

Children's Books

OneOp has developed Book Nooks, Guided Discussion Questions, and Author Interviews to accompany the children's books listed here with an asterisk (*). These resources equip providers with activities and ideas to extend social-emotional learning in young children as the result of shared book reading. You can find these materials at <https://oneop.org/books/>.

TITLE	AUTHOR	SUMMARY	TOPIC
Critters Cry Too: Explaining Addiction to Children	Anthony Curcio	A picture book that explains addiction and some of the emotions around the disease in a way children can understand.	Addiction
The Dragon Who Lives at Our House	Elaine Mitchell Palmore	This book uses illustrations and simple text to help children understand and discuss the experience of a family dealing with substance abuse.	Addiction
I Wish Daddy Didn't Drink So Much	Judith Vigna	A young girl shares her feelings and frustrations about her father's behavior who is an alcoholic.	Addiction
My Dad Loves Me, My Dad Has a Disease	Claudia Black	Using simple words and children's original artwork this book provides an understanding of addiction as a disease and expresses the feelings some children may have.	Addiction
*The Day We Met You	Phoebe Koehler	In this book, a mom and dad recount the day they met the baby who would become their child through adoption.	Adoptive Families
Just Really Joseph: A Children's Book About Adoptions, Identity, and Family	Kayla Craig	A day in the life of two brothers who look very different from each other provides a positive and affirming way of talking about race and transracial adoption.	Adoptive Families
Through Moon and Stars and Night Skies	Ann Turner	Told through the child's voice, this story conveys his travels from his home country to his second family in another place.	Adoptive Families
*Andy and His Yellow Frisbee	Mary Thompson	This story is about a boy living with autism, named Andy. It shows us from an outsider's perspective of what it looks like to have autism.	Autism

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Ian's Walk: A Story about Autism	Laurie Lears	This is a story about how a child with autism experiences the world differently than others. This book also highlights the experience of siblings of children who have autism.	Autism
Kemo Shark	Elizabeth King	A comic book to help children understand the effects of chemotherapy on a caregiver with cancer.	Caregiver Illness
*Mama Zooms	Jane Cowen-Fletcher	A little boy shares his experiences "zooming" on his mama's lap and how her wheelchair is a "zooming" machine.	Caregiver Illness
Mummy's Lump	Gillian Forrest	Young children whose mother has breast cancer learn about diagnosis and treatment in an age appropriate way through the experiences of Elly and Jack.	Caregiver Illness
Ravyn's Doll	Melissa Swanson	Ravyn's Doll is a simple and effective way to explain fibromyalgia to a child in a way they can understand.	Caregiver Illness
When Pete's Dad Got Sick	Kathleen Long Bostrom	When Pete's dad gets sick, he no longer can play with Pete like he use to and it upsets him until he understands that his dad still loves him.	Caregiver Illness
*Daddy's Home	Carolina Nadel, MD	A picture book that helps military parents explain the invisible wounds of war, including PTSD, to their small children.	Combat Injury
*Our Daddy Is Invincible!	Shannon Maxwell	Based on the true story of a Wounded Warrior and American hero and his family.	Combat Injury
*Sparrow	Dorinda Silver Williams	When caregivers are injured, physically or emotionally, this book helps children find comfort and learn to cope through challenging times.	Combat Injury
*Why is Dad So Mad? *Why is Mom So Mad?	Seth Kastle	A narrative story told from a family's point of view (parent and children) of a service member who struggles with PTSD and its symptoms.	Combat Injury
*Always By My Side	Susan Kerner	This is a story to help children understand that a father's love is forever, even if they are not present in their lives.	Caregiver Loss or Absence

