

# Talking to Children About Difficult Topics: Recommended Reading Lists

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The Strong4Life Child Protection team at the Stephanie V. Blank Center for Safe and Healthy Children curated recommended reading lists to help parents and caregivers have healthy conversations about difficult topics, and build protective factors for their children. Use discretion when deciding what books are best for your child's current development and understanding, and always read books yourself before sharing them with your child.

## Reminders for parents and caregivers

- Talking about body safety, boundaries, consent and sexuality can be uncomfortable, but caregivers are the best sources for this information.
- It is not a child's responsibility to defend against abusers and those who may wish to harm them. No child should feel as though abuse is their fault because they didn't or couldn't say no.
- It is never a child's fault when someone hurts them or touches them in an unwanted or unsafe way, whether or not they say no.
- It is important to encourage children to always tell a trusted adult if they are harmed or feel unsafe, whether through physical touch or something else.

## Recommended reading lists

The book recommendations are broken out by the four categories listed below with suggested age ranges for each.

**BODY SAFETY, BOUNDARIES AND SECRETS**

**FEELINGS AND EMOTIONS**

**PUBERTY AND SEX**

**ASSORTED TOPICS**





Be on the lookout for Strong4Life Child Protection team favorites as indicated by the green star.

# Body safety, boundaries and secrets book recommendations

## Book suggestions

## Age suggestions

<b>Some Parts Are NOT for Sharing</b> Julie Federico	Birth to 3 years
<b>When I Was Little like You</b> Jane Porett	2 to 4 years
<b>The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse</b> Sandy Kleven	2 to 4 years
<b>The Bare Naked Book</b> Kathy Stinson	2 to 6 years
<b>The Berenstain Bears Learn about Strangers</b> Stan and Jan Berenstain	3 years and older
<b>Your Body Belongs to You</b> Cornelia Spelman	3 years and older
<b>My Body Belongs to Me</b> Jill Starishevsky	3 to 5 years
<b>My Body Belongs to Me from My Head to My Toes</b> Pro Familia	3 to 7 years
 <b>Only for Me</b> Michelle Derrig	3 to 8 years
<b>Those Are MY Private Parts</b> Diane Hansen	3 to 8 years
<b>Amazing You!: Getting Smart about Your Private Parts</b> Gail Saltz	3 to 8 years
<b>It's MY Body: A Book to Teach Young Children How to Resist Uncomfortable Touch</b> Lory Britain	3 to 8 years
 <b>Fred the Fox Shouts "No!"</b> Tatiana Y. Kisil Matthews	3 to 9 years
<b>I Said No! A Kid-to-kid Guide to Keeping Private Parts Private</b> Zack and Kimberly King	3 to 12 years
<b>No Trespassing - This Is MY Body!</b> Pattie Fitzgerald	4 to 8 years
<b>I Can Play It Safe</b> Alison Feigh	4 to 8 years
<b>The Trouble with Secrets</b> Karen Johnsen	4 to 10 years

