

Social-Emotional Books for Healthy Early Childhood Development

Compiled by:
The Center on the Social and Emotional Foundations for Early Learning

**A CHILD'S MENTAL HEALTH
NEEDS AS MUCH ATTENTION
AS THEIR PHYSICAL HEALTH.**



**BECAUSE MENTAL HEALTH STARTS
EARLY AND LASTS A LIFETIME.**

📞 833.326.4411

[MentalHealthStartsEarly.com](https://www.MentalHealthStartsEarly.com)



Free support is just a call or click away. ❤️ Every child's mental health matters.

POSTER PROVIDED BY:  Joint Initiatives
FOR YOUTH + FAMILIES

Children's Book List

Compiled by The Center on the
Social and Emotional
Foundations for Early Learning

Being a Friend

- A Rainbow of Friends** by P.K. Hallinan (Ages 4-8)
Best Friends by Charlotte Labaronne (Ages 3-5)
Can You Be a Friend? by Nita Everly (Ages 3-6)
Can You Talk to Your Friends? by Nita Everly (Ages 3-6)
Care Bears Caring Contest by Nancy Parent (Ages 3-6)
Care Bears The Day Nobody Shared by Nancy Parent (Ages 3-6)
Fox Makes Friends by Adam Relf (Ages 3-5)
Gigi and Lulu's Gigantic Fight by Pamela Edwards (3-7)
Heartprints by P.K. Hallinan (Ages 3-6)
How Do Dinosaurs Play with Their Friends
by Jane Yolen and Mark Teague (Ages 3-5)
How to be a Friend by Laurie Krasny Brown and Marc Brown (Ages 4-8)
Hunter's Best Friend at School by Laura Malone Elliot (Ages 4-7)
I'm a Good Friend! by David Parker (Ages 3-5)
I Can Share by Karen Katz (Ages Infant-5)
I Can Cooperate! by David Parker (Ages 3-5)
I am Generous! by David Parker (Ages 2-5)
I'm Sorry by Sam McBratney (Ages 4-7)
It's Hard to Share My Teacher by Joan Singleton Pretine (Ages 5-6)
Jamberry by Bruce Degan (Ages 2-5)
Join In and Play by Cheri Meiners (Ages 3-6)
The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear
by Don & Audrey Wood (Ages 2-5)
Making Friends by Fred Rogers (Ages 3-5)



**ALL FAMILIES NEED SUPPORT
TO RAISE HAPPY, HEALTHY KIDS.
REACH OUT IF YOU HAVE CONCERNS.**

833.326.4411

MentalHealthStartsEarly.com



Free support is just a call or click away. ❤️ Every child's mental health matters.

Being a Friend

Making Friends by Janine Amos (Ages 4-8)
Matthew and Tilly by Rebecca C. Jones (Ages 4-8)
Mine! Mine! Mine! by Shelly Becker (Ages 3-5)
Mine! A Backpack Baby Story
by Miriam Cohen (Ages Infant-2)
My Friend Bear by Jez Alborough (Ages 3-8)
My Friend and I by Lisa John-Clough (Ages 4-8)
One Lonely Sea Horse
by Saxton Freymann & Joost Elffers (Ages 4-8)
Perro Grande...Perro Pequeno/Big Dog...Little Dog
by P.D. Eastman (Ages 4-8)
The Rainbow Fish by Marcus Pfister (Ages 3-8)
Share and Take Turns by Cheri Meiners (Ages 5-8)
Sharing How Kindness Grows
by Fran Shaw (Ages 3-5)
The Selfish Crocodile
by Faustin Charles and Michael Terry (Ages 4-7)
Simon and Molly plus Hester
by Lisa Jahn-Clough (5-8)
Sometimes I Share by Carol Nicklaus (Ages 4-6)
Strawberry Shortcake and the Friendship Party
by Monique Z. Sephens (Ages 2-5)
Sunshine & Storm by Elisabeth Jones (Ages 3-5)
Talk and Work it Out by Cheri Meiners (Ages 3-6)
That's What a Friend Is by P.K. Hallinan (Ages 3-8)
We Are Best Friends by Alikei (Ages 4-7)

