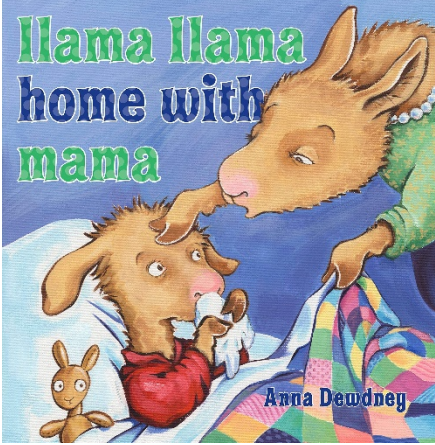
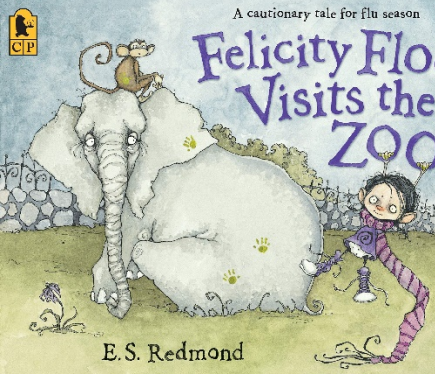
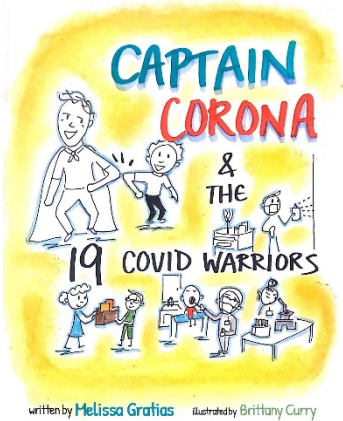




A list of recommended books to help children understand living with different types of illnesses. Many books are relevant to the current pandemic and makes it more understandable for children.

Grades PreK-2

 <p>Llama Llama home with mama Anna Dewdney</p>	<p>Llama, Llama Home with Mama</p> <p>Author: Anna Dewdney</p> <p>Description: Baby llama isn't feeling well and he stays home while his mama cares for him. This book emphasizes the importance of taking care of others. The rhymes are perfect for our youngsters who are learning about language. The most important lesson baby llama learns is that mamas need to be cared for too.</p> <p>Recommended by: Dr. Carianne Bernadowski</p>
 <p>A cautionary tale for flu season Felicity Floo Visits the Zoo E.S. Redmond</p>	<p>Felicity Floo Visits the Zoo</p> <p>Author: E.S. Redmond</p> <p>Description: When Felicity doesn't use a tissue or wash her hands, the animals get sick. Rhyming story, with whimsical illustrations with a trail of Felicity's handprints so we "see" where she left her germs.</p> <p>Recommended by: Dr. Susan Parker</p>



Captain Corona and the 19 COVID Warriors

Author: Melissa Graatias

Illustrated by: Brittany Curry

Description: Captain Corona takes a group of children on an adventure through the community introducing them to a team of 19 brave warriors whose selfless efforts keep us alive. Captain Corona celebrates health care workers, custodians, journalists, store clerks, teachers, scientists, and more.

Recommended by: Claire Pilarswki

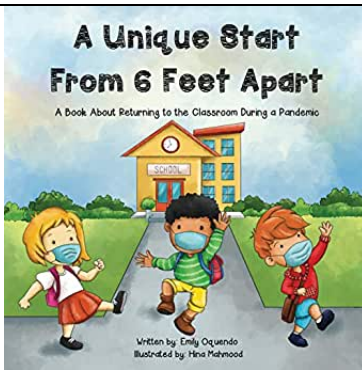


Get Well Soon!

Author: Charlotte Hudson

Description: A heartwarming story about a family member who is ill and missing someone special. Wobbily Fang's mom doesn't look like Mummy any more. She looks small and lost and alone in her strange room in the hospital. "When are you coming home?" asks Wobbily Fang. "In a little while!" Mummy reassures him. But just how long is "a little while" and how can Wobbily Fang make her eyes sparkle like they used to? Wobbily Fang brings Mummy all the home.