# Body safety, boundaries and secrets book recommendations

## Book suggestions

## Age suggestions



### **Some Secrets Should Never Be Kept**

Jayneen Sanders

3 to 12 years

### **Telling Isn't Tattling**

Kathryn M. Hammerseng

4 to 10 years

### **Know Tiny Secrets: How to Keep Your Body Private and Safe**

Latasha Fleming

5 to 10 years

### **U Touch I Tell**

Chi Hosseinion

7 to 9 years

### **A Smart Girl's Guide: Digital World: How to Connect, Share, Play and Keep Yourself Safe**

Carrie Anton

9 to 12 years

### **Will Ladybug Hug?**

Hilary Leung

Birth to 3 years

### **My Body Is Private**

Linda Walvoord Girard

3 to 8 years



### **My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention**

Kayla J.W. Marnach

3 to 12 years

### **Let's Talk about Body Boundaries, Consent and Respect**

Jayneen Sanders

3 to 12 years

### **An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids**

McKinley Hunter Manasco

3 to 12 years

### **Uncle Willy's Tickle: A Child's Right to Say No**

Marcie Aboff

4 to 8 years

### **No Means No!**

Jayneen Sanders

4 to 8 years

### **Kindergators: Hands Off, Harry!**

Rosemary Wells

4 to 8 years

### **Miles Is the Boss of His Body**

Samantha Kurtzman-Counter and Abbie Schiller

4 to 8 years



### **Don't Touch My Hair!**

Sharee Miller

*Available as a board book for younger children*

4 to 8 years

### **Sorry, I Forgot to Ask!**

Julia Cook

4 to 8 years

## Body safety, boundaries and secrets book recommendations

### Book suggestions

### Age suggestions

<b>C Is for Consent</b> Eleanor Morrison <i>Available as a board book for younger children</i>	4 to 8 years
<b>Me, Myselfie and I: A Cautionary Tale</b> Jamie Lee Curtis and Laura Cornell	4 to 8 years
<b>Listening to My Body</b> Gabi Garcia	4 to 10 years
<b>I Can Say No</b> Jenny Simmons	5 to 8 years
 <b>The Doctor Says: Let's Talk About Body Safety</b> Dr. Pat Morgan	3 to 8 years
<b>Don't Hug the Quokka!</b> Daniel Errico	3 to 7 years

## Feelings and emotions book recommendations

### Book suggestions

### Age suggestions

<b>Ruby Finds a Worry</b> Tom Percival	3 to 6 years
<b>When Sadness Is at Your Door</b> Eva Eland	3 to 7 years
<b>Freckleface Strawberry</b> Julianne Moore	3 to 8 years
<b>You, Me and Empathy</b> Jayneen Sanders	4 to 8 years
<b>You Weren't with Me</b> Chandra Ghosh Ippen	3 to 12 years
<b>Once I Was Very, Very Scared</b> Chandra Ghosh Ippen	3 to 12 years
<b>A Little SPOT of Anger: A Story about Managing BIG Emotions</b> Diane Alber	4 to 8 years
 <b>If I Had a Giant Toe: A Children's Book about Self-Esteem</b> Jill D. Clark	4 to 8 years


# Feelings and emotions book recommendations

Book suggestions	Age suggestions
<b>Grumpy Monkey</b> Suzanne Lang	4 to 8 years
<b>The Way I Feel</b> Janan Cain	4 to 8 years
<b>Is a Worry Worrying You?</b> Ferida Wolff and Harriet May Savitz	4 to 8 years
<b>The Breaking News</b> Sarah Lynne Reul	4 to 8 years
<b>Good Night Stories for Rebel Girls</b> Francesca Cavallo and Elena Favilli	8 to 11 years
<b>My Strong Mind: A Story About Developing Mental Strength</b> Niels van Hove	5 to 8 years
<b>What to Do When the News Scares You: A Kid's Guide to Understanding Current Events</b> Jacqueline B. Toner	6 to 12 years
<b>The Rhino Suit</b> Colter Jackson	4 to 8 years
<b>My Monster and Me</b> Nadiya Hussain	3 to 5 years
<b>Laxmis's Mooch</b> Shelly Anand	4 to 8 years




Scan or click the QR code, or visit [Strong4Life.com/read](https://Strong4Life.com/read), for more book recommendations on feelings, emotions and building resilience in kids.

