

Mental Health Starts Early Book List

Social-Emotional Learning (SEL) & Feelings

In My Heart: A Book of Feelings by Jo Witek

**available in Spanish: [Así es mi corazón](#)*

Emotions • ages 2-5

The Boy with Big, Big Feelings by Britney Winn Lee

SEL • ages 3-6

The Color Monster by Anna Llenas

**available in Spanish: [El Monstruo de Colores](#)*

SEL • ages 2-5

La Catrina: Emotions - Emociones by Patty Rodriguez

Emotions • ages 1-3

Besos for Baby by Jen Arena

SEL • ages 0-2

Life Doesn't Frighten Me by Maya Angelou

Emotions • ages 2+

Listening to My Body by Gabi Garcia

**available in Spanish: [Escuchando a mi Cuerpo](#)*

Emotions • ages 3+

Breathe Like a Bear by Kira Willey

**available in Spanish: [Respira como un oso](#)*

SEL, Mindfulness • ages 3-6

Unraveling Rose by Brian Wray

SEL, Impulsivity, Obsessive Thoughts • ages 5+

Better Together by Dr. Melissa Munro Boyd

Social Skills, Friendship • ages 3+

My Heart Fills With Happiness by Monique Gray Smith

**available in Spanish ([Mi corazón se llena de alegría](#)),
French, and Cree)*

Emotions, Indigenous • ages 0-2

Attachment Relationships

Mommy Always Comes Back to You by Christine Young

Attachment, Mother Relationship • ages 0-5

What to Do When You Don't Want to Be Apart by

Kristen Lavallee PhD

**available in Chinese*

Attachment, Separation Anxiety • ages 5+

The Invisible String by Patrice Karst

**available in Spanish ([El hilo invisible](#)), Portuguese, & French*

Attachment • ages 3+

Llama Llama Misses Mama by Anna Dewdney

Attachment, Mother Relationship • ages 2-4

You Are Never Alone: An Invisible String Lullaby

by Patrice Karst

Attachment • ages 0-3

I Love You When You're Angry by Erin Winters

**available in Spanish: [Te Amo Cuando Estás Enojado](#)*

Attachment • ages 2-5

See You Later, Croc-a-gator by Imogen Shelton

Attachment, Separation, Changes, Friendship • ages 1+

Someone to Be With by Deidre Quinlan & Nick Stewart

Circle of Security Classroom, Attachment

Body Safety & Consent

My Body is Special and Private by Adrienne Simeone

Body Safety • ages 2-4

Can I Give You a Squish? by Emily Neilson

Consent, Sensory, SEL • ages 2-4



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EVERY CHILD'S MENTAL HEALTH MATTERS



Self-Love & Acceptance

Hair Love by Matthew A. Cherry

**available in Chinese*

Diversity, Acceptance, Self-Love, Attachment • ages 2-6

Ready to Soar by Cori Doerrfeld

Resiliency, Self-Love • ages 3-5

Spoon by Amy Krouse Rosenthal

Diversity, Acceptance, Self-Love • ages 2-6

Sulwe by Nyong'o Lupita

**available in French*

Acceptance, Empathy, Self-Love • ages 3+

Trauma

Once I was very, very scared by Chandra Ghosh Ippen

**available in Spanish (Una Vez Tuve Mucho Mucho Miedo), Norwegian, German, French, Swedish*

SE, Trauma • ages 4+

A Terrible Thing Happened by Margaret M. Holmes

**available in Spanish: Una cosa terrible ha sucedido*

SE, Trauma • ages 5+

You weren't with me by Chandra Ghosh Ippen

**available in Spanish: Cuando No Estabas Conmigo*

Attachment, SE, Trauma • ages 2-6

Argo & Me by Chandra Ghosh Ippen

**available in Spanish: Argo y Yo*

SE, Trauma • ages 3+

The Rabbit Listened by Cori Doerrfeld

**available in Spanish: El conejo escuchó*

Grief, Trauma • ages 2-6

Diversity & Inclusion

You're SO Amazing! by James Catchpole

Disability Representation • ages 4+

What Happened To You? by James Catchpole

Disability Representation • ages 3-6

We Move Together by Kelly Fritsch & Anne McGuire

Disability Representation • ages 5+

It's Okay to be Different by Sharon Purtill

Disability Representation • ages 2-6

All Are Welcome by Alexandra Penfold

Diversity, Inclusion • ages 2-6

I Need a Hug by Aaron Blabey

**available in Spanish: Necesito un abrazo*

Diversity, Acceptance • ages 2-6

I Walk With Vanessa by Kerascoët

Inclusion, Racial Diversity • ages 3+

I'll Walk with You by Carol Lynn Pearson

Diversity, Inclusion • ages 1-4

Not Like The Others by Jana Broecker

Diversity, Inclusion • ages 3+

We're Different, We're the Same by Bobbi Kates & Joe Mathieu

Diversity • ages 1-4

The Skin You Live In by Michael Tyler

Inclusion, Racial Diversity • ages 2-5

Danbi Leads the School Parade by Anna Kim

Diversity, Inclusion, Immigration, Korean • ages 3+

Pink Is For Boys by Robb Pearlman

Gender Inclusion • ages 2-5

Diverse Families

Love Makes a Family by Sophie Beer

**available in Spanish: Familias llenas de amor*
Family Relationships, Inclusion • ages 0-3

The Family Book by Todd Parr

**available in Spanish: El Libro de la Familia*
Family Relationships, Inclusion • ages 2-4

Thunder Boy Jr. by Sherman Alexie

Indigenous, Family, Traditions • ages 2-5



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