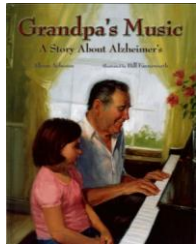



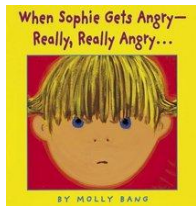
Statistics indicate that one in five students is impacted by mental health issues. This list features picture books that may help promote awareness of these issues, and help children understand a little more about their friends and family members who suffer from mental health problems.

*Maria Martella*



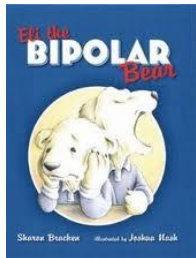
**GRANDPA'S MUSIC – A STORY ABOUT ALZHEIMER'S**   
ACHESON, ALISON 9780807530528 HC \$15.20

Although Alzheimer's disease makes it difficult for Callie's grandfather to remember things, his family keeps him occupied, and Callie's special task is to help him enjoy playing the piano and singing favorite songs.



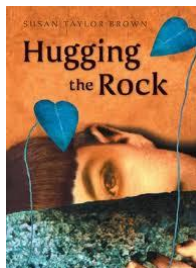
**WHEN SOPHIE GETS ANGRY – REALLY, REALLY ANGRY...**  
BANG, MOLLY 9780590189798 HC \$18.40

Anger is something that all children can relate to. Sometimes it makes us feel out of control, but if we take time to calm down, it gets better. This is an understanding picture book about how a young girl deals with her strong emotions. Good for discussing how we control our feelings.



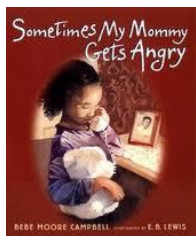
**ELI THE BIPOLAR BEAR**  
BRACKEN, SHARON 9780974656823 HC \$15.96

*Eli the Bipolar Bear* is about a child struggling with drastic mood swings and seeking to resolve the issue that is disrupting his whole life. With the help of his parents and a wise old bear, Eli is able to understand what is happening to him and find resources to manage this disorder.



**HUGGING THE ROCK**  
BROWN, SUSAN 9781582462363 PB \$6.80

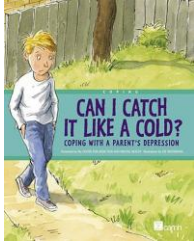
What do you do when your mom runs away from home? Rachel retreats into herself--away from the father who has always kept his distance, away from school, and away from her best friend. Rachel's mom says that her dad is a rock, the good kind you can always count on. But Rachel doesn't even know if he really loves her. And she doesn't know the secrets he's kept since before she was born. Slowly, over time, Rachel grows close to the parent who stayed and comes to understand the truth of why her mom left.



**SOMETIMES MY MOMMY GETS ANGRY**  
CAMPBELL, BEBE MOORE 9780142403594 PB \$6.38

Annie learns that her mother still loves her, even though she is angry at unpredictable times. This is a thoughtful story about a mother with bipolar disorder.

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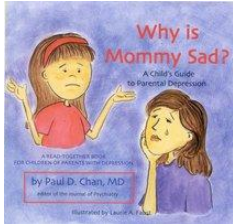
### CAN I CATCH IT LIKE A COLD - COPING WITH A PARENT'S DEPRESSION



C.A.M.H. 9780887769566 HC \$16.00

Young Alex's father had been a policeman until he began to suffer from depression, perhaps the most common mental health issue we face. Alex's questions are those that are often asked by the children of parents who have depression: is the parent simply lazy? Does he no longer care? And is it something I can catch, like a cold? In simple, straightforward language, the book explains what depression is and how it is treated. It also prepares a child for working with a helping professional. And perhaps most important, it reassures a child that he or she is not

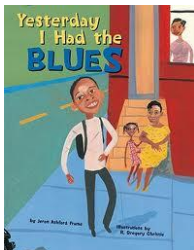
alone.



### WHY IS MOMMY SAD

CHAN, PAUL 9781929622719 PB \$7.95

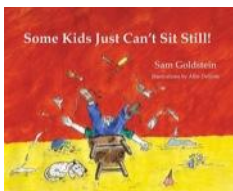
A good picture book with simple sentences. This will encourage discussion and explain depression in simple terms.



### YESTERDAY I HAD THE BLUES

FRAME, JERON 9781582460840 HC \$13.60

Moods change from day to day, and you never know what tomorrow will bring. But one thing's for sure: when you've got love around you, the blues won't stick around long.

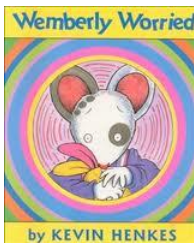


### SOME KIDS JUST CAN'T SIT STILL

GOLDSTEIN, SAM 9781886941731 PB \$14.36

Written in a Seussian style, this delightful story explains why children suffering from attention deficit/hyperactivity disorder (ADHD) react differently to simple situations in their daily lives. Explaining the symptoms of ADHD in an entertaining way, this tale helps children understand their differences, accept treatment, and retain positive self-esteem.

Parents, teachers, and doctors will welcome this dialogue concerning how they can help children with ADHD.



