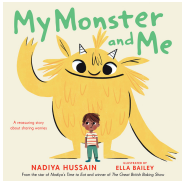
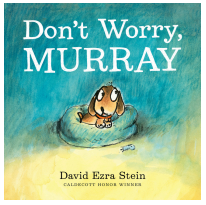
Anxiety & Fear



My Monster and Me
by Nadiya Hussain
J PICTURE HUSSAIN



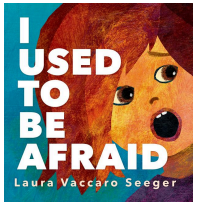
Little Anxious Cat
by Audrey Bouquet
J PICTURE BOUQUET



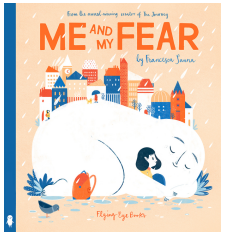
Don't Worry, Murray
by David Ezra Stein
J PICTURE STEIN



Olivia Wrapped in Vines
by Maude Nepveu-Villeneuve
J PICTURE NEPVEU-VILLE-NEUVE

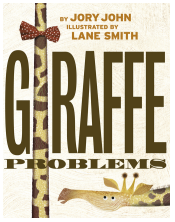


I Used to Be Afraid
by Laura Vaccaro Seeger
J PICTURE SEEGER

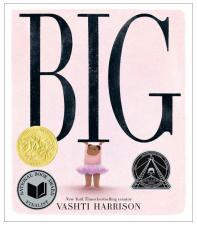


Me and My Fear
by Francesca Sanna
J PICTURE SANNA

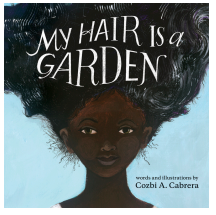
Body Image & Confidence



Giraffe Problems
by Jory John
J PICTURE JOHN

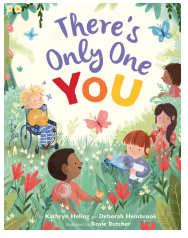


Big
by Vashti Harrison
J PICTURE HARRISON

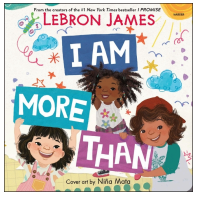


My hair is a garden
by Cozbi A. Cabrera
J PICTURE CABRERA

Self-Acceptance & Self-Esteem



There's only one you
by Kathryn Heling & Deborah Hembrook
J PICTURE HELING



I Am More Than
by LeBron James
J PICTURE JAMES



You can be a good friend (no matter what!)
by Taraji P. Henson
J PICTURE HENSON

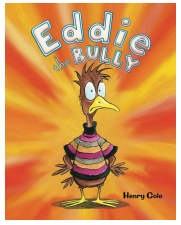
NAVIGATING

TOUGH TOPICS

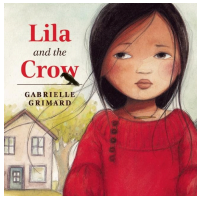
These picture books can help open conversations about tough topics with your child.

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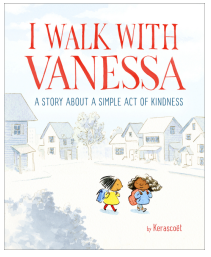
Bullying



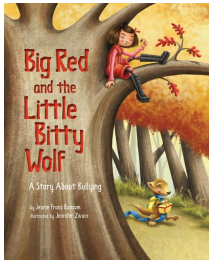
Eddie the bully
by Henry Cole
J PICTURE COLE



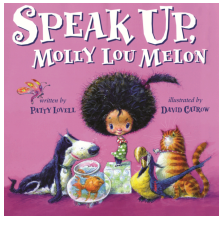
Lila and the Crow
by Gabrielle Grimard
J PICTURE GRIMARD



I walk with Vanessa: a story about a simple act of kindness
by Kerascoët
J PICTURE KERASCOET



Big Red and the Little Bitty Wolf: a story about bullying
by Jeanie Franz Ransom
J PC 302.34 RAN



Speak up, Molly Lou Melon
by Patty Lovell
J PICTURE LOVELL

Body Safety & Consent



Yes! No!: a First Conversation About Consent
by Megan Madison & Jessica Ralli
J PC 362.76 MAD



The Power of No
by Krystaelynne Sanders Diggs
J PC 649.65 MEI

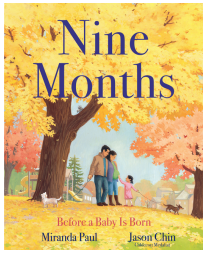


Consent (for Kids!) : Boundaries, Respect, and Being in Charge of You
by Rachel Brian
J GRAPHIC 613.6 BRI

Talking About Bodies & Birth

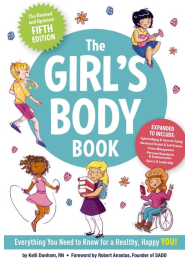


Where do babies come from?: our first talk about birth
by Dr. Jillian Roberts
J PC 612.6 ROB

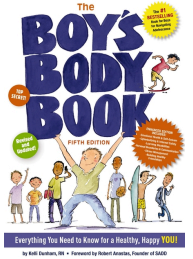


Nine months: before a baby is born
by Miranda Paul
J 612.64 PAU

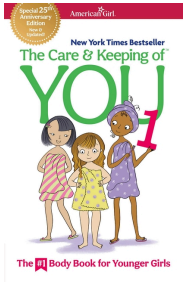
Puberty & Body Changes



The girl's body book
by Kelli Dunham
J 613.0424 DUN



The boy's body book
by Kelli Dunham
J 613.0423 DUN



The care & keeping of you 1: the body book for younger girls

The care & keeping of you 2: the body book for older girls
by Dr. Cara Natterson
J 613.042 SCH
J 613.0424 NAT



Guy stuff: the body book for boys
by Dr. Cara Natterson
J 613.0423 NAT

**We encourage caregivers to read these books before sharing them with their child. Some themes, language, or situations may be sensitive and may not be appropriate for every child. Reading the book first allows you to decide whether it aligns with your family's values