

# 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, 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](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)



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[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 Alike (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 Cheryl 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 Blumenthal (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 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. 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 - Behavioral Health Administration. The Campaign goal, with 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).



MARYLAND  
Department of Health