# Puberty and sex book recommendations

Book suggestions	Age suggestions
<b>It's Not the Stork!: A Book about Girls, Boys, Babies, Bodies, Families and Friends</b> Robie H. Harris	4 to 8 years
<b>It's So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families</b> Robie H. Harris	7 to 10 years
<b>Sex Is a Funny Word</b> Cory Silverberg and Fiona Smyth	8 to 12 years
<b>Guy Talk (Growing Up)</b> Lizzie Cox	8 to 12 years
<b>Guy Stuff: The Body Book for Boys</b> Dr. Cara Natterson	9 to 12 years
<b>Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls</b> Sonya Renee Taylor	8 to 12 years
 <b>The Period Book: A Girl's Guide to Growing Up</b> Karen Gravelle	8 to 12 years
<b>The Care and Keeping of You 1: The Body Book for Younger Girls</b> Valorie Schaefer	8 to 12 years
<b>The Care and Keeping of You 2: The Body Book for Older Girls</b> Dr. Cara Natterson	10 years and older
<b>Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls</b> Drs. Carrie Leff and Lisa Klein	10 years and older
<b>Melissa</b> Alex Gino	13 years and older
<b>You-ology: A Puberty Guide for Every Body</b> Dr. Melisa Holmes, FACOG, Dr. Trish Hutchison, FAAP, and Dr. Kathryn Lowe, FAAP	7 to 10 years

## Assorted book recommendations

The list below includes a variety of topics: Domestic violence and unhealthy relationships; trauma and violence; sexual abuse and assault; poverty and challenging circumstances; foster care; adoption and families; parental incarceration; divorce and separation; grief and loss; medical conditions; social media and digital safety.

Book suggestions	Topic(s)	Age suggestions
<b>Some Days He Growled</b> N. Kimball Ostrowski	Domestic violence and unhealthy relationships	5 to 18 years
<b>The Big Bad Wolf in My House</b> Valérie Fontaine	Domestic violence and unhealthy relationships	4 to 8 years
<b>The Day My Daddy Lost His Temper</b> Dr. Carol Santana McCleary, PsyD	Domestic violence and unhealthy relationships	4 to 8 years
<b>A Terrible Thing Happened</b> Margaret M. Holmes	Trauma and violence	3 to 12 years
<b>When You Know What I Know</b> Sonja K. Solter	Sexual abuse and assault	8 to 12 years
<b>Please Tell: A Child's Story About Sexual Abuse</b> Jessie	Sexual abuse and assault	4 to 8 years
<b>Healing Days: A Guide for Kids Who Have Experienced Trauma</b> Susan Farber Straus, PhD	Sexual abuse and assault	6 to 11 years
 <b>The Kid Trapper</b> Julia Cook	Sexual abuse and assault	6 to 12 years
<b>Speak</b> Laurie Halse Anderson <i>Content warning: Sexual assault</i>	Sexual abuse and assault	13 years and older
<b>Fault Line</b> C. Desir	Sexual abuse and assault	13 years and older
<b>Home</b> Tonya Lippert	Poverty and challenging circumstances	5 to 9 years
<b>Saturday at the Food Pantry</b> Diane O'Neill	Poverty and challenging circumstances	3 to 7 years
<b>The Foster Dragon</b> Steve Herman	Foster care	4 to 8 years
<b>Maybe Days: A Book for Children in Foster Care</b> Jennifer Wilgocki	Foster care	4 to 8 years

## Assorted book recommendations

Book suggestions	Topic(s)	Age suggestions
<b>Monty's Day in Court: What to Expect When You Have to Testify in Court</b> Jessica Miles	Foster care	9 to 12 years
<b>A is for Always: An Adoption Alphabet</b> Linda Cutting	Adoption and families	2 to 6 years
<b>The Adopted Dragon</b> Steve Herman	Adoption and families	4 to 10 years
<b>Tuxedo Baby</b> Victoria Smith	Adoption and families	4 to 7 years
<b>A Family Is a Family Is a Family</b> Sara O'Leary	Adoption and families	3 to 7 years
<b>Far Apart, Close in Heart: Being a Family When a Loved One Is Incarcerated</b> Becky Birtha	Parental incarceration	4 to 8 years
<b>See You Soon</b> Mariame Kaba	Parental incarceration	4 to 8 years
<b>Two Homes</b> Claire Masurel	Divorce and separation	2 to 5 years
<b>Thursday</b> Ann Bonwill	Divorce and separation	3 to 7 years
<b>The Kids' Book of Family Changes: Understanding Divorce and Separation</b> Catherine and Jenny Stephenson	Divorce and separation	4 to 10 years
<b>The Invisible String</b> Patrice Karst	Divorce and separation	4 to 8 years
<b>The List of Things That Will Not Change</b> Rebecca Stead	Divorce and separation	8 to 12 years
<b>The Rough Patch</b> Brian Lies	Grief and loss	4 to 8 years
<b>The Laugh</b> Fay Evans	Grief and loss	3 to 7 years
<b>Dear Moon</b> Stephen Wunderli	Grief and loss	3 to 8 years
<b>The Treasure Box</b> Dave Keane	Grief and loss	4 to 8 years