Recommended by: Dr. Kathleen Gray

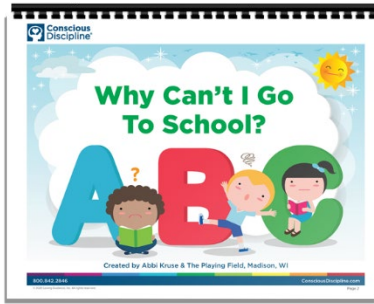


A Unique Start from 6 Feet Apart

Author: Emily Oquendo

Description: Addresses going to school during a pandemic, and covers masks, hand-washing, personal items, hand sanitizer, social distancing. Also includes resources at the end of the book.

Recommended by: Dr. Susan Parker



Why Can't I Go to School?

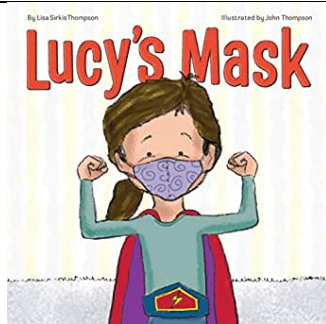
Author: Abbi Kruse and the Playing Field

Description: This social story teaches young beginning readers the importance of staying home during the COVID-19 Pandemic. As children question why they may not be able to attend school or play with friends, the story helps to explain to youngsters the importance of staying healthy.

This book can be accessed for free at

https://challengingbehavior.cbcs.usf.edu/emergency/docs/School-Closed_Story_EN.pdf.

Recommended by: Dr. Carianne Bernadowski



Lucy's Mask

Author: Lisa Sirkis Thompson

Description: This book isn't about the science of being sick, but helps young children make sense of wearing masks.

Recommended by: Dr. Susan Parker

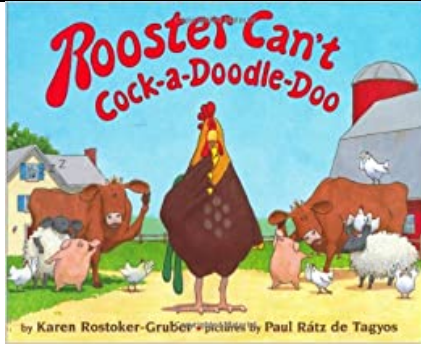


Even Astronauts Practice Social Distancing

Author: Kristen Ehert

Description: This is a story is meant to answer children's questions about the Coronavirus. It teaches children about how to practice social distancing, wear masks, and answers questions about how long we will need to stay at home.

Recommended by: Claire Pilarski



Rooster Can't Cock-a-Doodle-Do

Author: Karen Rostoker-Gruber

Description: Rooster has a sore throat and can't cock-a-doodle-doo. Farmer Ted is sleeping, and there's no one to gather the eggs, milk the cows, shear the sheep, and feed the pigs. Rooster needs help—and fast. Working together, Rooster and the other animals come up with some madcap but effective ways to wake Farmer Ted and complete the day's chores. But can they do it all before sunset? A barnful of laughs is guaranteed in this fun-filled book about friendship and cooperation.

Recommended by: Dr. Kathleen Gray



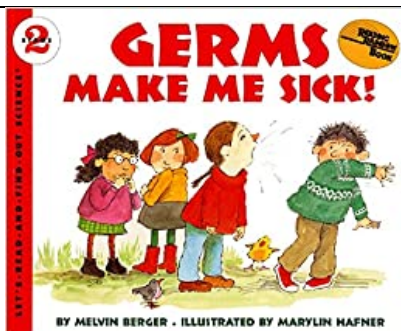
The Invisible String

Author: Patrice Karst

Illustrator: Geoff Stevenson

Description: The award winning book is a story of love, dedication and the unbreakable bond between families. Whether separated by illness, miles or death, this story illustrates how important the relationships we build are in our lives.

Recommended by: Dr. Carianne Bernadowski

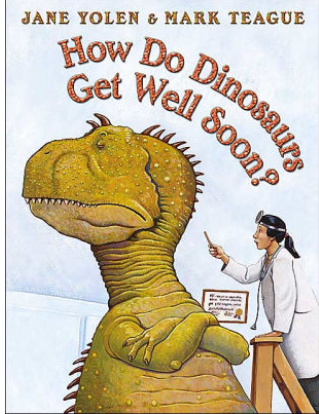


Germs Make Me Sick!

