weary of generations of fighting and violence between their villages, take a courageous step toward peace by building a garden together. Inspired by the Garden of Forgiveness in Beirut, Lebanon.

The Journey
By Francesca Sanna
“Last year ours lives changed forever” … so begins one family’s heartbreaking journey as refugees. This is one family’s story, and yet it is also a universal story of leaving, losing, and ultimately hoping for a better future.

After the Fall
By Dan Santat
Humpty Dumpty’s traumatic fall from the wall won’t stop him from pursuing his passion although he must find a way to conquer his fears.
## Resources for Adults

### Books

**Building Resilience in Students Impacted by Adverse Childhood Experiences: A Whole-Staff Approach**  
By Victoria E. Romero, Ricky Robertson, and Amber Warner  
Covering topics including poverty, divorce, neglect, homelessness, substance abuse, domestic violence and parent incarceration, this workbook style resource for K-12 educators shows how the school community can work together to assist children impacted by these issues.

**Tender Topics: Picture Books About Childhood Challenges**  
By Dorothy Stoltz, Elaine Czarnecki, and Buff Kahn  
Grouped by topics such as life lessons, divorce, and trauma, this listing of more than 300 picture books with annotations are recommended to get adults and children talking about the subjects.

### Articles

**What Makes a Good Picture Book about Loss?**  
By Thom Barthelmess  
Barthelmess offers solid advice on how librarians can evaluate children’s books about death.

**Talking to Cyberbullied Kids—and to Bullies**  
By Tori Coridiano, PhD  
School Library Journal. Accessed October 18, 2018  
Article includes links to eight websites on coping with cyberbullying.

**This Is How You Teach Kids About Consent**  
By the Good Men Project  
Huffington Post/Life. Accessed November 28, 2018  
www.huffpost.com/entry/this-is-how-you-teach-kids-about-consent_b_10360296  
A list of parenting action items (geared toward kids ages 1-21), created in the hope of raising a generation of children who have less rape and sexual assault in their lives.

**After #MeToo: Educators Seek Strategies To Teach Students About Consent**  
By Drew Himmelstein  
School Library Journal. Accessed December 27, 2018  
www.slj.com/?detailStory=after-metoo-educators-seek-strategies-to-teach-students-about-consent  
With systemic harassment and assault in the news, educators are teaching age appropriate lessons about boundaries, safety, and sexual assault.

**Tender Topics: Exploring Sensitive Issues with Pre-K through First Grade Children**  
By Sue Mankiw and Janis Strasser  
Young Children 68, no. 5 (Mar. 2013): 84–90  
issuu.com/naeyc/docs/tender_topics_mankiw2_0313  
A graded, annotated list of books for children about topics such as bullying, death, divorce, tragedy and disaster, with suggestions for how to use books to explore difficult issues with young children.

**Parents Explain the Me Too Movement To Their Kids In Emotional Video**  
by Alanna Vagianos  
Huffington Post/Life. Accessed December 17, 2018  
www.huffpost.com/entry/parents-explain-the-me-too-movement-to-their-kids-in-emotional-video_n_5a c51d16e4b09ef3b24309b4  
In this video, three parents discuss the Me Too movement with their children, showing how difficult, but ultimately worthwhile, it can be to talk about sexual assault.

### Websites

**How to Talk to Children about Difficult News and Tragedies**  
American Psychological Association. Accessed December 15, 2018  
A brief overview of how to proceed after a tragedy, which includes the following downloads and weblinks:

- “Disaster Distress Hotline”—SAMHSA.gov
- “Listen, Protect, Connect—Psychological First Aid for Teacher & Students”—Ready.gov
- “Tips for Talking with and Helping Children and Youth Cope after a Disaster or Traumatic Event—a Guide for Parents, Caregivers, and Teachers”—SAMHSA.gov
- “Helpful Hints for School Emergency Management: Psychological First Aid for Students and Teachers: Listen, Protect, Connect—Model & Teach”—U.S. Department of Education
- “Explaining the News to Our Kids”—CommonSenseMedia.org
- “Children & Grief: Guidance and Support Resources”—Scholastic.com
- “The Road to Resilience”—APA.org

**I’m Your Neighbor website**  
Accessed December 15, 2018  
www.imyourneighborbooks.org  
Resources for teachers and parents to promote using children’s literature to connect “new arrivals” to “long term communities”.

**Talking about Difficult Topics with Children**  
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics  
Suggestions for parents about how to open and carry on a discussion about a sensitive topic.

**Teaching Tolerance website**  
Accessed December 15, 2018  
www.tolerance.org  
A project of the Southern Poverty Law Center, Teaching Tolerance has classroom resources like films and lesson plans on topics such as bullying, immigration, equality, and more.