

Recommended Books for Children and Families

Healthy Sexual Development:

Who Has What: All About Girls' Bodies and Boys' Bodies. Robbie H. Harris. 2011.

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

What's The Big Secret? Talking About Sex With Girls And Boys. Luarie Krasny Brown & Marc Brown.

Teaching Children With Down Syndrome About Their Bodies, Boundaries, And Sexuality. Terri Couwenhoven

Body Safety and Sexual Abuse Prevention:

My Body Belongs to Me From My Head to My Toes. Pro Familia, 2014.

I said No! Kimberly King & Zack King.

My Body Belongs to Me. Jill Starishevsky. 2014.

My Body! What I Say Goes. Jayneen Sanders, 2016.

No Means No! Jayneen Sanders. 2015.

NO Trespassing – This Is MY Body! Pattie Fitzgerald, 2011 .

Some Secrets Should Never Be Kept. Jayneen Sanders. 2013.

Do You Have a Secret? Jennifer Moore-Mallinos. 2005.

The Right Touch: A Read Aloud Story to Help Prevent Child Sexual Abuse. Sandy Kleven. 1997.

Those are MY Private Parts. Diane Hansen. 2003.

An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids. Hunter Manasco. 2012.

Some Parts Are Not For Sharing. Julie K. Frederico. 2009

Also available in Spanish

Also a free online e-book: <http://www.dpub.us/Books/Touch.html>

Boundaries:

Personal Space Camp. Julia Cook. 2007.

Gender Related Topics:

No Difference Between Us. Jayneen Sanders. 2016.

Feelings Identification and Regulation:

Visiting Feelings. Lauren Rubenstein. 2014.

The Way I Feel. Janan Cain. 2000.

In My Heart: A Book of Feelings. Jo Witek. 2013.

Today I Feel Silly & Other Moods That Make My Day. Jamie Lee Curtis. 1998.

Is a Worry Worrying You? Ferida Wolff & Harriet May Savitz. 2005.

Don't Feed the Worrybug. Andi Green. 2011.

When Sophie Gets Angry- Really, Really Angry. Molly Bang. 1999.

My Mouth is a Volcano! Julia Cook. 2005.

Soda Pop Head. Julia Cook. 2011.

The Feelings Book: The Care and Keeping of Your Emotions. American Girl. 2002.

Relaxation:

Peaceful Piggy Meditation. Kerry MacLean. 2004.

Cool Cats Calm Kids: Relaxation and Stress Management for Young People. Mary Williams.

Sitting Still Like a Frog: Mindfulness Exercises for Kids. Eline Snel. 2013.

Good Night Yoga: A Pose-by-Pose Bedtime Story. Mariam Gates. 2015.

Each Breath a Smile. Sister Susan. 2001.

Self Esteem:

Just Because I Am: A Child's Book of Affirmation. Lauren Murphy Payne. 2015.

I Like Myself! Karen Beaumont. 2004.

I Like Me! Nancy Carlson. 1988.

Stand Tall Molly Lou Melon. Patty Lovell. 2001.

Grief and Loss:

The Invisible String. Patrice Karst. 2000.

Brave Bart: A Story for Traumatized and Grieving Children. Caroline H. Sheppard. 1998.

Foster Care Resources:

Somebody Cares: A Guide for Kids Who Have Experienced Neglect. Susan Farber Straus. 2016.

Maybe Days: A Book for Children in Foster Care. Jennifer Wilgocki. 2002.

Families Change: A Book for Children Experiencing Termination of Parental Rights. Julie Nelson. 2007.