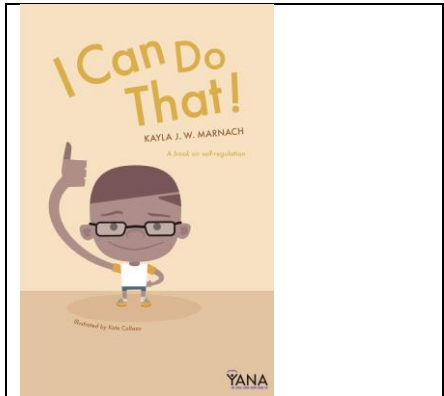
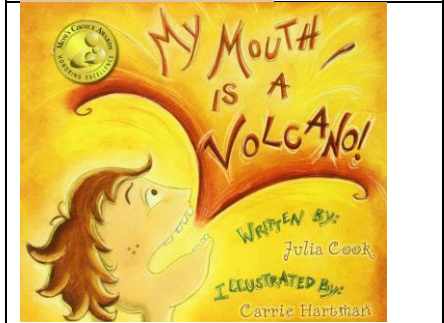
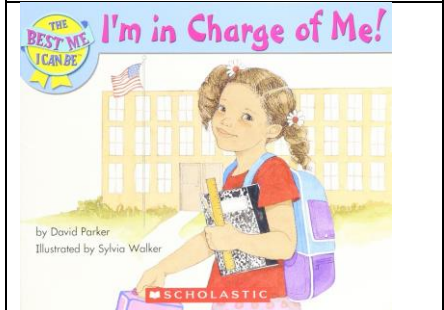

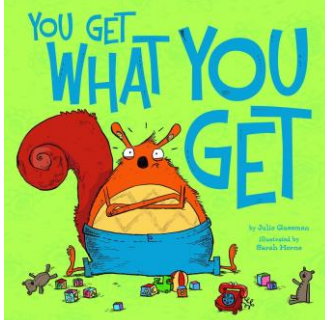
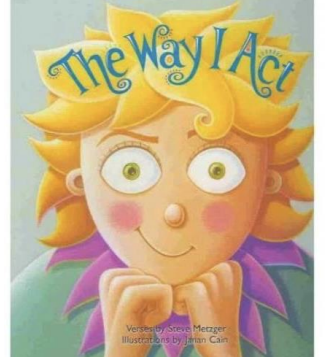


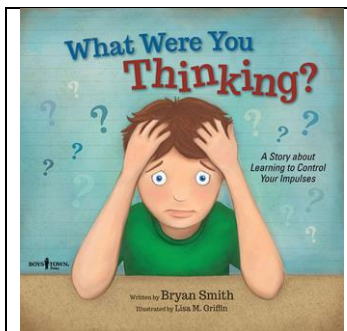
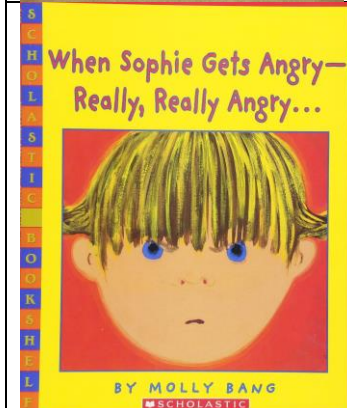
Bridge Road School Book Recommendations For Your Child

