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.

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.

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.

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.

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.

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