

# Children's Mental Health Matters!

a Maryland public awareness campaign

## Children's Mental Health Matters Early Childhood Book List

Each May we celebrate Children's Mental Health Matters (CMHM) Awareness Week in Maryland. May 1 - 7, 2017 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](http://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)



coordinated by



[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

*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 Aliko (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 Peeling: 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)

*Lizzy's Ups and Downs* by Jessica Harper (Ages 3 - 9)  
*My Many Colored Days* by Dr. Seuss (Ages 3 - 8)  
*On Monday When It Rained* by Cherryl Kachenmeister (Ages 3 - 8)  
*Proud of Our Feelings* by Lindsay Leghorn (Ages 4 - 8)  
*See How I Feel* by Julie Aigner-Clark (Ages infant - 4)  
*Sometimes I Feel Like a Storm Cloud* by Lezlie Evans (Ages 4 - 8)  
*Smudge's Grumpy Day* by Miriam Moss (Ages 3 - 8)  
*The Way I Feel* by Janan Cain (Ages 4-8)  
*Today I Feel Silly & Other Moods That Make My Day* by Jamie Lee (Ages 3 - 8)  
*The Way I Feel* by Janan Cain (Ages 3 - 6)  
*What Makes Me Happy?* by Catherine & Laurence Anholt (Ages 3 - 6)  
*What I Look Like When I am Confused/Como me veo cuando estoy confundido (Let's Look at Feeling Series)* by Joanne Randolph (Ages 5 - 8)  
*When I Feel Frustrated* by Marcia Leonard (Ages 2 - 6)  
*When I Feel Jealous* by Marcia Leonard (Ages 2 - 6)

### **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)  
*Hurty 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)

*The Rain Came Down* by David Shannon (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 Joose (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. Arnosky (Ages 4 - 8)  
*Gobbles!* by Ezra Jack Kets (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:



The Center on the Social and Emotional  
Foundations for Early Learning



Administration for  
Children & Families



Office of  
Head Start



Child Care  
Bureau

MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

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 and Mental Hygiene - Behavioral Health Administration. The Campaign goal, with over 300 Community and School 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](http://www.ChildrensMentalHealthMatters.org).