EMOTIONS AND FEELINGS

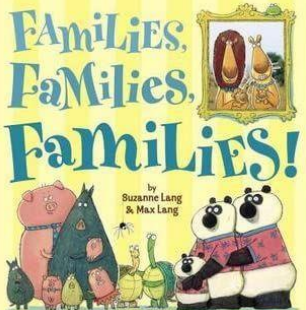
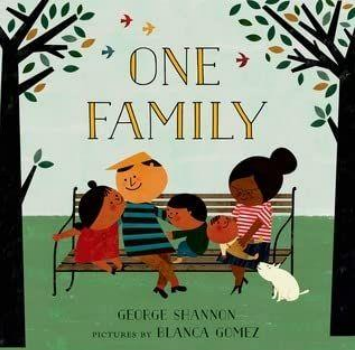
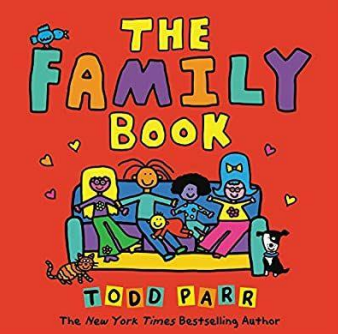
Text	Author	Description
<p>LAUREN BRUKNER <small>Illustrated by APSLEY</small> THE KIDS' GUIDE TO STAYING AWESOME AND IN CONTROL <small>Simple Stuff to Help Children Regulate their Emotions and Senses</small></p>	<p>Lauren Brukner</p>	<p>Teaches kids how to regulate their feelings and emotions. Also, it has plenty of examples of ways to cope with those feelings and take action to control them.</p>
<p>LAUREN BRUKNER <small>Illustrated by APSLEY</small> HOW TO BE A SUPERHERO CALLED SELF-CONTROL! <small>Super Powers to Help Younger Children to Regulate their Emotions and Senses</small></p>	<p>Lauren Brukner</p>	<p>This book addresses children's ability to cope with negative emotions in healthy ways, and ultimately control themselves.</p>

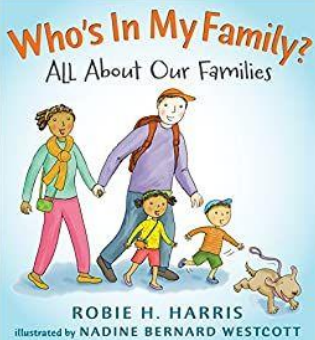
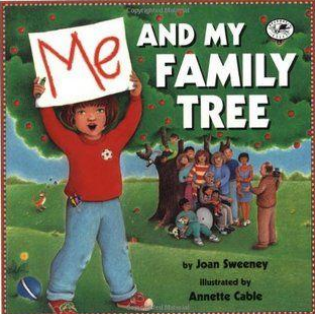
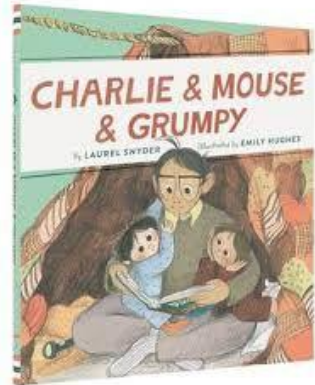
	<p>Kayla J.W. Marnach</p>	<p>This thought-provoking rhyme helps children see that they can control their reactions to unsatisfactory events and use variety of ways to do so.</p>
	<p>Julia Cook</p>	<p>Sometimes it's hard to keep it in when you've got something to say, this book allows children to learn how to control their voice and delay gratification.</p>
	<p>David Parker</p>	<p>This book is a great way to explain to children that they may not be able to control their circumstances, but they can control how they react to them.</p>

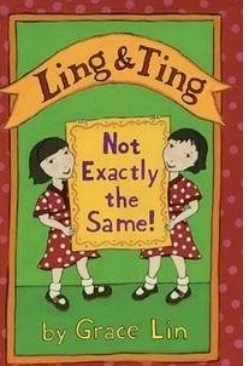
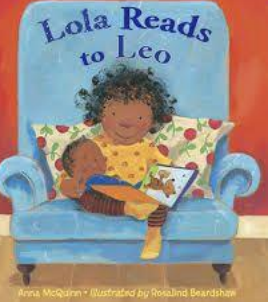
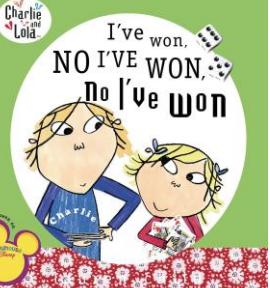
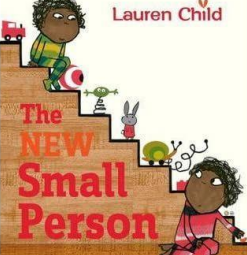
	<p>Shelly Becker</p>	<p>This book explains to children that no matter who you are, even a superhero, you're going to have a bad day here or there and the best ways to deal with it.</p>
	<p>Julie Gassman</p>	<p>The Character in this book is a spunky squirrel who learns how to deal with disappointments</p>
	<p>Steve Metzger</p>	<p>This book shows children inspiring ways to react to all kinds of situations, whether good or bad. It shows them that they can control those actions.</p>

