

Children's Mental Health Week

MAY 5-11, 2024



PPAL'S CHILDREN'S MENTAL HEALTH BOOK RECOMMENDATIONS!



Celebrate this Children's Mental Health Month by cracking open a book! Check out PPAL's recommendations below.

Children's Books

1. **A Mind Like Mine: 21 Famous People and Their Mental Health**, Rachael Davis
2. **Building Bridges of Hope**, Sue and Chelsea Badeau
3. **Chrysanthemum**, Kevin Henkes
4. **Frog and Toad Together**, Arnold Lobel
5. **Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids**, Carol McCloud
6. **If You're a Kid Like Gavin, The True Story of a Young Trans Activist**, Gavin Grimm, Kyle Lukoff
7. **Jacob's New Dress**, Chris Case
8. **My Whirling, Twirling Motor**, Merriam Sarcia Saunders
9. **Real Life Heroes: A Storybook For Children**, Richard Kagan PhD
10. **Ruby Finds a Worry**, Tom Percival
11. **The Color of Home**, Mary Hoffman & Karin Littlewood
12. **What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety**, Kristen Lavalee, Ph.D. and Dr. Silvia Schneider



Scan this QR code to access the digital version of this list!



Teen / Young Adult Books

1. **A Good Kind of Trouble**, Lisa Moore Ramée
2. **Anger Is a Gift**, Mark Oshiro
3. **Beyond Magenta: Transgender Teens Speak Out**, Susan Kuklin
4. **Challenger Deep**, Neal Shusterman
5. **Fish in a Tree**, Lynda Mullaly Hunt
6. **I Will Save You**, Matt de la Peña
7. **Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential**, Peg Dawson
8. **Turtles All the Way Down**, John Green
9. **DBT Workbook**, Marsha M. Linehan
10. **We Are All So Good at Smiling**, Amber McBride

Adult Books

1. **Becoming Attached: First Relationships and How They Shape Our Capacity to Love**, Robert Karen
2. **Connections Over Compliance: Rewiring Our Perceptions of Discipline**, Lori L. Desautels Ph.D.
3. **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**, Gregory Keck, Regina Kupecky
4. **Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life**, Dr. Stuart Shanker
5. **Sick Enough: A Guide to the Medical Complications of Eating Disorders**, Jennifer Gaudiani, MD
6. **The Highly Sensitive Parent: Be Brilliant in Your Role, Even When the World Overwhelms You**, Elaine N. Aron Ph.D.
7. **DBT Workbook**, Marsha M. Linehan
8. **The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures**, Anne Fadiman
9. **When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses**, John W. James and Russel Friedman
10. **Wrightslaw: From Emotions to Advocacy - The Special Education Survival Guide**, Pam Wright and Pete Wright