Doctor Recommended Children’s Books
on Bedtime, Feelings, Loss, Toilet Training, and much, much more!

BROUGHT TO YOU BY

raising readers
READING BOOKS IS A GREAT WAY TO HELP CHILDREN LEARN ABOUT THEIR WORLD. Reading about a character dealing with a similar situation can help ease a child’s fear, help with a transition, and prepare them for new experiences.

Children’s books are available on a variety of topics. Need some suggestions? Here are some of our favorites to ask for at your local library or bookstore. It’s a list you can trust; all of these books are doctor reviewed and recommended.

**Happy Reading!**
ADOPTION

A Mother for Choco
By Keiko Kasza
Penguin Group USA
ISBN 9780399241918
Board Book, $6.99
Choco, a little bird living alone, sets out to find a mother. He has no luck until he meets the warm-hearted, generous Mrs. Bear. Ages 1-4 years.

Over the Moon
By Karen Katz
Henry Holt & Company
ISBN 9780805067071
Paperback, $7.95
Karen Katz calls on her own experiences with adoption in a delightful tale of how a special dream creates a family. Ages 2-4 years.

I Love You Like Crazy Cakes
By Rose A. Lewis & Illustrated by Jane Dyer
Little Brown & Co.
ISBN 9780316525381
Hardcover, $18.00
This story of a woman who travels to China to adopt a baby girl is a celebration of the love and joy a baby brings into the home. Ages 2-4 years.

Tell Me Again About the Night I Was Born
By Jamie Lee Curtis & Illustrated by Laura Cornell
HarperCollins Publishers
ISBN 9780064435819
Paperback, $6.99
This is a heartwarming story, not only of how one child is born, but of how a family is born. Ages 2-4 years.

Wild About You!
By Judy Sierra & Illustrated by Marc Tolon Brown
Random House
ISBN 9780307931788
Hardcover, $17.99
A tree kangaroo jumps at the chance to take care of a new egg that arrives at the zoo. Ages 4-6 years.

Happy Adoption Day!
By John McCutcheon & Illustrated by Julie Paschkis
Little Brown & Co.
ISBN 9780316603232
Paperback, $6.99
Parents celebrate the day on which they adopted their child and continue to reassure the new addition that they are wanted, loved, and special. Ages 4-7 years.

I'm Adopted!
By Shelley Rotner & Photographed by Sheila M. Kelly
Holiday House
ISBN 9780823424306
Paperback, $6.95
Photographs of every kind of adoption encourages readers to reflect and ask questions about adoption. Ages 4-7 years.

My New Family
By Pat Thomas & Illustrated by Lesley Harker
Barrons Juveniles
ISBN 9780764124617
Paperback, $6.99
Covers the adoption process and the fact that both the adoptive parents and the birth parents love their children. Ages 5-7 years.
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Babies

**Baby Look**
By Shanda Laramee-Jones & Photographed by Carol McDougall
Nimbus Pub Ltd
ISBN: 9781551099378
Board Book, $8.95
An accordion-style book of baby faces unfolds to entertain a baby during tummy time. Ages 4-12 months.

**I Love Colors**
By Margaret Miller
Simon & Schuster
ISBN 9781416978886
Board Book, $4.99
This book captures a baby’s delight with bright, beautiful colors! Ages 4-12 months.

**American Babies**
By the Global Fund for Children
Charlesbridge Publishers
ISBN 9781580892803
Board Book, $6.95
Presents pictures of babies from across the country in a celebration of the American spirit. Ages 4-15 months.

**Global Babies**
By the Global Fund for Children
Charlesbridge Publishers
ISBN 9781580891745
Board Book, $6.95
Presents photographs of babies from all over the world in their native costumes and describes how all babies are special. Ages 4-15 months.

**Clap Hands**
By Helen Oxenbury
Simon & Schuster
ISBN 9780689819841
Board Book, $7.99
Toddlers learn to play hand-clapping games in this colorful, silly board book. Ages 4-12 months.

