Each May we celebrate Children’s Mental Health Matters (CMHM) Awareness Week in Maryland, which is dedicated to increasing public awareness of the importance of children’s mental health. Below is a list of books for reading with your younger child or recommending s/he read on their own. To learn more about Awareness Week and the Campaign, visit www.ChildrensMentalHealthMatters.org

Being A Friend
A Rainbow of Friends by P.K. Hallinan (Ages 4 - 8)
Best Friends by Charlotte Labaronne (Ages 3 - 5)
Can You Be a Friend? by Nita Everly (Ages 3 - 6)
Can You Talk to Your Friends? by Nita Everly (Ages 3 - 6)
Care Bears Caring Contest by Nancy Parent (Ages 3 - 6)
Care Bears The Day Nobody Shared by Nancy Parent (Ages 3 - 6)
Fox Makes Friends by Adam Relf (Ages 3 - 5)
Gigi and Lulu’s Gigantic Fight by Pamela Edwards (Ages 3 - 7)
Heartprints by P.K. Hallinan (Ages 3 - 6)
How Do Dinosaurs Play with Their Friends by Jane Yolen and Mark Teague (Ages 3 - 5)
How to be a Friend by Laurie Krasny Brown and Marc Brown (Ages 4 - 8)
Hunter’s Best Friend at School by Laura Malone Elliot (Ages 4 - 7)
I’m a Good Friend! by David Parker (Ages 3 - 5)
I Can Share by Karen Katz (Ages infant - 5)
I Can Cooperate! by David Parker (Ages 3 - 5)
I am Generous! by David Parker (Ages 2 - 5)
I’m Sorry by Sam McBratney (Ages 4 - 7)

It’s Hard to Share My Teacher by Joan Singleton Prestine (Ages 5 - 6)
Jamberry by Bruce Degan (Ages 2 - 5)
Join In and Play by Cheri Meiners (Ages 3 - 6)
The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear by Don & Audry Wood (Ages 2 - 5)
Making Friends by Fred Rogers (Ages 3 - 5)
Making Friends by Janine Amos (Ages 4 - 8)
Matthew and Tilly by Rebecca C. Jones (Ages 4 - 8)
Mine! Mine! Mine! By Shelly Becker (Ages 3 - 5)
Mine! A Backpack Baby Story by Miriam Cohen (Ages infant - 2)
My Friend Bear by Jez Alborough (Ages 3 - 8)
My Friend and I by Lisa John-Clough (Ages 4 - 8)
One Lonely Sea Horse by Saxton Freymann & Joost Elffers (Ages 4 - 8)
Perro Grande...Perro Pequeno/Big Dog...Little Dog by P.D. Eastman (Ages 4 - 8)
The Rainbow Fish by Marcus Pfister (Ages 3 - 8)
Share and Take Turns by Cheri Meiners (Ages 5 - 8)
Sharing How Kindness Grows by Fran Shaw (Ages 3 - 5)
The Selfish Crocodile by Faustin Charles and Michael Terry (Ages 4 - 7)
Simon and Molly Plus Hester by Lisa Jahn-Clough (Ages 5 - 8)
Sometimes I Share by Carol Nicklaus (Ages 4 - 6)
Strawberry Shortcake and the Friendship Party by Monique Z. Sephens (Ages 2 - 5)
Sunshine & Storm by Elisabeth Jones (Ages 3 - 5)
Talk and Work it Out by Cheri Meiners (Ages 3 - 6)
That’s What a Friend Is by P.K. Hallinan (Ages 3 - 8)
We Are Best Friends by Aliki (Ages 4 - 7)

Accepting Different Kinds of Friends
And Here’s to You by David Elliott (Ages 4 - 8)
Big Al by Andrew Clements (Ages 4 - 8)
The Brand New Kid by Katie Couric (Ages 3 - 8)
Chester’s Way by Kevin Henkes (Ages 5 - 7)
Chrysanthemum by Kevin Henkes (Ages 4 - 8)
Franklin’s New Friend by Paulette Bourgeois (Ages 5 - 8)
Horace and Morris But Mostly Dolores by James Howe (Ages 4 - 8)
I Accept You as You Are! by David Parker (Ages 3 - 5)
It’s Okay to Be Different by Todd Parr (Ages 3 - 8)
Margaret and Margarita by Lynn Reiser (Ages 5 - 8)