### WEMBERLY WORRIED

HENKES, KEVIN 9780688170271 HC \$19.20

Wemberly worried about everything. Big things. Little things. And things in between. Then it was time for school to start. And Wemberly worried even more. If you ever worry (or know someone who does), this is the book for you.

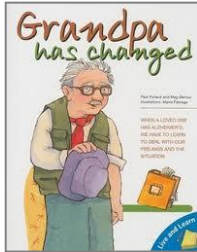
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### MY LITTLE GRANDMOTHER OFTEN FORGETS

LINDBERGH,REEVE 9780763619893 HC \$15.75

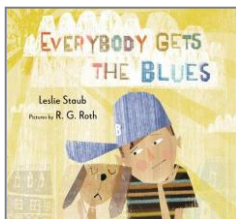
Sometimes Tom's grandmother forgets the way home from the market, or that Tom's name is Tom and not Roy. But Tom doesn't mind. He loves to help his grandmother and just spend time with her. The special bond between a beloved grandmother affected by memory loss and her devoted grandson is described in Reeve Lindbergh's most personal book for children, one that is based on her own and her son's relationship with her mother in the last years of her life. Kathryn Brown's watercolor illustrations tenderly capture the unique characters — and the love that is universal.



### GRANDPA HAS CHANGED

POLLACK,PAM 9780764142826 PB \$5.60

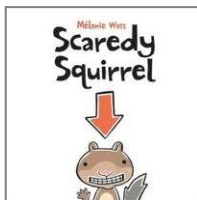
A little boy and his sister are sad and occasionally confused as they recognize that their beloved grandfather has changed. He often forgets things--and sometimes he even forgets where he is. Mom explains to the kids that Grandpa is suffering from Alzheimer's. Before long, the children discover that Grandpa loves them as much today as he always has, and that they can still enjoy happy times together.



### EVERYBODY GETS THE BLUES

STAUB,LESLIE 9780152063009 HC \$16.00

Everybody gets the blues sometimes—dogs and cats, moms and dads, even tiny babies. Just take a look around. If you help someone else who's feeling sad, you might find that your blues are gone. Or maybe the Blues Guy will come along, to listen or sing the blues with you and sit by your side.



### SCAREDY SQUIRREL

WATT,MELANIE 9781554530236 PB \$7.16

Scaredy Squirrel never leaves his nut tree. It's way too dangerous out there. He could encounter tarantulas, green Martians or killer bees. But in his tree, every day is the same and if danger comes along, he's well-prepared. But one day his worst nightmare comes true! Scaredy suddenly finds himself out of his tree, where germs, poison ivy and sharks lurk. But as Scaredy Squirrel leaps into the unknown, he discovers something really uplifting.



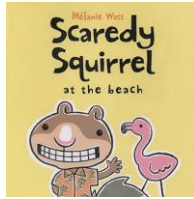
### SCAREDY SQUIRREL AT NIGHT

WATT,MELANIE 9781554532889 HC \$13.56

Scaredy never sleeps -- sleep might mean bad dreams about dragons, ghosts, vampire bats and polka-dot monsters. Our wide-eyed hero has a plan: stay awake all night, every night. Between counting stars, playing cymbals and making scrapbooks, he does a good job of avoiding dreamland. With exhaustion taking its toll, Scaredy comes face-to-face with an alarming

horoscope prediction: All his dreams are about to come true! He must prepare for the worst and his Bad Dream Action Plan includes a fire extinguisher to snuff out dragons and a fan to blast away ghosts. But when disaster strikes, will Scaredy survive this ordeal?

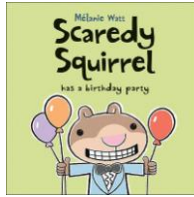
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### SCAREDY SQUIRREL AT THE BEACH

WATT,MELANIE 9781554532254 HC \$13.56

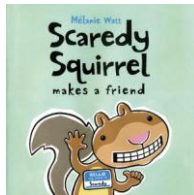
Even though the sun is shining and it's time for a vacation, Scaredy does not want to go to the beach -- that vast, frightening place where a squirrel could get stranded. Instead, Scaredy builds his own safe beach getaway under his nut tree, complete with germ-free inflatable pool, artificial beach scenery, a flashlight and a plastic flamingo. Still, the lure of the genuine beach is strong -- even a dedicated homebody such as Scaredy can't resist it forever. Can his backup plans save him from its perils? Will his No.65 sunscreen protect his delicate complexion?



### SCAREDY SQUIRREL HAS A BIRTHDAY PARTY

WATT,MELANIE 9781554534685 HC \$13.56

Scaredy Squirrel is planning his own birthday party for one but despite his detailed plans, things get out of control when the party animals arrive. When all his excessive plans are thrown up in the air like confetti, will Scaredy play dead and cancel? Or will he face the music?



### SCAREDY SQUIRREL MAKES A FRIEND

WATT,MELANIE 9781554531813 HC \$13.56

Scaredy Squirrel sets out to make The Perfect Friend. And once he's spotted a perfectly safe candidate (with no teeth), Scaredy's ready. Armed with a name tag, mittens, a mirror and a lemon, he's prepared to make The Perfect First Impression. But just when every detail is under control, Scaredy's Action Plan takes a surprising -- and "toothy" -- turn. Will he survive this ordeal? Will he find his kindred spirit? Will he discover the true meaning of friendship?