



# Helping Children Cope

## Teaching Resources Center, Joyner Library A Selective Annotated Bibliography

Titles in the Teaching Resources Center are cataloged with Dewey call numbers and are preceded by Curric. Please ask someone at the Teaching Resources Service Desk if you need any assistance.

Lexile Score	Title Information	Call Number
	<b>EASY</b>	
N/A	Ashman, Linda. <i>Peace, Baby!</i> San Francisco: Chronicle Books, 2013. (Dealing with anger)  Simple rhyming text encourages children to set aside anger and irritation and find peace within themselves, and with the world.	E AS36P
AD610L	Bagley, Jessixa. <i>Boats for Papa</i> . New York: Roaring Brook Press, 2015. (Bereavement; Grief)  Buckley and his mother cope with the loss of their father/husband by sending small wooden boats, built by Buckley, off into the ocean.	E B1467B
N/A	Berenstain, Jan. <i>The Berenstain Bears: The Forgiving Tree</i> . Grand Rapids, MI: Zonderkidz, 2010. (Foregiveness)  Sister Bear tries to help Brother Bear forgive Cousin Fred, after Fred accidentally damages the new bike Brother receives for his birthday.	E B4522BTH

AD550L	Binkow, Howard. <i>Howard B. Littlebottom Listens to a Friend: A Fable About Loss and Healing</i> . [n.i.]: Thunderbolt Publishing, 2015. (Bereavement; Grief)	E B514HLITA
	Howard's friend Kiki's pet dies, and Howard and his friends must learn how to help her cope.	
470L	Bracken, Beth. <i>The Little Bully</i> . North Mankato, MN: Picture Window Books, 2012. (Bullying)	E B725L
	When Fred makes fun of Billy at school, Billy has to learn how to deal with his friend's bullying.	
AD400L	Browne, Anthony. <i>What If?</i> Somerville, MA: Candlewick Press, 2014. (Worrying; Anxiety)	E B816WH
	What if Joe doesn't like the party he's going to? What if he doesn't like the food or the games or the people? As Joe and his mom walk down the darkening street, Joe's imagination starts to run wild. And as they search for the right place, he wonders 'what if...' at each house, peeking in to see some surprising sights.	
530L	Bunting, Eve. <i>Smoky Night</i> . San Diego, CA: Harcourt Brace, 1994. (Discrimination)	E B886SM
	When the Los Angeles riots break out in the streets of their neighborhood, a young boy and his mother learn the values of getting along with others no matter what their background or nationality.	
610L	Danneberg, Julie. <i>The Big Test</i> . Watertown, MA: Charlesbridge, 2011. (Anxiety)	E D232B
	Mrs. Hartwell is concerned that preparing her students to take the Big Test is only making them nervous, and so she thinks of a way to help them relax.	
N/A	Paul, Alison. <i>The Plan</i> . New York: Houghton Mifflin Harcourt, 2015. (Bereavement; Grief)	E P2811P
	Coping with a loss, a father and daughter rediscover an important piece of family history and begin to build a new life filled with adventure, in a book that features twenty letter-by-letter word shifts.	
AD520L	Pett, Mark. <i>The Girl Who Never Made Mistakes</i> . Naperville, IL: Sourcebooks Jabberwocky, 2011. (Anxiety)	E P454G
	Beatrice is so well-known for never making a mistake that she is greeted each morning by fans and reporters, but a near-error on the day of the school talent show could change everything.	

- 510L Sateren, Shelley Swanson. *Max and Zoe: The Lunchroom Fight*. North Mankato, MN: Picture Window Books, 2014. (Jealousy; Conflict Resolution) E SA82MATL
- After Max and Zoe quarrel over who will sit with Anna at the peanut-free table, they look for a solution that will make everybody happy.
- N/A Wells, Rosemary. *Love Waves*. Somerville, MA: Candlewick Press, 2011. (Anxiety) E W4628LO
- While they are at work a mother and father send powerful "love waves" to their child at home, offering reassurance and comfort in their absence.
- AD560L Woodson, Jacqueline. *Pecan Pie Baby*. New York: G.P. Putnam's Sons, 2010. (Jealousy; Anxiety) E W868P
- When Mama's pregnancy draws attention away from Gia, she worries that the special bond they share will disappear forever once the baby is born.

## FICTION

- HL620L Ancrum, Kayla. *The Wicker King*. New York: Imprint, 2017. (Mental Illness) F AN223W
- Best friends August and Jack struggle to cope as one spirals into madness.
- 830L Ehrlich, Esther. *Nest*. New York: Wendy Lamb Books, an imprint of Random House Children's Books, 2014. (Family Illness) F EH895N
- On Cape Cod in 1972, eleven-year-old Naomi, known as Chirp for her love of birds, gets help from neighbor Joey as she struggles to cope with her mother's multiple sclerosis and its effect on her father and sister.
- HL460L Ellis, Ann Dee. *Everything is Fine*. New York: Little, Brown and Co., 2010. (Family Illness) F EL591E
- When her father leaves for a job out of town, Mazzy is left at home to try to cope with her mother, who has been severely depressed since the death of Mazzy's baby sister.
- 570L Freeman, Ruth. *One Good Thing About America*. New York: Holiday House, 2017. (Culture; Moving; Homelessness) F F8776O
- Anais, who has recently emigrated from Africa to Maine with her mother and young brother, copes with acclimating herself to a new country, understanding American culture, learning English, figuring out how to fit in at school, and moving from motel to shelter and finally to a permanent apartment.