		<p>Brian Smith</p>	<p>This is a book about a young boy who is just a little too impulsive and he must learn to control his impulses, in a way he can get along better with those around him.</p>
		<p>Molly Bang</p>	<p>This book opens up discussion with children about what to do when your anger seems to take control of you.</p>

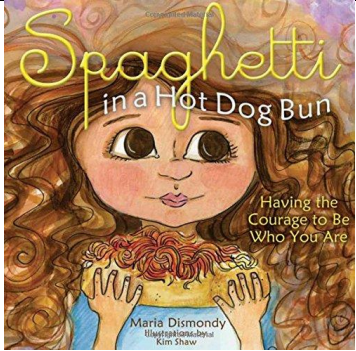
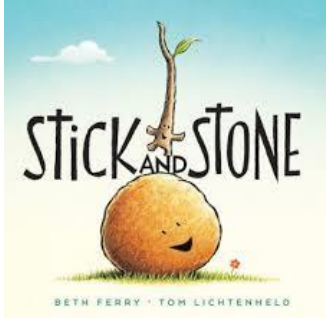
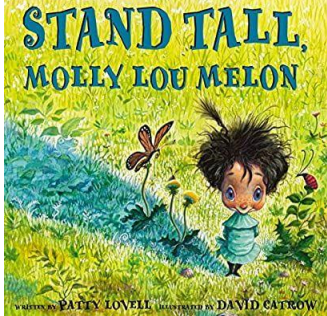
FAMILIES

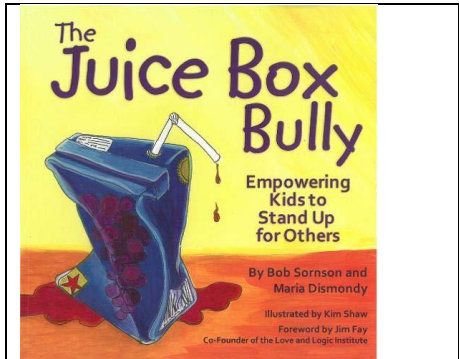
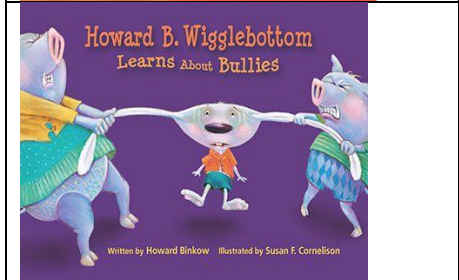

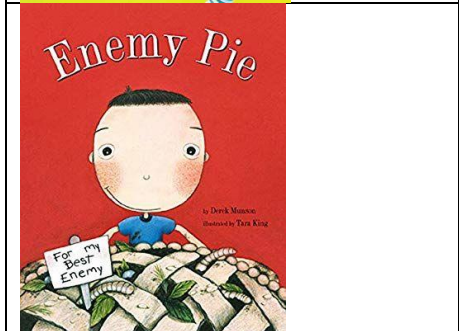
Text	Author	Description
	<p style="text-align: center;">Suzanne Lang and Mark Lang</p>	<p>This book uses quirky animals to illustrate their examples, this picture book shows the kids the common element in families is love. Some children live with one dad and some have two mums. Some children live with their grandparents and some live with their aunt. This illustration is a good way to show the children that there's no one typical form a family takes.</p>
	<p style="text-align: center;">George Shannon and Blanca</p>	<p>One Family is part counting book and part introduction to the diversity of families. As children count from 1-10, the number of family members in each family increases.</p>
	<p style="text-align: center;">Todd Parr</p>	<p>The book celebrates the love we feel for our families and all the different varieties they come in.</p>