**Baby Faces!**
By Dawn Sirett & Edited by Shannon Beatty
DK Publishers
ISBN 9780756671754
Board Book/Lift-the-Flap, $6.99
Children will find babies under the flaps, with faces showing all kinds of different expressions — happy, sad, silly, sleepy, and more. Ages 6-12 months.

** Peekaboo Morning**
By Rachel Isadora
Penguin Group USA
ISBN 9780399251535
Board Book, $7.99
Little ones can play a game of peekaboo with a toddler who is trying to find Mommy, Daddy, Puppy, Grandma, and Grandpa. Ages 6-15 months.

**Hello Baby!**
By Mem Fox & Illustrated by Steve Jenkins
Beach Lane Books
ISBN 9781442434325
Board Book, $7.99
A baby encounters a variety of young animals, including a clever monkey, a hairy warthog, and a dusty lion cub, before discovering the most precious creature of all. Ages 18 months-3 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
# Doctor Recommended Children’s Books

**Brought to you by Raising Readers**

## Bedtime

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
<th>Illustrator(s)</th>
<th>Publisher</th>
<th>ISBN</th>
<th>Format</th>
<th>Price</th>
<th>Description</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bedtime</td>
<td>Elizabeth Verdick &amp;</td>
<td>Marieka Heinlen</td>
<td>Free Spirit Publishers</td>
<td>9781575423159</td>
<td>Board Book</td>
<td>$7.95</td>
<td>Simple text and illustrations provides a bedtime routine to help toddlers wind down and get ready for sleep.</td>
<td>15 months-2 years</td>
</tr>
<tr>
<td>The Going To Bed Book</td>
<td>Sandra Boynton</td>
<td></td>
<td>Simon &amp; Schuster</td>
<td>9780689870286</td>
<td>Board Book</td>
<td>$9.99</td>
<td>An assortment of animals on a boat take a bath, put on their pajamas, brush their teeth, and exercise before going to bed.</td>
<td>15 months-3 years</td>
</tr>
<tr>
<td>Nighty-Night, Cooper</td>
<td>Laura Joffe Numeroff &amp;</td>
<td>Lynn Munsinger</td>
<td>Houghton Mifflin Harcourt</td>
<td>9780547402055</td>
<td>Hardcover</td>
<td>$16.99</td>
<td>In this sweet bedtime book, Cooper and Mama take a journey to dreamland through nursery rhymes and song.</td>
<td>18 months-3 years</td>
</tr>
<tr>
<td>Sleep Baby Safe and Snug</td>
<td>Dr. John Hutton &amp;</td>
<td>Leah Busch</td>
<td>Blue Manatee Press</td>
<td>9781936669165</td>
<td>Board Book</td>
<td>$7.99</td>
<td>A classic bedtime ritual experienced through a baby’s eyes, this book conveys safe sleep practices in a gentle, rhythmic way.</td>
<td>0-2 years</td>
</tr>
<tr>
<td>It’s Time to Say Goodnight</td>
<td>Harriet Ziefert</td>
<td>Barroux</td>
<td>Blue Apple Books</td>
<td>9781609053741</td>
<td>Hardcover</td>
<td>$17.99</td>
<td>By the time a boy says “good morning” to everything in his world, it’s time to say “goodnight!”</td>
<td>1-4 years</td>
</tr>
<tr>
<td>Llama, Llama Red Pajama</td>
<td>Anna Dewdney</td>
<td></td>
<td>Penguin Group USA</td>
<td>9780670059836</td>
<td>Hardcover</td>
<td>$16.99</td>
<td>At bedtime, a little llama worries after his mother puts him to bed and goes downstairs.</td>
<td>2-4 years</td>
</tr>
<tr>
<td>Goodnight, Goodnight, Construction Site</td>
<td>Sherri Duskey Rinker &amp;</td>
<td>Tom Lichtenheld</td>
<td>Chronicle Books</td>
<td>9780811877824</td>
<td>Hardcover</td>
<td>$16.99</td>
<td>As the sun sets behind the big construction site, all the hardworking trucks get ready to say goodnight.</td>
<td>2-5 years</td>
</tr>
<tr>
<td>Steam Train, Dream Train</td>
<td>Sherri Duskey Rinker &amp;</td>
<td>Tom Lichtenheld</td>
<td>Chronicle Books</td>
<td>9781452109206</td>
<td>Hardcover</td>
<td>$16.99</td>
<td>When a dream train pulls into the station, the cars are loaded by animal workers, each with its own whimsical cargo.</td>
<td>2-5 years</td>
</tr>
</tbody>
</table>

