

Recommended Kids Book List

Foster Care

Name of Book	Book Summary
A Different Home: A New Foster Child’s Story by John DeGarmo & Kelly DeGarmo	This story will help children in foster care to settle in and answer some of the questions they may have. Foster children ages 4-10
A Safe Place for Rufus by Jill Seeneey	Rufus the cat lives with a family who looks after him. He feels happy and safe but he didn't always feel this way. For children, change and transition can cause confusion and uncertainty if they have moved from one family to another. Children ages 2-8
Emma’s Yucky Brother by Jean Little	Emma has always wanted a little brother. Now her family is adopting Max, and Emma is sure he will be the best brother ever. But Max has his own ideas. He thinks sisters are yucky, and that Emma is the yuckiest! Is this really what having a brother is all about? Children ages 4-8
Families Change: A Book for Children Experiencing Termination of Parental Rights by Julie Nelson	All families change over time. When this happens, it’s not their fault. They need to understand that they can remember and value their birth family and love their new family, too. Foster children who become legally free and adopted children ages 4-10
Finding the Right Spot: When Kids Can’t Live with Their Parents by Janice Levy & Whitney Martin	A young girl lives with her Aunt Dane (not her real aunt) for a while until her mother is able to care for her again. She experiences the emotional ups and downs of living in an unfamiliar home and being separated from her mother. Children ages 6-9 years
Kids Need to Be Safe: A Book for Children in Foster Care by Julie Nelson	This book explains why some kids move to foster homes, what foster parents do, and ways kids might feel during foster care. This book makes it clear that the troubles in their lives are not their fault. Foster children and children adopted from foster care ages 4-10
Kit Kitten and the Topsy-Turvy Feelings: A Story About Parents Who Aren’t Always Able to Care by Jane Evans	Kit Kitten needs help to find ways to tell others about the big, medium and small feelings which were stuck inside. Children ages 2-6
Little Miss Spider by David Kirk	When Miss Spider pops out of her egg, her mother is nowhere to be found - but kind Betty the Beetle is there to fill the role. Children ages 4-8
Maybe Days: A Book for Children in Foster Care by Jennifer Wilgocki	A straightforward look at the issues of foster care, questions that children ask, and the feelings that they confront. The book explains in children's terms the responsibilities of everyone involved. Foster and children adopted from foster care ages 4-7
Murphy’s Three Homes: A Story for Children in Foster Care by Jan Levinson Gilman	Murphy is told he is a 'good luck dog', however, after going through two different homes and an animal shelter, Murphy starts to feel like a 'bad luck dog' who nobody wants. Children ages 3-6
My Foster Care Journey: A fill-in-the-blank Lifebook by Beth O'Malley	Life books fill in the child’s history gap with words, artwork, and photos, if available. Foster children and children adopted from foster care ages 5+

Returnable Girl by Pamela Lowell	Through diary entries, a girl relates her conflicted feelings toward, and sporadic long-distance interactions with, her mother; her growing love for and desire to be good for the first authority figure to care for her; and a complex peer environment. Children ages 12+
Robbie's Trail through Foster Care by Adam Robe	Robbie is removed from his birth mother's home and placed with foster parents. He meets his new foster family, learns what a foster kid is and experiences some commonplace behaviors as he adjusts to his new life. Children ages 2-8
The Family Book by Todd Parr	A celebration of the love we feel for our families and all the different varieties they come in. Every family is special in its own unique way. Children ages 2-5
The Great Big Book of Families by Mary Hoffman	This book features all kinds of families and their lives together. Children ages 5-8
The Great Gilly Hopkins by Katherine Paterson	Eleven-year-old Gilly has been stuck in more foster families than she can remember, and she's hated them all. She's determined to no longer be a foster kid. Before long she's devised an elaborate scheme to get her real mother to come rescue her. Unfortunately, the plan doesn't work out quite as she hoped it would. Children ages 8-12
The Star: A Story to Help Young Children Understand Foster Care by Cynthia Miller Lovell	Kit is taken from her mother to the safety, and different world, of a foster home. On Kit's first night in foster care, she becomes friends with a star outside her bedroom window. The star is a source of comfort for Kit as she experiences many emotions and adjusts to all the new things in her foster home. Children ages 4-9
The Visit by Latisha Hervert	Brings to light the combination of feelings experienced by children before, during and after visits with birth parents. Foster children ages 4-8
The Women Who Raised Me: A Memoir by Victoria Rowell	The story of a foster child's rise out of the foster care system to attain the American Dream — and of the unlikely series of women who lifted, motivated, and inspired her along the way. Foster children and children adopted from foster care ages 12+
Visiting Day by Jacqueline Woodson	A girl and her grandmother prepare for a very special day--the one day a month they get to visit the girl's father in prison. Foster children and children adopted from foster care ages 5-7
What's a foster family, anyway? by Martine Golden Inlay	Helps children cope with the trauma of placement into foster care. Children ages 5-8 years

