

Babies:

The Very Hungry Caterpillar

by Eric Carle

Follow the progress of a little caterpillar as he eats food until he forms a cocoon around himself and goes to sleep to emerge as a butterfly.

Nose to Toes, You are Yummy

by Tim Harrington

An interactive picture book that encourages readers to sing and dance to celebrate every body part

Baby says “Moo!”

by JoAnn Early Macken

A cumulative, rhyming tale of a baby who sees many animals while out with her family, only one of which makes her favorite sound.

More, More, More Said the Baby

by Vera Williams

Three babies are caught up in the air and given loving attention by a father, grandmother, and mother.

Toddlers:

Mr. Gumpy’s Outing

by John Burningham

Mr. Gumpy accepts more and more riders on his boat until the inevitable occurs.

Llama Llama Red Pajama

by Anna Dewdney

At bedtime, a little llama worries after his mother puts him to bed and goes downstairs.

Corduroy

by Don Freeman

A toy bear who is anxious to have a home is befriended by a little girl who is willing to spend her own money to buy him.

Four Friends Together

by Sue Heap

Mary Clare reads a story to her animal friends.

Mama Do You Love Me?

By Barbara Joose

In this universal story, a child tests the limits of Independence and comfortingly learns that a parent's love is unconditional and everlasting.

Guess How Much I Love You

by Sam McBratney

During a bedtime game, every time Little Hare demonstrates how much he loves his father, Big Hare gently shows him that the love is returned even more.

We're going on a bear hunt

by Michael Rosen

Brave bear hunters go through grass, a river and other obstacles before the inevitable encounter with the bear forces a headlong retreat.

Don’t Let the Pigeon Drive the Bus

by Mo Willems

When the bus driver decides to take a break from driving, a pigeon begs to take his place, in a hilarious picture book that perfectly captures a preschooler's temper tantrum.

Preschool:

Giraffes Can’t Dance

by Giles Andreae

Gerald the giraffe is too clumsy to dance with all the other animals at the Jungle Dance, until he finds the right music.

I Like Myself!

by Karen Beaumont

In rhyming text, a little girl expresses confidence and joy in her uniqueness, no matter her outward appearance.

The Runaway Bunny

by Margaret Wise Brown

A little bunny keeps running away from his mother in an imaginative and imaginary game of verbal hide-and-seek.

Mr. Tiger Goes Wild

by Peter Brown

Bored with city life and the proper behavior it requires, Mr. Tiger has a wild idea that leads him to discover his true nature.

Stellaluna

by Janell Cannon

After she falls headfirst into a bird's nest, a baby bat is raised like a bird until she is reunited with her mother.

Last Stop on Market Street

by Matt de la Peña

A young boy rides the bus across town with his grandmother and learns to appreciate the beauty in everyday things.

How to Mend a Heart

by Sara Gillingham

Provides coping advice using sewing metaphors as a little boy discovers his favorite toy in pieces and tries to put it back together.

My Heart is Like a Zoo

by Michael Hall

Depicts in rhyming text how love can be many different things, such as eager as a beaver, steady as a yak, or silly as a seal.

Waiting

by Kevin Henkes

An owl, puppy, bear, bunny, and pig wait for marvelous things to happen.

You Can Do It, Bert!

by Ole Könnecke

Bert is ready, mentally and physically. But before he takes the plunge, he might need a bit of encouragement from his friends.

Pete The Cat and His Four Groovy Buttons

by Eric Litwin

Pete the cat loves the buttons on his shirt so much that he makes up a song about them, and even as the buttons pop off, he still finds a reason to sing.

The Squeaky Door

by Margaret Read MacDonald

When Little Boy is frightened by a squeaky bedroom door, his grandmother brings in various animals to help him feel secure enough to sleep.

Caps For Sale

by Esphyr Slobodkina

This story about a peddler and a band of mischievous monkeys teaches children about problem and resolution.

Wherever You Are, My Love Will Find You

by Nancy Tillman

This book describes the love parents feel for their children--no matter how near or far, young or old, they are.

Owl Babies

by Martin Waddell

Three owl babies whose mother has gone out in the night try to stay calm while she is gone.

Please Say Please

by Kyle Webster

A little girl who learns the power of saying please after unsuccessfully shouting and nagging for the things that she wants.

Are You Ready to Play Outside?

by Mo Willems

Friends Elephant and Piggie are playing outside when it starts to rain, and then they must decide what to do.

How Do Dinosaurs Say Goodnight?

by Jane Yolen

Mother and child ponder the different ways a dinosaur can say goodnight, from slamming his tail and pouting to giving a big hug and kiss.

Bunny's Lessons

by Harriet Ziefert

A stuffed rabbit learns much from Charlie, his constant companion, including the meaning of the words "loud," "ouch," and "messy," but also about saying you are sorry and knowing you are loved.

What is Resilience?

Resilience is the ability to adjust or "bounce back" after something bad happens.

There are three core elements proven to increase resilience and protect children from the long-term effects of childhood adversity.

- ◆ Nurturing relationships
- ◆ Opportunities to develop one's abilities
- ◆ Connections to a supportive group

Reading to your child from the very beginning can support a nurturing relationship that lasts a lifetime.

Visit these sites for more information:

Snohomish Health District

<http://www.snohd.org/aces>

CDC Adverse Childhood Experiences (ACE) Study

www.cdc.gov/violenceprevention/acestudy

Resilience Trumps ACEs

<http://resiliencetrumpsaces.org/>

Parenthelp123.org

www.Parenthelp123.org

In partnership with:



**SNOHOMISH
HEALTH DISTRICT**
WWW.SNOHD.ORG



Main Library

2702 Hoyt

Everett, WA 98201

Reference: 425-257-8000

Youth Services: 425-257-8030

Evergreen Branch

9512 Evergreen Way

Everett, WA 98204

Reference: 425-257-8250