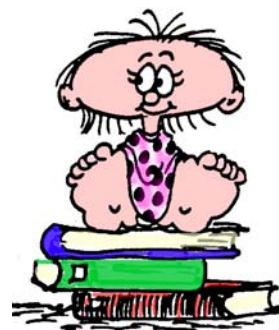


Books for Young Children Related to Health & Safety

Children's books are a wonderful way introduce new topics and terms, and to reinforce learning. Stories and content may be specific to a health topic, such as nutrition (e.g., *I Can Eat a Rainbow*), fitness (e.g., *Spriggles – Activity & Exercise*), or disease prevention (e.g., *Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs*). Other books, including many classic stories, can be used to introduce or reinforce health topics, such as *Make Way for Ducklings* (transportation) and *The Velveteen Rabbit* (physical illness, disease prevention and germs, social and emotional attachment).

Select some books and stories that are familiar to children, and introduce new ones. Review books to assure that they are age appropriate, culturally sensitive, diverse, and free of stereotypical language (e.g., police officer vs. policeman; firefighter vs. fireman).

- Abrams, P. (2004) *Now I Eat my ABCs*. Scholastic
- Atkinson. M (editor). (2001) *My Potty Book for Boys*. Dorling Kindersley: DK.com
- Barrett, J. (1078) *Cloudy with a Chance of Meatballs*. Aladdin Paperbacks, NY
- Bridewell, N. (1994) *Clifford the Firehouse Dog*. Scholastic, NY
- Bridewell, N. (2000) *Clifford Visits the Hospital*. Scholastic, NY
- Capucilli, A.S. (2008) *Biscuit Visits the Doctor Harper Festival*
- Carle, E. (1997) *From Head to Toe* Harper Collins Publishers, NY
- Carle, E. and Buckley, R. (2009) *The Greedy Python*. Little Simon
- Carle, E. (1987) *The Very Hungry Caterpillar*. NY: Philomel Books
- Carle, E. (1998) *Pancakes, Pancakes*. Aladdin Paperbacks
- Dahl, M. (2010) *Pony Brushes His Teeth*, Capstone Press, Mankato, MN
- D'Amico, J., Drummond, K.E., and Cash-Walsh, T. (1998). *The Healthy Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids*. John Wiley & Sons, Hoboken, NJ
- deGroat, D and Rotner, S. (2009) *Dogs Don't Brush their Teeth* Orchard Books, NY
- Denver, J(2003) *Sunshine on my Shoulders* Dawn Publications
- Downey, L. (2000) *The Flea's Sneeze*. Henry Holt & Co, NY.
- Dr. Seuss (1960) *Green Eggs and Ham*. Random House



Gottlieb, J. & Gottlieb, M. (2002) *Spriggles Motivational Books for Children: Activity & Exercise*. Mountain Watch Press: www.spriggles.com

Gottlieb, J. & Gottlieb, M. (2002) *Spriggles Motivational Books for Children: Health & Nutrition*. Mountain Watch Press: www.spriggles.com

Hall, Z. (1999) *The Surprise Garden*. Scholastic Press, NY

Jennings, S, Lei, J, Bourgeois, P and Clark, B. (2006) *Franklin Has the Hiccups*

Jennings, S., Clark, B, and Bourgeois, P. (2000). *Franklin Goes to the Hospital*.

Johnson, P.B. (2006) *On Top of Spaghetti*. Scholastic Press, NY

Johnston, A.T.G. (2007) *Grow Healthy Little One*. Amazon.com

Karmel, A. (2009) *I Can Eat a Rainbow*. Dorling Kindersley:DK.com

Katz, K.(2005) *A Potty for Me* Little Simon, Simon & Schuster, NY

Koster, G. (2006) *The Peanut Free Café* Albert Whitman & Company

Langreuter, J. (1997). *Little Bear Brushes His Teeth*. Millbrook Press, Brookfield, CN.

Lin, G. (2001) *The Ugly Vegetables*, Charlesbridge Publishing, Watertown, MA

McCloskey, R. (1999) *Make Way for Ducklings*. Puffin Books

McCloskey, R. (1976) *Blueberries for Sal*. Viking Press

Mayer, M (1990) *Just Going to the Dentist*. Random House.

Morris, A. 1989. *Bread, Bread, Bread (Foods of the World)*. New York: HarperCollins.