Adoption

Name of Book	Book Summary
A Family for Leanne by Shelby Griffen-Timberlake	This story takes you through the emotional ups and downs that Leanne experiences during her foster care and adoption process and will help open the door for better communication between foster and adoptive parents and their children. Foster children who become legally free and adopted children ages 5-6 years
A Place in My Heart by Mary Grossnickle	Charlie is a chipmunk adopted by squirrels, who starts to wonder about his birthparents. The story reassures children that it is okay to ask about their birthparents without upsetting their adoptive parents. Foster children who become legally free and adopted children ages 2-5

ABC, Adoption & Me: A multicultural picture book for adoptive families by Gayle H. Swift & Casey Anne Swift	Helps adoptive children express their complicated feelings in a way that makes them feel normal and which makes it easy for them to discuss with their families. Foster children who become legally free and adopted children ages 1-12 years
Adopted Like Me: My Book of Adopted Heroes by Ann Angel	Read about these adoptees and you'll see that you can grow up to be just about anything you want to be! Adopted children ages 8+
All about Adoption: How Families Are Made & How Kids Feel about It by Marc A. Nemiroff and Jane Annunziata	For the child who already understands the concept of adoption, this work provides a deeper understanding of how the adoption process works and the feelings that many children have about being adopted. Foster children who become legally free and adopted children ages 4+
And Tango Makes Three by Justin Richardson and Peter Parnell	At the zoo, two penguins named Roy and Silo were a little bit different from the others but their desire for a family was the same. And with the help of a kindly zookeeper, Roy and Silo got the chance to welcome a baby penguin of their very own. Birth and adopted children ages 2-5
Brave Bart: A Story for Traumatized and Grieving Children by Caroline Sheppard	Brave Bart is a kitty who had something bad, sad and scary happen to him. A neighborhood cat, helps Bart overcome his fears and become a survivor. Brave Bart normalizes the many trauma-reactions children experience. Foster children and children adopted from foster care ages 4+
Can I tell you about Adoption? A guide for Friends, Family, and Professionals by Anne Braff Brodzinsky	Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help. Foster children who become legally free and Adopted Children ages 7-18
Family Day: Celebrating Ethan's Adoption Anniversary by Christine Mitchell	5-year-old Ethan and his family commemorate the first anniversary of his adoption. The book explains why families might be motivated to adopt, how the process occurs, and the varied feelings associated with adoption. Birth and Adopted Children ages 6-8
Families Change: A Book for Children Experiencing Termination of Parental Rights by Julie Nelson	All families change over time. Sometimes a baby is born, or a grown-up gets married. And sometimes a child gets a new foster parent or a new adopted mom or dad. Children need to know that when this happens, it's not their fault. They need to understand that they can remember and value their birth family and love their new family, too. Foster children who become legally free and adopted children ages 4-10
Forever Fingerprints: An amazing discovery for adopted children by Sherrie Eldridge	Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her think about her adoption story in a different way. The tools offered in this book help adoptive parents create a unique connection to them and her birth parents. Adopted children ages 4-8
Help I've Been Adopted by Brenda McCreight	For many adoptees, the first few months in a new adoptive placement are also a time of confusion and even more change in a lifetime of loss, unpredictability, and unanswered questions. "Help - I've Been Adopted!" will answer many of the questions that new (and long time placed) adoptees have about their lives. Foster children who become legally free and adopted children ages 6+
My Family is Forever by Nancy Carlson	Some families look alike, some don't. Some families are formed through birth, and some families are formed by adoption. But being a family isn't about who you look like or where you were born—it's about the love that binds you together. Birth and adopted children ages 3-5
Robbie's Trail through Adoption (ISBN: 978-1-935831-03-7) by Adam Robe	A story written specifically for children who will NOT have birthparent contact after the adoption. Designed to help adoption - eligible children communicate better with their adoptive