General Feelings
ABC Look at Me by Roberta Grobel Intrater (Ages infant - 4)
“Baby Faces” books by Roberta Grobel Intrater (Ages infant - 4)
Baby Faces by Margaret Miller (Ages infant - 3)
Baby Senses Sight by Dr.S. Beaumont (ages infant - 3)
Can You Tell How Someone Feels? (Early Social Behavior Book Series) by Nita Everly (Ages 3 - 6)
Double Dip Feelings by Barbara Cain (Ages 5 - 8)
The Feelings Book by Todd Parr (Ages 3 - 8)
Feeling Happy by Ellen Weiss (Ages infants - 3)
Glad Monster, Sad Monster by Ed Emberley & Anne Miranda (Ages infant - 5)
The Grouchy Ladybug by Eric Carle (Ages 1 - 6)
The Pout Pout Fish by Deborah Diesen (Ages 3 - 5)
The Three Grumpies by Tamra Wight (Ages 4 - 8)
Happy and Sad, Grouchy and Glad by Constance Allen (Ages 4 - 7)
How Are You Feeling: Foods with Moods/Vegetal como eres: Alimentos con sentimientos by Saxton Freymann (Ages 5 - 8)
How Do I Feel? by Norma Simon (Ages 2 - 7)
How Do I Feel? Como me siento? by Houghton Mifflin (Ages infant - 4)
How I Feel Proud by Marcia Leonard (Ages 2 - 6)
How I Feel Silly by Marcia Leonard (Ages 2 - 6)
How Kind by Mary Murphy (ages 2 - 5)
I Am Happy by Steve Light (Ages 3 - 6)
If You’re Happy and You Know it! by Jane Cabrera (Ages 3 - 6)
Little Teddy Bear’s Happy Face Sad Face by Lynn Offerman (a first book about feelings)

Happy Feelings
Amadeus is Happy by Eli Cantillon (Ages 2 - 5)
Feeling Happy by Ellen Weiss (Ages 2 - 5)
If You’re Happy and You Know it! by David Carter (Ages 2 - 6)
If You’re Happy and You Know It by Scholastic/Taggies book (Ages infant - 2)
The Feel Good Book by Todd Parr (Ages 3 - 6)
Peekaboo Morning by Rachel Isadora (Ages 2 - 5)
When I Feel Happy by Marcia Leonard (Ages 2 - 6)
What Went Right Today? by Joan Buzick and Lindy Judd (Ages 3 - 8)

Sad Feelings
Let’s Talk About Feeling Sad by Joy Wilt Berry (Ages 3 - 5)
Franklin’s Bad Day by Paulette Bourgeois & Brenda Clark (Ages 5 - 8)
How I Feel Sad by Marcia Leonard (Ages 2 - 6)
Hurry Feelings by Helen Lester (Ages 5 - 8)
Knuffle Bunny by Mo Willems (Ages 3 - 6)
Sometimes I Feel Awful by Joan Singleton Prestine (Ages 5 - 8)
The Very Lonely Firefly by Eric Carle (Ages 4 - 7)
When I’m Feeling Sad by Trace Moroney (Ages 2 - 5)
When I Feel Sad by Cornelia Maude Spelman (Ages 5 - 7)
Angry or Mad Feelings

