

BOOKS TO TEACH YOUNG CHILDREN ABOUT BIG LIFE CHANGES

Children crave control and choices just like every other human! Sometimes, big life changes and events - good or bad - can really throw a child for a loop. Reading books about upcoming events is a great way to prepare them and open communication with you so they can express their fears and misunderstandings. This list includes books about divorce, a new sibling, an upcoming move and many other life changes! ***This is not an exhaustive list.***

DEATH AND GRIEF

Title	Author	Recommended Ages
Always Remember	Cece Meng	Ages 3-7
Grief is Like a Snowflake	Julia Cook	Ages 5-14
In Loving Memory	Lacie Brueckner	Ages 5-8
Sad Ninja	Mary Nhin	Ages 3-11
Someone I Love Died	Christine Harder Tangvald	Ages 4-9
Something Very Sad Happened	Bonnie Zucker	Ages 2-4
The Good Mourning	Seldon Peden II	Ages 5-12
The Goodbye Book	Todd Parr	Ages 2-4
The Invisible Leash	Patrice Karst	Ages 4-8
The Memory Box	Joanna Rowland	Ages 4-10
The Sad Dragon	Steve Herman	Ages 4-8
Samantha Jane's Missing Smile	Julie Kaplow	Ages 4-8
Till We Meet Again	Julie Muller	Ages 2-8
When Someone Dies	Andrea Dorn	Ages 4-10
Why Do I Feel So Sad?	Tracy Lambert-Prater LPC	Ages 5-7

DIVORCE

Title	Author	Recommended Ages
A Kids Book About Divorce	Ashley Simpo	Ages 5+
Divorce is a “D” Word	Ms. Amanda Marie Cottrell	Ages 4-10
Emily’s Blue Period	Cathleen Daly	Ages 4-7
Forever Rhen: A Story About Divorce	Sandra Ahans	Ages 5-7
I Have Two Homes	Marian De Smet	Ages 5+
Living with Mom and Living with Dad	Melanie Walsh	Ages 2-5
Mum and Dad Glue	Kes Gray	Ages 3-5
Sonya’s Family	Elliott Riley	Ages 4-7
Two Adventures with Mom and Dad	Kelly Chang Rickert	Birth+
Two Homes Filled with Love	Steve Herman	Ages 4-10
We Will Always Love You	Ethan Arabov	Ages 4-10
When Parents Separate	Dawn Hewitt	Ages 5-7
Why Do Families Change?	Dr. Jillian Roberts	Ages 3-5
You Make Your Parents Super Happy!	Richy K. Chandler	Ages 3-7

TERMINATION OF PARENTAL RIGHTS

Title	Author	Recommended Ages
Families Change	Julie Nelson	Ages 4-10

STEP FAMILIES

Title	Author	Recommended Ages
Amy Meets Her Stepsister	Callie Barkley	Ages 5-9
Ethan's Stepmom	Pat Miller	Ages 5-7
Family Means...	Matthew Ralph	Birth+
Growing Into a Family	Cynthia Geisen	Ages 5+
Me and Ms. Too	Laura Ruby	Ages 4-8
My Blended Family	Claudia Harrington	Ages 4-8
My Fairy Stepmother	Marni Prince	Ages 4-7
The Ring Bearer	Floyd Cooper	Ages 4-7

SINGLE PARENTING

Title	Author	Recommended Ages
Do I Have a Daddy?	Jeanne Lindsey	Ages 5-7
I Didn't Leave Because of You	Tyechia White	Ages 5+
Mama Can You?	Fallon Hutcherson	Ages 3-8
Mommy and Me - How I Came to Be	Elizabeth R. Weiss	Ages 3-6
Owen's Family	Elliott Riley	Ages 4-6
Where Is My Dad?	Anbry L. Ivy	Ages 3+

FOSTER CARE & KINSHIP CARE

Title	Author	Recommended Ages
A Grandfamily for Sullivan	Beth Winkler Tyson	Ages 2-5
Foster Care	Julia Cook	Ages 5-8
Home For A While	Lauren Kerstein	Ages 4-8
Just Like Mama	Alice Faye Duncan	Ages 4-8
Love You From Right Here	Jamie Sandefer	Ages 2-6
Murphy's Three Homes	Jan Levinson Gilman	Ages 3+
Princess Yaya and her Superpower	Talanda Barber-Sweney	Ages 4-8
The Foster Dragon	Steve Herman	Ages 4-8
We Love You Hundreds and Thousands	Dara Reed	Ages 2-8