## Assorted book recommendations

	Book suggestions	Topic(s)	Age suggestions
	<b>Tear Soup: A Recipe for Healing After Loss</b> Pat Schwiebert and Chuck DeKlyen	Grief and loss	All ages
	<b>The Memory Box: A Book About Grief</b> Joanna Rowland	Grief and loss	4 to 8 years
	<b>My Journey with the Wind: A Magical Story of Grief</b> Ashley Wolfe	Grief and loss	4 to 10 years
	<b>Specs for Rex</b> Yasmeen Ismail	Medical conditions	4 to 8 years
	<b>Brave Like Mom</b> Monica Acker	Medical conditions	6 to 8 years
	<b>Just Ask!: Be Different, Be Brave, Be You</b> Sonia Sotomayor	Medical conditions	4 to 7 years
	<b>Migraine and Mia</b> Kat Harrison	Medical conditions	4 to 8 years
	<b>Just Roll with It</b> Veronica Agarwal and Lee Durfey-Lavoie	Medical conditions	8 to 12 years
	<b>Magic Air: Ten Kid-Sized Steps to Surgery</b> Alana Smith	Medical conditions	3 to 6 years
	<b>Making Happy</b> Sheetal Sheth	Medical conditions	6 to 12 years
	<b>Different: A Great Thing to Be!</b> Heather Avis	Medical conditions	3 to 7 years
	<b>The Brain Forest</b> Sandhya Menon	Medical conditions	5 to 10 years
	<b>Come Over to My House</b> Eliza Hull and Sally Rippin	Medical conditions	3 to 9 years
	<b>Finally Heard</b> Kelly Yang	Social media and digital safety	8 to 12 years
	<b>Social Media Survival Guide</b> Holly Bathie	Social media and digital safety	10 to 18 years
	<b>On the Internet: Our First Talk About Online Safety</b> Dr. Jillian Roberts	Social media and digital safety	6 to 8 years

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Book suggestions	Topic(s)	Age suggestions
<b>Teach Your Dragon Online Safety</b> Steve Herman	Social media and digital safety	4 to 10 years
<b>The Berenstain Bears' Computer Trouble</b> Jan and Mike Berenstain	Social media and digital safety	4 to 8 years
<b>Chicken Clicking</b> Jeanne Willis	Social media and digital safety	3 to 8 years
<b>#Goldilocks: A Hashtag Cautionary Tale</b> Jeanne Willis	Social media and digital safety	3 to 8 years
<b>Troll Stinks</b> Jeanne Willis	Social media and digital safety	3 to 8 years
<b>If You Give a Mouse an iPhone: A Cautionary Tail</b> Ann Droyd	Social media and digital safety	4 to 10 years
<b>But It's Just a Game</b> Julia Cook	Social media and digital safety	7 to 12 years
<b>The Technology Tail: A Digital Footprint Story</b> Julia Cook	Social media and digital safety	6 to 11 years
<b>Webster's Friend</b> Hannah Whaley	Social media and digital safety	2 to 7 years

The age recommendations listed are approximate, and every book is not meant for every child or family. Consider your family values when selecting books, and choose books that are age-appropriate for the child.

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.

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