Children's Service Society of Wisconsin™

A member of Children's Hospital and Health System.

Children's Service Society of Wisconsin Therapy Book List

Books and stories are often used to help children learn new concepts, to understand that others have had similar experiences, and to help children become comfortable discussing sensitive issues. Examples of books that we have found helpful are listed below:

PHYSICAL OR SEXUAL ABUSE

- **Your Body Belongs to You** *by Cornelia Maude Spelman*
- **Something Happened and I'm Scared to Tell: A Book for Young Victims of Abuse** *by Patricia Kehoe*
- **Mia's Secret** *by Peter Ledwon*
- **It's My Body: A Book to Teach Young Children how to Resist Uncomfortable Touch** *by Lory Freeman*

DEPRESSION AND ANXIETY

- **Top-Secret Personal Beeswax: A Journal by Junie B. (And Me!)** *by Barbara Park*
- **Fighting Invisible Tigers: Stress Management for Teens** *by Earl Hipp*
- **Chicken Soup for the Preteen Soul II: Stories About Taking Charge, Making a Difference and Moving Through the Preteen Years for Kids Ages 9-13**
- **A Boy and a Bear: The Children's Relaxation Book** *by Lori Lite*
- **I Know I Made It Happen: Children and Guilt** *by Lynne Blackburn*

ESTEEM ISSUES

- **The Colors of Us** *by Karen Katz*
- **The Way I Feel** *by Janan Cain*
- **Incredible You!: 10 Ways to Let Your Greatness Shine Through** *by Wayne W. Dyer*
- **Special Kids in School Series** (*Taking A.D.D. to School, Taking Cerebral Palsy to School, Taking Weight Problems to School*, etc.)

CHILDREN DEALING WITH DIVORCE-RELATED ISSUES

- **Dinosaurs Divorce: A Guide for Changing Families (Dino Life Guides for Families Series)** (Reprint) by *Marc Brown*
- **Two Homes** (Reprint) *by Claire Masurel*
- **Junie B. Jones Is (Almost) a Flower Girl (Junie B. Jones Series #13)** *by Barbara Park*
- **Ring Bearer** *by Laura Godwin*
- **What in the World Do You Do when Your Parents Divorce?: A Survival Guide for Kids** *by Kent Winchester*
- **It's Not Your Fault, KoKo Bear: A Read-Together Book for Parents and Young Children During Divorce** *by Vicki Lansky*

GRIEF ISSUES

- **Daddy and Me** *by Jeanne Moutoussamy-Ashe*
- **Water Bugs and Dragonflies: Explaining Death to Young Children** *by Doris Stickney*
- **I Miss You: A First Look at Death** *by Pat Thomas*
- **Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss** *by R. W. Alley (Illustrator)*

- **I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss** *by Pat Palmer*
- **Tenth Good Thing About Barney** *by Judith Viorst*
- **When Someone Very Special Dies: Children Can Learn to Cope with Grief** *by Marge Eaton Heegaard*
- **After The Funeral** *by Loretta Winsch*
- **When Mommy is Sick** *by Ferne Sherkin-Langer and Kay Life*
- **Secret Life of Bees** *by Sue Monk Kidd*

PARENT-CHILD CONFLICTS

- **Bernstein Bears (any of the series)**
- **Monday Through Sunday Series** (*Don't Pop your Cork on Mondays, Don't Rant and Rave on Wednesdays*, etc.)
- **Going to Bed Book** (Revised) *by Sandra Boynton*
- **Alexander and the Terrible, Horrible, No Good, Very Bad Day** by *Judith Viorst*
- **Hands are not for Hitting (Best Behavior Series**) Board Books *by Martine Agassi and Marieka Heinlen*

ADOPTION

- **Did My First Mother Love Me? A Story for an Adopted Child** *by Kathryn Ann Miller*
- **Blessing from Above** *by Henderson*
- **Becoming Naomi Leon** (Reprint) *by Ryan*
- **We Belong Together: A Book about Adoption and Families** *by Todd Parr*
- **Locomotion** *by Jacqueline Woodson*
- **Murphy's Three Homes** *by Jan Levinson Gilman*
- **Ann of Green Gables** or **Ann of Avonlea** *by L.M.. Montgomery*
- **The Jungle Book** *by Rudyard Kipling*

Reading and talking with your child is an excellent way to help them through difficult situations. If you feel that you or your child needs more support, CSSW therapists may be able to assist. You can contact us at 1-800-653-2779 or visit our webpage at http://www.cssw.org and click on the Child and Family Counseling link to find out about CSSW offices in your area.