Self-Confidence

ABC I like Me by Nancy Carlson (Ages 4-6)
Amazing Grace by Mary Hoffman (Ages 4-8)
Arthur's Nose by Marc Brown (Ages 3-8)
The Blue Ribbon Day by Katie Couric (Ages 4-8)
Can You Keep Trying by Nita Everly (Ages 3-6)
I Can Do It Myself (Sesame Street) by Emily Perl Kingsley (Ages 2-4)
I'm in Charge of Me! by David Parker (Ages 3-5)
I am Responsible! by David Parker (Ages 3-5)
The Little Engine that Could by Watty Piper (3-7)
Susan Laughs by Jeanne Willis (Ages 4-7)
Too Loud Lilly by Sophia Laguna (Ages 4-7)
Try and Stick With It by Cheri Meiners (Ages 4-8)
26 Big Things Little Hands Can Do by Coleen Paratore (Ages 1-6)
The Very Clumsy Click Beetle by Eric Carle (3-7)
Whistle for Willie/Sebale a Willie by Erza Jack Keats (Ages 4-7)
You Can Do It, Sam by Amy Hest (Ages 2-6)

Accepting Different Kinds of Friends

And Here's to You by David Elliott (Ages 4-8)
Big Al by Andrew Clements (Ages 4-8)
The Brand New Kid by Katie Couric (Ages 3-8)
Chester's Way by Kevin Henkes (Ages 5-7)
Chrysanthemum by Kevin Henkes (Ages 4-8)
Franklin's New Friend by Paulette Bourgeois (5-8)
Horace and Morris But Mostly Dolores by James Howe (Ages 4-8)
I Accept You as You Are! by David Parker (Ages 3-5)
It's Okay to Be Different by Todd Parr (Ages 3-8)
Margaret and Margarita by Lynn Reiser (Ages 5-8)

Problem Solving

Don't Let the Pigeon Drive the Bus by Mo Willems (2-7)

Don't Let the Pigeon Stay Up Late! by Mo Willems (2-7)

I Did It, I'm Sorry by Caralyn Buehner (Ages 5-8)

It Wasn't My Fault by Helen Lester (Ages 4-7)

Talk and Work it Out by Cheri Meiners (Ages 4-8)

Bullying + Teasing

A Weekend with Wendell by Kevin Henkes (4-8)

The Berenstain Bears and the Bully

by Stan and Jan Berenstain (Ages 4-7)

Big Bad Bruce by Bill Peet (Ages 4-8)

Chester's Way by Kevin Henkes (Ages 5-7)

Coyote Raid in Cactus Canyon by J. Arnosky (Ages 4-8)

Gobbles! by Ezra Jack Kets (Ages 4-8)

Hats by Kevin Luthardt (Ages 3-6)

Hooway for Wodney Wat! by Helen Lester (Ages 5-8)

Hugo and the Bully Frogs by Francesca Simon (Ages 3-7)

Caring + Empathy

Bear Feels Sick

by Karma Wilson and Jane Chapman (Ages 3-5)

Can You Tell How Someone Feels by Nita Everly (3-6)

Understand and Care by Cheri Meiners (Ages 3-6)

When I Care about Others

by Cornelia Maude Spelman (Ages 5-7)



A THRIVING MIND STARTS WITH A CARING RELATIONSHIP.
BECAUSE YOUR LOVING SUPPORT TODAY IS HER SUCCESS TOMORROW.

833.326.4411 [MentalHealthStartsEarly.com](https://www.MentalHealthStartsEarly.com) 

Free support is just a call or click away. ❤️ Every child's mental health matters.

