

GREAT SUMMER READS

DAUPHIN COUNTY MH/A/DP
JULY 2019 RESOURCE SHARING

Summer is also a great time to read with your child. The list below gives suggestions for books on various mental health topics including ADHD, anxiety, grief and loss, autism, post traumatic stress disorder and many others. All the books are geared toward children and can help them name and understand feelings and experiences they may be struggling with. Check out the link below where I got this list for some many additional reading ideas. I have also included a link to the Dauphin County library system to find a branch near you so you can check out some of the books listed, along with activities being offered by the library.

Suggested Summer Reading List:

1. ***Cory Stories: A Kid's Book About living with ADHD*** by Jeanne Kraus
2. ***Don't Feed the Worry Bug*** by Andi Green (a book about anxiety)
3. ***Hector's Favorite Place*** by Jo Rooks (a book about anxiety)
4. ***A Boy Called Bat*** by Elana K. Arnold (a book about a boy with autism)
5. ***A Whole New Ballgame: A Rip and Red Book*** by Phil Bildner (a book about friendship between a child with special needs and one without special needs)
6. ***Tease Monster: A Book about Teasing vs. Bullying*** by Julia cook (a book about the difference between teasing and bullying)
7. ***Wonder*** by R.J. Palacio (a book about acceptance and celebrating differences –also a great family movie)
8. ***In my Heart: A Book of Feelings*** by Jo Witek (a book about naming and understanding feelings)
9. ***The Invisible String*** by Patrice Karst (a book about feeling connected even when separated)
10. ***Red: A Crayon's Story*** by Michael Hall (a book about identity and labels)

List of books excerpted from:

https://childmind.org/article/best-childrens-books-about-mental-health/?utm_source=newsletter&utm_medium=email&utm_content=CLICK%20HERE&utm_campaign=Weekly-07-16-19

Dauphin County Library System website:

<https://www.dcls.org/>