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*The Invisible String	Patrice Karst	This book a reminder that no one is truly alone even though you can't see it, the connection is there.	Caregiver Loss or Absence
*The Kissing Hand	Audrey Penn	This is a book for any child confronted with a difficult situation and needing some reassurance.	Caregiver Loss or Absence
Love and Memories: Activities for Kids Who Have Lost a Loved One		Page by page, as children work through their grief, they also create a keepsake scrapbook that forever captures their love and memories for this special person.	Caregiver Loss or Absence
*Mama's Right Here	Susan Kerner	This is a story to help children cope and understand that a mother's love never disappears, even if they are not there.	Caregiver Loss or Absence
*A Paper Hug	Stephanie Skolmoski	A story about a little boy who figured out the best gift to give his dad who was leaving to serve his country, a paper hug.	Deployment
*Boo Boo Bear's Mission	Mary Linda Sather	A story about a little girl who sends her bear, Boo Boo, to be with her dad when he is deployed.	Deployment
Dear Blue Sky	Mary Sullivan	A timely, eye-opening novel for teens that demonstrates how war affects families on both sides. The story tells the struggles of a family when a member is deployed to Iraq.	Deployment
*The Mini Adventures of Danny and the Deployer	Juanda Bryant	Danny's dad is in the Army and is going to deploy. Before he leaves, his dad gives him a special toy – a Deployer!	Deployment
I Miss You! A Military Kid's Book about Deployment	Beth Andrews	This book is designed to help children especially, but also their parents, when a caregiver or sibling is deployed for military service and must be away from home.	Deployment
*My Father's Shirt	Sally Huss	The little boy in this story is sad when his father is deployed. His dad, however, knows what to do with the help of his favorite shirt.	Deployment
*My Mother's Wings	Sally Huss	The boy in this story misses his pilot mother when she is deployed for duty. But she knows how to heal his heart.	Deployment

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*Night Catch	Brenda Ehrmantraut	A story that connects families while they are apart and offers comforting hope for their reunion.	Deployment
*Operation Care Package	Juanda Bryant	In this sequel to The Mini Adventures of Danny and the Deployer, Dad is now deployed, and another adventure has begun.	Deployment
*Over There	Dorinda Williams	This board book can provide reassurance and comfort to a young child who is separated from a military parent because of deployment.	Deployment
*Countdown 'Til Daddy Comes Home	Kristin Ayyar	A story of a boy whose father has deployed. The family creates routines to stay connected until he comes home again.	Reunion
*Home Again	Dorinda Silver Williams	Sharing this book can help a family readjust to life together after a long separation.	Reunion
*Lily Hates Goodbyes	Jerilyn Marler	This book goes through the emotions of a little girl as she misses her daddy when he is deployed.	Reunion
*My Red Balloon	Eve Bunting	This story is about a boy who has been waiting and preparing for his dad to come home. When the boy loses his red balloon, he is afraid his dad will not recognize him.	Reunion
*The Wishing Tree	Mary Redman	The little girl is sad when her dad must leave for deployment. She wants to do something special each day for her dad until he comes home. She creates the wishing tree.	Reunion
*All Kinds of Friends, Even Green!	Ellen B. Senisi	This story is about friendship and looks at differences in a unique way, such as being in a wheelchair or missing toes.	Disability
I Am Deaf	Jennifer Moore-Mallinos	This book teaches children about being open and overcoming obstacles that they may face in everyday life.	Disability
My Sister Is Special, My Sister Had Down Syndrome: A Story about Acceptance	Marta M. Schmidt-Mendez	This book is heartfelt, and a must read for anyone that can relate to having a child or family member with Down syndrome.	Disability

