

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
I'm Happy-Sad Today, by Lory Britain

Kindness

If You Plant a Seed by Kadir Nelson
The Name Jar by Yangsook Choi
Be Kind by Pat Zietlow Miller
You are Friendly by Todd Snow
Somewhere Today: A Book of Peace by Shelley Moore Thomas

Relationships/Separation

The Invisible String, By Patrice Karst
Bye-Bye Time, by Elizabeth Verdick
The Kissing Hand, by Audrey Penn
That's Me Loving You by Amy Kraus Rosenthal

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
When Sophie Thinks She Can't, by Molly Bang

Cultural, Racial and Identity Awareness

All the Colors We Are/Todos los colores de nuestra piel, by Katie Kissinger
Families by Shellie Rotner
We're All Wonders by R. J. Palacio
A House for Everyone, by Jo Hirst