



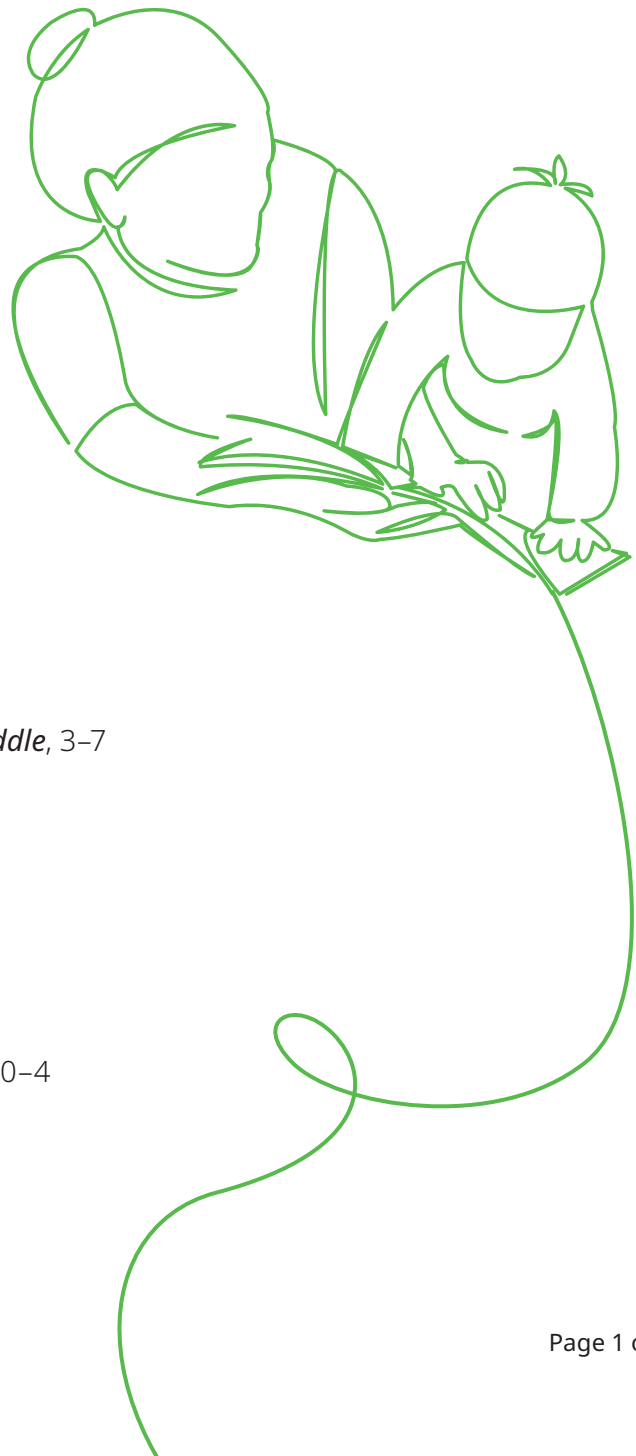
Here is a list of storybooks that shows soothing and loving relationships between parent and child, and how it's okay to be shy.

## Being “shy” or sensitive and how that is okay

- Anna Alter, *Disappearing Desmond*, 3–7
- Beth Bracken, *Too Shy for Show-and-Tell*, 2–5
- Lana Button, *Willow’s Whispers*, 3–5
- Mike Curato, *Where Is Bina Bear?*, 3–6
- Jim Helmore, *The Snow Lion*, 3–7
- Naseem Hrab, *How to Party Like a Snail*, 4–8
- Amanda McCardie, *Let’s Play!*, 4–7
- Andie Powers, *I Am Quiet*, 3–7

## Parent-child attachment and soothing

- Davina Bell, *Captain Starfish*, 4–8
- James Brown, *With My Daddy*, 3–8
- James Brown, *With My Mummy*, 2–8
- Debi Gliori, *No Matter What*, 2–5
- Monique Gray Smith, *I Hope*, 2–7
- Monique Gray Smith, *When We Are Kind*, 3–5
- Monique Gray Smith, *You Hold Me Up*, 3–7
- Chris Haughton, *Don’t Worry, Little Crab*, 3–6
- Karen Krossing, *Sour Cakes*, 3–7
- Nina LaCour, *Mama and Mommy and Me in the Middle*, 3–7
- Oge Mora, *Saturday*, 3–5
- Robert Munsch, *Love You Forever*, 4–7
- Nadia Sammutok, *In My Anaana’s Amautik*, 2–4
- Chitra Soundar, *You’re Safe with Me*, 3–8
- Stephen R. Swinburne, *Safe in a Storm*, 3–5
- Gillian Sze, *My Love for You Is Always*, 3–6
- Richard Van Camp, *May We Have Enough to Share*, 0–4





## Calming and soothing activities and practices

Diane Alber, *A Little Calm Spot*, 4–8

Michael Ian Black, *I'm Worried*, 3–7

Kristi Call, *The Big Scream*, 2–5

Samantha Cotterill, *It Was Supposed to Be Sunny*, 3–6

Eva Eland, *When Sadness Is at Your Door*, 4–8

Kimberly Gee, *Mad, Mad Bear*, 2–4

Robie H. Harris and Chris Raschka, *When Lions Roar*, 3–5

Todd Parr, *The Don't Worry Book*, 3–5

Scott Magoon, *Breathe*, 3–8

Heather Smith, *Annie's Cat Is Sad*, 3–7

Elizabeth Verdick, *Calm-Down Time*, 2–4