Fears + Worries

- Creepy Things are Scaring Me** by Jerome and Jarrett Pumphrey (Ages 4-8)
Franklin in The Dark by Paulette Bourgeois & Brenda Clark (Ages 5-8)
How I Feel Scared by Marcia Leonard (Ages 2-6)
I Am Not Going to School Today by Robie H. Harris (Ages 4-8)
No Such Thing by Jackie French Koller (Ages 5-8)
Sam's First Day (multiple languages) by David Mills & Lizzie Finlay (Ages 3-7)
Sheila Rae, the Brave by Kevin Henkes (Ages 5-8)
Wemberly Worried by Kevin Henkes (Ages 5-8)
When I'm Feeling Scared by Trace Moroney (Ages 2-5)
When I Feel Scared by Cornelia Maude Spelman (5-7)

Sad Feelings

- Let's Talk About Feeling Sad** by Joy Wilt Berry (3-5)
Franklin's Bad Day by Paulette Bourgeois & Brenda Clark (Ages 5-8)
How I Feel Sad by Marcia Leonard (Ages 2-6)
Hurty Feelings by Helen Lester (Ages 5-8)
Knuffle Bunny by Mo Willems (Ages 3-6)
Sometimes I Feel Awful by Joan Singleton Prestine (Ages 5-8)
The Very Lonely Firefly by Eric Carle (Ages 4-7)
When I'm Feeling Sad by Trace Moroney (Ages 2-5)
When I Feel Sad by Cornelia Maude Spelman (5-7)

Grief + Death

- The Fall of Freddie the Leaf** by Leo Buscaglia (Ages 5-Adult)
Goodbye Mousie by Robert Harris (Ages 3-8)
I Miss You by Pat Thomas (Ages 4-8)
The Next Place by Warren Hanson (Ages 5-Adult)
Sad Isn't Bad: Grief Guidebook for Kids Dealing with Loss Series
by Michaelene Mundy (Ages 5-8)

Angry or Mad Feelings

- Alexander and the Terrible, Horrible, No Good, Very Bad Day**
by Judith Viorst (Ages 4-8)
Andrew's Angry Words by Dorothea Lackner (4-8)
Bootsie Barker Bites
by Barbara Bottner (Ages 4-8)
The Chocolate Covered Cookie Tantrum
by Deborah Blementhal (Ages 5-8)
How I Feel Frustrated
by Marcia Leonard (Ages 3-8)
How I Feel Angry by Marcia Leonard (Ages 2-6)
Llama Llama Mad at Mama
by Anna Dewdney (2-5)
Sometimes I'm Bombaloo
by Rachel Vail (Ages 3-8)
That Makes Me Mad! by Steven Kroll (Ages 4-8)
The Rain Came Down by David Shannon (Ages 4-8)
When I'm Angry by Jane Aaron (Ages 3-7)
When I'm Feeling Angry
by Trace Moroney (Ages 2-5)
When I Feel Angry
by Cornelia Maude Spelman (5-7)
When Sophie Gets Angry - Really, Really Angry
by Molly Garrett (Ages 3-7)
Lily's Purple Plastic Purse
by Kevin Henkes (Ages 4-8)

Family Relationships

Are You My Mother?

by P.D. Eastman and Carlos Rivera (Ages Infant-5)

Baby Dance by Ann Taylor (Ages Infant-4)

Because I Love You So Much

by Guido van Genechten (Ages 2-5)

Counting Kisses by Karen Katz (Ages Infant-5)

Full, Full, Full of Love by Trish Cooke (Ages 4-6)

Don't Forget I Love You by Mariam Moss (Ages 2-7)

Guess How Much I Love You By Sam McBratney (Ages Infant-5)

Guji Guji by Chih-Yuan Chen (Ages 5-8)

How Do I Love You? by P.K. Hallinan (Ages Infant-5)

I Love it When You Smile by Sam McBratney (Ages 3-5)

I Love You All Day Long by Francesca Rusackas (Ages 3-5)

I Love You: A Rebus Poem by Jean Marzollo (Ages 1-6)

I Love You the Purplest by Barbara M. Joose (Ages 4-8)

I Love You Through and Through

by Bernadette Rossetti-Shustak (Ages 1-5)

