# BOOK LIST TO SUPPORT

**PRESCHOOL**

**SOCIAL-EMOTIONAL DEVELOPMENT**

## FEELINGS

| Janine Cain                     |                                                        |
| 2. Alicia Has a Bad Day         | Validates children’s feelings.                        |
| Lisa Jahn-Llough                 |                                                        |
| 3. The Hating Book              | All about feeling angry.                             |
| Charlotte Zolotow               |                                                        |
| 4. I Was So Mad                  | Describes situations that make preschoolers mad. Can spark up conversation about what makes them mad. |
| Mercer Mayer                    |                                                        |
| 5. When Sophie Gets Angry,      | Validates children’s anger.                          |
| Really, Really Angry             |                                                        |
| Molly Bang                      |                                                        |
| 6. Up and Down the Worry Hill   | Validates children’s anxiety especially OCD symptoms and offers coping strategies. |
| Aureen Pinto Wagner              |                                                        |
| 7. On Monday When It Rained     | Great book about what feelings are triggered in certain situations. |
| Cherryl Kachenweister           |                                                        |
| 8. When I’m Angry               | Excellent description of feeling angry and coping skills to help. Great illustrations. |
| Jane Aaron                      |                                                        |
9. **Blue’s Frustrated Day**  
(Blues Clues book 18)

Great description of how it feels to be frustrated and coping strategy.

10. **Go Away Big Green Monster!**  
Ed Emberly

Constructs and deconstructs monster, piece by piece. Great for mastering fears but should be used with caution for kids with fears of monsters.

### BEHAVIOR / RULES

1. **No, David**  
   David Shannon

Humorous and simple text with great illustrations. A childhood favorite.

2. **David Goes to School**  
   David Shannon

Same as above but getting in trouble at school.

3. **Noisy Nora**  
   Rosemary Wells

Describes a child who has difficulty listening to rules.

4. **Following the Rules: Learning About Respect**  
   Regina G. Birch

Educational book about following rules and consequences.

5. **Hands Are Not For Hitting**  
   Martine Agassi

Simple book about not hitting.

### BEDTIME / NIGHTTIME FEARS OR SEPARATION

1. **Just Go to Bed**  
   Mercer Mayer

All about being too busy to go to bed. A childhood favorite.

2. **Teddy Bears Tears**  
   Jim Aylesworth

Child comforts individual teddy bears who have fears about going to sleep. Great for night time fears.

3. **Can’t You Sleep Little Bear?**  
   Martin Waddell

Great description of night time fears.
4. There’s a Nightmare in My Closet
   Mercer Mayer

Can be used to spark discussions about fears and nightmares.

LOSS

1. The Fall of Freddie Leaf
   Leo Buscaglia

Describes the life cycle of nature.

2. The Dead Bird
   Margaret Wise Brown

Describes children who discover that a bird died. Goes through death and mourning process.

SEPARATION

1. I Love You All Day Long
   Francesca Rusackas

A young pig goes through a whole preschool day with mommy still loving.

2. Don’t Go!
   James Breskin Zalben

Great book on preschool separation.

3. The Kissing Hand
   Audrey Penn

Excellent, award winning book. Can be read to class with each child getting a kissing hand sticker.

4. My Blanket
   Ruth Young

Transitional object.

5. My Brown Bear Barney
   Ruth Young

Transitional object.

6. Ira Sleeps Over
   B. Waber

Describes child’s first sleepover.
7. You Go Away  
Dorothy Corey

8. The Runaway Bunny  
Margaret Wise Brown

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**ADJUSTMENT TO SCHOOL**

1. It's Hard to be Five: Learning How to Work My Control Panel  
Jamie Lee Curtis

   Great, humorous book about rowing up and adjusting to school.

2. I Love You All Day Long  
Francesca Rusackas

   A young pig goes through a whole preschool day with mommy still loving.

3. Can You Listen with Your Eyes?  
Nita Everly (Lingui systems Early Social Behavior Books)

   Great at describing to preschoolers active listening concepts.

4. When You Go to Kindergarten  
James Howe

   Photos of kindergarten children during times of day.

5. First Day Jitters  
Julie Dannenberg

   Simple book about first day of school.

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**SEPARATION**

1. Where the Wild Things Are  
Maurice Sendak

   Fantasy book where child doesn’t listen to parent and gets punished. Fantasizes how it would feel to be in charge, and returns from daydream to follow rules and feels loved.

2. Harold and the Purple Crayon  
Crockett Johnson

   Child gets to “draw” the world as he likes.
1. **Missing Rabbit**  
Roni Schotter  
Great book at describing emotional issues a child feels.

2. **Tell Me Again About the Night I Was Born**  
Jamie Lee Curtis  
Excellent book for explaining adoption to preschoolers.

3. **Two Homes**  
Claire Mansurel  
Simple book about divorce.

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**BABIES / NEW BABIES**

1. **My Baby Brother is a Little Monster**  
Sarah Albee  
Describes trials older brother experiences by having younger siblings.

2. **The Berenstain Bears and Baby Makes Five**  
Stan and Jan Berenstain  
Great book describing immediate aftermath of new baby as well as coping strategies.

3. **A Baby Sister for Frances**  
Russel Hoban and Lillian Hoban  
Describes how youngest child adjusts to having a new baby in family.

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**GROWING UP**

1. **It’s Hard to be Five: Learning How to Work My Control Panel**  
Jamie Lee Curtis  
Great, humorous book about growing up and adjusting to school.

2. **When I Get Bigger**  
Mercer Mayer  
Describes what a young child would do if he could make the rules.

3. **When I Was Little: A Four-Year-Old’s Memoir of Her Youth**  
Jamie Lee Curtis  
Cute book describing a young child’s development since birth.
### VIOLENCE / SAFETY

1. **A Terrible Thing Happened**  
   Margaret M. Holmes  
   Addresses trauma symptoms and coping without ever saying what the trauma was.

2. **Uncle Willy’s Tickles: A Child’s Right to Say No**  
   Marcie Aboff  
   Great book to discuss with children what makes them feel comfortable and uncomfortable. Emphasizes that they have a right to say no to an adult if they feel uncomfortable.

### FRIENDSHIP

   Laurie Krasny Brown and Marc Brown  

2. **Do You Want to be My Friend**  
   Eric Carle  
   Classic on friendship.

3. **The Rainbow Fish**  
   Marcus Pfister  
   Great description about what friendship means.

### SELF ESTEEM

1. **A Color of His Own**  
   Leo Lionni  
   Especially good for children with disabilities.

2. **Why Do You Love Me?**  
   Laura Schlessinger and Martha Lambert  
   Excellent at describing self esteem to young children.

3. **I’m Gonna Like Me**  
   Jamie Lee Curtis and Laura Cornell  
   Describes self acceptance.
4. **Leo the Late Bloomer**  
   Robert Kraus  
   Excellent for children with disabilities.