HOPE for HIE SUPER SIBS

Books for Siblings Exploring Emotions and Medical Journeys

Books about feelings and medical information can be powerful tools to support children through challenging experiences: children can explore their emotions and learn about medical situations in a non-threatening way.

Stories help them relate to characters, normalize their feelings, and gain a better understanding of what they're going through—all in a safe and comforting environment.

Reading together can open the door to important conversations and provide children with the language they need to express their thoughts and fears.

HOPE for HIE SUPER SIBS

Ages 0-3

The Rabbit Listened
by Cori Doerrfeld

In My Heart-A Book of Feelings
by Jo Witek

Glad Monster, Sad Monster
by Ed Emberly

The Feelings Book
by Todd Parr

My Many Colored Days
by Dr. Suess

The Family Book
by Todd Parr

The Thankful Book
by Todd Parr

The Feel Good Book
by Todd Parr

It's Okay to be Different
by Todd Parr

Mighty Me-Epilepsy
by Mighty Me Press

Franklin Goes to the Hospital
by Paulette Bourgeois

Goodnight Hospital Room
by Marilyn Luce Robertson

I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings
by Lory Britain

HOPE for HIE SUPER SIBS

Ages 4-5

Hi, My Name is Jack
by Christina Beall-Sullivan

The Rabbit Listened
by Cori Doerrfeld

In My Heart-A Book of Feelings
by Jo Witek

Glad Monster, Sad Monster
by Ed Emberly

I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings
By Lory Britain

The Feelings Book
by Todd Parr

My Many Colored Days
by Dr. Suess

The Color Monster: A Story About Emotions
by Anna Llenas

Franklin Goes to the Hospital
by Paulette Bourgeois

Sometimes
by Rebecca Elliot

It's OK to be Different
by Sharon Purtil

My Magic Breath-Finding Calm Through Mindful Breathing
by Nick Ortner & Alison Taylor

Breathe Like a Bear
by Kira Willey

Teach Your Dragon About Feelings
by Steve Herman

Look Inside Your Body - Lift the Flap Book
by Louie Stowell

Look Inside a Hospital- Lift the Flap Book
by Dr. Zoe Fritz

The Perfect Shelter
by Clare Helen Welsh

Today I Feel Silly
by Jamie Lee Curtis

We Can Play!: A Book About Adapting Play for a Fun, Inclusive Team
By Laura Camerona

All About Brains-A book about People
By Lake Bell

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Ages 4-5

Be Inclusive
By Monica Peterson

Taking Seizure Disorders to School
By Kim Gosselin

Did You Know I have Epilepsy
By Stacey Crouch

Theodore's Dragon- A Journey with Epilepsy
By Beckie Martin-Scott

Char Bear Keeps Dancing-A Story About Pediatric Epilepsy
By Kate Kostolansky

The Abilities in Me- Epilepsy
By Gemma Keir

Becky the Brave
By Laurie Lears

This Is How We Play
By Jessica Slice

The Abilities in Me: Superstar Siblings
by Gemma Keir

Simply Complex Stories
by Hailey Adkisson

HOPE for HIE SUPER SIBS

Ages 6-10

Feel Rooted - Getting Connected
by Virginia Loh-Hagan

The Way I Feel
by Janan Cain

Chill Out-Practicing Calm
by Virginia Loh-Hagan

The Magic of Me: My Magic Moods
by Becky Cummings

Hey Awesome
by Karen Young

Hey Warrior
by Karen Young

At the Hospital: A Shine-a-Light Book
by Carron Brown

My Emotions Journal
by Lilly's Journal

Jonathan James and the Whatif Monster
by Michelle Nelson-Schmidt

Everyone Belongs
by Heather Avis

Draw it Out
by Art with Heart

Oh, Brother! Growing Up with a Special Needs Sibling
by Natalie Hale

A Little Spot of Feelings Series
by Diane Alber

What About Me?: When Brothers and Sisters Get Sick
by Allan Peterkin

Char Bear Keeps Dancing
by Kate Kostolansky

Billy's Sister
by Jessica Leving

El Deafo
by CeCe Bell

The Difference Between Needles and Noodles
by Jon-Barrett Ingels

Broken Bones & Broken Hearts
by Jon-Barrett Ingels

Look inside Your Body: Lift the Flap
by Louie Stowell

Look Inside a Hospital: Lift the Flap
by Dr. Zoe Fritz

HOPE for HIE
SUPER SIBS

Ages 6-10

When She Was Sick
by Anna Batz

All Siblings Are Important
by Laura Camerona

Living with a Brother or Sister with Special Needs: A Book for Sibs
by Donald Meyer and Patricia Vadasy

The Other Kid: A Draw It Out Guidebook
by Lorriane Donlon

Zebra and the Seizure
by Michaela Barnes

Cricket Gives Comfort-Exploring Epilepsy
by Pat McCaw

My Life with Epilepsy
by Mari Schuh

Ages 11-13 (Middle School)

Are You Alone on Purpose
by Nancy Werlin

Check-In: Being Present
by Virginia Lo-Hagan

Rules
by Cynthia Lord

Views From Our Shoes
By Don Meyer

Guts
by Raina Telgemeier

Ghosts
by Raina Telgemeier

Tru Confessions
by Janet Tashijan

Wreck This Journal
by Keri Smith

Ink About It
by Art with Heart

Sibling Slam Book
by Don Meyer and David Gallagher
(and lots of siblings)

HOPE for HIE SUPER SIBS

Ages 14+ (High School)

Chill and Spill
by Steffanie Lorig and Jeanean Jacobs

Sibling Slam Book
by Don Meyer and David Gallagher
(and lots of siblings)

Wreck This Journal Series
by Keri Smith

Tru Confessions
by Janet Tashijan

Kira Kira
by Cynthia Kadohata

Chronic Illnesses, Syndromes, and Rare Disorders
by Marlene Brill

Physical Disabilities
by Denise Thorton

Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs
by Kate Strohm

Special Siblings: Growing Up With Someone With a Disability
by Mary McHugh

The Sibling Survival Guide
by Don Meyer and Emily Holl