

ADHD

- ADHD is My Super Power- Alana Moore (5-8)

For Parents:

- Lost at School- Ross Greene
- The Explosive Child- Ross Greene
- Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention- Michael Delman

Anxiety

- Ruby Finds a Worry - Tom Percival (3-8)
- Don't Feed The Worry Bug - Andi Green (4-8)
- What to Do When You Worry Too Much - Dawn Huebner (6-12)
- The Anxiety Workbook for Teens - Lisa M. Schab (13+)
- Perfectionism: What's Bad About Being Too Good?- Miriam Adderholdt (12+)
- Wilma Jean the Worry Machine- Julia Cook
- Wemberly Worried- Kevin Henkes
- David and The Worry Beast- Anne Marie Guanci
- When My Worries Get Too Big- Karl Dunn Buron
- What To Do When You're Scared and Worried- James Crist
- Jonathan James and The What If Monster- Michelle Nelson Schmidt
- Worry, Worry, Go Away!- Christine Adams

For Parents:

- Anxious Kids Anxious Parents- 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children- Reid Wilson and Lynn Lyons
- Calming Your Anxious Child: Words to Say and Things to Do- Kathleen Trainor

ASD

- The Asperkid's Secret Book of Social Rules- The Handbook of Not-So-Obvious Social Guidelines for Tweens & Teens with Asperger Syndrome- Jennifer Cook O'Toole

For Parents:

- The Autism Mom's Survival Guide- Susan Senator
- Making Peace With Autism- Susan Senator
- Uniquely Human: A Different Way of Seeing Autism- Barry M. Prizant
- Asperger Syndrome and Adolescence: Helping Preteens and Teens Get Ready for the Real World- Teresa Bolick

Behavior Management

For Parents:

- How To Talk So Little Kids Will Listen- Joanna Faber and Julie King
- How To Talk So Kids Will Listen & Listen So Kids Will Talk- Adele Faber and Elaine Mazlish
- How To Talk So Teens Will Listen & Listen So Teens Will Talk- Adele Faber and Elaine Mazlish
- No Drama Discipline: The Whole Brain Way To Calm the Chaos and Nurture Your Child's Developing Mind- Daniel J. Siegel
- Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention- Michael Delman
- The 7 Essential Strategies For Parenting Teens- Kate Anderson and Liz Carrington
- Negotiation Generation: Take Back Your Parental Authority Without Punishment- Lynn Griffin
- SOS Help for Parents- Lynn Clark, Ph.D

Body Image & Self Esteem

- Bodies are Cool- Tyler Feder (3-5)
- The Body Image Workbook for Teens- Julia V. Taylor (teen)
- Health at Every Size - Linda Bacon (teen)
- Body Respect – Linda Bacon (teen)
- The Body is Not an Apology- Sonya Renee Taylor (older teen)
- I Like Myself- Karen Beaumont
- Stand Tall, Molly Lou Melon- Patty Lovell
- When I Feel Good About Myself- Cornelia Maude Spelman

Depression & Sadness

- My Feeling Better Workbook- Sarah Hamil (6-12)
- Beyond the Blues: A Workbook to Help Teens Overcome Depression- Lisa M. Schab (13+)
- When I Feel Sad- Cornelia Maude Spelman

Diversity and Anti-Racism

- All Are Welcome- Alexandra Penfold (2-7)
- Lovely- Jess Hong (2-7)
- We're Different, We're the Same- Bobbi Kates (2-7)
- The Day You Begin - Jacqueline Woodson (5-8)
- Where Are You From- Yamile Saied Mendez (4-8)
- Alma- Juana Martinez-Neal (4-8)
- Stamped for Kids- Sonja Cherry-Paul (8-12)
- Stamped: Racism, Antiracism, and You – Jason Reynolds and Ibram X. Kendi (12+)