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst (Ages 4 - 8)  
Andrew's Angry Words by Dorothea Lackner (Ages 4 - 8)  
Bootsie Barker Bites by Barbara Bottner (Ages 4 - 8)  
The Chocolate Covered Cookie Tantrum by Deborah Blementhal (Ages 5 - 8)  
How I Feel Frustrated by Marcia Leonard (Ages 3 - 8)  
How I Feel Angry by Marcia Leonard (Ages 2 - 6)  
Llama Llama Mad at Mama by Anna Dewdney (Ages 2 - 5)  
Sometimes I'm Bombaloo by Rachel Vail (Ages 3 - 8)  
That Makes Me Mad! by Steven Kroll (Ages 4 - 8)  
When I'm Angry by Jane Aaron (Ages 3 - 7)  
When I'm Feeling Angry by Trace Moroney (Ages 2 - 5)  
When I Feel Angry by Cornelia Maude Spelman (Ages 5 - 7)  
When Sophie Gets Angry – Really, Really Angry by Molly Garrett (Ages 3 - 7)  
Lily's Purple Plastic Purse by Kevin Henkes (Ages 4 - 8)  

Scared or Worried Feelings

Creepy Things are Scaring Me by Jerome and Jarrett Pumphrey (Ages 4 - 8)  
Franklin in The Dark by Paulette Bourgeois & Brenda Clark (Ages 5 - 8)  
I Am Not Going to School Today by Robie H. Harris (Ages 4 - 8)  
No Such Thing by Jackie French Koller (Ages 5 - 8)  
Sam's First Day (In multiple languages) by David Mills & Lizzie Finlay (Ages 3 - 7)  
Sheila Rae, the Brave by Kevin Henkes (Ages 5 - 8)  
Wemberly Worried by Kevin Henkes (Ages 5 - 8)  
When I'm Feeling Scared by Trace Moroney (Ages 2 - 5)  

Caring About Others & Empathy

Bear Feels Sick by Karma Wilson and Jane Chapman (Ages 3 - 5)  
Can You Tell How Someone Feels by Nita Everly (Ages 3 - 6)  
Understand and Care by Cheri Meiners (Ages 3 - 6)  
When I Care About Others by Cornelia Maude Spelman (Ages 5 - 7)  

Problem Solving

Don’t Let the Pigeon Drive the Bus by Mo Willems (Ages 2 - 7)  
Don’t Let the Pigeon Stay Up Late! by Mo Willems (Ages 2 - 7)  
I Did It, I’m Sorry by Caralyn Buehner (Ages 5 - 8)  
It Wasn’t My Fault by Helen Lester (Ages 4 - 7)  
Talk and Work it Out by Cheri Meiners (Ages 4 - 8)  

Self Confidence

ABC I Like Me by Nancy Carlson (Ages 4 - 6)  
Amazing Grace by Mary Hoffman (Ages 4 - 8)  
Arthur’s Nose by Marc Brown (Ages 3 - 8)  
The Blue Ribbon Day by Katie Couric (Ages 4 - 8)  
Can You Keep Trying by Nita Everly (Ages 3 - 6)  
I Can Do It Myself (A Sesame Street Series) by Emily Perl Kingsley (Ages 2 - 4)  
I’m In Charge of Me! by David Parker (Ages 3 - 5)  
I’m Responsible! by David Parker (Ages 3 - 5)  
The Little Engine That Could by Watty Piper (Ages 3 - 7)  
Susan Laughs by Jeanne Willis (Ages 4 - 7)  
Too Loud Lilly by Sophia Laguna (Ages 4 - 7)  
Try and Stick With It by Cheri Meiners (Ages 4 - 8)  
26 Big Things Little Hands Can Do by Coleen Paratore (Ages 1 - 6)  
The Very Clumsy Click Beetle by Eric Carle (Ages 3 - 7)  
Whistle for Willie/Sebale a Willie by Erza Jack Keats (Ages 4 - 7)  
You Can Do It, Sam by Amy Hest (Ages 2 - 6)  

