Using Storybooks to Support Children’s Social and Emotional Development

Books are a beautiful way to connect with our children. As children develop, there are life experiences, social situations, feelings, and daily routines they may experience as a struggle or struggle to understand. Books are a beautiful way to “talk” to children about these things, providing a mirror or a window for their readers. Books can be mirrors, reflecting a child’s experiences, feelings and cultures. They may also act as a window, giving children the opportunity to see the world through other’s eyes.

Below are a few suggestions:

**Emotional Awareness**
Lots of Feelings, Shelley Rotner
When Sophie’s Feelings are Really, Really Hurt by Molly Bang
When I Am/Cuando Estoy by Gladys Rosa-Mendoza
In My Heart, Jo Witek
Niko Draws a Feeling by Bob Raczka
I Used to be Afraid, by Laura Vacaro Seeger
Alexander and the Terrible, Horrible No Good Very Bad Day by Judith Viorst

**Kindness**
If You Plant a Seed by Kadir Nelson
The Name Jar by Yangsook Choi
You are Friendly by Todd Snow
Somewhere Today: A Book of Peace by Shelley Moore Thomas

**Bedtime Routines/Sleep**
Bedtime by Elizabeth Verdick
A Book of Sleep by Il Sung Na
Ten, Nine, Eight by Molly Bang

**Friendship/Problem-Solving**
Blocks by Irene Dickson
Words are Not for Hurting by Elizabeth Verdick
Flabbermashed About You by Rachel Vail
Being Friends, by Karen Beaumont
We Can Get Along by Lauren Murphy Payne

**Self-Esteem/Celebrating Differences**
I Think I Am by Louise Hay
We’re All Wonders by R. J. Palacio
Drum Dream Girl by Margarita Engle
We are all Alike, We are all Different by Janice Behrens