The Kissing Hand by Audrey Penn (Ages 3-8)

Koala Lou by Mem Fox (Ages 4-7)

Mama, Do You Love Me?/Me quieres, mama?

by Barbara Joosse (Ages 3-6)

More, More, More, Said the Baby: Three Love Stories

by Vera B. Williams Morrow (Ages Infant-3)

No Matter What by Debi Gliori (Ages 2-5)

Owl Babies by Martin Waddell (Ages 3-7)

Please, Baby, Please by Spike Lee (Ages Infant-5)

Te Amo Bebe, Little One by Lisa Wheeler (Ages Infant-3)

You're All My Favorites by Sam Mc Bratney (Ages 5-7)

NURTURE MENTAL HEALTH.



GROW HAPPY, HEALTHY KIDS.

BECAUSE MENTAL HEALTH IS THE FOUNDATION FOR A SUCCESSFUL FUTURE.

☎ 833.326.4411

[MentalHealthStartsEarly.com](https://www.MentalHealthStartsEarly.com)



Free support is just a call or click away. ❤️ Every child's mental health matters.

Good Behavior Expectations

- Can You Listen with Your Eyes?** by Nita Everly (3-6)
Can You Use a Good Voice? by Nita Everly (Ages 3-6)
David Goes to School by David Shannon (Ages 3-8)
David Gets in Trouble by David Shannon (Ages 3-8)
Excuse Me!: A Little Book of Manners
by Karen Katz (Ages Infant-5)
Feet Are Not for Kicking (available in board book)
by Elizabeth Verdick (Ages 2-4)
Hands are Not for Hitting (available in board book)
by Martine Agassi (Ages 2-8)
Hands Can by Cheryl Willis Hudson (Ages 1-5)
I Tell the Truth! by David Parker (Ages 3-5)
I Show Respect! by David Parker (Ages 3-5)
Know and Follow Rules by Cheri Meiners (Ages 3-6)
Listen and Learn by Cheri Meiners (Ages 3-6)
No Biting by Karen Katz (Ages Infant-5)
No David by David Shannon (Ages 3-8)
No Hitting by Karen Katz (Ages Infant-5)
Please Play Safe! Penguin's Guide to Playground Safety
by Margery Cuyler (Ages 2-5)
26 Big Things Small Hands Can Do
by Coleen Paratore (Ages 3-5)
Quiet and Loud by Leslie Patricelli (Ages 1-3)
Words Are Not for Hurting by Elizabeth Verdick (3-6)

Happy Feelings

- Amadeus is Happy** by Eli Cantillon (Ages 2-5)
Feeling Happy by Ellen Weiss (Ages 2-5)
If You're Happy and You Know it!
by David Carter (Ages 2-6)
If You're Happy and You Know It
by Scholastic/Taggies book (Ages Infant-2)
The Feel Good Book by Todd Parr (Ages 3-6)
Peekaboo Morning by Rachel Isadora (Ages 2-5)
When I Feel Happy by Marcia Leonard (Ages 2-6)
"What Went Right Today?"
by Joan Buzick and Lindy Judd (Ages 3 - 8)

General Feelings

- ABC Look at Me** by Roberta Grobel Intrater (Ages Infant-4)
"Baby Faces"
(most are by Roberta Grobel Intrater (Ages Infant-4)
Baby Faces by Margaret Miller (Ages Infant-3)
Baby Senses Sight by Dr. S. Beaumont (Ages Infant -3)
Can You Tell How Someone Feels?
(Early Social Behavior Book Series) by Nita Everly (Ages 3-6)
Double Dip Feelings by Barbara Cain (Ages 5-8)
The Feelings Book by Todd Parr (Ages 3-8)
Feeling Happy by Ellen Weiss (Ages Infants -3)
Glad Monster, Sad Monster
by Ed Emberley & Anne Miranda (Ages Infant-5)
Happy and Sad, Grouchy and Glad
by Constance Allen (Ages 4-7)