N/A	Gulledge, Laura Lee. <i>Page by Paige</i> . New York: Amulet Books, 2011. (Moving; Personal Growth)	F G9517P
	When Paige Turner and her family move to New York City from rural Virginia, she tries to make sense of her new life through her sketchbook, and it helps bring her true personality into the open, a process that is equal parts terrifying and rewarding.	
HL810L	Hubbard, Jenny. <i>And We Stay</i> . New York: Delacorte Press, 2014. (Guilt; Trauma)	F H86165A
	Sent to an Amherst, Massachusetts, boarding school after her ex-boyfriend shoots himself, seventeen-year-old Emily expresses herself through poetry as she relives their relationship, copes with her guilt, and begins to heal.	
HL550L	Johnson, J.J. <i>Believarexic</i> . Atlanta: Peachtree Publishers, 2015. (Eating Disorder; Anxiety)	F J6331B
	An autobiographical novel in which fifteen-year-old Jennifer Johnson convinces her parents to commit her to the Eating Disorders Unit of an upstate New York psychiatric hospital in 1988, where the treatment for her bulimia and anorexia is not what she expects.	
680L	McKay, Hillary. <i>Binny for Short</i> . New York: Margaret K. McElderry Books, 2013. (Death; Moving)	F M192B
	Eleven-year-old Binny struggles to cope with her father's death and the loss of her beloved dog while she adjusts to a new home that might be haunted by her horrible Aunt Violet.	
HL760L	Reynolds, Jason. <i>The Boy in the Black Suit</i> . New York: Atheneum Books for Young Readers, 2015. (Death; Personal Growth)	F R3352B
	Soon after his mother's death, Matt takes a job at a funeral home in his tough Brooklyn neighborhood and, while attending and assisting with funerals, begins to accept her death and his responsibilities as a man.	
830L	Rocklin, Joanne. <i>One Day and One Amazing Morning on Orange Street</i> . New York: Amulet Books, 2011. (Anxiety; Personal Growth)	F R592O
	The last remaining orange tree on a Southern California street brings together neighbors of all ages as they face their problems and anxieties, including the possibility that a mysterious stranger is a threat to their tree.	
HL570L	Rowell, Rainbow. <i>Fangirl</i> . New York: St. Martin's Griffin, 2013. (Loss; Personal Growth)	F R795F
	Being consummate fans of the Simon Snow series helped Cath and her twin sister, Wren, cope as little girls whose mother left them, but now, as they start	

college but not as roommates, Cath fears she is unready to live without Wren holding her hand--and without her passion for Snow.

- GN410L Telgemeier, Raina. *Smile*. New York: Graphix, 2010. (Anxiety; Self-Acceptance) F  
T237S
- From sixth grade through tenth, Raina copes with a variety of dental problems that affect her appearance and how she feels about herself.

## NONFICTION

- 380L Hunt, Santana. *Los Celos = Dealing with Jealousy*. New York: Gareth Stevens Publishing, 2015. (Other title in series: *No Acoses = Don't be a Bully*) 152.4  
H9146L
- Jealousy starts in childhood and doesn't end there! It's very hard to understand why others have things that we want, especially when we know we can't have them. Readers feelings are acknowledged so they begin to learn that jealousy is something everyone deals with.
- N/A Tieck, Sarah. *Manage Feelings*. Minneapolis, MN: ABDO Pub., 2012. 154.2  
T44M
- Examines ways to manage and process emotions effectively, including writing a journal, talking to an adult, or seeking professional help.
- 500L Hanson, Anders. *No Bullies Allowed! The Kid's Book of Dealing with Bullies*. Minneapolis, MN: Super Sandcastle, an imprint of Abdo Publishing, 2015. 302.34  
H1987N
- Help stop bullies! *No Bullies Allowed! The Kids Book of Dealing with Bullies* will teach kids stay in control, walk away, get help, share their feelings and be proud in the face of bullying. This book will show kids how to use compassion, respect, responsibility, and honesty with those around them.
- 940L Doeden, Matt. *Conflict Resolution Smarts: How to Communicate, Negotiate, Compromise, and More*. Minneapolis, MN: Twenty-First Century Books, 2012. 303.6  
D67C
- Examines teen conflict resolution and interpersonal relations and provides tips and information about improving them.
- 990L Colson, Mary. *Coping with Absent Parents*. Chicago, IL: Heinemann Library, 2011. 306.874  
C7199C
- Coping with Absent Parents* looks at parents working away (including in the military), divorce, separation, and immigration.

N/A Binstock, Melissa. *Nourishment: Feeding my Starving Soul when my Mind and Body Betrayed Me*. Deerfield Beach, FL: Health Communications, 2011. 362.196 B518N

The author describes the multiple mental disorders she suffered as a child and adolescent and chronicles how the support of family, friends, and doctors helped her cope with her disabilities and gain confidence, self-esteem, and independence.

## PROFESSIONAL COLLECTION

Schaefer, Dan. *How Do We Tell the Children? A Step-by-Step Guide for Helping Children Two to Teen Cope When Someone Dies*. New York: Newmarket Press, 2001. 155.9 SCH132H

Kolencik, Patricia Liotta. *Teaching with Books that Heal: Authentic Literature and Literacy Strategies to Help Children Cope with Everyday Problems*. Columbus, OH: Linworth Pub., 2007. 370.114 K8382T

Jones, Alanna. *104 Activities that Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills*. Richland, WA: Rec Room Pub., 1998. 372.1395 J7104O