Authors: Marilyn Hafner and Melvin Berger

Summary: This book provides an introduction to bacteria and viruses and how each of the two forms attacks cells and makes a person feel sick. Read and find out about germs, how they can make you sick, and how your body works to fight them off and keep you healthy.

	<p>Recommended by: Lori Zorn</p>
	<p>Grandma</p> <p>Author: Jessica Shepherd</p> <p>Description: A comforting (yet realistic) story of the relationship between a young boy and his Grandma who has dementia. Beautifully illustrated and sensitively written, this would be a great choice for any child who has a loved one who is suffering from dementia or is going into a care home.</p> <p>Recommended by: Dr. Kathleen Gray</p>
	<p>Because of the Coronavirus</p> <p>Author: Deborah Rotenstein, M.D. Illustrated by: Rose H. Lauer</p> <p>Description: This e-book was written by a local pediatric endocrinologist about the effects that the Coronavirus has on everyday life. The explanation of a virus is also broken down in an easy to understand format for children, and also emphasizes ways to prevent the virus and stay healthy, such as hand washing.</p> <p>Recommended by: Trina Sparico</p>
	<p>The Virus-Stopping Champion</p> <p>Author: Hilary Rogers</p> <p>Description: Featuring a child superhero who learns how to prevent the spread of the virus, the story touches on the courageous steps every child and their family can take to fight COVID 19. From handwashing, social distancing and the importance of staying home</p> <p>Recommended by: Claire Pilarski</p>

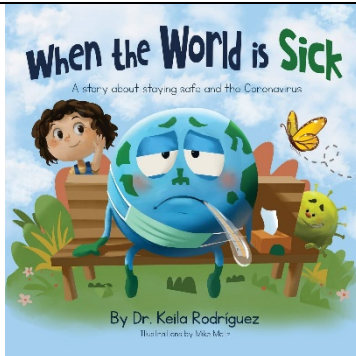


How do Dinosaurs Get Well Soon?

Authors: Jane Yolen & Mark Teague.

Description: What does a dinosaur do to get over being sick?

Recommended by: Dr. Susan Parker



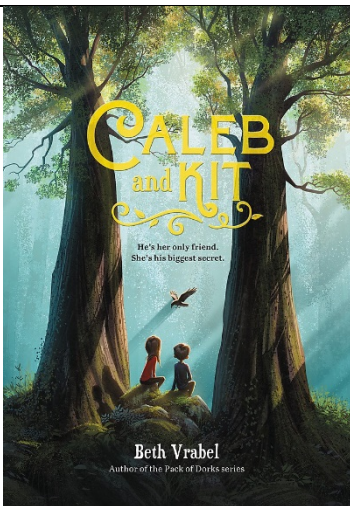
When the World is Sick: A story about staying safe and the Coronavirus

Author: Dr. Keila Rodríguez

Description: The story chronicles a little girl's conversation with the coronavirus she has heard so much about from family and friends. She teaches the imaginary friend how to stay safe and healthy and remembers the joy of life. This story is a must read for young children navigating the world we live in today.

Recommended by: Dr. Cairanne Bernadowski

Grades 3-5

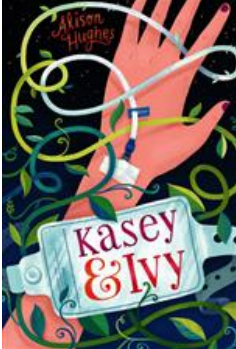
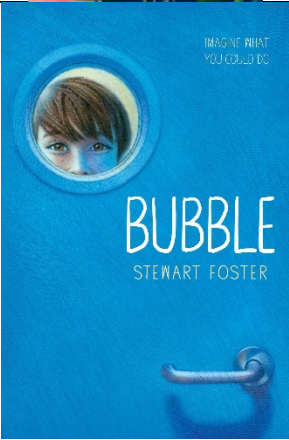
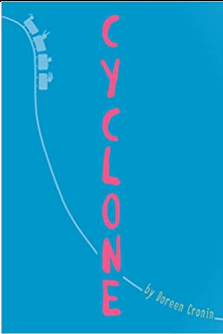