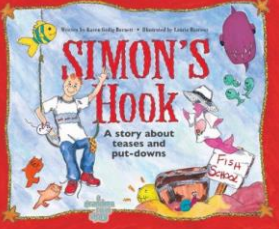
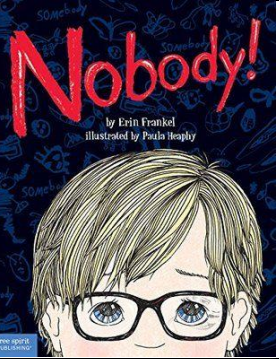
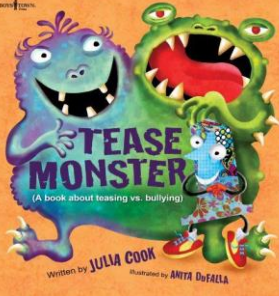
	<p>Robbie H. Harris</p>	<p>This book is an engaging story that makes it clear that whoever is in your family, it is perfectly normal and wonderful.</p>
	<p>Joan Sweeney</p>	<p>This book illustrates how a young girl's family members are related to each other through simple text and diagrams.</p>
	<p>Emily Hughes</p>	<p>This book is about two young brothers who get along with each other and have little childhood adventures together.</p>

	<p>Grace Lin</p>	<p>Ling and Ting are identical twins, however just because they look the same does not mean they are the same on the inside. This book shows the individuals in positive ways and how they enjoy their differences.</p>
	<p>Anna MacQuinn</p>	<p>This book illustrates the experience of a baby joining the family to be exciting and positive.</p>
	<p>Laura Numeroff</p>	<p>This book shows how Lola has to win every time, however when her sibling Charlie runs faster in a race it shows Lola that you don't have to win every time.</p>
	<p>Lauren Child</p>	<p>This book shows how younger siblings always want to follow the older siblings. The older sibling gets annoyed but at the end realises that they're not so bad after all.</p>

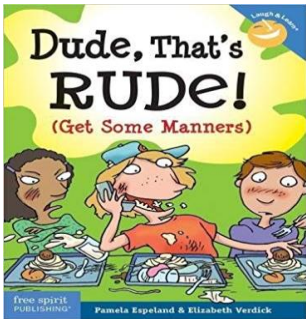
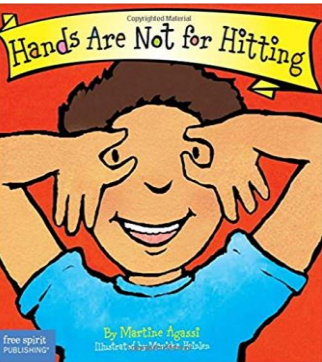
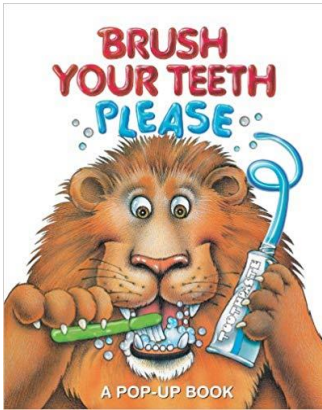
BULLYING