	parents and child welfare professionals. Foster children who become legally free and adopted children ages 2-8
Robbie’s Trail through Adoption (ISBN: 978-1-935831-06-8) by Adam Robe	A story written specifically for children who WILL have birthparent contact after the adoption. Foster children who become legally free and adopted children ages 2-8
Rosie’s Family: An Adoption Story by Lori Rosove	A story about belonging in a family regardless of differences. Rosie is a beagle who was adopted by schnauzers. She feels different from the rest of her family, including her brother, who is the biological child of her parents, and sets forth many questions that children who were adopted may have. Birth and adopted children ages 3+
The Family Book by Todd Parr	Celebrate the love we feel for our families and all the different varieties they come in. Whether you have two moms or two dads, a big family or a small family, a clean family or a messy one. Children ages 2-5
The Great Big Book of Families by Mary Hoffman	This book features all kinds of families and their lives together. Children ages 5-8
The Most Precious Present in the World by Becky Edwards	This book explores questions that might preoccupy an adopted child. Mia wants to know why she looks different to her adoptive parents and why her birth parents didn't want to keep her. Adopted children ages 5-8
The Mulberry Bird: An Adoption Story by Anne Braff Brodzinsky	In this adoption picture book for children, common issues in adoption are addressed—from the enduring force of a birth parent's love and contact post-adoption to the importance of nurturing an adopted child in his or her new environment. Birth and adopted children ages 5-10
Visiting Day by Jacqueline Woodson	A girl and her grandmother prepare for a very special day--the one day a month they get to visit the girl's father in prison. Foster children and children adopted from foster care ages 5-7
We Belong Together: A Book about Adoption and Families by Todd Parr	In a kid-friendly, accessible way, this book explores the ways that people can choose to come together to make a family. It's about sharing your home and sharing your heart to make a family that belongs together. Birth and adopted children ages 3-6
Welcome Home, Forever Child: A Celebration of Children Adopted as Toddlers, Preschoolers, and Beyond by Christine Mitchell	The book helps reassure children of their permanent place in the new family, and of how much they are wanted and loved. Foster children who become legally free and adopted children ages 3-8
Where Are My Birth Parents?: A Guide for Teenage Adoptees by Karen Gravelle and Susan Fischer	Discusses how and why adopted children may try to locate and get to know their birth parents and examines psychological benefits and challenges associated with the process. Adopted children ages 12+
Who’s In My Family? All About Our Families by Robie H. Harris	Join Nellie and Gus and their family for a day at the zoo, where they see animal families galore! Depicts families of many configurations. Children ages 3-7
Zachary’s New Home: A Story for Foster and Adopted Children by Geraldine Blomquist & Paul Blomquist	Describes the adventures of Zachary the kitten, who is taken from his mother's house when she is unable to take care of him. It follows Zachary as he goes into foster care, his adoption by a family of geese and his feelings of shame, anger and hurt. Children ages 4-8