INCARCERATED PARENTS

Title	Author	Recommended Ages
But Why is Mommy in Jail?	Erika Ruiz	Ages 3+
Far Apart, Close in Heart	Becky Birtha	Ages 4-8
Kofi's Mom	Richard Dyches	Ages 3-5
Missing Daddy	Mariame Kaba	Ages 4-8
Our Moms	Q. Futrell	Ages 5-8
The Night Dad Went to Jail	Melissa Higgins	Ages 5-8
Visiting Day	Jacqueline Woodson	Ages 5-7
What is Jail, Mommy?	Jackie Stanglin	Ages 3-8

MOVING

Title	Author	Recommended Ages
Do We Have to Move?	Natalie Lee Martin	Ages 5-8
Evelyn Del Rey Is Moving Away	Meg Medina	Ages 5-7
Home is Wherever I Go	Marian Tiemann	Ages 4-8
I Heard That You're Moving!	Nicole M. Gray	Ages 3-5
Moving Away Will Be Okay!	Kellie Carte-Sears	Ages 4-10
Moving to the Neighborhood	Alexandra Cassel	Ages 1-5
My Very Exciting, Sorta Scary, Big Move	Lori Attanasio Woodring, PhD	Ages 5-11
New House, Same Underwear	Brenda Li	Ages 3+
See You Later, Alligator	Sally Hopgood	Ages 3-6
The Berenstain Bears' Moving Day	Stan & Jan Berenstain	Ages 3-7
The Great Big Move: A Surprisingly Exciting Adventure	Meghan Marie Geary	Ages 3+
We Are Moving	Mercer Mayer	Ages 5-6

DOMESTIC VIOLENCE

Title	Author	Recommended Ages
A Family That Fights	Sharon Chesler Bernstein	Ages 5-10
Here My Roar: A Story of Family Violence	Gillian Watter	Ages 6-9
I Don't Want to Go To Justin's House Anymore	Heather Klassen	Ages 5-8
Mommy's Black Eye	William G. Bentrin	Ages 5-10
The Day My Daddy Lost His Temper	Dr. Carol Santana McCleary	Ages 4+

NEW BABY

Title	Author	Recommended Ages
Andre The Best Big Brother	Mikaela Wilson	Ages 2-5
I Am a Big Brother!	Caroline Jayne Church	Ages 2-4
I Am a Big Sister!	Caroline Jayne Church	Ages 2-4
Noelle The Best Big Sister	Mikaela Wilson	Ages 2-5
The Baby Is Here!	Angela C. Santomero	Ages 3-7
The New Baby	Mercer Mayer	Ages 3-7
The Berenstain Bears and Baby Make Five	Stan and Jan Berenstain	Ages 3-7
Waiting for Baby	Rachel Fuller	Ages 1-3

SEPARATION AT CHILDCARE AND STARTING SCHOOL

Title	Author	Recommended Ages
Amelia Bedelia's First Day of School	Herman Parish	Ages 4-6
Daniel Goes to School	Becky Friedman	Ages 3-7
I Don't Want to Go to School	Abosede Oderinde	Ages 3+
Llama Llama Misses Mama	Anna Dewdney	Ages 2-5
I Don't Want to Go to School	Abosede Oderinde	Ages 3+
Kindergarten, Here I Come!	D.J. Steinberg	Ages 4-5
Pete the Kitty's First Day of Preschool	James Dean	Ages 2-4
Preschool, Here I Come!	D.J. Steinberg	Ages 3-5
The Invisible String	Patrice Karst	Ages 3-7
The Kissing Hand	Audrey Penn	Ages 2+
The Pigeon HAS to Go to School!	Mo Willems	Ages 3-6

ADOPTION

Title	Author	Recommended Ages
ABC, Adoption & Me	Gayle H. Swift	Ages 1-12
Adoption Is A Lifelong Journey	Kelly DiBenedetto	Ages 3-5
And That's Why She's My Mama	Tiarra Nazario	Ages 1-7
Gus Becomes a Big Brother	Heather Lonczak	Ages 4-9
Happy Adoption Day!	John McCutcheon	Ages 4-8
I've Loved You Since Forever	Hoda Kotb	Ages 4-8
Just Right Family	Silvia Lopez	Ages 3-5
Some Babies Are Adopted	Cindy Walker	Ages 4+
Tell Me Again About the Night I Was Born	Jamie Lee Curtis	Ages 1-6
What is Adoption?	Jeanette Yoffe	Ages 4+
Yes, I'm Adopted!	Sharlie Zinniger	Ages 4+