General Feelings

**How Are You Peeling: Foods with Moods/
Vegetal como eres: Alimentos consentimientos**

by Saxton Freymann (Ages 5-8)

How Do I Feel? by Norma Simon (Ages 2-7)

How Do I Feel? Como me siento? by Houghton Mifflin (Ages Infant-4)

How I Feel Proud by Marcia Leonard (Ages 2-6)

How I Feel Silly by Marcia Leonard (Ages 2-6)

How Kind by Mary Murphy (Ages 2-5)

I Am Happy by Steve Light (Ages 3-6)

If You're Happy and You Know it! by Jane Cabrera (Ages 3-6)

Little Teddy Bear's Happy Face Sad Face by Lynn Offerman

Lizzy's Ups and Downs by Jessica Harper (Ages 3-9)

My Many Colored Days by Dr. Seuss (Ages 3-8)

On Monday When It Rained by Cherryl Kachenmeister (Ages 3-8)

Proud of Our Feelings by Lindsay Leghorn (Ages 4-8)

See How I Feel by Julie Aigner-Clark (Ages Infant-4)

Sometimes I Feel Like a Storm Cloud by Lezlie Evans (Ages 4-8)

Smudge's Grumpy Day by Miriam Moss (Ages 3-8)

The Way I Feel by Janan Cain (Ages 4-8)

The Grouchy Ladybug by Eric Carle (Ages 1-6)

The Pout Pout Fish by Deborah Diesen (Ages 3-5)

The Three Grumpies by Tamra Wight (Ages 4-8)

Today I Feel Silly & Other Moods That

Make My Day by Jamie Lee (Ages 3-8)

What Makes Me Happy? by Catherine & Laurence Anholt (Ages 3-6)

What I Look Like When I am Confused/Como Me Veo Cuando

Estoy Confundido by Joanne Randolph (Ages 5-8)

When I Feel Frustrated by Marcia Leonard (Ages 2-6)

When I Feel Jealous by Marcia Leonard (Ages 2-6) feelings)



**EVERYONE
NEEDS SUPPORT TO
RAISE HAPPY,
HEALTHY KIDS**

 (833)-ECMH411  [MENTALHEALTHSTARTSEARLY.COM](https://www.mentalhealthstartsearly.com)

Free support is just a call or click away. ❤️ Every child's mental health matters.

You play an essential role in the healthy social-emotional development of the children in your care.

Social and emotional development begins at birth with infants building attachments and trust with their caregivers, learning how to self-soothe, and later, recognizing emotions in themselves and others. Healthy social-emotional development lays a foundation for strong mental health.

Making friends. Waiting patiently. Caring for others. Resolving conflicts peacefully. Controlling emotions. Following the rules. These are all examples of social and emotional skills that children must learn gradually over time – with the support of caring adults.

Just as we take care of children’s physical health with nutritious foods, plenty of rest, and safe environments, we must also take care of their mental health. We can do this by actively supporting their social-emotional development and by integrating support into daily programming and encouraging families to do the same at home:

- Providing warm, responsive and consistent care
- Showing appreciation for children’s diverse cultures and backgrounds
- Modeling positive behavior and care for others
- Offering choices throughout the day
- Focusing on and encouraging positive behavior
- Setting and sticking to predictable routines
- Coaching children to share, play together and find common ground
- Building relationships with families so children feel secure and comfortable with early childhood professionals

As early childhood professionals, we need to understand the underlying reasons for challenging behavior and work with families in order to help children manage “big” feelings that impact behavior. If challenging behaviors continue, there are trusted resources in our community to help.

Instead of viewing challenging behaviors simply as a disruption, providers should be aware that these behaviors often are the result of social and emotional factors and represent a teaching opportunity (for both the parent and the child), which can be effectively addressed within the home and through external support programs that are available in our community.



JESSICA ALEXANDER, MA, IMH-E®
Foundations Mental Health Lead Consultant
JAlexander@jointinitiatives.org | 719.466.0099

For more social-emotional resources:
Earlychildhoodmentalhealthco.org