Special Needs/Trauma

Name of Book	Book Summary
A Terrible Thing Happened by Margaret M.Holmes	Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him and he started to feel angry. This gently told story is for children who have witnessed any kind of violent or traumatic episode. Foster children and children adopted from foster care ages 4-8
Alex and the Scary Things: A Story to Help Children Who Have Experienced Something Scary by Melissa Moses	Different parts of Alex come out because of the scary things he has experienced. Children will learn to recognize when they experience these emotions themselves and find solutions for overcoming them. Foster children and children adopted from foster care ages 4-8
Brave Bart: A Story for Traumatized and Grieving Children by Caroline Sheppard	Brave Bart is a kitty who had something bad, sad and scary happen to him. A neighborhood cat, helps Bart overcome his fears and become a survivor. Brave Bart normalizes the many trauma-reactions children experience. Foster children and children adopted from foster care ages 4+
Healing Days: A Guide for Kids Who Have Experienced Trauma by Susan Farber Straus	A resource for those who have experienced physical or sexual abuse, or other trauma. Provides children with tools they may use to deal with their own trauma. Foster children and children adopted from foster care ages 9-12
How Are You Feeling Today Baby Bear?: Exploring Big Feelings After Living in a Stormy Home by Jane Evans and Laurence Jackson	One night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? Foster children and children adopted from foster care ages 2-6
Kids Need to Be Safe: A Book for Children in Foster Care by Julie Nelson	This book explains why some kids move to foster homes, what foster parents do, and ways kids might feel during foster care. This book makes it clear that the troubles in their lives are not their fault. Foster children and children adopted from foster care ages 4-10
Kit Kitten and the Topsy-Turvy Feelings: A Story About Parents Who Aren't Always Able to Care by Jane Evans	Kit Kitten needs help to find ways to tell others about the big, medium and small feelings which were stuck inside. Children ages 2-6
David's Secret Soccer Goals by Caroline Levine	David is much like any other boy, but when the chance comes up to go and stay at camp, David has to face up to his biggest embarrassment, wetting the bed. David stands up bravely to his sister's taunts and a nervous visit to the doctor. Children ages 7-12
The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner	From breathing exercises and pressure holds to noise-reducing headphones and gum, this book is packed with simple strategies and tools to help children with emotional and sensory regulation difficulties. Children ages 7-14

LGBTQ Families

Name of Book	Book Summary
A Tale of Two Mommies by Vania Oelschlager	This book gives an inside look into one non-traditional family, a same sex couple and their son. Children ages 4-8
And Tango Makes Three by Justin Richardson and Peter Parnell	At the zoo, two penguins named Roy and Silo were a little bit different from the others but their desire for a family was the same. And with the help of a zookeeper, Roy and Silo got the chance to welcome a baby penguin of their own. Birth and adopted children ages 2-5

Daddy, Papa, and Me by Lesléa Newman and Carol Thompson	A toddler spending the day with its daddies. From hide-and-peek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together. Share the loving bond between same-sex parents and their children. Children ages 3+
Mommy, Mama, and Me by Lesléa Newman and Carol Thompson	A toddler spending the day with its mommies. From hide-and-peek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together. Shares the loving bond between same-sex parents and their children. Children ages 3+
The Family Book by Todd Parr	This book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two moms or two dads, a big family or a small family, a clean family or a messy one. Children ages 2-5
Who's In My Family? All About Our Families by Robie H. Harris	Join Nellie and Gus and their family for a day at the zoo, where they see animal families galore! Depicts families of many configurations. Children ages 3-7

Transracial Placement

Name of Book	Book Summary
ABC, Adoption & Me: A multicultural picture book for adoptive families by Gayle H. Swift & Casey Anne Swift	Helps adoptive children express their complicated feelings in a way that makes them feel normal and which makes it easy for them to discuss with their families. Foster children who become legally free and adopted children ages 1-12
Brown Like Me by Noelle Lamperti	This book speaks to any child who is growing up in an environment where she/he feels different and is trying to find herself reflected in the people and things around her. Children ages 9+
Can I tell you about Adoption? A guide for Friends, Family, and Professionals by Anne Braff Brodzinsky	Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help. Foster children who become legally free and adopted children ages 7-18
I Don't Have Your Eyes by Carrie Kitze	While others may notice the physical differences, there are so many ways we can celebrate the commonality that makes us truly family. We don't look the same on the outside, but in our hearts, we are the same. Children ages 4-8
Who's In My Family? All About Our Families by Robie H. Harris	Join Nellie and Gus and their family for a day at the zoo, where they see animal families galore! Depicts families of many configurations. Children ages 3-7

