Suggested Children's Books for Coping with Trauma and Resilience

Please note: These are not commercial endorsements of any specific products. This is a partial list of children's books recommended by child psychologists and pediatricians experienced in working with traumatized children.

**How are you Peeling?**
*Saxton Freyman*
- Feelings and developing an emotional vocabulary
- Age: 4-8 years

**Angry Octopus/El Pulpo Enojado**
*Lori Lite*
- Teaches Mindfulness, calming down
- Age: 5-10 years

**The Kissing Hand**
*Audrey Penn*
- Mrs. Raccoon shares a family secret to give reassurance of her love any time the world feels a little scary
- Age: 3-7 years

**The Invisible String**
*Patrice Karst*
- Coping with separation, anxiety, grief, loss and attachment
- Age: 4-7 years

**Breathe like a Bear**
*Kira Willey*
- Mindfulness exercises for children
- Ages: 4-8 years

**Moody Cow Meditates**
*Kerry Lee MacLean*
- Anger and Mindfulness
- Ages: 4-8
The Huge Bag of Worries (Virginia Ironside)
- Worries and Anxiety
- Age: 2 and up

Holdin Pott (Chandra Gosh Ippen)
- Regulating emotions, ways a caregiver can support difficult emotions
- Age: 2-8 years

A Terrible Thing Happened (Margaret Holmes)
- Scary things, Trauma
- Ages: 4-7 years

Mama's Waves (Chandra Ghosh Ippen)
- Caregiver substance use, trauma, mental health challenges, Foster care
- Ages: 3-11 years

Once I was very very Scared (Chandra Ghosh Ippen)
- Trauma
- Different reactions to scary experiences & how to heal
- Ages: 4-7 years

You weren't with me (Chandra Ghosh Ippen)
- Help parent & children talk about difficult separations and reconnect
- Ages: 3-12 years