Books for Parents: There are so many books and resources out there for parents to learn more about how to communicate effectively with their children. While we’ve included some information in this toolkit on this topic, here are a few books to check out if you’d like some additional information.

- **Between Parent and Child: The Bestselling Classic That Revolutionized Parent-Child Communication** by Dr. Haim Ginott, Dr. Alice Ginott, and Dr. H. Wallace Goddard
- **How to Talk So Kids Will Listen & Listen So Kids Will Talk** by Adele Faber and Elaine Mazlish
- **How to Talk So Teens Will Listen & Listen So Teens Will Talk** by Adele Faber and Elaine Mazlish
- **How to Talk to Your Kids About Really Important Things: Specific Questions and Answers and Useful Things to Say** by Charles E. Schaefer and Theresa Foy DiGeronimo
- **How to Talk to Teens about Really Important Things: Specific Questions and Answers and Useful Things to Say** by Charles E. Schaefer
- **Parent Effectiveness Training: The Proven Program for Raising Responsible Children**, by Thomas Gordon
- **Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along With Others: The ‘I Can Problem Solve’ Program**, by Myrna B. Shure
- **Raising An Emotionally Intelligent Child: The Heart of Parenting** by John Gottman, Joan Declaire, Daniel Goleman

Books for Children: The world of emotions can be so confusing for children. One minute they are excited and jumping off the walls, the next something happens and they are so furious that they want to scream. By reading picture books about emotions and labeling feelings for your child, you can help your child start to understand what is going on in his body and mind and learn how to deal with the emotions in a healthy way. Here are a few books to share with your child.

**Picture Books about Feelings for Children:**

- **When Sophie Gets Angry--Really, Really Angry...** by Molly Bang
- **Way I Feel Books** (e.g., **When I Feel Sad, When I Feel Worried, When I Feel Good About Myself**) by Cornelia Maude Spelman and Kathy Parkinson
- **The Chocolate-Covered-Cookie Tantrum** by Deborah Blumenthal
- **Alexander and the Terrible, Horrible, No Good, Very Bad Day** by Judith Viorst
- **Hurty Feelings** by Helen Lester
- **The Story of my Feelings** by Laurie Berkner
- **Theo’s Mood** by Maryann Cocca-Leffler
- **Happy** by Mies van Hout
- **The Pigeon Has Feelings, Too!** by Mo Willems
- **Wemberly Worried** by Kevin Henkes
- **Duck & Goose, How Are You Feeling?** by Tad Hills
- **Pete the Cat and His Magic Sunglasses** by Kimberly and James Dean
- **What About Bear?** by Susanne Bloom
- **Glad Monster, Sad Monster** by Ed Emberley
- **The Pout-Pout Fish** by Deborah Diesen
- **Hooray for Hat** by Brian Won
• My Heart is Like a Zoo by Michael Hall
• Happy Hippo, Angry Duck by Sandra Boynton

Children’s Novels on Feelings:
• Half a World Away by Cynthia Kadohata
• Runt by Nora Raleigh Baskin
• Stop the Presses! by Rachel Wise
• Mia’s Boiling Point by Coco Simon
• After the River the Sun by Dia Calhoun
• How to Beat the Bully Without Really Trying by Scott Starkey

Teen Novels on Feelings:
• The Perks of Being a Wallflower by Stephen Chbosky
• Fifteen by Beverly Cleary
• What They Found: Love on 145th Street by Walter Dean Myers
• Hush by Jacqueline Woodson
• You Don’t Know Me by David Klass
• Instructions for a Broken Heart by Kim Culbertson
• Define Normal by Julie Anne Peters
• Can’t Get There from Here by Todd Strasser
• My Brother’s Keeper by Patricia McCormick
• Life is Funny by E. R. Frank
• After the Wreck, I Picked Myself Up, Spread My Wings, and Flew Away by Joyce Carol Oates