

Positive Books about Kids with Disabilities and Special Health Needs



Book Title	Author(s)	ISBN	Topic	Book Highlights	General Age Range
Abby's Asthma and the Big Race	Theresa Golding	978-0807504659	Asthma	Abby has asthma, but that doesn't stop her from wanting to run in the big race. With her doctor's approval and recommendations, she prepares for the big day. When that day arrives, Abby is ready.	4-8 years
Ada Twist, Scientist	Andrea Beaty	978-1419721373	General	Inspired by real-life makers Ada Lovelace and Marie Curie, this beloved #1 bestseller champions STEM, girl power and women scientists in a rollicking celebration of curiosity, the power perseverance, and the importance of asking "Why?"	5-7 years
A is for Autism. F is for Friend.	Joanna L. Keating-Velasco	978-1931282437	Autism	Provides a unique glimpse of life from the perspective of a child who has severe autism. Chelsea helps readers see that she's not so different after all and creates opportunities for other kids with autism.	8 - 12 years
All My Stripes	Shaina Rudolph, Danielle Royer	978-1433819179	Autism	This is the story of Zane, a zebra with autism, who worries that his differences make him stand out from his peers. With careful guidance from his mother, Zane learns that autism is only one of many qualities that make him special.	5 - 8 years

Amelia Bedelia's First Apple Pie	Herman Parish	978-0061964114	General	Amelia Bedelia attempts to make her very first apple pie with the help of her grandparents. Through several misunderstandings, Amelia Bedelia learns not only to make a delicious apple pie, but several new things about the world around her and herself!	4 - 8 years
Are You Alone on Purpose?	Nancy Werlin	978-0142407776	Autism, Physical Disability	When the rabbi's son, Harry Roth, begins taunting Alison about her brother, who has Autism, she does her best to stand up for herself. But when Harry is injured in a diving accident, Alison senses that he's hiding something that he wants to share with someone. And she begins to think she's just the someone he can share it with.	12 years and up
Autism Acceptance Book	Ellen Sabin	978-0975986820	Autism	An activity book, a conversation-starter and an educational tool that teaches children about autism, develops their understanding and empathy for their peers facing this challenge, and engages them in learning to embrace people's differences with respect, compassion, and kindness.	6 - 13 years
Ballerina Dreams	Joann Ferrara, Lauren Thompson	978-0312370299	Cerebral Palsy	Five little girls who have cerebral palsy and other muscle disorders are given the opportunity to learn to dance like ballerinas. This is an inspiring portrayal of determination and love that will foster empathy among young readers.	5 - 8 years
Benny Doesn't Like to Be Hugged	Zetta Elliott	978-1548184896	Autism	A little girl uses rhyming verse to describe the unique traits of her autistic friend. A gentle story encouraging children to appreciate and accept our differences.	8 - 12 years
The Big Book of Feelings (Emotes!)	Matt Casper	978-9881907240	General	Sometimes it's hard to put feelings into words... there are so many feelings to feel and feelings are always changing! But that's okay, the Emotes are here to help!	any

Blue Skies for Lupe	Linda Kurtz Kingsley	978-1606132715	Spina Bifida	This book will warm readers' hearts with its simple, but gripping story based on the real-life adventures of a Mexican immigrant born with physical disabilities. This inspirational story is full of hope, offers life lessons about working hard to achieve your dreams, and shows the value of a supportive community.	5 - 6 years
A Boy and a Jaguar	Alan Rabinowitz	978-0547875071	Speech Disorder	There are other, more powerful ways of communicating, which Alan knows from the ease with which he talks to animals. As he grows up, he learns to both conquer and embrace the fact that he will always be a stutterer, and he soon becomes an advocate for animals.	4 - 7 years
The Boy who Loved Math	Deborah Heiligman	978-1596433076	General	Paul Erdos never followed the usual path. At the age of four, he could ask you when you were born and then calculate the number of seconds you had been alive in his head. With a simple, lyrical text and richly layered illustrations, this is a beautiful introduction to the world of math and a fascinating look at the unique character traits that made "Uncle Paul" a great man.	5 - 8 years
Brave	Stacy McAnulty	978-0762457823	General	This book encourages kids to be brave in all the ways they can: trying new things, speaking their mind, confronting bullies, and more. This book will inspire kids to follow their hearts and to have courage, no matter the situation.	4 - 7 years
Charlotte and the Quiet Place	Deborah Sosin	978-1941529027	General	Sometimes children need a break from our noisy, over-stimulating world. This story shows how a child learns and practices mindful breathing on her own and experiences the beauty of silence.	3 - 7 years
Clean It	Georgie Birkett	978-1846432835	General	Helping with real tasks is a natural progression from pretend play, and is a crucial stage in a child's development. Simple conversational text and lively illustrations are carefully designed to encourage further dialogue between reader and child.	5 - 6 years

