SELF-REGULATION
AND SELF-CONTROL

January 2019

From Head to Toe
by Eric Carle

It's Hard to be Five
by Jamie Lee Curtis

Today
by Julie Morstad

Jonathon and His Mommy
by Irene Smalls

Press Here / Presiona aquí
by Hervé Tullet

Pete the Cat / Pete el gato
By Eric Litwin

BEDTIME ROUTINES

March 2019

The Napping House
by Don and Audrey Wood

10 Minutes til Bedtime
by Peggy Rathman

A Big Moon for Little Star
by Grace Lin

Close Your Eyes
by Kate Banks

Good Night Mr. Panda / Buenas noches, Sr. Panda
by Steve Anthony

Feet Go to Sleep
by Barbara Bottner

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http://orparenting.org/parents/newsletters/
FINDING PARENTING RESOURCES

April 2019

The Kissing Hand
by Audrey Penn

All Around Us /
(Spanish version available)
by Xelena Gonzalez

Dad by My Side
by Soosh

Grandma’s Tiny House
by Vanessa Brantley-Newton

One Family
by George Shannon

Night Job
by Karen Hesse

MANAGING CHALLENGING BEHAVIORS

May 2019

Sometimes I'm Bombaloo
by Rachel Vail

Horrible Bear!
by Arne Dyckman

Grump, Groan, Growl
by Bell Hooks

Grumpy Pants
by Clair Messer

How Do Dinosaurs Say I’m Mad? /
¿Cómo dicen estoy enojado los dinosaurios?
by Jane Yolen

BRAIN DEVELOPMENT

June 2019

The Thingamabob
by Il Sung Na

Press Here
by Hervé Tullet

Near Far
by Silvia Borando

The Carpenter
By Bruna Barros

Daddy, Me, and the Magic Hour
by Laura Krauss

Mommy’s Khiman
by Jamilah Thompkins-Bigelow

All Around the World / Todo el mundo
by Elizabeth Gordon Scanlon

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THE IMPORTANCE OF THE EARLY YEARS

July 2019

The Wonderful Things you Will Be by Emily Winfield Martin

I Like Me by Nancy Carlson

Dreamers / Soñadores by Yuyi Morales

Goodbye Brings Hello by Dianne White

Jabari Jumps by Gaia Cornwall

Bella’s Fall Coat by Lynne Plourde

CHILDREN’S EMOTIONAL DEVELOPMENT

August 2019

On Monday when it Rained by Cherryl Kachenmeister

The Way I Feel / Así me siento yo by Janan Cain

The Day you Begin by Jacqueline Woodson

The Rabbit Listened by Cory Doerrfeld

The Color Monster: A Story about Emotions by Anna Llenas (Spanish ed. available)

SELF-CARE FOR PARENTS

September 2019

I am Peace: A Book of Mindfulness by Susan Verde

Beni y Bella meditan by Helen Grain

Now by Antoinette Portis

Daniel Finds a Poem by Micha Archer

Gracias / Thanks by Pat Mora

Quiet by Tomie DePaola

Life by Cynthia Rylant

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THE BEST OF POSITIVE PARENTING TECHNIQUES

November 2019
I like Myself!
By Karen Beaumont

Whoever You Are
By Mem Fox

Rock What Ya Got
By Samantha Berger

Unicorn Thinks He's Pretty Great
By Bob Shea

Marvelous Maravilloso: Me and My Beautiful Family (Bilingual Eng/Span)
By Carrie Lara

Extraordinary Jane
By Hannah E. Harrison

IMPORTANCE OF PLAY

October 2019

Pete's a Pizza
By William Steig

King Jack and the Dragon
By Peter Bentley

Not a Box / No es una caja
By Antoinette Portis

They Say Blue
By Jilliam Tamaki

Hank's Big Day
By Evan Kuhlman

Run Wild!
By David Covell

Niño Wrestles the World
By Yuyi Morales

Routines

December 2019

All by Myself!
By Aliki

Harriet Gets Carried Away
By Jessie Sima

Maya's Blanket (Bilingual Eng/Span)
By Monica Brown

Last Stop on Market Street / Última parada de la calle Market
By Matt de la Peña

The Things I Can Do!
By Jeff Mack

The Field
By Baptiste Paul

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