

## Books About Attachment, Separation & Connection

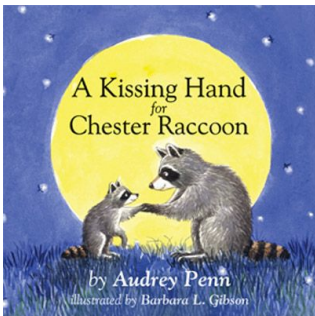
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### **The Invisible String** by Patrice Karst

Liza and Jeremy wake up scared and run to their mom. She tells them the story of the Invisible String, a very special string that connects us to everyone we love no matter how far away we are from them. The string even reaches all the way to heaven, and it doesn't go away, not even when we're angry. A beautiful story that helps parents and children talk about how they are always connected through love no matter what.

Preview: <https://www.youtube.com/watch?v=mOzodqqqIPM>



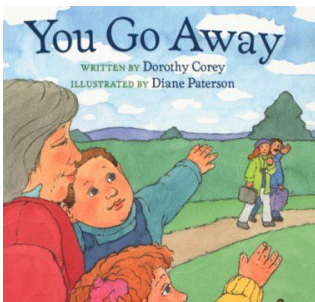
### **The Kissing Hand** by Audrey Penn, Ruth E. Harper, and Nancy M. Leak

Chester raccoon is scared to go to school, but his mom tells him the story of the kissing hand. She puts a kiss on his hand and tells him "whenever you feel lonely and need a little loving from home, just press your hand to your cheek and think, 'Mommy loves you.' And that very kiss will jump to your face and fill you with toasty warm thoughts." Chester loves his kissing hand and he even offers mom a hand as he heads off to school. This book is a wonderful way to help children and parents feel connected and manage separations.

Preview: <https://www.youtube.com/watch?v=oURLsHiPy1o>

Spanish: [Un Beso En Mi Mano](#)

Muestra en español: <https://www.youtube.com/watch?v=0ohBmM9LAeg>

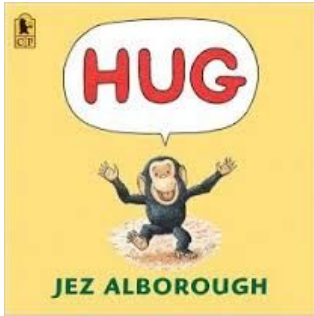


### **You Go Away** by Dorothy Corey

This board book deals with a young child's fear that people will go away and not return. Using simple illustrations of diverse families (different ethnicities, fathers, mothers, and grandparents), this book shows how even though people go away, they usually come back. The book is especially good for toddlers with separation anxiety. It may also be helpful for children who have had people leave and not come back to help them learn that most people usually come back.



## Books About Attachment, Separation, & Connection (continued)

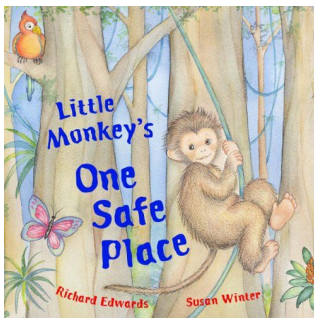


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### **Hug** by Jez Alborough

This simple board book, uses just one word, "hug." This story includes pictures of a little monkey watching other animals hug each other to show how young children may feel when they are separated from their caregivers. An elephant family helps the monkey find its mother, and they are reunited with one big Hug. This book is especially good for toddlers.

Preview: <https://www.youtube.com/watch?v=7LMzKwQQXco>



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### **Little Monkey's One Safe Place** by Richard Edwards

Little monkey is scared by the storm. Don't worry his mom tells him, "There is always one safe place." He searches all through the jungle for his one safe place and returns to his mother tired, scared, and sad because he could not find it. She shows him that his one safe place is with her, right in her arms. This book captures the idea of the safe base. Within the arms of a parent, a child can feel safe and protected from the storm.