Feelings/Self-Esteem

Name of Book	Book Summary
Double-Dip Feelings: Stories to Help Children Understand Emotions by Barbara Cain	Designed to help children understand emotions, and shows that it is possible to experience two contrasting feelings at the same time, such as feeling both proud and scared on the first day of school. Children ages 4-8
Emily's Tiger by Miriam Latimer	It's important for kids to learn how their temper affects others. Emily's ferocious tiger temper results in a lot of damage whenever she gets angry or frustrated. But when her Granny visits, she lets Emily in on a secret: she has a tiger too, but one that knows how to control itself. Children ages 5-8
First Day Jitters by Julie Danneberg	Sometimes it helps kids to know that they're not alone in being nervous. Sarah Jane resists every step involved in getting her ready for the first day of school. It takes a lot of patient prodding to get her up, dressed, and in the doors. Children ages 5-8
I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis	Celebrate liking yourself! Through alternating points of view, a girl's and a boy's, kids show that the key to feeling good is liking yourself because you are you. Children ages 4-8
In My Heart: A Book of Feelings by Jo Witek	Happiness, sadness, bravery, anger, shyness...our hearts can feel so many feelings! And those emotions often come with physical sensations, too. Children ages 2-4
Millie Fierce by Jane Manning	Millie is an ordinary girl who often feels ignored. Tired of the indifference of others, she decides to stop being subdued and polite and start being fierce. When her bad behavior causes her to lose friends and be shunned again, Millie learns that doing good deeds can be a better way to get others to notice her. Children ages 3-7
My Many Colored Days by Dr. Seuss	This book provides a concrete way for children to talk about their emotions. Each mood is matched with a color: black days are mad and loud, yellow days are busy and buzzy. And, of course, some days include a bit of everything! Children ages 2-5
The Feelings Book by Todd Parr	This book will inspire kids to discuss their multitude of feelings and the wide range of moods we all experience. Children ages 2-4
The Feelings Books: The Care and Keeping of Your Emotions by Dr. Lynda Madison	This book helps you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control. Children ages 9-12
The Invisible String by Patrice Karst	An approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. Children ages 4-8
The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner	From breathing exercises and pressure holds to noise-reducing headphones and gum, this book is packed with simple strategies to help children with emotional and sensory regulation difficulties. Children ages 7-14
The Kissing Hand by Audrey Penn	For any child who confronts a difficult situation, and for the child within each of us who sometimes needs reassurance. Children ages 3-8

The Most Magnificent Thing by Ashley Spires	A girl's grand design turns into major frustration when she can't make her project turn out like she envisioned. But while she is tempted to quit, a long walk with her dog provides the calm and the new perspective she needs to make something truly magnificent. Children ages 3-7
The Panicosaurus: Managing Anxiety in Children including those with Asperger Syndrome by K.I. Al-Ghani	This book will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Children ages 6-11
The Red Beast: Controlling Anger in Children with Asperger's Syndrome by K.I. Al-Ghani	An accessible way to talk about anger, with tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome. Children ages 5-9
The Red Tree by Shaun Tan	A story about the power of hope, renewal and inspiration. A little girl awakens feeling there is nothing to look forward to and walks through her day oblivious to the small glimmer of hope that was always with her until the tree shows her. Children ages 12-18
The Skin You Live In by Michael Tyler	This story delivers an important message of social acceptance to young readers. Themes associated with child development and social harmony, such as friendship, acceptance, self-esteem, and diversity. Children ages 4-8
Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis	From silly to angry to quiet and sad, this little girl goes through them all...and is reassured that moods come and go, and that it's okay to feel what you feel. Children ages 4-8
When My Worries Get Too Big! by Kari Dunn Buron	High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. This book is filled with opportunities for children to develop their own self-calming strategies. Children ages 8-10

Loss

Name of Book	Book Summary
The Invisible String by Patrice Karst	An approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. Children ages 4-8
The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner	From breathing exercises and pressure holds to noise-reducing headphones and gum, this book is packed with simple strategies to help children with emotional and sensory regulation difficulties. Children ages 7-14
The Kissing Hand by Audrey Penn	For any child who confronts a difficult situation, and for the child within each of us who sometimes needs reassurance. Children ages 3-8

Bullying

Name of Book	Book Summary
Cliques, Phonies, and other Baloney by Trevor Romain	Written for every kid who has ever felt excluded or trapped by a clique. This book starts by explaining what cliques are and why they exist: because everyone wants to have friends. He reveals why some cliques are so annoying—and often full of phonies. Children ages 8-13