

Children's books about trauma, resilience, and big feelings

FOR PARENTS AND CAREGIVERS



Books can help children understand what happened, feel less alone, and learn that they are safe, supported, and capable of coping. Here are some trusted options for different ages and needs.



Books to help young children understand and feel safe

These books use simple, reassuring language to help younger children (approx. ages 3–7) understand scary events and manage big feelings.



The Invisible String by Patrice Karst

Ages 3–7

A comforting story about connection and love, even when we are apart.



When Sadness Is at Your Door by Eva Eland

Ages 3–7

A gentle, beautifully illustrated book about big feelings and how to be with them.



A Terrible Thing Happened by Margaret M. Holmes

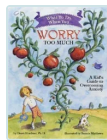
Ages 3–7

A classic, child-friendly story about trauma, feelings, and healing.



Books to help children manage anxiety and worries

These stories can help children understand anxiety, build coping skills, and feel more in control.



What to Do When You Worry Too Much by Dawn Huebner

Ages 6–12

A practical, kid-friendly guide to understanding anxiety and learning helpful coping strategies.



Breathe Like a Bear by Kira Willey

Ages 4–8

A simple and engaging introduction to mindfulness and breathing exercises for children.



Hey Warrior by Karen Young

Ages 5–9

A reassuring story about anxiety, building bravery, and finding inner strength.



Books about grief, loss, and change

These books can help children make sense of difficult events and feel hope for the future.



The Goodbye Book by Todd Parr

Ages 3–7

A simple, honest book about loss and the many ways we can remember and stay connected to loved ones.



The Memory Box by Joanna Rowland

Ages 4–8

A gentle story about grief, memories, and ways to keep loved ones close.



Resilience by Jayneen Sanders

Ages 4–8

Helps children understand that they can experience difficult things and still be strong, capable, and resilient.



Books about school shootings and community violence

These books can help children process what happened, ask questions, and feel supported.



A Kids Book About School Shootings by Crystal Woodman Miller

Ages 5–9

By a Columbine survivor and mental health advocate, to help kids and their grownups start conversations about school shootings.



A few things to keep in mind:



Read together and follow your child's lead.



It's okay to revisit books as children process and have new questions.



Books can start conversations, but every child is different.



Pair books with open, supportive conversations and opportunities for connection.