Children’s Books about Family Changes

Elementary

_A Kiss Goodbye_ by Audrey Penn
Chester Raccoon, whom readers have come to know and love through _The Kissing Hand_ and its sequel, _A Pocket Full of Kisses_, is facing another dilemma common to the lives of many children: he and his family are moving. Ages 4-8 (2007)

_A Pocket Full of Kisses_ by Audrey Penn
Chester Raccoon has a baby brother--and the baby is a bit more than Chester had bargained for. His mother eases his fears with her own special brand of wisdom, finding just the right way to let Chester know that he is deeply loved. Ages 4-8 (2004)

Direct and lively text and illustrations deal with various aspects of divorce, including: visitation, the “why’s” of divorce, telling friends and more. It is a good vehicle for family discussion on the confusion, misconceptions and anxieties often associated with divorce. Ages 3-6 (1986)

_Do I Have a Daddy_? by Jeanne Warren Lindsay & Jami Moffett
Erik's mother and father never married and he left when Erik was a baby. Erik asks his mother if he has a daddy. She explains what happened and reassures him of her love. There is a section with information for parents on how to explain and handle these types of family situations. Ages 4-8 (1991)

_Fred Stays with Me_ by Nancy Coffelt
A small girl's bond with her beloved pet helps her handle the disruption of her parents' divorce. She has to sleep in two different beds in two different homes, but wherever she goes, her dog, Fred, stays with her. He does make trouble, but when the grown-ups object, she is adamant that she will never let him go. Ages 4-8 (2007).

_I'm Gonna Like Me: Letting Off a Little Self-Esteem_ by Jamie Lee Curtis
Whimsically demonstrates that it's important to like yourself every single day—no matter what. Ages 4-8 (2002)

_It's Okay to be Different_ by Todd Parr
Illustrations and brief text describe all kinds of differences that are "okay," such as "It's Okay to be a different color," "It's Okay to need some help," "It's Okay to be adopted," and "It's Okay to have a different nose." Ages 4-8 years (2004)

_Mom and Dad Don't Live Together Anymore_ by Kathy Stinson & Nancy Lou Reynolds
A little girl is sad that her parents are divorced. The text captures the essence of a child's feelings about divorce -- the guilt, and the wishes and fears. It also manages to convey the positive message that parents still love their children after a divorce, even if they can't do it living together. Ages 4-8 (1984 revised in 2007)

- Over -
My Family’s Changing by Pat Thomas
The signs of an impending marital separation; experiences that may occur with divided custody; and common emotions of sorrow, anger, and loneliness are addressed. Guidelines for adults and names of useful organizations are appended. Ages 4-8 (1999)

My Many Colored Days by Dr. Seuss
Theodor Geisel, aka Dr. Seuss, wrote but did not illustrate this rhyme, which assigns colors to moods. Ages 4-8 (1996)

The Kissing Hand by Audrey Penn
Chester Raccoon doesn’t want to go to school. His mother creates a ritual called "The Kissing Hand" to reassure him. She kisses his hand and explains that whenever he feels lonely at school, all he has to do is press his hand to his cheek to feel the warmth of his mother's kiss. This book highlights the reassurance that such rituals can provide when children are temporarily separated from a parent. Ages 4-8 (1993)

Today I Feel Silly … by Jamie Lee Curtis
Helps kids explore, identify, and even have fun with their ever-changing moods. Ages 4-8 (1998, revised in 2008)

Was It the Chocolate Pudding? by Sandra Levins
A young narrator living with his single father and brother explains divorce and it’s grown-up words. Special emphasis is placed on the fact that divorce is not the child’s fault, that it is a grown-up problem. Ages 2-6 (2005)

Words Are Not for Hurting by Elizabeth Verdick
This cheerful, instructive title highlights the power of words. The focus is on children taking personal responsibility for what they say, as well as thinking before speaking. Communication skills that promote friendship and other key social skills are encouraged. Ages 4-8 (2004)