



“HEALTH ON A SHELF”

BOOK LIST

Dental Health

The Berenstein Bears’ Visit the Dentist by Stan Berenstein

Summary: Sister Bear watches Dr. Bearson fill Brother Bear's small cavity. Then it's her turn in the chair to have a dangling baby tooth removed.

My Wobbly Tooth Must Not Ever Never Fall Out (Charlie and Lola) by Lauren Child

Summary: At first, Lola does not want her wobbly tooth to ever fall out, but when she learns about the tooth fairy, she wiggles and wobbles her tooth until out it pops!

Food & Nutrition

I Love to Eat Fruits and Vegetables by Shelley Admont

Summary: Jimmy likes to eat candy but doesn't even want to taste fruits and vegetables. But one day, Jimmy starts to develop healthy eating habits and even likes to eat these fruits and vegetables that he didn't want to taste before.

The Berenstein Bears and Too Much Junk Food by Stan Berenstein

Summary: Mama Bear lays down the law when she notices that Papa and the cubs are getting too chubby. With the help of Dr. Grizzly's slide show on how the body works, the Bear family makes a healthful adjustment in their diet and fitness habits.

The Boy Who Loved Broccoli by Sarah A. Creighton

Summary: Everyone knows it's hard to get children to eat their vegetables! "The Boy Who Loved Broccoli" is a humorous tale about Baxter, a boy who enjoys eating broccoli so much that it gives him super powers!

Puggle Tails: Breakfast with Charlie and Markus by Mark Andrew Group

Summary: Breakfast with Markus and Charlie is a fun story that teaches kids that eating healthy can be delicious and fun! Before running out the door to Markus' big game, Charlie teaches Markus an important lesson about breakfast.

Why Should I eat Well? By Claire Llewellyn

Summary: Boys and girls discover the importance of eating sensibly and keeping to a balanced diet. They learn that good eating habits are important for health and fitness.

A Fruit Is a Suitcase for Seeds by Jean Richards

Summary: Richards's carefully worded information provides an excellent introduction to seeds, their purpose, and growth that should be easy for young children to grasp.

Healthy Lifestyle

The Berenstain Bears and Too Much TV by Stan Berenstain

When Mama Bear decides her family spends too much time in front of the TV, she bans it for a week. Then the Bear family finds other ways to have fun and keep busy, so they watch less when TV is allowed again--and they don't even miss it.

The Going-To-Bed Book by Sandra Boynton

Summary: This classic bedtime story is just right for winding down the day as a joyful, silly group of animals scrub scrub scrub in the tub, brush, brush brush their teeth and finally rock and rock and rock to sleep.

I am Not Sleepy and I Will Not Go to Bed by Lauren Child

Summary: Night owl Lola likes to stay up coloring and scribbling and wriggling and bouncing and chattering. Lola never gets tired. How can big brother Charlie convince her it's time for bed?

I Will Never Not Ever Eat a Tomato by Lauren Child

Summary: Lola is a fussy eater. A very fussy eater. She won't eat her carrots (until her brother Charlie reveals that they're orange twiglets from Jupiter). There are many things Lola won't eat, including - and especially - tomatoes. Or will she?

Potter The Otter (A Tale About Water) by Shalini Singh Anand (FIRST 5)

Summary: Otter is a Potter who loves to drink water. Potter wants his friends to love water so he sets out on an adventure to educate his friends on the importance of water.

Potter, Potter (The Healthy Otter) by FIRST 5

Summary: Potter the Otter loves being healthy and exercising. He wants his friends to love to exercise too so he sets out to help teach his friends about how important it is to exercise every day.

Oh the Things You Can Do That Are Good for You! All About Staying Healthy by Tish Rabe

Summary: The Cat in the Hat explains the basics of healthy living, from eating right and getting enough exercise and sleep, to having a positive body image, to the distance and speed of a typical sneeze!

Germs Are Not for Sharing by Elizabeth Verdick

Summary: Achoo! Cough! F-L-U-S-H! What to do? Rather than focus on what germs are, this book teaches the basics of not spreading them: Cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands!

Illness/Disease

Germs Make Me Sick! by Melvin Berger

Summary: How are you feeling? Germs are all around you, but they are too small for you to see. Many germs are harmless, but two kinds, viruses and bacteria, can make you sick. Read and find out about germs, how they can make you sick, and how your body works to fight them off and keep you healthy.

Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders by Kenneth Bock

Summary: Autism is an epidemic: It has spiked 1,500 percent in the last twenty years. ADHD, asthma and allergies have also skyrocketed over the same time period. With a comprehensive program that targets all four of the 4-A disorders, Bock offers help to children everywhere.