For more doctor recommended book lists, visit: [www.raisingreaders.org](http://www.raisingreaders.org)
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Books & Reading

Read to Your Bunny
By Rosemary Wells
Scholastic Inc.
ISBN 9780439087179
Paperback, $3.99
Rhyming text and colorful illustrations tell what happens when parents and children share twenty minutes a day reading. Ages Birth-3 years.

Book!
By Kristine O'Connell George
Clarion Books
ISBN 9780547154091
Board Book, $5.95
This adorable board book celebrates a small child’s very first discovery of the magic and wonder contained within a book. Ages 18 months-3 years.

Lola at the Library
By Anna Mcquinn & Illustrated by Rosalind Beardshaw
Charlesbridge Publishers
ISBN 9781580891424
Paperback, $6.95
In a cozy celebration of books, Lola is excited because it is Tuesday, the day her and her mommy head to the library. Ages 2-4 years.

The Wonderful Book
By Leonid Gore
Scholastic Press
ISBN 9780545085984
Hardcover, $16.95
Animals in the forest mistake a book for a house, a hat and other things until a boy shows them it is meant to be read. Ages 3-6 years.

Read to Tiger
By S.J Fore & Illustrated by R.W. Alley
Penguin Group USA
ISBN 9780670011407
Hardcover, $15.99
A boy wants to quietly read his book, but that’s not so easy when there’s an imaginative, energetic tiger in the room. Ages 4-6 years.

Maybe a Bear Ate It!
By Robie H. Harris & Illustrated by Michael Emberley
Orchard Books
ISBN 9780439929615
Hardcover, $16.99
A worried reader’s imagination goes wild when a beloved book goes missing. Ages 4-6 years.

Edgar’s Second Word
By Audrey Vernick & Illustrated by Priscilla Burris
Clarion Books
ISBN 9780547684628
Hardcover, $16.99
Hazel’s baby brother first and frequently shouted word is “NO!” Story time may just bring his second word. Ages 5-7 years.

Wild About Books
By Judy Sierra & Illustrated by Marc Brown
Random House Inc.
ISBN 9780375825385
Hardcover, $16.95
A librarian introduces the various animals to the joy of reading when she drives her bookmobile to the zoo by mistake. Ages 5-7 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
Maisy Goes to Preschool
By Lucy Cousins
Candlewick Press
ISBN 9780763650865
Paperback, $6.99
Preschool for Maisy means a day filled with friends and things to do, from the time she hangs up her coat to the time she says good-bye. Ages 1-4 years.

My First Day at Nursery School
By Becky Edwards & Illustrated by Anthony Flintoft
Bloomsbury USA
ISBN 9781582349091
Paperback, $6.95
On the first day of preschool, a little girl misses her mother, but on the second day, after having so much fun, she is excited to go back. Ages 2-4 years.

Dinosaur Starts School
By Pamela Duncan Edwards & Illustrated by Deborah Allwright
Albert Whitman & Co.
ISBN 9780807516010
Paperback, $6.99
A little boy helps his dinosaur friend overcome his fears of the first day of school. Ages 3-6 years.

You’re Wearing That to School?!
By Lynne Plourde & Illustrated by Sue Cornelison
Disney Press
ISBN 9781423155102
Hardcover, $16.99
A cautious mouse gives advice to his exuberant hippopotamus friend about the first day of school. Ages 4-6 years.

