

Toddler/Preschool (0-4) Book List

Reading and learning about mental health reduces the stigma of mental health concerns through early exposure. Providing age-appropriate mental health books can make a difference in a child's academic, behavioral, and emotional success. Below is a list of suggested books you can read with your child or classroom that can help them name and understand feelings, deal with painful experiences, cope with strong emotions, and more.



BOOK NAME	AUTHOR
Adoption & Foster Care	
It's OK to be Different: A Children's Picture Book About Diversity and Kindness	Sharon Purtill
I Wished for You: An Adoption Story for Kids	Marianne Richmond
Once I Was Very Very Scared	Chandra Ghosh Ippen
Behavior & Manners	
Gentle Hands and Other Sing-Along songs for Social Emotional Learning	Amadee Ricketts
Germs Are Not for Sharing	Elizabeth Verdick
Grateful Ninja	Mary Nhin
I Did It, I'm Sorry	Caralyn Buehner
It's Hard to Share My Teacher	Joan Singleton Prestine
Kindergators: Hands, off Harry!	Rosemary Wells
Kindness Starts With You - at School	Jacquelyn Stagg

Change & Transition	
Bye-Bye Time	Elizabeth Verdick
Families Change: A Book for Children Experiencing Termination of Parental Rights	Julie Nelson
Nothing Stays the Same, But That's Okay: A Book to Read When Everything (or Anything) Changes	Sara Olsher
You Weren't with Me	Chandra Ghosh Ippen
Confidence & Self Esteem	
Homemade Love	Bell Hooks
ABC for Me: ABC What Can She Be?: Girls can be anything they want to be, from A to Z (ABC for Me, 5)	Jessie Ford
Happy Hair	Mechal Renee Roe
These Hands	Hope Lynn Price
Coping Skills	
I Am Stronger Than Anger: Picture Book About Anger Management And Dealing With Kids Emotions And Feelings	Elizabeth Cole
I Can Share	Karen Katz
Mine! A Backpack Baby Story	Miriam Cohen
My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings	Natalia Maguire
The Choices I Make	Michael Gordon
We Don't Eat Our Classmates!	Ryan T. Higgins
When I Feel Left Out: Children's Book About emotions And Feelings	Michael Gordon
When I Lose My Cool: Children's Book about Anger, Emotion & Feelings	Michael Gordon
Diversity, Equity, and Inclusion	
How Wonderfully Odd!: A Backwards Bedtime Adventure of Kindness, Empathy, and Inclusion for Kids	Rory Haltmaier

Diversity Ninja	Mary Nhin
Shades of People	Shelley Rotner
We're Different, We're the Same	Bobbi Kates
Divorce & Separation	
Living with Mom and Living with Dad	Melanie Walsh
Why Do Families Change	Dr. Jillian Roberts
Emotions	
ABC Look at Me	Roberta Grobel Intrater
All About Feelings	Felicity Brooks
Allie All Along	Sarah Lynne Reul
Calm-Down Time (Toddler Tools)	Elizabeth Verdick
Franklin in the Dark	Paulette Bourgeois
Franklin's Bad Day	Paulette Bourgeois
Hurty Feelings	Helen Lester
La Catrina: Emotions - Emociones (English and Spanish Edition)	Patty Rodriguez and Ariana Stein
Little Monkey Calms Down (Hello Genius)	Part of:Hello Genius (28 Books) by Michael Dahl and Oriol Vidal
Little Teddy Bear's Happy Face Sad Face (a first book about feelings)	Lynn Offerman
Rain	Linda Ashman
Sheila Rae, the Brave	Kevin Henkes
The Way I Feel	Janan Cain
Worrysaurus	Rachel Bright
Family	
Families, Families, Families!	Suzanne Lang

I Am a Big Brother	Caroline Jayne Church
Our Class is a Family	Shannon Olsen
You're All My Favorites	Sam McBratney
You're The Biggest	Lucy Tapper
Friendship & Making Friends	
It's OK to be Different: A Children's Picture Book About Diversity and Kindness	Sharon Purtill
I Wished for You: An Adoption Story for Kids	Marianne Richmond
Once I Was Very Very Scared	Chandra Ghosh Ippen
Grief & Loss	
God Gave Us Heaven	Lisa T. Bergren
Angel Grandpa	Heather Lean
Something Very Sad Happened	Bonnie Zucker
The Rabbit Listened	Cori Doerrfeld
In a Jar	Deborah Marcero
Mental Health	
The Rabbit Listened	Cori Doerrfeld
Double Dip Feelings: Stories to Help Children Understand Emotions	Barbara Cain
Mindfulness	
I Am Peace: A Book of Mindfulness (I Am Books)	Susan Verde
ABC for Me: ABC Mindful Me: ABCs for a happy, healthy mind & body (ABC for Me, 4)	Christiane Engel
Bedtime Meditations for Kids: Quick, Calming Exercises to Help Kids Get to Sleep	Cory Cochiolo
Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere	Kira Willey

Calm and Peaceful Mindful Me: A Mindfulness How-To Guide for Toddlers and Kids	Andrea Dorn
Mindful Games for Kids: 50 Fun Activities to Stay Present, Improve Concentration, and Understand Emotions	Kristina Sargent
Mindfulness for Little Ones: Playful Activities to Foster Empathy, Self-Awareness, and Joy in Kids	Hiedi France Ed.D
Mindfulness Moments for Kids: Breathe Like a Bear	Kira Willey
Yoga Bug: Simple Poses for Little Ones (Yoga Bug Board Book Series)	Sarah Jane Hinder
Representation Matters	
Hey Black Child	Useni Eugene Perkins
Dream Big, Little One	Vashti Harrison
Safe & Unsafe Touch	
Let's Talk About Body Boundaries, Consent and Respect: Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors	Jayneen Sanders
I Choose to Say No	Elizabeth Estrada
My Body Belongs to Me from My Head to My Toes (The Safe Child, Happy Parent Series)	Dagmar Geisler
My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships	Jayneen Sanders
Some Secrets Should Never Be Kept	Jayneen Sanders and Craig Smith
Teach Your Dragon Body Safety: A Story About Personal Boundaries, Appropriate and Inappropriate Touching (My Dragon Books)	Steve Herman
Safety	
The Berenstain Bears Learn About Strangers	Stan & Jan Berenstain
I Won't Go With Strangers	Dagmar Geisler
If I Get Lost: Stay Put, Remain Calm, and Ask for Help	Dagmar Geisler

Never Talk to Strangers	Irma Joyce and George Buckett
School	
Preschool, Here I Come!	D.J. Steinberg
Lola Goes to School	Anna McQuinn
The Little Book of Kindergarten	Zach Bush
The Office: A Day at Dunder Mifflin Elementary	Robb Pearlman
The Pigeon Has to Go to School	Mo Willems



Coordinated by



The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org.

***The books in this list are recommendations – the Children's Mental Health Matters Campaign does not hold responsibility for the content. Parents/caregivers and educators should make all considerations before reading the suggested books.*