Recommended Reading collected by Children’s Home Society of California

Staying Healthy (books for children)
*Tissue Please!* by Lisa Kopelke.
*Washing My Hands* by Elizabeth Vogel.
*Those Mean Nasty Dirty Downright Disgusting But...Invisible Germs* by Judith Ann Rice.

Nutrition (books for adults)
*The Womanly Art of Breastfeeding* by La Leche League International.
*Healthy Foods, Healthy Kids* by Elizabeth M. Ward, M.S., R.D.

Home to Child Care Transition (books for children)
*The Kissing Hand* by Audrey Penn.
*My First Day at Nursery School* by Becky Edwards.
*The Runaway Bunny* by Margaret Wise Brown.
(for adults)
*Becoming the Parent You Want to Be* by Laura Davis and Janis Keyser.
*Caring for Your Baby and Young Child* by American Academy of Pediatrics/Steven P. Shelov, M.D., M.S., F.A.A.P.

Positive Discipline (books for adults)
*How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish.
*Without Spanking or Spoiling* by Elizabeth Crary.