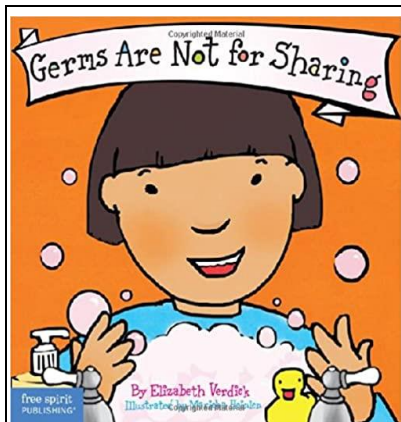
Text	Author	Description
	<p>Maria Dismundy</p>	<p>This story helps children understand that knowing who you are and seeking to understand the needs of others, even when they're mean to you, makes all the difference.</p>
	<p>Beth Ferry</p>	<p>This story shows children that when you stand up for someone against bullying it can create an unexpected friendship.</p>
	<p>Patty Lovell</p>	<p>Stand Tall, Molly Lou Melon sends a message to children about self - esteem and the importance of inner beauty as the character experiences bullying at her new school.</p>

	<p>Bob Sornson and Maria Dismondy</p>	<p>This Story teaches children that they can help the bully with a classroom promise rather than labelling them. The characters stand up for not only the kids being bullied for the bully himself, making it a very impactful lesson about courage, kindness and unity.</p>
	<p>Howard Binkow</p>	<p>This book emphasizes the importance of kids being brave and gives readers tools to face he bully and steps to tell the teacher.</p>
	<p>Alexis O'Neill</p>	<p>A book about a bully who makes everybody follow her commands, until one day a girl named Katie asks her to play which changes everything.</p>
	<p>Derek Munson</p>	<p>This book reinforces friendships and dealing with others in a positive way.</p>

	<p>Karen Gedig Burnett</p>	<p>This book provides practical situations on dealing with teasing with funny pictures and dialogue.</p>
	<p>Erin Frankel</p>	<p>This book focuses on emotion and how to deal with it when being bullied. The book includes discussion questions at the end which challenge the child to determine which character they are most like and what he can do to change the situation.</p>
	<p>Julia Cook</p>	<p>Tease Monster discusses the difference between teasing and bullying and the different types. It provides an opportunity to discuss your own child's behaviour towards as well as how your child has treated others.</p>

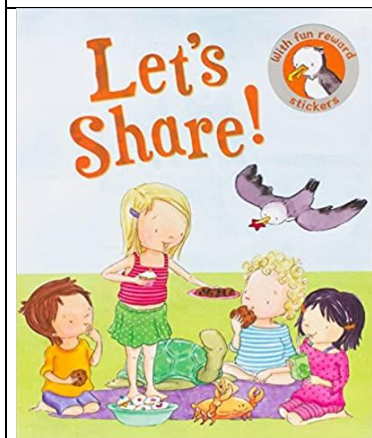
MANNERS, HEALTH and HYGIENE

Text	Author	Description
	<p>Pamela Espeland and Elizabeth Verdick</p>	<p>Kids today need manners more than ever, and Dude, That's Rude! makes it fun and easy to get some. Full-colour cartoons and kid-friendly text teach the basics of polite behaviour in all kinds of situations—at home, at school, in the bathroom, on the phone, at the mall, and more. Kids learn Power Words to use and P.U. Words to avoid, why their family deserves their best manners, and the essentials of etiquette (politeness online). It seems like light reading, but it's serious stuff: Manners are major social skills, and this book gives kids a great start.</p>
	<p>Martine Agassi</p>	<p>It's never too soon for children to learn that violence is never okay, hands can do many good things, and everyone is capable of positive, loving actions. In this bright, inviting, durable board book, simple words and full-colour illustrations teach these important concepts in ways even very young children can understand. Created in response to requests from parents, preschool teachers, and childcare providers, this book belongs everywhere young children are. Includes tips for parents and caregivers.</p>
	<p>Jean Pidgeon</p>	<p>Learn about proper dental hygiene in this delightful pop-up book. What child can resist imitating a chimp brushing its teeth back and forth? Or a shark that flosses every day? Youngsters will have lots of fun learning about proper dental hygiene in this delightful pop-up book.</p>



