

Reading List for Schools and Families

This list of resources is not an all-inclusive list, but serves as an introduction to the available resources dealing with parent-child communication, mental health, and back to school time.

Preschool/Early Elementary

- *“All the Colors of the Earth”* by Sheila Hamanaka
 - Baby-Preschool
 - Book reveals in verse, that despite outward differences, children everywhere are essentially the same and are all lovable.

- *“All the Colors We Are”* by Katie Kissinger
 - Preschool/Elementary
 - Using color photos, this book showcases the beautiful diversity of human skin color.
 - Offers young children a simple, scientifically accurate explanation of how we get our skin color.

- *“I Wish Daddy Didn’t Drink So Much”* by Vigna
 - Ages 4-8
 - A story about a child coping with alcoholism in the family.

- *“A Terrible Thing Happened”* by Holmes et al.
 - Ages 4-8
 - A story for children who have witnessed violence or trauma.

- *“Romeo the Rhino’s Rocky Romance: A Cautionary Tale About Differences”* by Ulick and Guy
 - Ages 4-8
 - A story about interracial friendships.

- *“Sam and Gram and the First Day of School”* Diane Blomberg, Ph.D
 - Ages 4-8
 - Book takes the child reader step-by-step through the first day of school, includes a list of things to talk about to get the child thinking and talking about their feelings.

- *“Josh’s Smiley Faces: A Story About Anger”* by Gina Ditta-Donahue, Blake
 - Ages 4-8
 - Book provides a simple yet effective tool for parents to help their young children learn how to express anger, frustration, and other difficult emotions.

What You Need to Know...



- “*The Way I Feel*” by Janan Cain
 - Ages: 4-8
 - Book to help children talk about feelings.
- “*We’re Different, We’re the Same*” (Sesame Street Picturebacks) by Bobbi Jane Kates and Joe Mathieu
 - Ages: 4-8
 - Sesame Street characters teach young children about differences and racial harmony.
- “*What’s Wrong with Timmy?*” by Maria Shriver
 - Ages 4-8
 - This book provides a discussion base for parents whose child questions them about why someone looks or acts “different.”

Elementary

- “*We Can Get Along*” by Lauren Payne, M.S.W and Claudia Rohling
 - K-4
 - Book teaches children how to get along with others and resolve conflicts peacefully. Also available is a teacher’s discussion guide with activities, discussion questions and handouts for parents.
- “*The Streets Are Free*” by Kurusa
 - Grades K-5
 - Book based on true story of youth who work together for a community playground.
- “*Freedom Child of the Sea*” by Richardo Keens-Douglas
 - Grades K-5
 - Book about a young man who dreams of harmony among people.
- “*Bein’ With You This Way*” by W. Nikola-Lisa
 - Grades 1-4
 - Book teaches young children about the joy of being together and being different

Upper Elementary/Middle School

- “*The Road from Home: The Story of an Armenian Girl*” by David Kherdian
 - Young Adult Ages 10-14
 - Story highlights a woman who was deported from Turkey in 1915 and the circumstances surrounding her arrival in the United States.

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What You Need to Know...



- “*Us and Them: A History of Intolerance in America*”
by Jim Carnes, Herbert Tauss (Illustrator), and Harry A. Blackmun
 - Young Adult Grades 6+
 - Book traces the nation’s past and ongoing efforts to live up to American ideals of justice and equality. Each chapter focuses one individual’s experience or on a particular episode of bigotry.
- “*Remix: Conversations with Immigrant Teenagers*” by Marina Tamar Budhos
 - Grades 6+
 - Insightful profiles of 14 immigrant teenagers who deal with conflicting cultural identities.
- “*Racism and Ethnic Bias: Everybody’s Problem (Teen Issues)*” by Linda Jacobs Altman
 - Young Adult Grades 6-9
 - The author describes racial profiling, genocide and other related topics, with emphasis on racism of whites against Blacks, Latinos and Asians.

Middle School/High School

- “*Warriors Don’t Cry*” by Melba Patillo Beals
 - Grade 7+
 - Story based on true account of Melba Beals. Explores ideas of discrimination/racism, justice and identity.
- “*Fat Kids Rule the World*” by K.L. Going
 - Young Adult Grades 8+
 - Story of a lonely, troubled, self-deprecating teen who contemplates suicide, but is saved when he forms an unlikely friendship with a legendary punk rock guitarist.
- “*The Sunflower: On the Possibilities and Limits of Forgiveness*”
by Simon Wiesenthal, Harry James Cargas (Editor), Bonny V. Fetterman (Editor)
 - High School
 - Thought provoking book on the true-life story of a Jew called to the bedside of a Nazi soldier.

Source: Mental Health America

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