Rufus Goes to School
By Kim T. Griswell & Illustrated by Valeri Gorbachev
Sterling Publishers
ISBN 97814494904168
Hardcover, $14.95
Wanting nothing more than to go to school so that he can learn to read his favorite book, an intrepid piglet petitions a stern principal. Ages 5-7 years.

Ready and Waiting for You
By Judi Moreillon & Illustrated by Catherine Stock
Eerdmans Publishing
ISBN 9780802853554
Hardcover, $17.00
A reassuring tale with bright colors and interactive flaps depicts welcoming educational environments. Ages 4-7 years.

Countdown to Kindergarten
By Alison McGhee & Illustrated by Harry Bliss
Houghton Mifflin Harcourt
ISBN 9780152055868
Paperback, $6.00
Ten days before the start of kindergarten, a preschooler cannot tie her shoes by herself and fears the worst. Ages 4-6 years.

Wemberly Worried
By Kevin Henkes
HarperCollins Publishers
ISBN 9780061857768
Paperback, $6.99
Wemberly, who worries about everything, finds that she has a whole list of new things to worry about when she faces the first day of nursery school. Ages 2-4 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
Family Nutrition

Growing Vegetable Soup
By Lois Ehlert
Houghton Mifflin Harcourt
ISBN 9780152061760
Board Book, $10.95
Creating a delicious repast from the ground up—literally. Vivid and appealing illustrations of gardening and cooking together as a family. Ages 1-3 years.

Feast for 10
By Cathryn Falwell
Clarion Books
ISBN 9780618382262
Board Book, $4.95
A family prepares and eats a meal together—counting all the way. Created by a Maine author/illustrator. Ages 1-4 years.

Mmm...Let’s Eat!
By Libby Koponen & Illustrated by Betsy Thompson
Blue Apple Books
ISBN 981609052928
 Hardcover/Lift-the-Flap, $14.99
The colors that they see throughout the day, inspire kids to eat foods that match. Created by a Maine illustrator. Ages 2-4 years.

Farmers’ Market Day
By Shanda Trent & Illustrated by Jane Dippold
Tiger Tales
ISBN 9781589251151
Hardcover, $12.95
A girl searches for yummy treats at the farmer’s market, where she finds forests of broccoli trees, rainbows of flowers and a cuddly kitten. Ages 4-6 years.

Soup Day
By Melissa Iwai
Henry Holt & Co.
ISBN 9780805090048
Hardcover, $12.99
A mother and child spend a snowy day together buying and preparing vegetables and playing while their big pot of soup bubbles. Ages 4-7 years.

Rainbow Stew
By Cathryn Falwell
Lee & Low Books
ISBN 9781600608476
Hardcover, $17.95
On a rainy summer day, three children and their grandpa pick vegetables and cook them into a delicious meal. Created by a Maine author/illustrator. Ages 4-7 years.

Yoko
By Rosemary Wells
Disney Press
ISBN 9781423119838
Paperback, $6.99
When Yoko brings sushi to school for lunch, her classmates make fun of what she eats—until one of them tries it for himself. Ages 4-6 years.

The Seven Silly Eaters
By Mary Ann Hoberman & Illustrated by Marla Frazee
Houghton Mifflin Harcourt
ISBN 9780152024406
Paperback, $7.00
Mrs. Peters struggles to find something that her seven choosy children will eat. Her family offers a solution, and a birthday surprise! Ages 5-7 years.
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Feelings

**Feeling Great! (Just Like Me!)**
By Jess Stockham
Child's Play International
ISBN 9781846430480
Board Book/Lift-the-Flap, $7.99
Babies can lift a flap to compare their emotions with those of many different animals. Ages 9-18 months.

**How Does Baby Feel?**
By Karen Katz
Little Simon
ISBN 9781442452046
Board Book/Lift-the-Flap, $6.99
Baby feels happy, sleepy, hungry and more in a lift-the-flap book that explores the emotions little ones experience. Ages 9-18 months.

