



The Children's Book List for Parents*

The Children's Book List for Parents provides parents with age-appropriate books on life experiences. It is a resource for parents so they can share these books with their children and teens about changing life experiences. These books can help children and teens to better cope with these experiences.

CHILDHOOD EXPOSURE TO TRAUMA

Children are often exposed to psychological trauma, such as a physical or psychological threat or assault to the child's safety, sense of self, integrity, or to that of another person significant to the child. Specific traumatic experiences might include, divorce, loss of a loved one due to suicide or other death, exposure to intimate partner violence, abandonment, kidnapping, bullying, personal attack by another person or animal, natural disaster (earthquake, flood, fire, etc.), witness to violence in the home, neighborhood or school (fight, knifing, shooting, drive-by shooting), war or other military actions, or medical procedures among self or loved one (accident, illness, surgery).

AFTER EFFECTS OF TRAUMA

The after effects of a single traumatic experience or ongoing, repeated traumatic experiences, which can have a significantly more harmful outcome, can affect the child's capacity and ability to function, and self-regulate both physically and emotionally. These can result in post-traumatic stress disorder (PTSD) and a wide range of behaviors, including but not limited to, heightened startle response/hyper alertness, over arousal or under arousal, difficulty sleeping or eating, difficulty digesting food, withdrawal or dissociation, preoccupation or reenactment of the traumatic experience, sleeplessness, or terrified responses to sounds, sensory input, sights, etc. that trigger the experience.

Children who lack secure attachment are at a greater risk for developing dysregulation and developing posttraumatic stress symptoms. Children who have abusive or unresponsive parents (those who do not model healthy coping skills or down play the effects) are at risk of developing chronic hyper arousal which contribute to the child's inability to self-regulate their emotions or self soothe. These children lack protection in their most important relationships, whether biological or other significant caregiver, and if exposed to a traumatic experience, have limited coping skills and are more likely to be overpowered by stress. When a child has no choice but to cope alone, they have limited options and as a result respond with hyper arousal or dissociation.

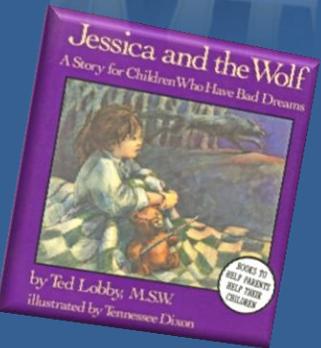
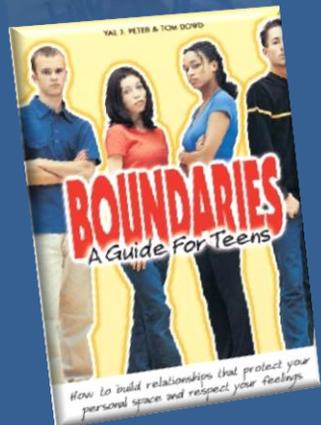
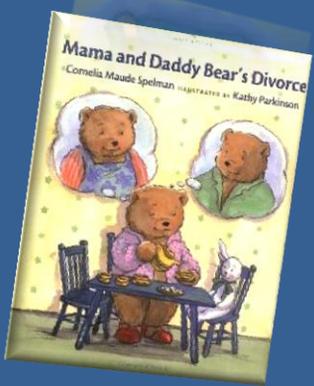
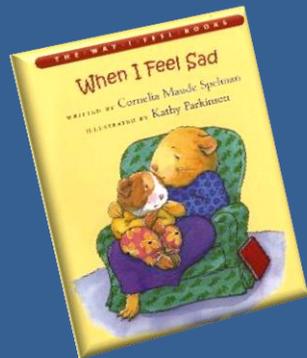
PROTECTIVE FACTORS

Unfortunately exposure to trauma is common among children and adolescents. They experience trauma in more forms from betrayal of physical and sexual abuse from trusted caregivers, to victims of and witness to violence in their family, community, and school. Protective factors however are shown to help reduce the aftereffects of childhood trauma. These can include self-efficacy, capacity for emotional regulation, positive beliefs about self and the world, motivation to take positive action on the child's behalf, information and intelligence, and social support (competent and caring parents and caregivers). These protective factors are primary prevention factors, which provide a safe, nurturing relationship for the child.