Caleb and Kit


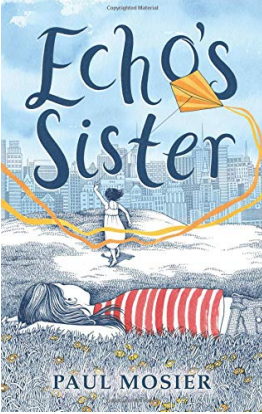
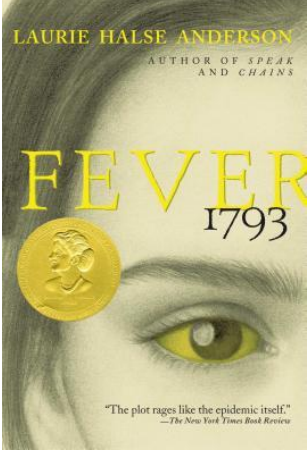
Author: Beth Vrabel

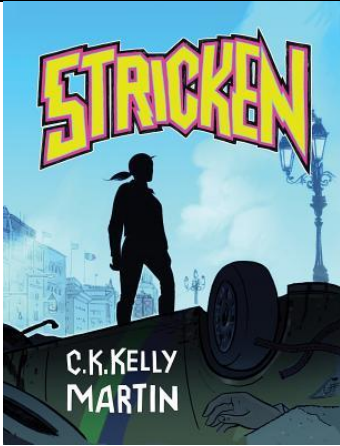
Description: Caleb is a 12 year old boy and has cystic fibrosis. Caleb tries to not let his disorder define him, but that is difficult with an overprotective mother. He becomes friends with Kit, an energetic girl. Caleb has to make a decision on whether or not their friendship is healthy for him.

Recommended by: Jennifer Wachs

	<p>Kasey and Ivy</p> <p>Author: Alison Hughes</p> <p>Description: Kasey is a 12 year old girl who spends time in a geriatric ward for a bone disease.</p> <p>Recommended by: Jennifer Wachs</p>
	<p>Bubble</p> <p>Author: Stewart Foster</p> <p>Description: 11 year old Joe can't be outside because of a condition he has, he cannot have exposure to any germs. <i>Bubble</i> is a story of how Joe spends his days, copes with his loneliness and frustration, and looks—with superhero-style bravery, curiosity, and hope—to a future without limits.</p> <p>Recommended by: Jennifer Wachs</p>
	<p>Cyclone</p> <p>Author: Doreen Cronin</p> <p>Description: Nora and Riley (cousins) ride a rollercoaster and Riley falls into a coma due to a heart condition.</p> <p>Recommended by: Jennifer Wachs</p>

Grades 6-8

	<p>Deenie</p> <p>Author: Judy Blume</p> <p>Description: Scoliosis twists Deenie's plans for seventh grade. This is a classic book that tells the tale of Deenie, a girl who wants to spend time with her friends and join the cheerleading squad when she is diagnosed with scoliosis and needs to wear a bodystocking and brace.</p> <p>Recommended by: Jennifer Wachs</p>
	<p>Echo's Sister</p> <p>Author: Paul Mosier</p> <p>Description: 12 year old El is picked up from her first day of school by her dad, and is told that her sister, Echo, has a life threatening illness, cancer. When all hope feels lost, El makes a new friend who helps bring the community together to support the family.</p> <p>Recommended by: Jennifer Wachs</p>
	<p>Fever 1793</p> <p>Author: Laurie Halse Anderson</p> <p>Description: During the summer of 1793, Mattie Cook lives above the family coffee shop with her widowed mother and grandfather, but then the fever breaks out. At her feverish mother's insistence, Mattie flees the city with her grandfather. But she soon discovers that the sickness is everywhere, and Mattie must learn quickly how to survive in a city turned frantic with disease.</p> <p>Recommended by: Jennifer Wachs</p>



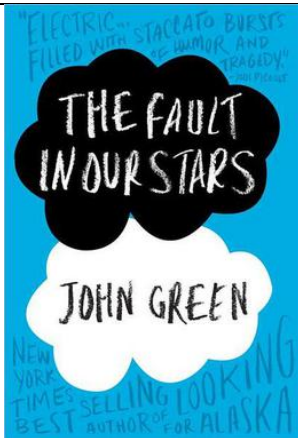
Stricken

Author: C.K. Martin

Description: Naomi doesn't expect anything unusual from her annual family trip to visit her grandparents in Ireland. What she finds is a country hit by an unexpected virus that rapidly infects the majority of the Irish population over the age of twenty-one, turning its victims aggravated, blank or violent. Naomi and her friends must survive on their own, without lucid adults, cut off from the rest of the world, until a cure is found.