Cory Stories: A Kid's Book about Living with ADHD	Jeanne Kraus	978-1591471547	ADHD	In short statements and vignettes, Cory describes what it's like to have ADHD: how it affects his relationships with friends and family, his school performance, and his overall functioning. He also describes many ways of coping with ADHD: medication, therapy/counseling, and practical tips for school, home, and friendships.	8 - 12 years
Dad and Me in the Morning	Patricia Lakin	978-0807514191	Hearing	The young boy in the story is deaf, but he and his father have many ways of communicating. Dealt with simply, as part of the reality of their relationship, the boy's deafness is unobtrusively woven into this story about a father and child sharing a moment in time.	4 - 8 years
Dancing Wheels	Patricia McMahon	978-0395888896	Physical Disability, Spina Bifida	An extraordinary company, Dancing Wheels is the realization of Mary Verdi-Fletcher's dream. Though born with spina bifida and confined to a wheelchair, Mary wanted to be a dancer. She has not only achieved her goal, but through Dancing Wheels, enabled others with physical restrictions to dance as well.	10 - 12 years
Daniel's New Friend	Becky Friedman	978-1481435437	Cerebral Palsy	Daniel and Miss Elaina are visiting Prince Wednesday's castle for a play date. When they arrive they are so excited to meet a new friend—Prince Wednesday's cousin, Chrissie, who wears braces and needs crutches to walk.	3 - 7 years
The Deaf Musicians	Pete Seeger	978-0399243165	Hearing	Living legend and Kennedy Center honoree Pete Seeger, renowned poet Paul DuBois Jacobs, and Coretta Scott King honor winner R. Gregory Christie present a jazzy riff on the power of music, overcoming obstacles, and all the different ways to hear the world. So, who will listen to a deaf musician? Everyone!	4 - 8 years

Dixie Wants an Allergy	Tori Corn	978-1620879917	Allergy	This lighthearted and humorous story shows children the possible downfalls of wanting what others have. The story briefly mentions various allergies and reactions to them as well as precautionary measures.	3 - 6 years
Don't Call Me Special	Pat Thomas	978-0764121180	Physical Disability	This delightful picture book explores questions and concerns about physical disabilities in a simple and reassuring way.	8 - 12 years
Dorothea's Eyes	Barb Rosenstock	978-1629792088	Physical Disability	After a childhood bout of polio left her with a limp, all Dorothea Lange wanted to do was disappear. With a passion for the artistic life, and in spite of her family's disapproval, Dorothea pursued her dream to become a photographer and focused her lens on the previously unseen victims of the Great Depression.	8 - 12 years
Douglas You Need Glasses	Ged Adamson	978-0553522433	Vision	Meet Douglas, a dog with a big problem: he needs eyeglasses but doesn't know it, and his bad eyesight tends to land him in some pretty hairy situations. After an eye exam confirms that Douglas needs glasses, and Nancy helps him find the perfect pair, readers will rejoice with Douglas as he sees all the amazing things he's been missing!	3 - 7 years
Emmanuel's Dream	Laurie Ann Thompson	978-0449817445	Physical Disability	Born in Ghana, West Africa, with one deformed leg, Emmanuel was dismissed by most people—but not by his mother, who taught him to reach for his dreams. He became a cyclist and rode an astonishing four hundred miles across Ghana in 2001, spreading his powerful message: disability is not inability.	4 - 8 years
Ernest and the Moose Who Doesn't Fit	Catherine Rayner	978-0374322175	General	Ernest is so big he can't fit inside his book! With some tape, odd bits of paper, and plenty of enthusiasm, Ernest and his chipmunk friend construct an enormous gatefold page by themselves, and everything fits together in the end.	2 - 6 years

