



## JUST 4 KIDS: Books to Read

---

See if your media center or guidance counselor has any of these books, or ask the librarian at your local public library. If not, check with Amazon or other online book retailers. These are great books to read with a trusted adult.

### ***The Beamer Series***

Tom Drennon and Jerry Moe, Betty Ford Center, 2008

Beamer faces many challenges due to addiction in his family. In this series of four booklets, each containing three chapters, Beamer learns that he's not alone and addiction is not his fault. [www.bettyfordcenter.org](http://www.bettyfordcenter.org)

### ***Bottles Break***

Nancy María Grande Tabor, Charlesbridge Publishing, 1999

This book is about parents who are absorbed in drinking and how the young narrator feels about it. Included are helpful web sites, addresses and phone numbers. Also available in Spanish, *Botellas Se Rompen*.

### ***Emmy's Question***

Jeannine Auth, Morningtide Press, 2007

This is the powerful story of a young girl's struggle with parental alcoholism.

### ***Kids' Power Too! Words To Grow By***

Cathey Brown, Elizabeth D'Angelo LaPorte and Jerry Moe. ImaginWorks. 2010

A book of daily affirmations to help children, one day at a time, to face life's daily challenges in a healthy and balanced way.

### ***My Dad Loves Me, My Dad has a Disease***

Claudia Black, MAC. 3rd Edition, Revised 2011

A workbook designed to help young children learn about themselves, their feelings, and the disease of alcoholism in their families through art therapy. Children between the ages of six and fourteen share what it is like for them to live in an alcoholic family.

### ***What Do You Do With a Problem?***

Kobi Yamada, Compendium Inc, 2016

This is the story of a persistent problem and the child who isn't so sure what to make of it. The longer the problem is avoided, the bigger it seems to get. But when the child finally musters up the courage to face it, the problem turns out to be something quite different than it appeared. This is a story for anyone, at any age, who has ever had a problem that they wished would go away. It's a story to inspire you to look closely at that problem and to find out why it's here. Because you might discover something amazing about your problem... and yourself.

### ***Think of Wind***

Catherine Mercury, One Big Press, 1996

A book written from the perspective of a young boy raised in an alcoholic home. It offers a nonjudgmental observational stance to help children of alcoholic parents realize that they're not alone

### ***The Dragon Who Lives at Our House***

Elaine Mitchell Palmore, Rising Star Studios, LLC, 2011

Al the Dragon is a welcome and festive visitor at family events, but soon his relationship with Dad becomes all consuming, forcing the rest of the family out of the house. Through "treatment" Al becomes smaller and the family gains new hope. Elaine M. Palmore's poignant story told through delightful illustration is a wonderful help to anyone trying to understand or discuss the heartbreak and hope of a family dealing with substance abuse or any similar issue. *Watch a reading of this book on YouTube:* <https://www.youtube.com/watch?v=9vMzF4C1ERo>

### ***A Walk in the Rain with a Brain***

Edward Hallowell, HarperCollins, 2004

This is a wonderful book to help children understand that people's brains work differently. A little girl named Lucy is making her way down a rainy sidewalk when she spies, of all things, a brain -- Manfred, called Fred -- sitting forlornly in a puddle. The courtly cerebrum asks Lucy for help getting home, and as they walk along she worries that she's not smart enough. "Everyone's smart!" explains Fred. "You just need to find out at what!" Fred reassures her that each child learns and thinks differently -- and that every child has special talents.