

# Child Abuse Book Reading List

April is Child Abuse Prevention Month. At Nexus Family Healing, our employees, therapists, and foster parents work with youth who have experienced different types of trauma, which often include forms of abuse or neglect. We've compiled a list of books that speak about child abuse and trauma that may be fitting for children of different ages.

As we talked about in our Mental Health Books for Children blog, reading has immense benefits for children and can help them feel not alone in their healing journey, knowing that others have had similar experiences. The books listed below can also help caregivers/parents and their child learn more about trauma and trauma-informed practices together.



## For Ages 0-5

**A Terrible Thing Happened**  
by Margaret M. Holmes

**A Foster-Adoption Story: Angela and Michael's Journey –  
A Therapeutic Workbook for Traumatized Children**  
by Regina M. Kupecky and Christine Mitchell

**Brave Bart: A Story for Traumatized and Grieving Children**  
by Caroline H. Sheppard

**The Big Bad Wolf in My House**  
by Valérie Fontaine



## For Ages 6-9

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### **Something is Wrong at my House**

by Diane Davis

### **Healing Days: A Guide For Kids Who Have Experienced Trauma**

by Susan Farber Straus, PhD

### **Once I Was Very Very Scared**

by Chandra Ghosh Ippen

### **A Foster-Adoption Story: Angela and Michael's Journey – A Therapeutic Workbook for Traumatized Children**

by Regina M. Kupecky and Christine Mitchell



### **When I Was Little... A Child's Journey in Overcoming Abuse & Trauma**

by Keri Vellis

### **Somebody Cares: A Guide for Kids Who Have Experienced Neglect**

by Susan Farber Straus

## For Ages 10-13

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### **When You Know What I Know**

by Sonja K. Solter

### **Fighting Words**

by Kimberly Brubaker Bradley

### **Maybe he Just Likes You**

by Barbara Dee

### **Genesis Begins Again**

by Alicia D. Williams

### **Gossamer**

by Lois Lowry

### **The Invisible Boy**

by Alyssa Hollingsworth

### **The Star Outside My Window**

by Onjali Q. Rauf

### **Iqbal**

by Francesco D'Adamo

### **The War that Saved My Life**

by Kimberly Brubaker Bradley



## For Ages 14+

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### **What Does Consent Really Mean**

by Pete and Thalia Wallis

### **Dreamland**

by Sarah Dessen

### **In Love and In Danger**

by Barrie Levy

### **Speak**

by Laurie Halse Anderson

### **Touching Spirit Bear**

by Ben Mikaelson