**What’s Wrong, Little Pookie?**
By Sandra Boynton
Random House Inc.
ISBN 9780375845529
Board Book, $5.99
Mother tries to find out why little Pookie is upset, in a board book perfect for toddlers in a bad mood. Ages 18 months-3 years.

**There, There**
By Sam McBratney & Illustrated by Ivan Bates
Templar
ISBN 9780763667023
Hardcover, $15.99
A day of stumbles, tumbles and boo-boos are soothed for cub by his comforting dad. Ages 2-4 years.

**The Feelings Book**
By Todd Parr
Little Brown & Co.
ISBN 9780316012492
Board Book, $6.99
Do you feel silly? Do you feel lonely? Do you feel like dancing? Open this book and find out about all the different feelings you can have. Ages 2-4 years.

**Don’t Let the Pigeon Drive the Bus**
By Mo Willems
Hyperion Books
ISBN 9780786819881
Hardcover, $14.99
When the bus driver decides to take a break from driving, a pigeon pleads and begs to take his place, capturing the antics of a preschooler’s temper tantrum. Ages 2-5 years.

**Go Away, Big Green Monster!**
By Ed Emberley
Little Brown & Co.
ISBN 9780316236539
Hardcover, $11.99
A scary green monster begins to disappear, page by page, in a book that lets youngsters let go of fear. Ages 3-5 years.

**My Blue Is Happy**
By Jessica Young & Illustrated by Catia Chien
Candlewick Press
ISBN 9780763651251
Hardcover, $15.99
Emotions, expressed through color, show how people respond differently to seeing cubs and life’s experiences. Ages 5-7 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Health

**Brush, Brush, Brush!**
By Scholastic Inc.
Scholastic Inc.
ISBN 9780531252369
Board Book, $6.95
Simple text and illustrations demonstrate how to brush and care for your teeth. Ages 1-3 years.

**Germs Are Not for Sharing**
By Elizabeth Verdick & Illustrated by Marieka Heinlen
Free Spirit Publishers
ISBN 9781575421964
Board Book, $7.95
Shows toddlers ways to keep germs from spreading. Ages 1-4 years.

**How Do Dinosaurs Get Well Soon?**
By Jane Yolen & Illustrated by Mark Teague
Scholastic Press
ISBN 9780439241007
Hardcover, $16.99
Describes what a young dinosaur should do in order to quickly get over being sick. Ages 2-4 years.

**My Friend the Doctor**
By Joanna Cole & Illustrated by Maxie Chambliss
Harperfestival
ISBN 9780060505004
Hardcover, $6.99
Provides reassuring information about visiting the doctor’s office and shows that going to the doctor can be fun. Ages 2-4 years.

**Bear Feels Sick**
By Karma Wilson & Illustrated by Jane Chapman
Simon & Schuster
ISBN 9780689859854
Hardcover, $16.99
When Bear is too sick to play, his animal friends go to his cave to make him soup and tea and keep him company. Ages 3-5 years.

**A Sick Day for Amos McGee**
By Philip Christian Stead & Illustrated by Erin Stead
Roaring Brook
ISBN 9781596434028
Hardcover, $16.99
Zoo keeper Amos McGee always makes time to visit his animal friends, but when he becomes sick, the animals pay him a visit instead. Ages 4-6 years.

**The Sniffles for Bear**
By Bonny Becker & Illustrated by Kady MacDonald Denton
Candlewick Press
ISBN 9780763647568
Hardcover, $16.99
Bear has a terrible cold and Mouse comes tap, tap, tapping on his front door eager to make Bear “as good as new.” Ages 4-7 years.