Erik the Red Sees Green	Julie Anderson, David Lopez	978-0807521427	Vision	Color blindness, also known as Color Vision Deficiency (CVD), affects a significant percentage of the population. Once Erik is diagnosed, he and his parents, teachers, coach, and classmates figure out solutions that work with his unique way of seeing.	4 - 8 years
Extraordinary Friends (Mr. Rogers)	Fred Rogers	978-0698118614	Various Disabilities	In his characteristically wise and gentle way, Mister Rogers challenges the stereotypes that often plague children with special needs and celebrates six children who are extraordinary friends.	4 - 8 years
Finkle Hopper Frog	Irene Livingston	978-1582462349	General	When Finklehopper Frog decides to give jogging a try, everyone laughs at his efforts. But Finklehopper learns that it's best to be himself and do what he loves--because that's the perfect way for him!	3 - 7 years
Frida Kahlo	Isabel Sanchez Vegara, Gee Fan Eng	978-1847807830	Physical Disability	When Frida was a teenager, a terrible road accident changed her life forever. Unable to walk, she began painting from her bed. Her self-portraits, which show her pain and grief, but also her passion for life and instinct for survival, have made her one of the most famous artists of the twentieth century.	5 - 8 years
The Friendship Puzzle	Julie L. Coe	978-0978918248	Autism	This story helps young readers learn about accepting and including their friends and classmates with autism.	5 - 7 years
The Girl Who Never Made Mistakes	Mark Pett, Gary Rubinstein	978-1402255441	General	Beatrice offers a lesson we could all benefit from: learn from your mistakes, let go, laugh, and enjoy the ride.	4 - 8 years
The Girl who Thought in Pictures	Julia Finley Mosca	978-1943147304	Autism	When young Temple was diagnosed with autism, no one expected her to talk, let alone become one of the most powerful voices in modern science. Yet, the determined visual thinker did just that.	5 - 10 years

The Great Katie Kate Explains Epilepsy	M. Maitland DeLand	978-1626340077	Epilepsy	A book designed specifically to help young epilepsy patients understand their condition and overcome their fears.	5 - 6 years
Grow Graceful	Sage Foster-Lasser and Jon Lasser, PhD	978-1-4338-2903-1	Mental Health	In this story, a young girl goes on a camping trip and discovers different things she appreciates about her family, friends, and opportunities. This story is based on the ability to take perspectives of others and recognize that each person has their own thoughts, feelings, and perspectives.	4 - 8 years
Hands and Hearts	Donna Jo Napoli	978-1419710223	Hearing	Mother and daughter spend a sunny day at the beach together but their communication is not spoken; rather, it is created by loving hands that use American Sign Language. Readers will learn how to sign 15 words using American Sign Language with the help of sidebars that are both instructive and playful.	5 - 7 years
Hello Goodbye Dog	Maria Gianferrari	978-1626721777	Physical Disability	For Zara's dog, Moose, nothing is more important than being with her favorite girl. Zara gets the idea to have Moose certified as a therapy dog so she can say hello to the schoolchildren every day and help them read.	4 - 8 years
Henri's Scissors	Jeanette Winter	978-1442464841	Physical Disability	Late in life a serious illness confined Henri-Emile Matisse to a wheelchair, and amazingly, it was from there that he created his most beloved works—enormous and breathtaking paper cutouts.	5 - 8 years
The Hickory Chair	Lisa Rowe Fraustino	978-0590522489	Vision	Luis, a blind boy, tells of his warm relationship with his grandmother and the gift she left for him after her death, in a unique and beautiful book about love, from the perspective of a blind child.	4 - 8 years