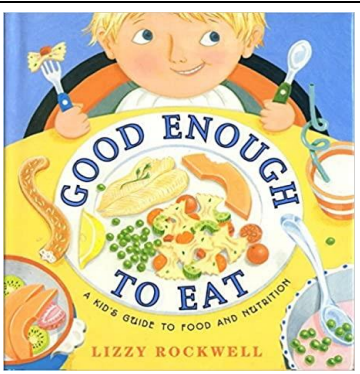
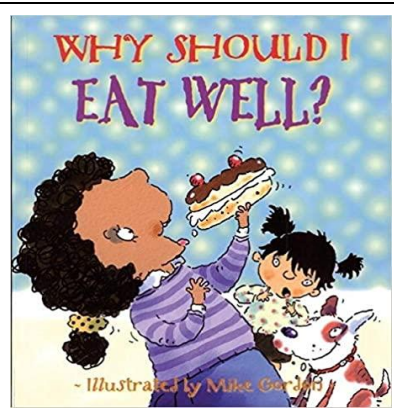
Elizabeth Verdick

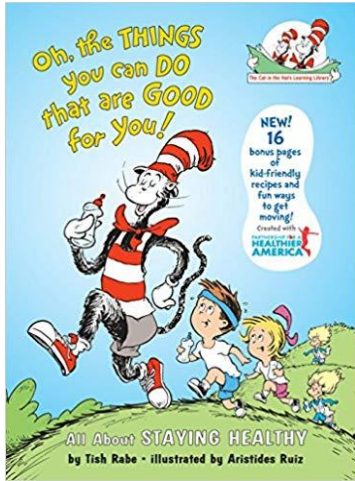
In childcare, in preschool, at home, and everywhere, toddlers need to learn that germs are not for sharing. Rather than focus on what germs are, this book teaches the basics of not spreading them: Cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands! Child-friendly words and full-colour illustrations help little ones stay clean and healthy. Includes tips and ideas for parents and caregivers.



Parragon Books

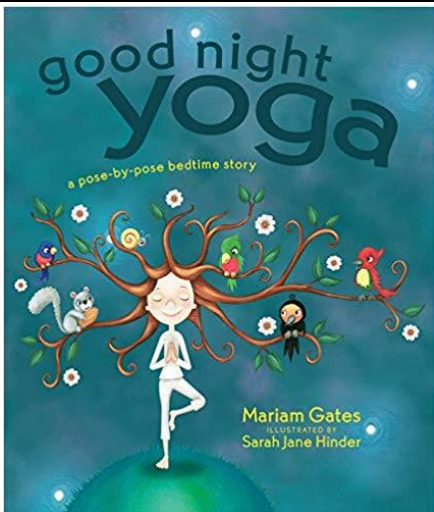
I will share my ball with you. Playing is more fun with two!" Follow the adventures of four busy children and find out why it's good to share! Included are fun reward stickers to encourage good manners, and helpful notes for parents.

	<p>Barbara Shook Hazen and Emilie Chollat</p>	<p>This collection of short, snappy poems about grabby gorillas, wild cats, sloppy pigs, sharing bears, and thoughtful elephants will have kids in stitches as they're reminded how—and how not—to behave!</p>
	<p>Lizzy Rockwell</p>	<p>Good Enough to Eat is one of a kind: the only guide to kids' nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies.</p>
	<p>Claire Llewellyn and Mike Gordon</p>	<p>Boys and girls discover the importance of eating sensibly and keeping to a balanced diet. They learn that good eating habits are important for health and fitness. Titles in the enlightening and entertaining Why Should I? a series of picture storybooks answer questions that younger boys and girls are likely to ask about a wide range of topics.</p>