You Are the Best Medicine by Julie Aigner Clark

Summary : When someone you love has cancer, how can you make them smile? A cuddle, a story, a kiss—and thoughts of you. Because you are the best medicine. Watching someone you love go through cancer treatment is scary—especially for a child. In this courageous and sensitive book, cancer survivor Julie Clark creates sweet and poignant memories that remind us how children can nurture people they care about at a time when optimism and love are the most needed.

Taking Weight Problems To School by Michelle Dean

Summary: Tina, a young girl who feels left out at school because she is overweight. She shares her feelings about her weight problem with readers. In her counseling group she learns about healthy eating habits, the importance of exercise, as well as other types of eating disorders.

The ABC'S of Asthma by Kim Gosselin

Summary: The perfect way to teach children about asthma, this entertaining and educational book emphasizes that by learning what asthma is, kids with asthma can live active and normal lives. The ABCs of Asthma matches each letter of the alphabet with corresponding words associated with asthma. It explains what asthma is, things that trigger asthma episodes and items used in treatment.

Taking Diabetes to School by Kim Gosselin

Summary : This color illustrated book for elementary age children contains an instructive story of a grade-schooler with diabetes who tells his classmates about the disease and how he manages it.

The Kid-Friendly ADHD & Autism Cookbook, updated and Revised: The Ultimate Guide to the Gluten Free, Casein-Free Diet by Dana Laake

Summary: The best “kid-friendly” recipes and guide to the gluten-free, milk-free diet for ADHD and autism just got better. In addition to updates on new research and findings, readers will find recommendations from the authors for packing school lunches and snacks, plus 100 recipes!

The Lion Who Had Asthma by Jonathan London

Summary: Sean likes to pretend he's a lion, roaring in the jungle. But this lion starts to cough, his chest hurts, and it's hard to breathe. This lion has asthma. So Sean's mother gives him his medicine to help him breath.

Bugs in My Hair! By David Shannon

Summary: Is something bugging you? This book is guaranteed to make you laugh--and itch! Nobody talks about them, but they are everywhere. Oh the shame and humiliation of having bugs in your hair! But if you go to school, or have play dates, chances are good you might meet them someday. Maybe you already have! Lucky for you, the unwelcome bugs in this story are so funny you will be laughing aloud--even when Mom attacks them with battle-tested anti-lice weapons.

Allergies At School: Ways to increase the safety and awareness of life-threatening food allergies at school by Stacey Stratton

Summary: When your child has a life-threatening food allergy, getting prepared for their first day of school can be very stressful. Searching the Internet and trying to know what topics need to be covered, can leave any parent feeling overwhelmed. Whether your child is starting kindergarten or entering a new school, Allergies at School will have you prepared!

Breathe Easy: A Young People’s Guide To Asthma by Jonathan H. Weiss

Summary: This new updated and expanded edition includes the latest research on asthma treatments and medications for children. It includes a family approach to promote the well-being of children and control symptoms of asthma.

Socialemotional/Mental Health

Toilet Training in Less Than a Day by Nathan Azin

Summary: MAKE TOILET TRAINING A TOTAL SUCCESS -- IN ONLY A FEW HOURS!
From two noted learning specialists, here is the amazing, scientifically proved Azrin-Foxx method that teaches toilet training quickly -- in less than four hours for the average child.

A Terrible Thing happened by Margaret M. Holmes

Summary: Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better.

No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior by Jed Baker Ph.D.

Summary: It could happen at the grocery store. At a restaurant. At school. At home. Meltdowns are stressful for both child and adult, but Dr. Baker can help! His 20+ years of experience working with children on the autism spectrum, combined with his personal experiences raising his own children, have yielded time-tested strategies, and results!

The Invisible String by Patrice Karst

Summary: "That's impossible", said twins Jeremy & Liza after their Mom told them they're all connected by this thing called an Invisible String. "What kind of string"? They asked with a puzzled look to which Mom replied, "An Invisible String made of love." That's where the story begins. A story that teaches of the tie that really binds.

The Feeling Book by Dr. Lynda Madison

The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

Sexual Health

American Girl's The Care and Keeping of You: The Body Book for Younger Girls by Valorie Schaefer

Summary: You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

"What's Happening to Me?" A Guide to Puberty by Peter Mayle

Summary: Designed to ease the embarrassment of explaining puberty to children, this book presents the facts of life during puberty. It aims to present them with honesty, sympathy and a sense of humor.