I Can Do That!	Kayla J. W. Marnach	978-1545085776	General	This book helps children learn self-regulating techniques. Told through rhyme from a child's point of view, strategies are shared empowering the child to effectively learn and practice ways they can control their emotions and actions when they feel themselves becoming dysregulated.	5 - 6 years
I Can. Can You?	Marjorie W. Pitzer	978-1890627577	Down Syndrome	Presented in crisp, uncluttered full-colour photographs, these children with Down Syndrome swim, take a bottle, share, eat spaghetti, laugh, play in the park, and more...looking adorable all the while! This wonderful book will be reassuring to families with a new baby with Down Syndrome.	0-4 years
I Have Cerebral Palsy	Mary Beth Springer	978-1595727510	Cerebral Palsy	Sydney shares her firsthand account of life with cerebral palsy in this book so that others can understand what her life is like. Most importantly, Sydney wants her story to help other kids feel more comfortable around people with disabilities.	5 - 8 years
I Have Squirrels in My Belly	Trish Hammond	978-1460298817	Anxiety	One day, when Timothy gets some bad news at school, the squirrels in his belly get excited and do their best to mess with Timothy's insides. However; by using a few simple strategies, Timothy is able to show the squirrels that he's boss, and able to keep his anxiety under control.	any
I Know Someone with Down Syndrome	Vic Parker	978-1432945749	Down Syndrome	This book introduces readers to what Down Syndrome is, how it affects people, and what they can do to be a good friend to someone living with Down Syndrome.	6 - 8 years
I Think I have the Wiggle Fidgets	Barbara Esham	978-1492669975	ADHD	This award-winning story is a simple introduction to ADHD and the creative ways of finding solutions to the challenges that ADHD can create.	4 - 8 years

I Will be Okay	Ms. Laurie N. Wright	978-0995847354	Anxiety	Share the funny pictures in <i>I Will Be Okay</i> with your children while reinforcing the idea that they are not helpless, and that they can do things for themselves when they have tricky feelings that will help them feel okay again.	3 - 7 years
I'll Tell You Why I Can't Wear Those Clothes	Noreen O'Sullivan	978-1849055109	Physical Disability	This is a child's perspective on a largely unrecognized condition called tactile defensiveness, a physical condition that causes hypersensitivity to certain touch sensations.	4 - 11 years
I'm Here	Peter H. Reynolds	978-1416996491	General	Pure, powerful and deceptively simple, bestselling author and illustrator Peter H. Reynolds reminds us that children—and the friendships they make—can take flight in unexpected ways.	4 - 8 years
I'm Gonna Like Me: Letting Off a Little Self-Esteem	Jamie Lee Curtis	978-0060287610	General	Celebrate liking yourself! Through alternating points of view, a girl's and a boy's, Jamie Lee Curtis's triumphant text and Laura Cornell's lively artwork show kids that the key to feeling good is liking yourself because you are you.	4 - 8 years
Jacob's Eye Patch	Beth Kobliner Shaw	978-1476737324	Vision	<i>Jacob's Eye Patch</i> is the go-to book for talking about differences that kids can enjoy and parents can turn to for guidance.	4 - 8 years
Janine	Maryann Cocca-Leffler	978-0807537541	General	Gently dealing with a bully while remaining true to herself, Janine is an admirable character who doesn't need to put someone else down in order to feel good about herself. A refreshing tale of being true to oneself.	4 - 8 years
Just Flash	Michael Scotto	978-0983724339	General	The story helps small children to understand what it means to fit in with a group and the difficulties that can be encountered and overcome in trying to do so.	4 - 8 years