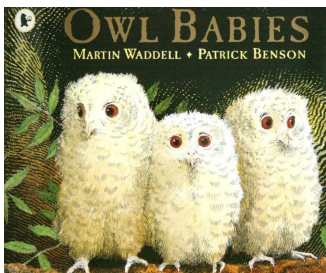
Additional Languages:

Bilingual Spanish/English: [Un Lugar Seguro Para Pequeno Mono](#)

Bilingual French/English: [Petit Singe cherche son refuge](#)

Bilingual Polish/English: [Bezpieczne Miejsce Matej Matpki](#)

[Bilingual Chinese/English](#)



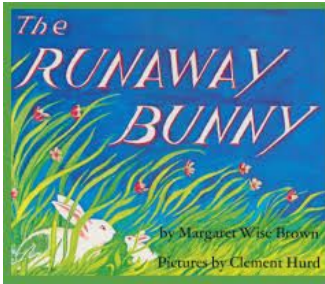
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### **Owl Babies** by Martin Waddell

A simple board book about separations and reunions. Three baby owls wake up one night to find their mother is gone. They wait and worry and wait and worry, wondering where she is until finally she comes back. This book may be useful for children and parents who have been separated and then reunited, perhaps due to illness, involvement in the foster care system, or immigration.

Preview: <https://www.youtube.com/watch?v=e6aYYiyQUmY>

Spanish: [Las Lechucitas](#)



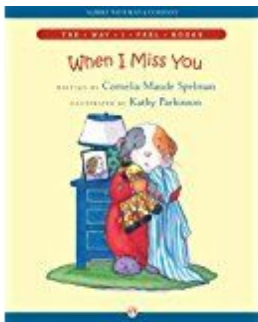
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### **The Runaway Bunny** by Margaret Wise Brown

A little bunny tells his mother "I am running away." "If you run away" says his mother, "I will run after you for you are my little bunny." The bunny suggests different ways he might run away, and each time, his mother responds with how she will search for and be there for the little bunny. This board book tells the story of enduring love and connection. While it is a classic book for all toddlers, it may be especially useful for children who have experienced separations and those who need reassurance that their caregivers will always come after them.

Preview: <https://www.youtube.com/watch?v=kj3c9gefFsA>

Spanish: [Él Conejito Andarin](#)

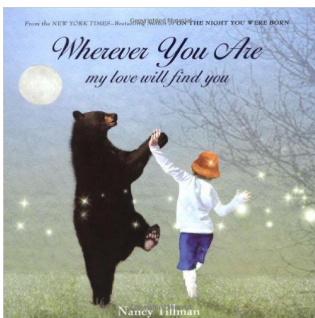


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### **When I Miss You** by Cornelia Maude Spelman

Through this book we learn about feelings, thoughts, and worries children may have when they miss important caregivers. The book also shares helpful things children can do while their loved ones are away.

Preview: <https://www.youtube.com/watch?v=SqcsBnbJorA>



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### **Wherever You Are My Love Will Find You** by Nancy Tillman

In this book someone tells their child that no matter where they go or what they do, their love will always follow them. A great book that will let children know that their parents' love is always with them even if the parents aren't with them.

Preview: <https://www.youtube.com/watch?v=dgmcrV8CK1U>

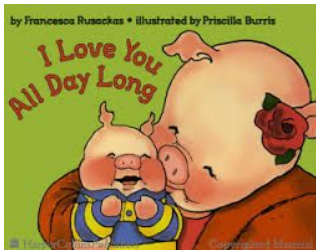


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### **Don't Forget To Come Back** by Robie Harris

This book illustrates a typical challenge; the parents are going out and a babysitter is coming. A little girl tells her parents why they should stay home. Scary things could happen. The parents reassure her that they love her even when they go out and as they leave, she tells them "don't forget to come back." As it turns out, she has a great time with her babysitter Sarah, and in the morning is able to reconnect with her parents and tell them all about it.