**Germs Make Me Sick!**
By Melvin Berger & Illustrated by Marylin Hafner
HarperCollins Publishers
ISBN 9780064451543
Paperback, $5.99
Readers find out about how germs can make you sick and how your body works to fight them off and keep you healthy. Ages 5-7 years.
**Loss**

**Missing Mommy: A Book About Bereavement**  
*By Rebecca Cobb*  
*Henry Holt Books for Young Readers*  
*ISBN 9780805095074*  
*Hardcover, $16.99*  
Daddy comforts and reassures a very young boy after his Mommy dies. Ages 4-6 years.

**Always By My Side**  
*By Susan Kerner* &  
*Illustrated by Ian P. Benfold Haywood*  
*Star Bright Books*  
*ISBN 9781595723376*  
*Paperback, $6.99*  
A father’s love is forever, even if a child must grow up without his presence in his or her life. Ages 5-7 years.

**Really and Truly**  
*By Emilie Rivard* &  
*Illustrated by Anne-Claire Delisle*  
*Owlkids*  
*ISBN 9781926973401*  
*Hardcover, $15.95*  
Loving his grandfather’s stories about pirates, witches and gnomes, Charlie is dismayed to see the effect Alzheimer’s disease has on his grandfather. Ages 4-7 years.

**Grandma’s Gloves**  
*By Cecil Castellucci* &  
*Illustrated by Julia Denos*  
*Candlewick Press*  
*ISBN 9780763631680*  
*Hardcover, $15.99*  
Heartbroken when her beloved grandmother passes away, a little girl works through her grief by resolving to keep their flower garden in bloom. Ages 5-7 years.

**Annie and the Old One**  
*By Miska Miles*  
*Little Brown & Co.*  
*ISBN 9780316571203*  
*Paperback, $7.99*  
A poignant, understated story of a brave child and how she learns about death. Set against a background of Navajo traditions and contemporary Native American life. Ages 6-8 years.

**When a Pet Dies**  
*By Fred Rogers & Illustrated by Jim Judkis*  
*Penguin USA*  
*ISBN 9780698116665*  
*Paperback, $5.99*  
Mr. Rogers explores the emotions associated with the death of a favorite pet and offers children sensitive advice on how to cope with the loss. Ages 4-7 years.

**Cat Heaven**  
*By Cynthia Rylant*  
*Blue Sky Press*  
*ISBN 9780590100540*  
*Hardcover, $16.99*  
Profiles the special place where all good cats can find an endless supply of catnip, tuna, and warm laps. Ages 3-7 years.

**The Forever Dog**  
*By Bill Cochran & Illustrated by Dan Andreasen*  
*HarperCollins Childrens Books*  
*ISBN 9780060539399*  
*Hardcover, $16.99*  
Mike doesn’t know what to do when he comes home from school and finds Corky isn’t there to greet him. Ages 5-6 years.

---

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

New Baby

Waiting for Baby
Illustrated by Rachel Fuller
Child’s Play
ISBN 9781846432750
Board Book, $4.99
A young child learns what to expect when his new sibling is born and comes into his life. Ages 1-3 years.

I’m a Big Sister
By Joanna Cole &
Illustrated by Rosalinda Kightley
HarperCollins Publishers
ISBN 9780061900624
Hardcover, $6.99
A sister enumerates the joys of welcoming a new baby to the family and the advantages of already being “big.” Ages 3-5 years.

I’m a Big Brother
By Joanna Cole &
Illustrated by Rosalinda Kightley
HarperCollins Publishers
ISBN 9780061900655
Hardcover, $6.99
A child observes all the things that his new baby brother does and gives all the reasons why he loves being a big brother. Ages 3-5 years.

Maple
By Lori Nichols
Nancy Paulsen Books
ISBN 9780399160851
Hardcover, $16.99
A nature-loving little girl’s favorite playmate is her maple tree, until the day she’s surprised with a baby sister. Ages 3-6 years.

A Baby Sister for Frances
By Russell Hoban &
Illustrated by Lilian Hoban
HarperCollins Publishers
ISBN 9780064430067
Paperback, $6.99
When a baby sister arrives, Frances the badger finds a charming way to prove her own importance. Ages 4-6 years.