Keep Your Ear on the Ball	Genevieve Petrillo	978-0884483243	Vision	This class used creativity and teamwork to include their classmate Davey (who is blind) in a game of kickball, and Davey learned that he can accept help from others and still remain independent.	8 - 12 years
King for a Day	Rukhsana Khan	978-1600606595	Physical Disability	During Basant, the people of Lahore move to their rooftops to enjoy the spectacle of a sky filled with kites and birds, an impressive city skyline, their community, and the renewal of spring. Here, a boy in a wheelchair overpowers the neighborhood bully with his kite-flying savvy and keen, compassionate eye.	6 - 10 years
King Calm: Mindful Gorilla in the City	Susan D. Sweet, PhD, and Brenda S. Miles, PhD	978-1-4338-2272-8	Mental Health	Meet Marvin. He's a calm and mindful gorilla living in the Great Big City. He is peaceful and composed and enjoys every minute of his day unlike his thumping, roaring, and former Empire State-climbing Grandpa! Readers are introduced to the concept of living mindfully in a creative, practical, and easy-to-apply way.	4 - 7 years
The Lion Who had Asthma	Jonathan London	978-0807545607	Asthma	Sean likes to pretend he's a lion, roaring in the jungle. But this lion has asthma. So Sean's mother gives him his medicine to help him breath.	4 - 8 years
Listening to My Body	Gabi Garcia	978-0998958002	General	Through a combination of story and simple experiential activities, this book guides children through the process of noticing and naming their feelings and the physical sensations that accompany them, while helping them build on their capacity to engage mindfully, self-regulate, and develop a better sense of well-being.	4 - 7 years
Lovely	Jess Hong	978-1939547378	General	Big, small, curly, straight, loud, quiet, smooth, wrinkly. <i>Lovely</i> explores a world of differences that all add up to the same thing: we are all lovely!	3 - 6 years

Mama Zooms	Jane Cowen-Fletcher	978-0590457750	Physical Disability	A boy's wonderful mama takes him zooming everywhere with her, because her wheelchair is a zooming machine.	4 - 7 years
Meet ClaraBelle Blue	Adiba Nelson	978-0989191906	Physical Disability	In this funny, sweet, beautifully illustrated book we get to see how like the other kids ClaraBelle truly is, regardless of having special needs.	any
Miss Little's Gift	Douglas Wood	978-0763698379	ADHD	In a compelling and beautifully illustrated story, award-winning author Douglas Wood tells of the teacher who led him to love reading, in spite of his ADHD.	5 - 9 years
Moses Goes to a Concert	Isaac Millman	978-0374453664	Hearing	Moses and his school friends are deaf, but like most children, they have a lot to say. They communicate in American Sign Language, using visual signs and facial expressions.	5 - 8 years
Mrs. Gorsky I Think I have the Wiggle Fidgets	Barbara Esham	978-1492669975	ADHD	This award-winning story is a simple introduction to ADHD and the creative ways of finding solutions to the challenges that ADHD can create.	4 - 8 years
My Friend Isabelle	Eliza Woloson	978-1890627508	Down Syndrome	Isabelle has Down syndrome, but that doesn't matter to her friend Charlie. This charming tale encourages readers to think about what makes a friendship special. It also opens the door for young children to talk about differences and the world around them.	8 - 12 years
My Great Big Feelings	C. M. Tolentino	978-1985862524	Sensory Processing Disorders	This story is for highly sensitive children and those with sensory processing difficulties. As we follow along the story of this highly sensitive child, we discover how we can accept, manage and ultimately appreciate possessing this gift of sensitivity.	8-10 years

My Mouth is a Volcano	Julia Cook	978-1931636858	General	Told from Louis' perspective, this story provides parents, teachers, and counselors with an entertaining way to teach children the value of respecting others by listening and waiting for their turn to speak.	5 - 8 years
My Three Best Friends and Me, Zulay	Cari Best	978-0374388195	Vision	Zulay and her three best friends are all in the same first grade class and study the same things, even though Zulay is blind. When their teacher asks her students what activity they want to do on Field Day, Zulay surprises everyone when she says she wants to run a race. With the help of a special aide and the support of her friends, Zulay does just that.	4 - 8 years
My Traveling Eye	Jenny Sue Kostecki-Shaw	978-0805081695	Vision	Jenny Sue's eyes are not the same as other people's eyes. Her right eye looks in one direction, while her left eye sometimes wanders. Here is a charming story about one very inspiring little girl who overcomes her disability and offers inspiration to others.	4 - 7 years
Naomi Knows it's Springtime	Virginia Kroll	978-1563970061	Vision	It's springtime. Naomi knows the season by hearing its familiar sounds and savoring its tastes and smells. Although Naomi is blind, she creates a rainbow in her mind, allowing her to sense the breathtaking, sun-bursting feeling of spring	4 years and up
Noah the Narwhal	Judith Klausner	978-0999008423	Neurological Disorder	Noah the Narwhal has good days, when he is productive and social, and pain days, when he needs to rest. His friends and family can find it difficult to handle the unpredictability. Can they come to see that having him in their lives is absolutely worth it?	4 - 8 years
Nobody's Perfect	Ellen Flanagan Burns	978-1433803802	General	Secretly Sally Sanders is afraid that if she can't do something well, or be the best, she will feel like a failure. Gradually, through the help of her teachers and mother, Sally learns to have fun and not worry so much about being the best.	8 - 10 years