Good Behavior Expectations

Can You Listen with Your Eyes? by Nita Everly (Ages 3 - 6)  
Can You Use a Good Voice? by Nita Everly (Ages 3 - 6)  
David Goes to School by David Shannon (Ages 3 - 8)  
David Gets in Trouble by David Shannon (Ages 3 - 8)  
Excuse Me! A Little Book of Manners by Karen Katz (Ages infant - 5)  
Feet Are Not for Kicking (available in board book) by Elizabeth Verdick (Ages 2 - 4)  
Hands are Not for Hitting (available in board book) by Martine Agassi (Ages 2 - 8)  
Hands Can by Cheryl Willis Hudson (ages 1 - 5)  
I Tell the Truth! by David Parker (Ages 3 - 5)  
I Show Respect! by David Parker (Ages 3 - 5)  
Know and Follow Rules by Cheri Meiners (Ages 3 - 6)  
Listen and Learn by Cheri Meiners (Ages 3 - 6)  
No Biting by Karen Katz (Ages infant - 5)  
No David by David Shannon (Ages 3 - 8)  
No Hitting by Karen Katz (Ages infant - 5)  
Please Play Safe! Penguin's Guide to Playground Safety by Margery Cuyler (Ages 2 - 5)  
26 Big Things Small Hands Can Do by Coleen Paratore (Ages 3 - 5)
Quiet and Loud by Leslie Patricelli (Ages 1 - 3)
Words Are Not for Hurting by Elizabeth Verdick
(Ages 3 - 6)

**Family Relationships**
Are You My Mother? by P.D. Eastman and Carlos Rivera (Ages infant - 5)
Baby Dance by Ann Taylor (Ages infant - 4)
Because I Love You So Much by Guido van Genechten (Ages 2 - 5)
Counting Kisses by Karen Katz (Ages infant - 5)
Full, Full, Full of Love by Trish Cooke (Ages 4 - 6)
Don’t Forget I Love You by Mariam Moss (Ages 2 - 7)
Guess How Much I Love You by Sam McBratney (Ages infant - 5)
Guji Guji by Chih-Yuan Chen (Ages 5 - 8)
How Do I Love You? by P.K. Hallinan (Ages infant - 5)
I Love it When You Smile by Sam McBratney (Ages 3 - 5)
I Love You All Day Long by Francesca Rusackas (Ages 3 - 5)
I Love You: A Rebus Poem by Jean Marzollo (Ages 1 - 6)
I Love You the Purplest by Barbara M. Joose (Ages 4 - 8)
I Love You Through and Through by Bernadette Rossetti-Shustak (Ages 1 - 5)
The Kissing Hand by Audrey Penn (Ages 3 - 8)
Koala Lou by Mem Fox (Ages 4 - 7)
Mama, Do You Love Me?/Me quieres, mama? by Barbara Joosse (Ages 3 - 6)
More, More, More, Said the Baby: Three Love Stories by Vera B. Williams Morrow (Ages infant - 3)
No Matter What by Debi Gliori (Ages 2 - 5)
Owl Babies by Martin Waddell (Ages 3 - 7)
Please, Baby, Please by Spike Lee (Ages infant - 5)
Te Amo Bebe, Little One by Lisa Wheeler (Ages infant - 3)
You’re All My Favorites by Sam McBratney (Ages 5 - 7)

**Bullying/Teasing**
A Weekend with Wendell by Kevin Henkes (Ages 4 - 8)
The Berenstain Bears and the Bully by San and Jan Berenstain (Ages 4 - 7)
Big Bad Bruce by Bill Peet (Ages 4 - 8)
Chester’s Way by Kevin Henkes (Ages 5 - 7)
Coyote Raid in Cactus Canyon by J. Arnsksy (Ages 4 - 8)
Gobble! by Ezra Jack Keats (Ages 4 - 8)
Hats by Kevin Luthardt (Ages 3 - 6)
Hooway for Wodney Wat! by Helen Lester (Ages 5 - 8)
Hugo and the Bully Frogs by Francesca Simon (Ages 3 - 7)

**Grief & Death**
The Fall of Freddie the Leaf by Leo Buscaglia (Ages 5 - adult)
Goodbye Mousie by Robert Harris (Ages 3 - 8)
I Miss You by Pat Thomas (Ages 4 - 8)
The Next Place by Warren Hanson (Ages 5 - adult)
Sad Isn’t Bad: Grief Guidebook for Kids Dealing with Loss Series by Michaelene Mundy (Ages 5 - 8)

This list was compiled by: