

Children's Books Dealing with Separation

A Jar Full of Kisses by Heather Bennett and Amanda Taylor Spiers

This is a story about “Prickles” the hedgehog that has to say goodbye to her mom and dad for one night. The deals with managing anxiety versus eliminating it.



Help Your Dragon Overcome Separation Anxiety

by Steve Herman

This book address the worrying that comes from separation anxiety, loneliness and loss. It will help you teach your child reassurance and that love is an unbreakable connection.



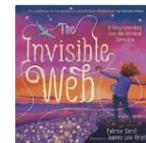
The Invisible String by Patrice Karst

This book is about the connection we have with loved ones, even when we cannot be together physically. It gives kids a practical way to understand that connection.



The Invisible Web by Patrice Karst

This book, written by the same author as *The Invisible String*, explains how all our strings are interconnected in *The Invisible Web*, making us one very big family.



The Kissing Hand by Audrey Penn and Ruth Harper

Mrs. Raccoon teaches her son Chester Raccoon about a family secret to help reassure him and ease his fears when she is not with him.

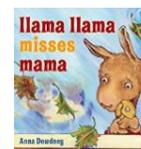
(available in Spanish- **Un Beso en Mi Mano**)



Llama Llama Misses Mama

by Anna Dewdney

This is a story about Llama’s first day of preschool and how he handles the new environment away from mama.



Maybe Tomorrow? by Charlotte Agell

This story is for anyone who has experienced grief from the death of a loved one or pet, a friend moving away or big transitions, such as moving to a new home. These friends use kindness, empathy and friendship to endure their hardships and sadness.



The Moon Sees You and Me by Caleb Burroughs

This board book teaches young children they are loved forever and always. It uses simple, lyrical language and images that soothe and reassure.



Something Lost Something Found by Natalia Paruzel-Gibson

This is a story about a young girl dealing with the grief of missing her mother, yearning to find happiness and the importance of her childhood memories.



Sun Kisses, Moon Hugs

by Susan Schaefer Bernardo and Courtenay Fletcher

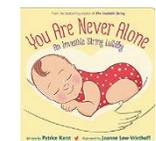
This is a picture book that simply addresses, love lasts forever. It is ideal for supporting children through grief, separation anxiety, divorce, illness or other traumatic situations.

(available in Spanish- **Besos de sol, abrazos de luna**)



You Are Never Alone: An Invisible String Lullaby by Patrice Karst

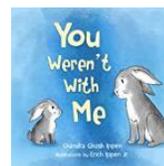
This is a board book inspired by *The Invisible String* (listed above). It is directed towards infants and toddlers.



Your Weren't With Me by Chandra Ippen and Erich Ippen

This book deals with feelings involved around stressful events and being separated. It is designed to help parents and children discuss the difficulties and find ways to reconnect.

(available in Spanish- **Cuando no Estabas Conmigo**)



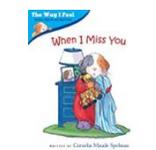
What To Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety by Kristen Lavallee, PhD and Silvia Schneider, Dr. rer. nat.

This book is a guide for children and their caregivers on dealing with underlying emotions from separation anxiety. It is an interactive book to help educate, motivate and empower children to be more confident.



When I Miss You (The Way I Feel Books) by Cornelia Maude Spelman and Kathy Parkinson

This story is about a guinea pig that is distressed from being separated from her parents, and how she discovers way so deal with it.



Wherever You Are My Love Will Find You by Nancy Tillman

This book is about carrying love with you each and every day, no matter where you may go. "...I wanted you more than you'll ever know, so I sent love to follow wherever you go..."