Not so Tall for Six	Dianna Hutts Aston	978-1570917066	General	Life isn't easy when you can't reach the water fountain, but Kylie Bell's big heart and good manners prove that sometimes it takes the most courage to do what's right.	5 - 8 years
Odd Boy Out	Don Brown	978-0547014357	General	In spare, precise text filled with graceful detail and accompanied by sometimes humorous, sometimes lonely portraits, Don Brown introduces us to the less than magnificent beginnings of an odd boy out.	4 - 7 years
The People you May See	Lisa Marie Koehler	978-1539070467	General	Sometimes you will see someone that makes you curious about what they are wearing, saying, or doing. You can use this book as a guide to approach the world with kindness, understanding, and an open heart.	6-8 years
Phill in the Blank: Quirks and All	Jenn Slade	978-1544200477	Autism	This book is about a nonverbal boy with autism who struggles with being misunderstood and not having a voice of his own. Phill finds comfort in nature because he can relate to it and doesn't have to worry about how to act and react like he does with humans -at home and in school.	4 - 8 years
The Princess and the Peanut Allergy	Wendy McClure	978-0807566237	Allergy	Regina is having a princess birthday party and has invited Paula, her very best friend who explains her peanut allergy. Regina comes to understand what things are like for Paula and the girls make up and have a wonderful party.	4 - 8 years
Real Friends	Shannon Hale	978-1626727854	General	A graphic memoir about how hard it is to find your real friends—and why it's worth the journey.	8 - 12 years
Red	Michael Hall	978-0062252074	General	This story is about being true to your inner self and following your own path despite obstacles that may come your way.	4 - 8 years

The Red Lemon	Bob Staake	978-0307978462	General	Farmer McPhee finds a red lemon in his orchard. As he tosses the red lemon across the water, he can't imagine that it will land on a small island, and bring forth an orchard of lemon trees where people will travel to from all over, to try the red lemons that are "six times as sweet!" A story that will teach children to not judge a book by its cover.	4 - 8 years
Rescue and Jessica: A Life-Changing Friendship	Jessica Kensky, Patrick Downes	978-0763696047	Physical Disability, Service Dogs	A book that celebrates the extraordinary and varied abilities of Service Dogs, and gives insight into what it means to live with a disability.	5 - 9 years
Rosie the Raven	Helga Bansch	978-1554518340	General	When the eggs hatch, a pink girl emerges from one of the shells, along with her black raven siblings. When Rosie realizes she is different, a world of discovery awaits her nonetheless.	5 - 8 years
The Seeing Stick	Jane Yolen	978-0762420483	Vision	Hwei Min, the only daughter of the emperor of China, has been blind since birth. Then, one day a wise old man with a mysterious seeing stick visits the princess and teaches her that there is more than one way to see the world.	3 - 6 years
Silent Lotus	Jeanne M. Lee	978-0374466466	Hearing	Although unable to speak or hear, lovely Lotus learns to perform the intricate story dances of the Cambodian court ballet.	5 - 8 years
Sneetches are Sneetches – Learn about Same and Different	Linda Hayward	978-0679868415	General	Some Sneetches are tall and glad, some Sneetches are small and sad. Children can test their sorting and matching skills by looking closely at a variety of Sneetches.	4 years and up
A Splash of Red	Jen Bryant	978-0375867125	Physical Disability	Jen Bryant and Melissa Sweet team up to share this inspiring story of a self-taught painter from humble beginnings who despite many obstacles, was ultimately able to do what he loved, and be recognized for who he was: an artist.	5 - 8 years
Stand Tall Molly Lou Melon	Patty Lovell	978-0399234163	General	Be yourself, like Molly Lou Melon, no matter what a bully may do.	4 - 8 years