However whether an exposed child has the proper secure, attached, healthy adult caregiver to provide them with a nurturing relationship, or if they do not, secondary prevention efforts important for early identification of being exposed to a traumatic experience. Early identification and timely intervention to create or reestablish safety and self-regulation is necessary to establish health development in the child.

The Children's Book List for Parents provides age appropriate reading materials on various traumatic experiences from divorce, bullying, abuse, suicide, etc. that can provide the child with information and knowledge on the traumatic experience as well as social support, self-efficacy and emotional regulation strategies to help reduce the aftereffects of a traumatic experience and improve their coping skills.

**The Children's Book List for Parents* is a parent resource of Pro Consumer Safety. Questions or comments, contact James DeCarli, Ph.D Candidate, MPH, MPA, MCHES, CTMT at (323) 491-6197



The Children's Book List for Parents*

Updated: March 2014

	TOPIC	TITLE	AGE	ISBN (ISBN-13*)
1	Relationships	The Berenstain Bears and the Trouble with Friends	4-7	9780394873398*
2	Self-efficacy	No Excuses!: How What You Say Can Get in Your Way	Preschool	9781401925833*
3	Self-efficacy	The Trouble with Secrets	3-8	9780943990224*
4	Self-efficacy	Jessica and the Wolf: A Story for Children Who Have Bad Dreams	3-8	9780945354215*
5	Self-efficacy	Gardener	4-8	031236749X
6	Self-efficacy	A Terrible Thing Happened - A story for children who have witnessed violence or trauma	4-8	9781557986429*
7	Self-efficacy	Sorry!	5-8	9781582461731*
8	Self-efficacy	Unstoppable Me!: 10 Ways to Soar Through Life	5-12	9781401911867*
9	Bullying	Berenstain Bears And The Bully	4-7	0679848053
10	Bullying	Just Kidding	8-12	9781582461632*
11	Bullying	Bullies Are a Pain in the Brain	12+	1575420236
12	Anger management	Hot Stuff to Help Kids Chill out: The Anger Management Book	10-14	0965761002
13	Empowerment	The Paper Bag Princess	Preschool	9780920236161*
14	Empowerment	Required Reading for All Teenagers: Or at Least for One Who Is Very Important to Me!	13-18	0883969262
15	Self-esteem	The Berenstain Bears and the Double Dare	3-6	9780394897486*
16	Self-esteem	Stop Picking on Me: A First Look at Bullying	5-8	9780764114618*
17	Self-esteem	When I Feel Sad	5-6	9780807588994*
18	Self-esteem	Stephanie's Ponytail	6-8	9781550374841*
19	Self-esteem	Affirmation Weaver: A Believe in Yourself Story (Boost Self-esteem & Decrease Stress and Anxiety)	5-12	9780978778156*
20	Divorce	Mama and Daddy Bear's Divorce	Preschool	9780807552223*
21	Divorce	I Don't Want to Talk about It: A story about divorce for young children	4-8	9781557987037*
22	Divorce	At Daddy's on Saturdays	6-8	9780807504734*
23	Boundaries	U Touch I Tell	Preschool	9781478205586*
24	Boundaries	Those Are My Private Parts	3-8	9781482544374*
25	Boundaries	It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch	3-8	9780943990033*
26	Boundaries	Your Body Belongs to You	5-6	9780807594735*
27	Boundaries	Boundaries: A Guide for Teens	13-18	1889322903
28	Parental depression	Why Are You So Sad?: A Child's Book about Parental Depression	5-8	1557988366
29	Coping with parents	Sometimes My Mommy Gets Angry	5-8	9780142403594*
30	Bereavement	When Dinosaurs Die: A Guide to Understanding Death	3+	9780316119559*
31	Bereavement	Tough Boris	4-8	9780152018917*
32	Bereavement	What on Earth Do You Do When Someone Dies?	5-10	9781575420554*