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*A Hero Lives in My Family: A Story for Kids of First Responders	Susan Hunt, Ph.D.	Children of first responders are encouraged to know that their caregiver saves, helps, and protects others, but loves taking care of them the most.	First Responder
My Dad is a Firefighter	Jaden Colbert	Jaden learns all about his dad's scary, wonderful, and daring job.	First Responder
My Mom the Police Officer	Isabel Girgis	From the child's point of view this book follows a day in the life of their mom who is a police officer and how that makes the child feel.	First Responder
*I Call My Grandparents Mom and Dad	Carilyn Rouyer	Kayden calls his grandparents mom and dad because they are the ones who raise him, and he shares his story to let others know they are not alone	Grandparents
Our Grandfamily: A Flip-Sided Book About Grandchildren Being Raised by Grandparents	Sandra Werle	From the perspective of both children and grandparents, this story shares the different feelings, perspectives, and thoughts of those in "skip-generation" families.	Grandparents
Sometimes It's Grandmas and Grandpas: Not Mommies and Daddies	Gayle Byrne	From a child's point of view, this book centers around a nontraditional family of grandparents raising their grandchild	Grandparents
*Far Apart, Close in Heart: Being a Family When a Loved One is Incarcerated	Becky Birtha	This story helps children recognize the variety of emotions and experiences when a caregiver is in prison.	Incarceration
*The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail	Melissa Higgins	Using animal characters this book helps children understand the feelings surrounding this challenging circumstance.	Incarceration
What is Jail, Mommy?	Jackie A Stanglin	While a little girl's father has been incarcerated, she becomes frustrated when visiting a friend's house and begins to questions what jail is.	Incarceration
*Fly Away Home	Eve Bunting	A young boy who is homeless spots a trapped bird in the airport in which he and his father try to live without being noticed.	Income Instability
The Lady in the Box	Ann McGovern	When Ben and Lizzie see the lady sleeping in the box, they begin to sneak food and clothes out of their apartment to help her while she deals with homelessness.	Income Instability

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*Maddi's Fridge	Lois Brandt	Sofia discovers Maddi's secret about her empty fridge, and she faces a tough decision to keep the secret or tell her parents, so they can help their friends.	Income Instability
*Daddy, Papa, and Me *Mommy, Mama, and Me	Lesléa Newman	Through the loving bond between caregivers, a family can do anything together.	LGBTQIA+ Families
Keesha & Her Two Moms Go Swimming	Monica Bey-Clarke & Cheril N. Clarke	Keesha goes swimming with her two moms and her friend Trevor and his two dads. This story promotes normalcy of everyday life in LGBT families.	LGBTQIA+
*Stella Brings the Family	Miriam B. Schiffer	When Stella's class has a Mother's Day party, she cannot decide which of her two dads to invite.	LGBTQIA+
Papi's Gift	Karen Stanton	Graciela's dad leaves the family to pick work as a migrant farmer, but she feels his love in many ways until he returns.	Migrant Families
Radio Man	Arthur Dorros	While traveling to different places, Diego takes his radio with him to learn about other people and places he goes.	Migrant Families
Side by Side/Lado a Lado: The Story of Dolores Huerta and Cesar Chavez	Monica Brown	The story of the partnership between Huerta and Chavez to motivate migrant workers to advocate for their rights and make history.	Migrant Families
*Hero Mom *Hero Dad	Melinda Hardin	The moms/dads in the books are superheroes and are employed in a variety of field to help create a safer world.	Military Families
*H is for Honor: A Military Family Alphabet	Devin Scillian	This book explores the branches of the Armed Services and speaks from the heart about the honor, privileges and sacrifices of military families everywhere.	Military Families
*Love Spots	Karen Panier	Love spots is a story about a dad explaining to his children all of the love and memories that he sees in the spots on his uniform when he is far away when serving the country.	Military Families
Military Life: Stories and Poems for Children	Various Authors	This collection of original stories and poems touches on many aspects of military life from a child's point of view.	Military Families

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The Feelings Book	Todd Parr	This book talks about the importance of being able to express your feelings and how to identify what certain emotions look like.	Social Emotional Skills
*I Like Me!	Elaine Palmore	This book teaches children about self-confidence and how they should appreciate themselves.	Social Emotional Skills
*Making Friends Is an Art!	Julia Cook	This book demonstrates the art of making friends for children who have difficulty reaching out to others and being self-confident.	Social Emotional Skills
Square Cat	Elizabeth Schoonmaker	This story is more than just being different, this is also a sweet story of true friendship.	Social Emotional Skills
Stand in My Shoes: Kids Learning about Empathy	Bob Sornson	This book teaches children about empathy and how easy it is to develop it towards those around you.	Social Emotional Skills
Finding My Way: A teen's guide to living with a parent who has experienced trauma	Michelle D. Sherman, Ph.D. & DeAnne M. Sherman	This book is an invaluable tool in the hands of those so often forgotten in dealing with trauma: the teenagers who are confused and frightened by what is happening.	Trauma