



Books Promoting Young Children's Mental Health



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START

Topic	Title	Author	Age Range
Anger and Conflict Management	Buddy the Bulldozer Learns to Calm Down	Arica Marshall	1 year and up
	Holdin Pott	Chandra Ghosh Ippen	2 years and up
	Mad, Mad Bear!	Kimberly Gee	3 years and up
	Belly Breathe	Leslie Kimmelman	4 years and up
Anxiety, Loss and Separation	Llama Llama Misses Mama	Anna Dewdney	2 years and up
	Peep and Egg: I'm Not Hatching	Laura Gehl	2 years and up
	You Weren't with Me	Chandra Ghosh Ippen	3 years and up
	Knuffle Bunny Too, A Case of Mistaken Identity	Mo Willems	3 years and up
	Bear's Big Day	Salina Yoon	4 years and up
Handling Disappointment	When I'm Feeling Disappointed	Trace Moroney	1 year and up
	The Pout Pout Fish and the Mad Mad Day	Deborah Diesen	3 years and up
	Go Fish	Tammi Sauer	4 years and up
	Not Norman	Kelly Bennett	4 years and up
Patience and Self Control	Waiting Is Not Forever	Elizabeth Verdick	1 year and up
	Waiting Is Not Easy!	Mo Willems	3 years and up
	Honey	David Ezra Stein	3 years and up
	Bilal Cooks Daal	Aisha Saeed	4 years and up
Self-Esteem and Confidence	The Importance of Being 3	Lindsay Ward	2 years and up
	I am Enough	Grace Byers	3 years and up
	Spoon	Amy Krouse Rosenthal	3 years and up
	The Dot	Peter H. Reynolds	5 years and up
Understanding Your Feelings	What If I Know My Feelings ?	Michelle Nelson-Schmidt	2 years and up
	The Feelings Book	Todd Parr	3 years and up
	Can I Tell You a Secret?	Anna Kang	3 years and up
	Once I was Very Sad	Chandra Ghosh Ippen	3 years and up
	I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings	Lory Britain	3 years and up
	My BIG Feelings, In Five Small Tales	Sidney Hall	3 years and up