

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