You Were the First
By Patricia MacLachlan &
Illustrated by Stephanie Graegin
Little Brown & Co
ISBN 9780316185332
Hardcover, $17.00
Reminds the firstborn children that they will always be special—even if another child or children follow. Ages 4-6 years.

Pecan Pie Baby
By Jacqueline Woodson &
Illustrated by Sophie Blackall
Penguin USA
ISBN 9780399239878
Hardcover, $16.99
When Mama’s pregnancy draws attention away from Gia, she worries that the special bond they share will disappear forever once the baby is born. Ages 4-7 years.

My New Baby
By Rachel Fuller
Child’s Play-International
ISBN 9781846432767
Board Book, $4.99
There is so much to find out when a baby is born. What does it smell like, and when will it walk? Ages 18 months-3 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Physical Activity

Head, Shoulders, Knees and Toes
By Annie Kubler
Child’s Play
ISBN 9780859537285
Board Book, $4.99
An illustrated version of the song encourages toddlers to identify parts of the body and move to the rhythm. Ages 12 months-2 years.

Llama Llama Hoppity-hop!
By Anna Dewdney
Viking Childrens Books
ISBN 9780670013296
Board Book, $5.99
Invites children to join in the fun as young Llama Llama hops, stretches, touches and thumps. Ages 12 months-2 years.

Hop, Skip and Jump, Maisy!
By Lucy Cousins
Candlewick Press
ISBN 9780763658137
Interactive Hardcover, $12.99
An energetic Maisy Mouse invites young fans to help her move through an active day of stretching, skipping and turning somersaults. Ages 2-4 years.

Hop, Hop, Jump!
By Lauren Thompson & Illustrated by Jarrett J. Krosoczka
Margaret K McElderry
ISBN 9781416997450
Hardcover, $14.99
Rhyming text encourages readers to wiggle and twist, stomp and zig-zag, and hug and shrug. Ages 2-5 years.

You Are a Lion!:
And Other Fun Yoga Poses
By Taeeun Yoo
Nancy Paulsen Books
ISBN 9780399256028
Hardcover, $16.99
Children pretend to be many different animals as they do various yoga poses. Ages 3-7 years.

Get Up and Go!
By Nancy L. Carlson
Penguin Group USA
ISBN 9780142410646
Paperback, $5.99
Encourages readers to turn off the TV and play games, walk, dance, and engage in other forms of exercise. Ages 4-7 years.

Happy, Healthy Ajay!
By Stuart J. Murphy
Charlesbridge Publishing
ISBN 9781580894708
Hardcover, $14.95
Ajay learns what he needs to do so he can become healthier and play with his friends. Ages 5-6 years.

The Busy Body Book
By Lizzy Rockwell
Random House
ISBN 9780553113747
Paperback, $6.99
Explores all the ways the body moves, twists, and turns and how kids can stay fit. Ages 5-8 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
DOCTOR RECOMMENDED CHILDREN’S BOOKS
Brought to you by Raising Readers

Separation

**When I Miss You**
By Cornelia Maude Spelman & Illustrated by Kathy Parkinson
Albert Whitman & Co.
ISBN 9780807589045
Board Book, $7.99
A young guinea pig feels anxious when he is separated from his parents. Ages 1-3 years.

**No More Bottles for Bunny!**
By Bernette Ford & Illustrated by Sam Williams
Sterling Publishers
ISBN 9781906250225
Board Book, $6.95
When Bunny gets an invitation to Piggy’s tea party, he must learn to give up his bottle and drink from a cup. Ages 1-3 years.

**No More Pacifier for Piggy!**
By Bernette Ford & Illustrated by Sam Williams
Sterling Publishers
ISBN 9781907152962
Board Book, $6.95
When visiting his friend Ducky, Piggy must choose between playing a new game and sucking on his pacifier. Ages 1-3 years.

**Owen**
By Kevin Henkes
HarperCollins Publishers
ISBN 9780688148867
Paperback, $4.99
Owen loves his fuzzy blanket and outwits all suggestions for giving it up, until his mother finds a solution that makes everyone happy. Ages 2-5 years.

