



COVID-19 Resources for Kids & Parents From Our Collection

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Parenting Books

A Feel Better Book For Little Worriers

Holly Brochmann and Leah Bowen (J 618.9285 Bro) 2017

Illustrations and simple rhyming text provide tools, such as breathing deeply or replacing worry with happy thoughts, for dealing with anxiety.

How to Parent Your Anxious Toddler

Natasha Daniels (J 649.123 Dan) 2016

Information about how to provide an anxious toddler with the life skills and coping mechanisms to help them thrive.

Calm: Mindfulness for Kids

Wynne Kinder (J 158.13 Kin) 2019

Mindful activities that teach children how to focus their thoughts and pay attention to one moment at a time, including breathing exercises, moving the body to unwind stress and taking a walk in the woods.

Whimsy's Heavy Things

Julie Kraulus (J 813.6 Kra) 2013

A sweet story about changing things that weigh us down into things that lift us up.

Preschool Clues: Raising Smart, Inspired, and Engaged Kids in a Screen-Filled World

Angela Santomero (J 305.233 San) 2018

The award-winning creator of *Blue's Clues*, *Super Why!* and *Daniel Tiger's Neighborhood* shares the secret behind her shows' powerful, transformative results in the form of 11 research-based, foundational "clues" to help preschoolers flourish.

See similar titles by browsing the following call numbers in the Parenting collection:

<i>004.67</i>	<i>Internet</i>
<i>155</i>	<i>Developmental Psychology</i>
<i>302.231</i>	<i>Digital Media</i>
<i>618.9285</i>	<i>Children & Anxiety/Pediatrics</i>
<i>649.1</i>	<i>Parenting</i>

Picture Books

Calm with the Very Hungry Caterpillar*

Eric Carle 2016/2019

When the Very Hungry Caterpillar gets anxious, he takes a moment to breathe and calm himself.

The Worry Box

Suzanne Chiew 2018

Murray Bear is worried, and his worry is stopping him from having fun. His sister, Molly, helps him manage his worry with some techniques, such as writing his worries down and putting them in a box.

Don't Worry Little Crab*

Christopher Haughton 2019

This is a timely book on not letting your worries hold you back. With his trademark humor, Haughton shows that sometimes a gentle “don't worry, I'm here” can keep tentative little crabs sidestepping ahead.

Wemberly Worried

Kevin Henkes 2010

Wemberly is worried about everything! She is worried about spilling her juice and going to school. Once she is in school, she meets another person who also worries, and then Wemberly realizes that she does not need to worry so much.

Houndsley and Catina and the Quiet Time

James Howe 2008

Houndsley loves the first snow of winter, but Catina does not enjoy being snowed in. This is a great story to help children focus on what they can do rather than what they cannot.

Isle of You

David LaRochelle 2018

Some days are harder to get through than others, but when you're sad, or lonely, or angry, it helps to remember these words: the Isle of You. Take a moment to shake off your worries, then set sail to a land where your dreams can come true.

The Little Book of Big What-ifs*

Renata Liwska 2019

Explore scenarios that span the spectrum from silly to serious, examining the anxieties and curiosities of everyday life. Ideal for children staying inside or learning to cope with new uncertainties.

Breathe

Scott Magoon 2014

With its calming pictures and simple repetitive words, this book is perfect to read to your child whenever he or she needs to remember to breathe and calm down.

Anxious Charlie to the Rescue*

Terry Milne 2019

Little readers will fall in love with this nervous dog and treasure this story on how change can lead to something wonderful.

Ruby Finds a Worry*

Tom Percival 2020

Ruby likes herself and her life, but then she notices a small worry beginning to form. It begins to grow until Ruby cannot enjoy the things she loves anymore. Ruby notices a boy at a park who also has a worry and talks to him about it. This charming little book will help younger children grasp how they should talk about their feelings and concerns.

Me and My Fear

Francesca Sanna 2018

When a young immigrant girl travels to a new country, Fear begins to take over her life. It is not until she meets a young boy who also has a secret Fear that her own Fear begins to shrink. This fun book has a heartwarming message about controlling your fears.

Jack's Worry

Sam Zuppardi 2016

Jack has been looking forward to playing the trumpet in his first concert, but on the morning of the big day, Jack becomes anxious about performing.

***New Picture Books**