Divorce and Remarriage

- Was It the Chocolate Pudding?- Sandra Levins (younger children)
- It's Not Your Fault, Koko Bear- Vicki Lansky (younger children)
- Divorce is the Worst- Anastasia Higginbotham (younger children)
- Divorce: The Ultimate Teen Guide- Kathlyn Gay
- Do You Sing Twinkle? - Sandra Levins (younger children)
- Bigger Than a Bread Box- Laurel Snyder (8-12)
- Dinosaurs Divorce- Marc Brown
- Mom and Dad Glue- Kes Gray
- My Family's Changing- Pat Thomas
- When My Parents Forgot How to Be Friends- Jennifer Moore-Mallinos
- Monday, Wednesday, and Every Other Weekend- Karen Stanton
- Two Homes- Claire Masurel

Emotion Regulation

- In My Heart: A Book of Feelings - Jo Witek (3-7)
- The Way I Feel - Janan Cain (3-7)
- Glad Monster, Sad Monster- Ed Emberley and Anne Miranda (2-5)
- The Crayons' Book of Feelings- Drew Daywalt & Oliver Jeffers (2-5)
- Bear Feels Scared- Karma Wilson & Jane Chapman (3-7)
- The Color Monster- Anna Llenas (3-7)
- Susan Verde (3-8)
- The Very Frustrated Monster - Andi Green (4-8)
- What Should Danny Do? The Power to Choose Series- Adir Levy (4+)
- What Should Darla Do? The Power to Choose Series- Adir Levy (4+)
- Hands are Not For Hitting- Martine Agassi (board book ages 1-4, paperback ages 4-7)
- Of Course It's a Big Deal!: A Story about Learning to React Calmly and Appropriately - Bryan Smith (6-11)
- What Were You Thinking?: A Story about Learning to Control Your Impulses - Bryan Smith (6-11)
- My Day is Ruined!: A Story for Teaching Flexible Thinking - Bryan Smith (6-11)
- The Tease Monster (A book about teasing vs bullying)- Julia Cook
- How Are You Peeling?- Saton Freymann and Joost Elffers
- Fears, Doubts, Blues and Pouts- Norman Wright and Gary Oliver
- How Full is Your Bucket?- Tom Rath
- Have You Filled a Bucket Today?- Carol McCloud
- Personal Space Camp- Julia Cook
- My Mouth is a Volcano- Julia Cook
- Why Should I Share?- Claire Lleyellyn
- The Mine-O-Saur- Sudipta Bardham-Quallen
- Duck! Rabbit! (a book about perspective taking)- Amy Krouse Rosenthal & Tom Lichtenheld

Anger

- When Sophie Gets Angry-Really, Really, Angry... - Molly Bang
- Don't Pop Your Cork On Monday's- Adolf Moser
- When I Feel Angry- Cornelia Maude Spelman and Nancy Cote

For Parents:

- The Whole Brain Child- Daniel J. Siegel and Tina Payne Bryson

Family Diversity

- The Family Book -Todd Parr (3-6)
- And Tango Makes Three - Justin Richardson (4-8)
- Asha's Mums - Rosamund Elwin (9-12)
- Maybe Days: A Book for Children in Foster Care- Jennifer Wilgocki and Marcia Kahn Wright

Friendship

- A Smart Girl's Guide to Knowing What to Say: Finding the Words to Fit Any Situation (8-12)
- Friends: Making Them and Keeping Them (8-12)
- A Smart Girl's Guide: Friendship Troubles: Dealing with fights, being left out, and the whole popularity thing (8-12)
- A Smart Girl's Guide: Drama, Rumors, and Secrets: Staying true to yourself in changing times (8-12)
- Making Friends is an Art!- Julia Cook
- How To Lose All Your Friends- Nancy Carlson
- How to Make and Keep Friends- Nadine Briggs and Donna Shea

Sleep

- Night Light, A Story for Children Afraid of the Dark- Jack Daltro
- Tell Me Something Happy Before I Go To Sleep- Joyce Dunbar

Gender Identity and Sexual Orientation

- 10,000 Dresses- Marcus Ewert (5-9)
- Elena's Serenade- Campbell Geeslin (3-7)
- George- Alex Gino (8-12)
- More Happy Than Not- Adam Silvera (13+)
- Aristotle and Dante Discover the Secrets of the Universe- Benjamin Alire Saenz (12+)
- Blanca & Roja- Anna-Marie McLemore (YA)

