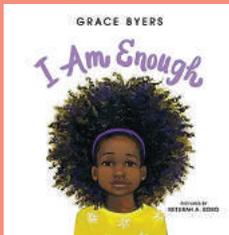


LET'S TALK, READ, AND SING ABOUT CARING FOR OURSELVES

BOOK AND VIDEO RECOMMENDATIONS FOR YOUNG CHILDREN

BOOKS



I Am Enough

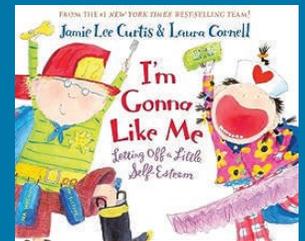
By: Grace Byers

"Like the sun, I'm here to shine" begins this beautiful rhyming book of affirmations. Children will learn all about accepting themselves and others for who they are, showing kindness to themselves and others, and building a healthy self-esteem.

I'm Gonna Like Me: Letting Off a Little Self-Esteem

By: Jamie Lee Curtis

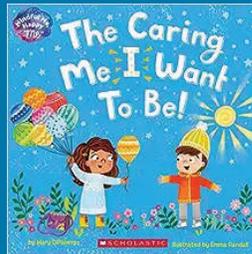
Liking yourself is something we all need! It's easy to like ourselves when we are doing great, but what about when we aren't perfect? This book helps kids talk about liking themselves even when they don't get something right or make mistakes. Liking yourself is something to celebrate!



The Caring Me I Want To Be!

By: Mary DiPalermo

Being kind to others makes you feel good about yourself too. Through this book, children will learn how they can be kind by sharing toys, saying nice things, and more! It's not easy being kind all the time and sometimes we don't feel like it. Accepting our feelings, good or bad, and still making a good choice makes a big difference!



It's OK to Need a Friend

By: AnneliesDraws

Learning how to make friends (and be a good friend) is an important skill and one of life's greatest joys. In this colorful story, little brown bear pays attention to how others are feeling and how he can make them feel better. In turn, he feels good about himself as he learns empathy and kindness.



Kindness Makes Us Strong

By: Sophie Beer

Simple acts of kindness make us feel good about ourselves and others. In this joyful board book, children are shown sharing kindness in various ways...on the playground, visiting a sick friend, and saying hello. Kindness builds friendship and community and makes us strong! Also available in Spanish.

VIDEO

Video: Build Your Baby's Self-Confidence

Celebrate big moments, like when baby first stands, with smiles and words like, "You did it!" Showing you're proud with encouraging words for all the new things, big and small, they learn to do helps your baby build self-confidence and helps them learn how to care for themselves! Watch the video [here](#).

For more tips and information, please visit:

www.talkingisteaching.org