Susan Laughs	Jeanne Willis	978-0805065015	Physical Disability	Told with insight, and without sentimentality, here is an inspiring look at one spunky little girl whose physical disability is never seen as a handicap.	4 - 7 years
Thank You, Mr. Falker	Patricia Polacco	978-0399257629	Dyslexia	The real-life, classic story of a girl with dyslexia and the teacher who would not let her fail.	5 - 8 years
This Kid Can Fly	Aaron Philip	978-0062403544	Cerebral Palsy	In this heartbreaking and ultimately uplifting memoir, Aaron Philip, a fourteen-year-old boy with cerebral palsy, shows how he isn't defined so much by his disability as he is by his abilities.	8 - 12 years
Today I Feel Silly: and Other Moods that Make My Day	Jamie Lee Curtis	978-0060245603	General	Silly, cranky, excited, or sad—everyone has moods that can change each day. And that's okay! Follow the boisterous, bouncing protagonist as she explores her moods and how they change from day to day.	4 - 8 years
Victoria's Day	Maria de Fatima Campos	978-1847804242	Down Syndrome	Victoria reads a story, paints a picture, bakes biscuits and plays games with the other children in this sensitive and inclusive portrayal of a typical day in the life of a little girl with Down Syndrome.	3 - 6 years
Visiting Feelings	Lauren Rubenstein, JD, PsyD	978-1-4338-1339-9	Mental Health	Rather than labeling or defining specific emotions and feelings, <i>Visiting Feelings</i> invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings.	5 - 8 years
We'll Paint the Octopus Red	Stephanie Stuve-Bodeen	978-1890627065	Down Syndrome	Emma feels ready to be a big sister! Then when the baby is born, her dad tells her that it's a boy and he has something called Down syndrome. Emma helps her father as much as he helps her to realize that Isaac is the baby they dreamed of.	2 - 4 years

We're Amazing 1, 2, 3! A Story About Friendship and Autism	Leslie Kimmelman	978-1524766214	Autism	Elmo introduces his longtime friend Julia to Abby, who's a little confused at first because Julia isn't saying hello. Elmo explains that Julia has autism, so she does things a little differently. Abby soon learns that she also has a lot of things in common with Julia.	3 - 7 years
What Every Autistic Girl Wishes her Parents Knew	Inc. Autism Women's Network	978-0997504521	Autism	In this first book release from the Autism Women's Network, the autistic contributors write with honesty and generosity about the emotional needs, sensitivity, and vibrancy of autistic girls.	7 - 12 years
What if Everybody Did That?	Ellen Javernick	978-0761456865	General	But what if everybody did that? What if everybody broke the rules? Using humorous illustrations rendered in mixed media, these questions are answered in a child-friendly way and show the consequences of thoughtless behavior.	3 - 7 years
What Were you Thinking?	Bryan Smith	978-1934490969	General	Some poor decision-making, like ill-timed jokes in class and an impulsive reaction during gym that left a classmate teary-eyed and crumpled on the floor, forces the adults in Braden's life to teach him about impulse control.	8 - 12 years
Why Johnny Doesn't Flap	Clay Morton	978-1849057219	Autism	A picture book which turns the tables on common depictions of neurological difference by revealing how people who are not on the autistic spectrum are perceived by those who are. The autistic narrator's bafflement at his neuro-typical friend's quirks shows that 'normal' is simply a matter of perspective.	4 - 8 years
Wilma Jean the Worry Machine	Julia Cook	978-1937870010	Anxiety	This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety.	5 - 8 years

Yuko Chan and the Daruma Doll	Sunny Seki	978-4805311875	Vision	Yuko-chan, an adventurous blind orphan, is able to do amazing things. Yuko-chan never gave up, no matter the obstacles she faced, and the Daruma doll is a charming reminder of the power of perseverance.	4 - 8 years
Zoom	Istvan Banyai	978-0140557749	General	Open this wordless book and zoom from a farm to a ship to a city street to a desert island. But if you think you know where you are, guess again.	5 - 8 years

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