Numeroff, L. J. (1985) *If you Give a Mouse a Cookie*. Laura Geringer Books, NY

Numeroff, L. J. (2008) *If you Give a Cat a Cupcake*. Laura Geringer Books, NY

Numeroff, L. J. (1998) *If you Give a Pig a Pancake..* Laura Geringer Books, NY

Pinnington, A. (2005) *Big Girls Use the Potty*. Dorling Kindersley:DK.com

Rey, M. and Rey, H.A. (1989) *Curious George Goes to an Ice Cream Shop*. Houghton Mifflin Co, Boston

Rey, M. and Rey, H.A. (1994) *Curious George Goes to the Hospital*. Houghton Mifflin Co, Boston

Rey, M. and Rey, H.A. (2004) *Curious George and the Firefighters*. Houghton Mifflin Co, Boston



Rice, J. A. (1997). *Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs Esos Desagradables Detestables Sucios Completamente Asquerosos pero... Invisibles Gérmenes*, Redleaf Press, St. Paul MN www.redleafpress.org

Rice, J. A. (1997). *Those Icky Sticky Smelly Cavity-Causing but... Invisible Germs Esos Sucios Pegajosos Olorosos Causantes de Caries pero... Invisibles Gérmenes*. Redleaf Press, St. Paul MN www.redleafpress.org

Rockwell, L. (2007) *Good Enough to Eat*. Harper Collins Publishers.

Schuh, M.C. (2006). *Being Active*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *Drinking Water*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *Healthy Snacks*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *The Fruit Group*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *The Grain Group*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *The Meat and Beans Group*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *The Milk Group*. Capstone Press, Mankato, MN

Schuh, M.C. (2006). *The Vegetable Group*. Capstone Press, Mankato, MN

Schuh, M.C. (2008). *All About Teeth*. Capstone Press, Mankato, MN

Schuh, M.C. (2008). *At the Dentist*. Capstone Press, Mankato, MN

Schuh, M.C. (2008). *Brushing Teeth*. Capstone Press, Mankato, MN

Schuh, M.C. (2008). *Flossing Teeth*. Capstone Press, Mankato, MN

Schuh, M.C. (2008). *Loose Tooth*. Capstone Press, Mankato, MN

Schuh, M.C. (2008). *Snacks and Healthy Teeth*. Capstone Press, Mankato, MN

Sirett, D. *Going to the Dentist*. Dorling Kindersley:DK.com

Smith, N. (2006) *Allie the Allergic Elephant* allergicchild.com

Smith, N. (2006) *Chad the Allergic Chipmonk* allergicchild.com

Smith, N. (2006) *Cody the Allergic Cow* allergicchild.com

Thornton, Norah. 1992. *Everybody Eats Rice*. Minneapolis, MN: Carolrhoda Books.

Tofts, H. (2001). *I Eat Vegetables*. Zero to Ten, London, England



- Warren, D. (2008) *Born to Move*. Oasis Publications www.fitness4kidz.com
- Warren, D. (2008) *The Best Me*. Oasis Publications www.fitness4kidz.com
- Warren, D. (2008) *Family Meals*. Oasis Publications www.fitness4kidz.com
- Warren, D. (2008) *Way to Grow*. Oasis Publications www.fitness4kidz.com
- Warren, D. (2008) *Look At Me!* Oasis Publications www.fitness4kidz.com
- Wilhelm, H. (2003) *I Lost my Tooth*. Scholastic
- Willems, M. (2003) *Time to Pee*. Hyperion Books for Children, NY.
- Verdick, E. (2005). *Tails Are Not for Pulling*. Free Spirit Publishing www.freespirit.com
- Verdick, E. (2005). *Germs are Not for Sharing*. Free Spirit Publishing www.freespirit.com
- Verdick, E. (2005). *Teeth are Not for Biting*. Free Spirit Publishing www.freespirit.com
- Verdick, E. (2005). *Clean Up Time*. Free Spirit Publishing www.freespirit.com
- Verdick, E. (2005). *Listening Time*. Free Spirit Publishing www.freespirit.com
- Verdick, E. (2005). *Naptime*. Free Spirit Publishing www.freespirit.com

Other Resources

In addition to commercially published books, review websites for free and low-cost materials such as stories, activity sheets, and downloadable booklets. The following downloadable booklets are available at www.childhealthonline.org

Don't Get Burned

Fitness Fun

Healthy Eating

Lather Up

People Who Can Help Me

Poisoning Prevention

Safe Fun in the Sun

Safety on the Go

Tooth Care