Tish Rabe and Aristides Ruiz

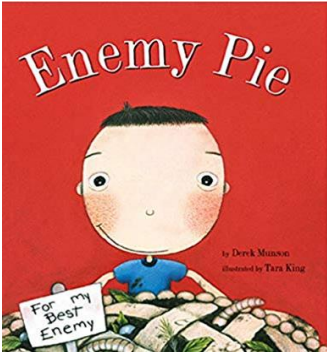
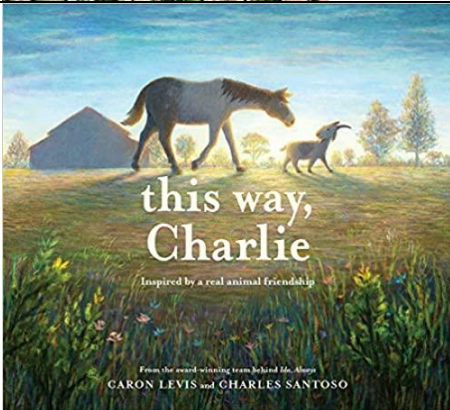
In this newly revised edition—with 16 pages of bonus materials—the Cat in the Hat takes young readers to a Seussian Spa where they learn the basics of healthy living. Updated with the assistance of the Partnership for a Healthier America, the Cat explains the importance of eating right (based on the latest USDA MyPlate recommendations); staying active; getting enough sleep; handwashing; brushing and flossing; wearing protective gear when playing sports—even the best way to sneeze when you don't have a tissue handy!

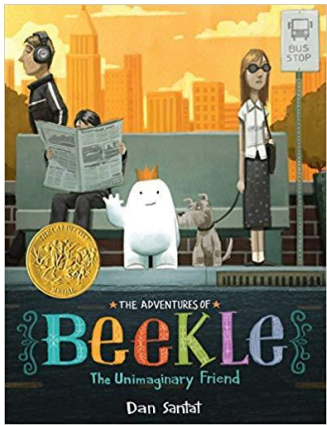
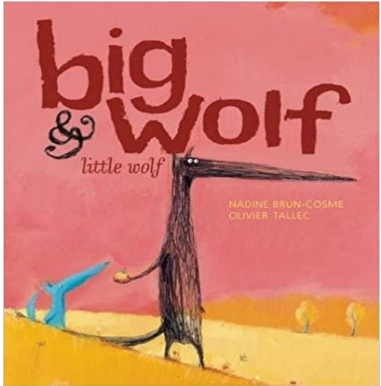
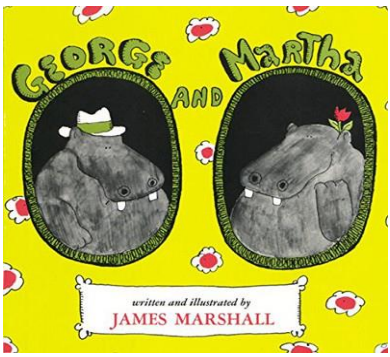


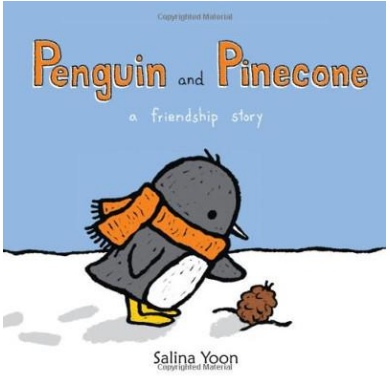
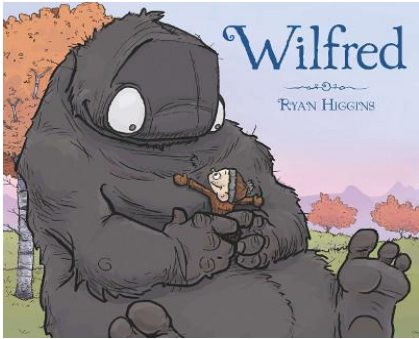
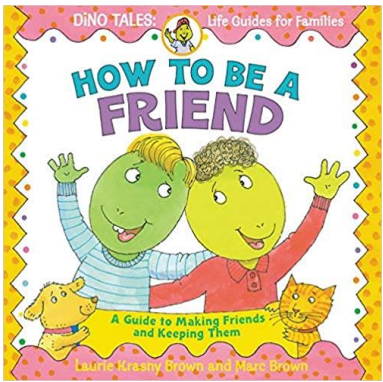
Mariam Gates and Sarah Jane Hinder

