



Books for Young Children Healing from Trauma

Preschoolers (3-7)

Bang, Molly (1999). When Sophie Gets Angry – Really, Really Angry. Scholastic.

Sophie's temper flares when her sister demands a turn playing with a favorite stuffed gorilla. Matters worsen when Sophie's mother passes judgment ("It is her turn now, Sophie") and Sophie trips over a toy truck in the resulting tug-of-war. Sophie is likened to a shuddering volcano. With the "PABAM!" of a slammed door, the girl races outside. She runs until she can't run any more, then cries. Gradually, a calmer Sophie begins noticing birds and ferns. When she returns home, her anger has passed. One great thing about this book is that it suggests no quick fixes and treats childhood emotions with respect

Cain, Janan (2000). The Way I Feel. Parenting Press.

The zany characters who snuffle, soar and shriek through this book will help kids understand the concept of such emotions as joy, disappointment, boredom and anger. "The Way I Feel" will also show kids how to express their feelings with words. Good for helping children to learn to identify emotional states.

Davis, Diane (1984). Something is Wrong at My House. Parenting Press.

Angry, fearful and lonely. That's how kids often feel when their parents fight. Based on a true story, "Something Is Wrong at My House" shows how a boy in a violent household finds a way to care for himself and how he obtains help from outside his home. Designed with two sets of text, one for older children and the other, with illustrations, for the very young. Also available in Spanish.

Holmes, Margaret and Sasha Mudlaff. (2000). A Terrible Thing Happened. Magination Press.

Great book for helping children who have experienced trauma understand their feelings, consciously and subconsciously. What is particularly good is that the trauma is non-specific – it could be anything. The story is straight forward about how sometimes we try to hide from the scary feelings created by trauma and how we may act out because of our trying to suppress those feelings. It also gives children an entre' into how to handle these feelings while not telling them that everything will go back to the way it was. A really valuable addition to your library.

Jackson, Ellen & Shelley Rotner (2002). Sometimes Bad Things Happen. Millbrook Press, Brookfield, CT.

This book is designed to help children cope with "bad things" that occur in their everyday lives and to allow them to explore their feelings of sadness, fear, anger, etc. Some of the examples offered include a game being canceled, a sibling being pushed by a bully, adults fighting, and seeing scary news stories on television. After acknowledging the emotions, Jackson reassures youngsters that while "a few people do bad things" most people "want to make the world a better place for everyone."

Shuman, Carol. (2003). Jenny is Scared—When Sad Things Happen in the World. Magination Press.

Fictional book for children, illustrating how to cope when bad things happen in the world. Encourages them to talk with adults and how to show their feelings in a positive manner. Includes 'Note to Parents,' authored by a psychologist, explaining how children respond to tragedy and provides suggestions for helping them feel safe.

Vail, Rachel. (2002). Sometimes I'm Bombaloo. Scholastic Press.

Sometimes, Katie loses her temper. She uses her feet and her fists instead of words. When Katie is this mad, she's just not herself. Sometimes, she's Bombaloo. Being Bombaloo is scary. But a little time-out and a lot of love can help Bombaloo calm down, and help Katie feel like herself again. Another good book to read to kids about feeling angry.