



# Mental Health Books for Children

February is National Library Lover's month, so we asked our staff members at our different agencies what mental health books are their favorite for children. See their recommendations below and learn a little bit about how reading can positively impact your child's mental health and overall development!

## For Ages 0-5

**The Way I Feel**  
by Janan Cain

**In My Heart: A Book of Feelings**  
by Jo Witek

**The Sour Grape**  
by Jory John

**Everything Will Be Ok**  
by Anna Dewdney



## Fun Fact

Reading and speaking to your child helps develop their language and communication skills even before they can speak.

In fact, studies have shown that babies who are read and spoken to more often know more words.

## For Ages 6-9

### **Quiet Wyatt**

by Tammi Sauer

### **A Pumpkin for Peter**

by Fiona Munro

### **Alphabreaths: the ABCs of Mindful Breathing**

by Christopher Willard & Daniel Rechtschaffen

### **Wemberly Worried**

by Kevin Henkes

### **Ruby Finds a Worry**

by Tom Percival (and other Tom Percival books)

### **I Will Be Fierce**

by Bea Birdsong

### **Holdin Pott**

by Chandra Ghosh Ippen

### **You Weren't With Me**

by Chandra Ghosh Ippen

### **Once I was Very Scared**

by Chandra Ghosh Ippen

### **Have You Filled A Bucket Today**

by Carol McCloud

### **The Color Monster**

by Anna Llenas

### **A Thought is a Thought**

by Nikki Hedstrom

Reading to your young child is a fantastic way to create one-on-one time and strengthen your bond. Not only are you improving their language skills, but you are helping them feel secure and associating books with a positive experience.

### **Listening to My Body**

by Gaby Garcia

### **The Boy With Big, Big Feelings**

by Britney Winn Lee

### **I Am Enough**

by Grace Byers

### **Feelings Ninja**

by Mary Nhin

### **A Little SPOT of Emotion**

by Diane Alber

### **A Terrible Thing Happened**

by Margaret M. Holmes

### **A Kid's Book About Empathy**

by Daron K. Roberts

### **Om the Otter**

by Parvati Shallow

## For Ages 10-12

### **The Hurt**

by Teddi Doleski

### **Fish in a Tree**

by Lynda Mullaly Hunt

### **Finding Perfect**

by Elly Swartz

### **Forget Me Not**

by Ellie Terry

### **Summer of June**

by Jamie Summer

### **The War That Saved My Life**

by Kimberly Brubaker Bradley

### **AWOL**

by Marla Lesage

### **Honestly Elliot**

by Gillian McDunn

Reading can have great mental and emotional health benefits for middle or high school students as well. Reading benefits teens by lowering stress levels and giving them a healthy escape from the real world, taking their mind off of issues that may be causing stress and anxiety.

### **Moonflower**

by Kacen Callender

### **Don't Pop Your Cork on Mondays**

by Adolph Moser

## For Ages 13+

### **OCDaniel**

by Wesley King

### **Stanley Will Probably Be Fine**

by Sally J. Pla

### **Insignificant Events in the Life of a Cactus**

by Dusti Bowling

### **The Lightness of Hands**

by Jeff Garvin

### **Every Last Word**

by Tamara Ireland Stone

### **Fangirl**

by Rainbow Rowell

### **Hazel Bly and the Deep Blue Sea**

by Ashely Herring Blake

Reading is a safe way for youth to explore emotions and can increase their emotional intelligence. Children, especially those going through adolescence, can often feel emotionally isolated and misunderstood – reading is another way children can find connections and learn that other people have gone through similar experiences to them, and that they are not alone.