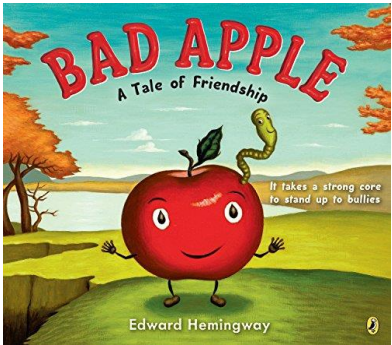
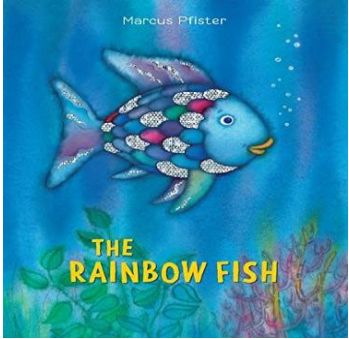
Kids love yoga—and it's great for them, so much so that the President's Council has added the practice to the fitness activities in the annual President's Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents Good Night Yoga, a playful yet wholly practical book for preparing for sleep.

FRIENDSHIPS

Text	Author	Description
	<p>Derek Munson</p>	<p>Sometimes all it takes to turn an enemy into a friend is a clever dad, a secret recipe, and a big slice of enemy pie. This funny, yet endearing story teaches children not to judge a book by its cover and that sometimes, with a little bit of kindness, our biggest enemies can turn into the best of friends.</p>
	<p>Caron Levis</p>	<p>A book about an unlikely alliance, a friendship that forms between a blind horse and a gruff goat. The two get off to a bumpy start. At first, Jack is anxious and distrustful. But one day, he summons his courage and guides Charlie to his favorite sunlit field: <i>this way, Charlie</i>. And so begins a powerful friendship that will be tested by life's storms—but will ultimately change each life for the better.</p>

	<p>Dan Santat</p>	<p>The story of Beekle is a magical one. Born on an island far away, this imaginary friend makes his way to the big city in search of his perfect match in this incredible story of courage and friendship.</p>
	<p>Nadine Brun-Cosme & Oliver Tallec</p>	<p>Big Wolf lives alone under a tree at the top of a hill. He is alone, but happy. One day, another wolf arrives: a little wolf. Without a word, Little Wolf sits down next to Big Wolf. He stays all night and all the next day. At first, Big Wolf is suspicious and worried that Little Wolf will grow bigger and become a rival. After a while, however, he starts to feel fond of his small companion.</p>
	<p>James Marshall</p>	<p>Two lovable hippos teach the meaning of friendship in five separate vignettes: "Split Pea Soup," "The Flying Machine," "The Tub," "The Mirror," "The Tooth."</p>

	<p>Salina Yoon</p>	<p>Occasionally, our friends move away and such a big change can be scary. Penguin finds himself in this position when Pinecone must return to the warmth of the forest and proves that even long-distance friendships can be great.</p>
	<p>Ryan Higgins</p>	<p>Wilfred is a lonely giant. That is, until one brave little boy decides to be his friend in an amazing reminder that we sometimes find the greatest adventures where we least expect them.</p>
	<p>Laurie Krashy Brown and Marc Brown</p>	<p>Fun dinosaur characters teach young children all about friendship—the value of friends, how to make friends, and how to be a good friend.</p>

	<p>Edward Hemingway</p>	<p>When Mac, an apple, meets Will, a worm, they become fast friends, teaching each other games and even finishing each other's sentences. But apples aren't supposed to like worms, and Mac gets called "rotten" and "bad apple." At first, Mac doesn't know what to do—it's never easy standing up to bullies—but after a lonely day without Will, Mac decides he'd rather be a bad apple with Will than a sad apple without.</p>
	<p>Marcus Pfister</p>	<p>It is the universal message at the heart of this simple story about a beautiful fish who learns to make friends by sharing his most prized possessions that gives the book its lasting value.</p>