

20 Books for
Helping Children with
Anxiety & Stress

CLERMONT COUNTY
PUBLIC LIBRARY

We're here to help

With so much going on in the world and the constant flow of information from television and social media, it can cause stress and anxiety in children. To help parents and caregivers address the needs of children who have these feelings, the Clermont County Public Library has assembled this list of books. We hope you find a suggestion here that will help spark a conversation with your child about feeling anxious or stressed. If you need other book suggestions, please visit our library or find us online at clermontlibrary.org.



Library Hours

MONDAY 10 am - 8 pm
TUESDAY 12 pm - 8 pm
WEDNESDAY 10 am - 6 pm
THURSDAY 10 am - 6 pm
FRIDAY 9 am - 5 pm
SATURDAY 9 am - 5 pm



**After the Fall:
How Humpty Dumpty Got Back Up Again**
Dan Santat | [E SAN](#)

After falling off the wall, Humpty Dumpty is very afraid of climbing up again, but is determined not to let fear stop him from being close to the birds.



Alone Together: A Tale of Friendship and Hope
Julia Seal | [E SEA](#)

Having to stay home can be confusing and lonely for children. Help children see the power of friendship, and understand that even though we might feel like we're alone, we're alone together.



Brave every day
Trudy Ludwig | [E LUD](#)

Camila is filled with worry and fear, but when she hides during a class field trip to the aquarium, she finds a classmate who is also afraid and needs a friend.



Calm with the Very Hungry Caterpillar
Eric Carle | [E CAR](#)

When the Very Hungry Caterpillar gets anxious, he takes a moment to breathe and calm himself.



Daniel Feels One Stripe Nervous
Alexandra Cassel Schwartz | [E SCH](#)

Daniel Tiger is excited to sing in the spring play, but he is worried when a substitute teacher directs the play instead of Teacher Harriet. Daniel learns an important lesson: things sometimes change, and that is okay.



Do Not Go In There!

Ariel Horn | [E HOR](#)

Imaginations run wild when Morton and Bogart encounter a closed door. One wants to open it and the other fears there is something bad on the other side. Together, these monsters learn that being open to the unknown can lead to new discoveries.



Emi Isn't Scared of Monsters

Alina Tysoe | [E TYS](#)

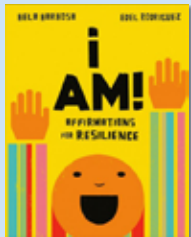
Emi is not afraid of the dark and whatever monsters patrol the halls of her home – in fact she has a plan to catch them (if only she can stay awake).



Follow Your Breath

Scot Ritchie | [J 158.13 RIT](#)

An introduction to mindfulness and how kids can make it part of their everyday lives.



I Am!: Affirmations for Resilience

Bela Barbosa | [TOD 155.4191 BAR](#)

Young readers are encouraged to find their inner strength by recognizing and addressing their emotions, instilling a sense of power and self-confidence.



I Feel Safe

David McPhail | [E MCP](#)

A young girl is frightened by a thunderstorm, but her parents and grandparents help her to feel safe until the thunder passes—even after the lights go out.



Leif and the Fall

Allison Sweet Grant | [E GRA](#)

It is autumn, and Leif is afraid to fall. “All leaves fall in the fall,” say the other leaves. But Leif is determined to find a different way down, and with the help of his friend Laurel.



Me and My Fear

Francesca Sanna | [E SAN](#)

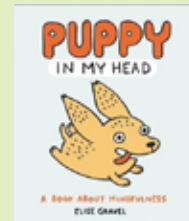
When a young girl starts school in a new country, her fear of being alone and afraid grows every day. How can she hope to make friends if she doesn't understand anyone? Soon, she learns the importance of sharing her fear with others.



Pearl Goes to Preschool

Julie Fortenberry | [E FOR](#)

Pearl loves dance class, but when her mother suggests Pearl might like to go to preschool, she isn't so sure. How could anything be more important than dancing?



Puppy In My Head: A Book About Mindfulness

Elise Gravel | [J 158.13 GRA](#)

In plain language and with a rare sense of understanding and compassion, Elise Gravel tackles anxiety in children head-on with bold colors and whimsical illustrations.



