

# May 3-9, 2026

## Children's Mental Health Week



## CHILDREN'S MENTAL HEALTH BOOK RECOMMENDATIONS!

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



PPAL donated this book to libraries across the state

### Adult Books

1. **How to Talk So Kids Will Listen & Listen So Kids Will Talk**, Adele Faber & Elaine Mazlish
2. **Connections Over Compliance: Rewiring Our Perceptions of Discipline**, Lori L. Desautels Ph.D.
3. **The Parent's Guide To Self Regulation**, Dr. Amber Thornton
4. **The Art of Letting Go: Stop Overthinking, Stop Negative Spirals, and Find Emotional Freedom (The Path to Calm)**, Nick Trenton
5. **The Family Guide to Mental Health Care**, Lloyd I. Sederer 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. **Beyond Behaviors**, Mona Delahooke
9. **Wrightslaw: From Emotions to Advocacy - The Special Education Survival Guide**, Pam Wright and Pete Wright
10. **Bullying and Cyberbullying**, Dr. Elizabeth Englander

### Child/Youth Books

1. **A Terrible Thing Happened**, Margaret M. Holmes
2. **Listening to My Body**, Gabi Garcia
3. **Buckets, Dippers, and Lids: Secrets to Your Happiness**, Carol McCloud
4. **If You're a Kid Like Gavin, The True Story of a Young Trans Activist**, Gavin Grimm, Kyle Lukoff
5. **My Whirling, Twirling Motor**, Merriam Sarcia Saunders
6. **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
7. **The Grip**, Marcus Stroman
8. **A Blue Kind of Day**, Rachel Tomlinson
9. **Tough Guys (Have Feelings Too)**, Keith Negley
10. **Red: A Crayon's Story**, Michael Hall



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