

Children's Books for Kids Impacted by the L.A. Wildfires

Word of Caution: Not every book listed here may be a good-fit for your little one. You know your child best when it comes to deciding what feels most helpful. Therefore, parents are encouraged to read these stories on their own first *before* deciding whether or not to share these stories with their child. Also, some of these books are available to watch on YouTube so you might want to preview the story first on YouTube to see if you would like to purchase the book or rent the book at your local library.

Children's Books Related to Wildfires

"One Small Thing" by Marsha Arnold
(small kindnesses make a difference after racoon's house burns down)

"Wombat, the Reluctant Hero" by Christian Trimmer
(when a wildfire breaks out Miss Wombat is a helpful neighbor)

"Out of the Fires: A Journal of Resilience and Recovery After Disaster" by Carrie Lara
(for pre-teens and teenagers, written by a psychologist who lived through the Sonoma County, California fire in 2017. This book talks about returning to school, rebuilding, and practical coping skills)

"This is Not My Home" by Eugenia Yoh and Vivienne Chang
(an immigration story about moving far away and adjusting to a new home)

"Tilda Tries Again" by Tom Percival
(about not giving up when things feel upside down)

"The Creature of Habit" by Jennifer Smith
(learning to become more open to change when you're a creature of habit and routines get changed)

"Waiting Is Not Easy" by Mo Willems
(validates waiting is not easy and helps give hope in the future good to come)

"Kindness Makes Us Strong" by Sophie Beer
(cute toddler board book that shows how kindness helps strengthen friendship and community)

Feeling Books

"The Rabbit Listened" by Cori Doerrfeld
(having someone who listens makes all the difference)

“The Color Monster: A Pop-Up Book of Feelings by Anna Llenas
(toddlers love this feeling pop-up book)

“When Sadness is at Your Door” by Eva Eland
(teaches kids not to be afraid of their sadness)

“The Grumpy Monkey” by Suzanne Long
(It’s ok to be grumpy! A New York Times Bestseller)

“When Ruby Finds a Worry” by Tom Percival
(teaches kids other people worry too and our worries become smaller when shared)

“Worries Are Not Forever by Elizabeth Verdick
(a cute toddler board book that helps explain what worries feel like and fun ways to manage them (e.g., “Wave bye-bye to those worries!))

“Worry Says What? By Allison Edwards
(teaches kids how to use self-talk to silence anxious thoughts)

“Hey Warrior” by Karen Young
(An adorable book that teaches kids about anxiety and the amygdala—the brain’s alarm system which is illustrated as a cute little blue monster who wants to be your fierce protector. The only problem is, the amygdala “can’t tell the difference between smoke from a fire and smoke from burnt toast.”)

“I’m Happy-Sad Today” by Lory Britan
(a book that normalizes how to have opposite feelings at the same time (e.g., sad and grateful))

“In My Heart: A Book of Feelings” by Jo Witek
(a reminder of how our hearts can hold many feelings)

“My Many Colored Days” by Dr. Seuss
(uses rhyme and different colors to describe different feelings)

“Mop Rides The Waves of Life” by Jaimal Yogis
(teaches kids how to surf big and small emotional waves)

“The Monster Parade: A Book about Feeling All Your Feelings and Then Watching Them Go” by Wendy O’Leary
(a reminder of how feelings come and go)

A Little Spot of Feelings by Diane Alber
(A box set that includes 8 small books describing 8 different feelings)

Mindfulness Books

“The Listening Walk” by Paul Showers
(grounding one’s self by walking and listening to sounds outside)

“Alphabreaths Too” by Christopher Willard & Daniel Rechtschaffen
(fun mindful breathing exercises incorporating all 5 senses)

Finding Comfort Through Relationships

“The Invisible String” by Patrice Karst
(A bestseller, helps w/ separation anxiety and reminds kids they’re always connected to their loved ones, even loved ones who have died)

“May You Love and Be Loved” by Cleo Wade
(approaching our life with love, courage, and awe)

“I Love You When You’re Angry” by Erin Winters
(a cute animal story about parent animals loving their little ones through all their different moods)

“The Boy, the Mole, the Fox, and the Horse” by Charlie Mackesy
(a book about hope and love during challenging times)

Faith-Based Books

“May God Bless You and Keep You” by Sarah Raymond Cunningham
(a sweet prayer of blessing)

“When I Talk to God, I Talk About You” by Chrissy Metz & Bradley Collins
(a heartwarming picture book about prayer and the loving bond between parent and child)

“What is God Like?” by Rachel Held Evans & Matthew Paul Turner
(a book full of wondering that ends with “Whenever you aren’t sure what God’s like think about what makes you feel safe, what makes you feel brave, and what makes you feel loved because that is what God is like.”)

“I am God’s Dream” by Matthew Paul Turner
(a hopeful reminder about God delighting in every child just as they are)

“All Day Long, God Loves Me” by Mikal Keefer
(a cute toddler board book about God’s never-ending love)

“God Loves You Even When You Don’t Feel It” by Eli Blessings

(reminds children of God’s unconditional love even when they feel scared, sad, and alone)

“Thank You God, Good Night” by Marianne Richmond

(A bedtime story full of gratitude. e.g., “Thank you God, for your light. Hope for those in need tonight.”)