**The Kissing Hand**
By Audrey Penn & Illustrated by Ruth Harper
Tanglewood Press
ISBN 9781933718101
Paperback, $12.95
When Chester the raccoon is reluctant to go to kindergarten for the first time, his mother teaches him a secret way to carry her love with him. Ages 4-6 years.

**Two Homes**
By Claire Masurel & Illustrated by Kady MacDonald Denton
Candlewick Press
ISBN 9780763619848
Paperback, $6.99
Alex feels safe and loved in the homes of both his parents even though they live apart and are divorced. Ages 4-6 years.

**Don’t Want to Go!**
By Shirley Hughes
Candlewick Press
ISBN 9780763650919
Hardcover, $16.99
Lily’s mother is sick and her father must go to work, but she does not want to stay with a babysitter. Ages 2-5 years.

**I Miss You!: A Military Kid’s Book About Deployment**
By Beth Andrews & Illustrated by Hawley Wright
Prometheus Books
ISBN 9781591025344
Hardcover, $12.99
Children come to understand why a parent or sibling had to leave home for duty, how to cope with their feelings and to know they are not alone. Ages 5-7 years.

FOR MORE DOCTOR RECOMMENDED BOOK LISTS, VISIT: WWW.RAISINGREADERS.ORG
**Toilet Training**

**Potty**
By Leslie Patricelli
Candlewick Press
ISBN 9780763644765
Board Book, $6.99
Baby, a toddler, decides to use the potty for the first time. Ages 1-4 years.

**Potty Time!**
By Caroline Jayne Church
Cartwheel Books
ISBN 9780545350808
Board Book, $7.99
A child with a teddy bear uses the potty and introduces toilet training. Ages 1-4 years.

**Big Girls Use the Potty!**
By Andrea Pinnington
Dk Publishers
ISBN 9780756639280
Paperback, $6.99
Molly Matthews and her toy bear Teddy use the bathroom like grown-ups do. Ages 1-4 years.

**Big Boys Use the Potty!**
By Andrea Pinnington
Dk Publishers
ISBN 9780756614515
Paperback, $6.99
Charlie Thomas and his toy bear Teddy use the bathroom like grown-ups do. Ages 1-4 years.

**My Big Girl Potty**
By Joanna Cole & Illustrated by Maxie Chamblis
HarperCollins Publishers
ISBN 9780688170417
Hardcover, $6.99
Ashley learns to use her potty and makes the transition from diapers to big-girl pants. Ages 1-4 years.

**My Big Boy Potty**
By Joanna Cole & Illustrated by Maxie Chamblis
HarperCollins Publishers
ISBN 9780688170424
Hardcover, $6.99
With the help of understanding parents, a young boy learns how to use his potty so he does not have to wear diapers any longer. Ages 1-4 years.

**Once Upon a Potty: Boy**
By Alona Frankel
Firefly Books
ISBN 9781554072835
Hardcover, $7.95
Explains in simple text and illustrations why and how a little boy uses the potty. Ages 1-4 years.

**Once Upon a Potty: Girl**
By Alona Frankel
Firefly Books
ISBN 9781554072842
Hardcover, $6.95
Explains in simple text and illustrations why and how a little girl uses the potty. Ages 1-4 years.

---

For more doctor recommended book lists, visit: **www.raisingreaders.org**
Since 2000, Raising Readers has provided books and guidance about reading to Maine families at birth, and at routine well child visits through age 5. Funded by the Libra Foundation, Raising Readers gives out more than 160,000 books annually. Ask your doctor about Raising Readers. Learn more at www.raisingreaders.org.

FIND US ON:

www.raisingreaders.org
info@raisingreaders.org
1-800-397-3263

Raising Readers is a collaboration of

MaineHealth
The Barbara Bush Children's Hospital
Eastern Maine Medical Center

Generously funded by the Libra Foundation

2015