- Felix Ever After- Kacen Callender (YA)
- The Grief Keeper- Alexandra Villasante (YA)
- The Stars and the Blackness Between Them- Junauda Petrus (YA)
- When the Moon Was Ours- Anna-Marie McLemore (YA)
- The Other Side of Paradise: A Memoir- Staceyann Chin (YA)

For Parents:

- Parenting Your LGBTQ+ Teen- A Guide to Supporting, Empowering, and Connecting With Your Child- Allan Sadac

Grief and Loss

- Here in the Garden- Briony Stewart (young children)
- The Invisible String- Patrice Karst (young children)
- The Dead Bird- Margaret Wise Brown (young children)
- I Miss You- Pat Thomas (4+)
- Always Remember- Cece Meng (3-7)
- When Dinosaurs Die- Laurie Kransy Brown (4-8)
- The Tenth Good Thing About Barney- Judith Viorst (6-9)
- Tear Soup: A Recipe for Healing After Loss- Pat Schwiebert (8+)
- When Someone Very Special Dies- Marge Heegard (workbook for ages 9-12)
- The Next Place- Warren Hanson

Specifically for processing pregnancy and infant loss:

- Something Happened- Cathy Blanford
- My Sibling Still - Megan Lacourge
- Our Heaven Baby- Leah Vis
- We Were Gonna Have a Baby, But We Had an Angel Instead- Pat Schwiebert
- Someone Came Before You (for children born after the loss)- Pat Schwiebert

New Baby

- Olivia- A Guide to Being a Big Sister- Natalie Shaw (younger children)
- Henry is a Big Brother- Alyssa Statin Capucilli (younger children)
- Peter's Chair- Ezra Jack Keats (younger children)
- 101 Things to Do With Baby- Jan Ormerod (younger children)

New School & Separation Anxiety

- Llama Llama Misses Mama- Anna Dewdney (young children)
- Bob and Flo- Rebecca Ashdown (young children)

- Timothy Goes to School- Rosemary Wells (young children)
- The Truth About Twinkie Pie- Kat Yeh (8-12)
- New Kid, New Scene: A Guide to Moving and Switching Schools- Debbie Glasser (8+)
- The Goodbye Book- Judith Viorst
- I Don't Want To Go To School- Nancy Pando & Kathy Voerg

OCD

- What To Do When Your Brain Gets Stuck: A Kid's Guide To Overcoming OCD - Dawn Huebner (6-12)
- The OCD Workbook For Teens - Jon Hershfield (13-18)

Puberty

Girls

- The Care and Keeping of You- Valorie Lee Schaefer (8+)
- Celebrate Your Body (And Its Changes, Too)!- Sonya Renee Taylor (8+)
- Celebrate Your Feelings: The Positive Mindset Puberty Book- Lauren Rivers (8+)
- The Period Book- Karen Gravelle (9+)

Boys

- Guy Stuff- The Body Book for Boys- Cara Natterson (10+)
- What's Happening to My Body- Lynda Madaras (12-15)

Safety

- Your Body Belongs to You - Cornelia Maude Spelman (3-8)
- I Said No: A Kid to Kid Guide to Keeping Private Parts Private- Zack and Kimberly King (5-11)
- A Smart Girl's Guide: Digital World: How to Connect, Share, Play, and Keep Yourself Safe - Carrie Anton (8-12)
- No Means No!- Jayneed Sanders

Sensory Processing

For Parents:

- The Out of Sync Child: Recognizing and Coping With Sensory Processing Disorder- Carol Kranowitz

Sex

- What's the Big Secret? - Laurie Kransny Brown (4+)

- It's Perfectly Normal -Robie H. Harris (10+)
- Sex, Puberty, and All That Stuff -Jacqui Bailey (11-16)

Substance Use

For Parents:

- The Addicted Child: A Parent's Guide to Adolescent Substance Abuse -Richard Capriola

Trauma

- A Terrible Thing Happened- Margaret M. Holmes (4-7)
- Healing Days: A Guide for Kids Who Have Experienced Trauma- Susan Farber Straus and Maria Bogade (6-11)
- Do You Have a Secret?- Jennifer Moore-Mallinos

For Parents:

- What Happened to You? Conversations on Trauma, Resilience, and Healing- Bruce D. Perry and Oprah Winfrey
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma- Bessel Van Der Kolk