Recommended by: Jennifer Wachs

Grades 9-12



The Fault in Our Stars

Author: John Green

Description: Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten


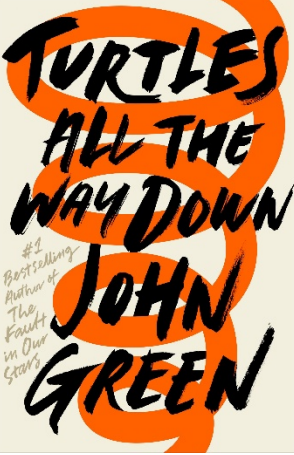
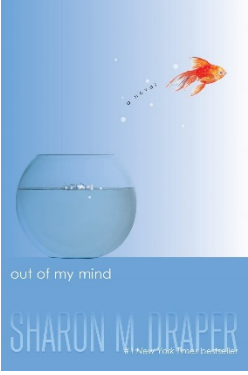
Recommended by: Katie Starko

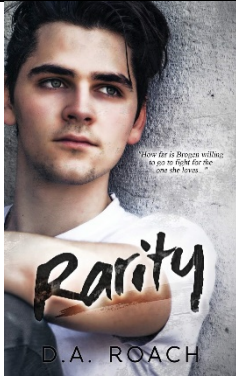


Two Girls Staring at the Ceiling

Author: Lucy Frank

Description: Francesca and Shannon, both of whom live with Crohn's disease. The teens share a hospital room, but there's a curtain hanging between them. The novel is written in a way that reflects the parallel stories, with a line dividing the pages like the curtain dividing the room. It's a book about friendship and finding comfort in someone else who is going through the same things you are.

	<p>Recommended by: Kelsey Fatica (RMU Alum: 2017)</p>
	<p>Everything, Everything</p> <p>Author: Nicola Yoon</p> <p>Description: Maddy is a 17-year old girl who is allergic to the outside world and has never left her house. When the new boy, Olly, moves in next door, Maddy wants more than anything to leave her house to see him.</p> <p>Recommended by: Katie Starko</p>
	<p>Turtles All the Way Down</p> <p>Author: John Green</p> <p>Description: Aza is investigating a mystery revolving around a fugitive billionaire, all the while trying to do her best. Aza lives with obsessive-compulsive disorder and has “spiraling thoughts” that cause anxiety. Readers follow Aza on her journey which is less about the billionaire and more about her.</p> <p>Recommended by: Katie Starko</p>
	<p>Out of My Mind</p> <p>Author: Sharon M. Draper</p> <p>Description: Eleven-year-old Melody has cerebral palsy. But she also has a photographic memory.; She’s the smartest kid in her whole school, but NO ONE knows it. But Melody refuses to be defined by her disability.</p> <p>Recommended by: Jenna Pastoria (RMU Alum: 2019)</p>

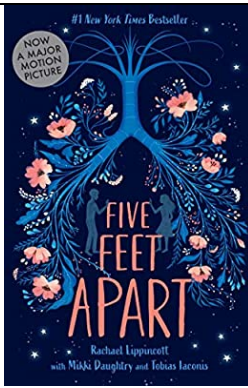


Rarity

Author: DA Roach

Description: Brogen's journey leads her to Jay who lives with vascular Ehlers-Danlos syndrome (vEDS). The book shows how Jay's life is impacted by the condition and how it affects him not only as a high schooler but how it affects his potential future as well.

Recommended by: Katie Starko



Five Feet Apart

Author: Rachel Lippincott and Tobis Iaconis

Description: Stella and Will both live with cystic fibrosis. In order to keep themselves safe from infection, they need to stay at least six feet apart from one another. But as the two get to know each other, that becomes easier said than done.

Recommended by: Katie Starko