Preview: <https://www.youtube.com/watch?v=aBJQnIH8t9A>

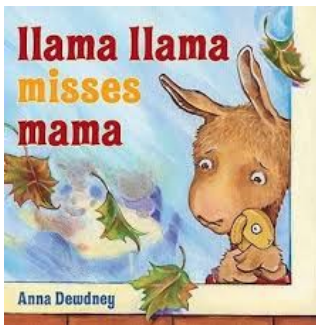


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### **I Love You All Day Long** by Francesca Rusackas

Owen decides that he would rather stay at home with his mom than go to school. His mom tells him that she will love him when he is with her and when they are apart. She shares how her love will be with him while he does lot of different activities and that she will love him all day long.

Preview: <https://www.youtube.com/watch?v=QoC35JMJfhs>



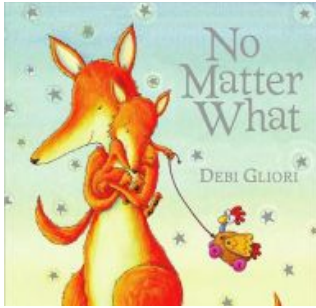
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### **Llama Llama Misses Mama** by Anna Dewdney

In rhyme, this book tells the story of little Llama's first day at a new school. Once Mama Llama leaves, he feels sad and shy. "Strange new teacher, strange new toys. Lots of kids and lots of noise." At first it is hard, but the teacher reminds Llama that his mama will be back at the end of the day, and Llama is finally able to enjoy himself and make new friends. Mama Llama picks him up at the end of the day, and Llama Llama learns that he loves his mama and school too.

Preview: <https://www.youtube.com/watch?v=R2aUeaXU8ok>

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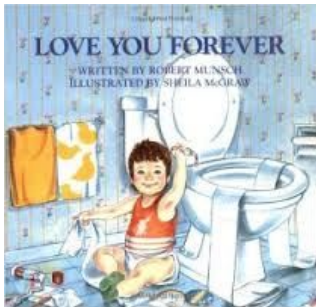


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### **No Matter What** by Debi Gliori

A great story where Large assures Small that love endures no matter what.

Preview: <https://www.youtube.com/watch?v=5aAigJW-LDI>



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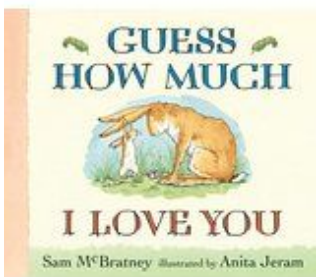
### **Love You Forever** by Robert Munsch

The mother sings to her sleeping baby: "I'll love you forever / I'll love you for always / As long as I'm living / My baby you'll be." She sings the same song when her baby, is a toddler, a 9 year old, and a teenager, even when he drives her crazy.. A lovely story of enduring love.

Preview: <https://www.youtube.com/watch?v=qbBXkrJBEu8>

Spanish: [Siempre te Querré](#)

Muestra en Español: <https://www.youtube.com/watch?v=w77BoBdbzJY>



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### **Guess How Much I Love You** by Sam McBratney

This classic children's book captures a child and parent's love for each other. Little Nutbrown Hare and Big Nutbrown Hare take turns showing each other just how much they love each other: "As high as I can reach," "all the way up to my toes," "as high as I can hop," "across the river and over the hills." And as Little Nutbrown Hare falls asleep, big Nutbrown Hare whispers "I love you right up to the moon - and back."

Animated Video: <https://www.youtube.com/watch?v=Ze-XaKq3gUo>

Spanish: [Adivina Cuanto te Quiero](#)

Video en Español: <https://www.youtube.com/watch?v=5q9g LH6u9f4>

Note: If you would like to suggest a children's book for this or another booklist, you may do so at: <http://childparentpsychotherapy.com/resources/share-book/>