



IMPROVING OUTCOMES AFTER FOSTER CARE.

Books to Help Children Heal from Abuse

PICTURE BOOKS

Hands Are Not for Hitting by Martine Agassi, 2002 Picture Book AGASSI
Children who have been abused or witnessed abuse can mimic what they have seen. This book offers alternative solutions for dealing with anger and frustration. (Grades PreK-K)

Edwardo: The Horriblest Boy in the Whole Wide World by John Burningham, 2007 Picture Book BURNINGHAM
When a perfectly normal boy experiences verbal abuse from his caregivers, his behavior goes downhill – until the adults in his life remember to look for and recognize his positive qualities. (Grades PreK-3)

Magic Beads by Nancy Nielsen-Fernlund, 2007. Picture Book NEILSEN-FERNLUND
When Lily thinks about what to bring in for Show and Tell at school, the butterflies in her stomach turn to grasshoppers, bunny rabbits, donkeys and buffaloes. She and her mother are currently staying in a homeless shelter, and she doesn't know what to share.

There's a Big Beautiful World Out There by Nancy Carlson, 2002. Picture Book CARLSON
This book acknowledges the frightening things in this world, while reminding readers of the good things they miss if they don't venture out: If you hide under your covers, you won't see the rainbow after the storm."

JUVENILE NONFICTION

What To Do When You're Scared And Worried by James J. Crist, 2004 j152.46 C933w
Written by a doctor, this book reassures children that they are not alone, suggesting techniques such as Fear Chasers and Worry Erasers, and reminds children of where to go with problems too big to handle on their own (Grades 3-6)

When I Feel Afraid by Cheri J. Meiners, 2003 j152.46 M514w
When children feel afraid, do they know ways to help themselves feel safe? Geared as a read-aloud, this book illustrates techniques such as finding a quiet place to take a deep breath and think things over, or talking with a community helper about the situation. (Grades PreK-2)

Kids Need to be Safe by Julie Nelson, 2005. j362.733 N427k
This book is designed to help foster children understand why they aren't currently with their biological parents, and offer them hope and reassurance. (Grades K-3)

A Terrible Thing Happened by Margaret M. Holmes, 2000 j616.8521
After Sherman sees something terrible happen, he becomes anxious and angry, but talking through those emotions with an adult proves to be helpful. (Grades PreK-2)

What To Do When You Dread Your Bed by Dawn Huebner, 2008 j618.9284
Written by a doctor, this book suggests evening activities that a caregiver can guide a child through to reduce bedtime anxiety. (Grades 3-6)

Healing Days by Susan Farber Straus, 2013 j618.928521 S912h
A book designed to be used in therapy for young children who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their own trauma. (Grades 3-6)

JUVENILE FICTION

Staying Fat for Sarah Byrnes by Chris Crutcher, 2003 Fiction Crutcher
Sarah Byrnes and Eric have been friends for years. Now, he suspects that something terrible is taking place in her home (Grades 4-8)

Harry Sue by Sue Stauffacher, 2009 Fiction Stauffacher
Harry Sue, age 11, feels as if she's been doing time for the past seven years, ever since her father threw her out of a window in a drunken rage and both of her parents went to prison. Currently in the custody of her paternal grandmother, Harry Sue has her hands full, keeping the children at Granny's Lap from harm and using the book *The Wizard of Oz* as her touchstone (Grades 4-8)

TEEN FICTION

You Don't Know Me by David Klass, 2010 Fiction Klass
People think they know John – but they don't really know anything about him. What he thinks about, what he cares about, and most of all, what's been happening in his home (Grades 9-12)

If You Find Me by Emily Murdoch, 2013 Fiction Murdoch
By the time they are discovered, Carey and her sister have been living in an abandoned camper in the woods for years. Now, they must adjust to the outside world, and begin sorting through traumatic events from their past (Grades 9-12)

TEEN NONFICTION

Child Called It by Dave Pelzer, 1995 362.76 P393c
Biography of an abused child (Grades 9-12)

I Know Why the Caged Bird Sings by Maya Angelou, 2011 B Angelou
This autobiography includes a traumatic event from Maya Angelou's past that silenced her temporarily, but from which she was able to recover (Grades 9-12)