Ravi's Roar

Tom Percival | [E PER](#)

Tired of missing out on good things because he is the smallest and youngest in his family, Ravi turns into a tiger and gets what he wants with a great roar.



Ruby Finds a Worry

Tom Percival | [E PER](#)

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.



The Don't Worry Book

Todd Parr | [E PAR](#)

With colorful pictures and a reassuring message, Todd Parr shows that sometimes we worry - but there are lots of things you can do to help you feel better.



The Little Book of Big What-ifs

Renata Liwska | [E LIW](#)

Every day is filled with opportunities to wonder ...what if? From silly to serious, gently examining both the anxieties and curiosities of everyday life. Wondering what might happen helps expand our imaginations, humorous or thought-provoking - or both!



The Worrysaurus

Rachel Bright | [E BRI](#)

An anxiety-prone little dinosaur whose plans for a special picnic are complicated by fears about what could go wrong, before a little support from a loved one helps him find ways to soothe his butterflies.



Way Past Worried

Hallee Adelman | [E ADE](#)

Brock is worried about going to his friend's superhero birthday party alone, but while he is hiding he meets Nelly, who is just as frightened as he is.



School readiness includes all the skills a child needs to be prepared for school: academic, physical, social, and emotional development. This means knowing not only the ABCs and 123s, but also how to hold a pencil, how to interact with a teacher and classmates, how to sit and listen, and much more. The Clermont County Public Library wants to help families by providing the tools they need to get their children school-ready.

Besides multitudes of books,
the Library offers additional resources
to help get children school-ready:



- **Library Storytimes** - cover all the early literacy skills as well as offering your child a chance to get used to interacting with others.
- **School Readiness Kits** - contain books, a toy, and activities to reinforce pre-reading skills & basic concepts. Available to place on hold & check out.
- **ABCmouse** - is the most comprehensive early learning curriculum available online. Access it on computers in the Library or by home access through the Library.
- **hoopla** - use your Library card in the hoopla app to stream a great collection of childrens' music.
- **Events & Reading Programs** - watch for engaging Library events and sign up for reading programs to help make reading fun!

Early literacy doesn't mean teaching your child to read; instead, you are putting in place the smaller pieces that will build toward reading in the future.

TALK | SING | WRITE | PLAY | READ

These are things you can easily do during a normal day at meals, diaper changes, bath time, etc. that will be fun for your child while also teaching early literacy skills.

To learn more, visit the Kids tab at CLERMONTLIBRARY.ORG

Here are a few programs we offer that add extra fun to reading:



DOLLY PARTON'S IMAGINATION LIBRARY

Sign up children under 5 to receive a free book each month



1,000 BOOKS BEFORE KINDERGARTEN

Start your child on the path to success. Log books and celebrate!



LIBRARY SUMMER READING CHALLENGE

Win prizes for reading. Watch for fun themed events as well.

STOP BY YOUR LOCAL LIBRARY TO CHECK OUT OUR RESOURCES!

Amelia Branch

58 Maple Street
Amelia, Oh 45102
(513) 752-5580

Batavia Branch

180 South Third Street
Batavia, Oh 45103
(513) 732-2128

Bethel Branch

611 W. Plane Street
Bethel, Oh 45106
(513) 734-2619

Felicity Branch

209 Prather Road
Felicity, Oh 45120
(513) 876-4134

Goshen Branch

6678 State Route 132
Goshen, Oh 45122
(513) 722-1221

Miami Township Branch

5920 Buckwheat Road
Milford, Oh 45150
(513) 248-0700

New Richmond Branch

103 River Valley Blvd.
New Richmond, Oh 45157
(513) 553-0570

Owensville Branch

2548 Us Route 50
Owensville, Oh 45160
(513) 732-6084

Union Township Branch

4450 Glen Este-Withamsville Rd.
Cincinnati, Oh 45245
(513) 528-1744

Williamsburg Branch

594 W. Main Street
Williamsburg, Oh 45176
(513) 724-1070

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