



Managing Change

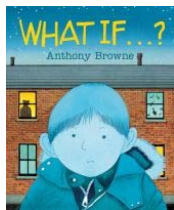
Life is full of change and many parents wonder how they can talk to their children about it. The books listed here may open up discussion, help a child not worry, and help a child realize that all people face challenges in their own way. The Orion Township Public Library has many resources for families as they navigate change in their own lives. All of the books listed are in our collection and can be checked out or put on hold.

Picture Books



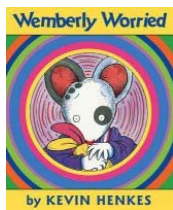
I'm Not Moving! by written by Wiley Blevins

Change isn't easy for young boys and girls. And when change means moving to a new school, a new house, and away from friends, well that can be downright complicated!



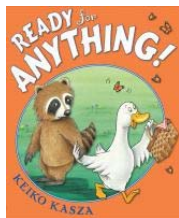
What If...? by Anthony Browne.

What if Joe doesn't like the party he's going to? What if he doesn't like the food or the games or the people? As Joe and his mom walk down the darkening street, Joe's imagination starts to run wild. And as they search for the right place, he wonders 'what if...' at each house, peeking in to see some surprising sights. The common fear of dealing with a new situation is handled well, and Browne's treatment of the topic will have readers nodding with understanding.



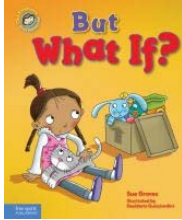
Wemberly Worried by Kevin Henkes.

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of school.



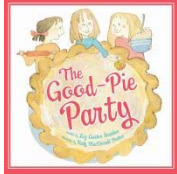
Ready for Anything by Keiko Kasza.

Raccoon is nervous about all of the things that could spoil a picnic, from bees to dragons, until Duck convinces him that surprises can be fun.



But What If? by Sue Graves

Daisy's family is moving, and Daisy is very worried. What if she doesn't like her new home? What if her cat runs away? What if her new teacher isn't nice? A conversation with her grandpa helps Daisy learn that many worries don't come true--and if one does, someone will be there to help her solve the problem.



The Good-Pie Party by Liz Garton Scanlon

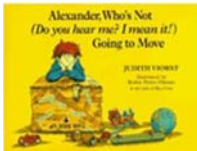
Posy Peyton and her friends are very sad that she will be moving away, but when they try to cheer themselves up by baking a pie, they realize that Posy's leaving does not have to mean saying goodbye.



Tilly's Big Problem by Rose Stanley

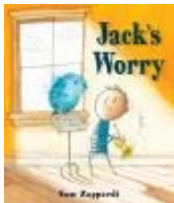
When Tilly's problem gets too much for her she confides in her friend, Ned, who is great at helping her with the tricky stuff. But this time, even Ned can't come up with a solution. However, he does have a good idea to help her find someone to talk to.

Together they devise a plan and have an adventure along the way.



Alexander, Who's Not (Do you hear me? I mean it!) Going to Move by Judith Viorst

Angry Alexander refuses to move away if it means having to leave his favorite friends and special places.



Jack's Worry by Sam Zuppardi

Jack has been looking forward to playing the trumpet in his first concert, but on the morning of the big day, Jack becomes anxious about performing and his worry starts to grow.

Non-fiction Books for children



Worried by Isabel Thomas

This guide for young readers describes what worry is, some things that cause it, and how to deal with it.



Sometimes I'm Scared by Jane Annunziata

Presents some of the common objects and situations that cause fear in children and provides advice on different things that they can do themselves to overcome their feelings of being afraid.

Chapter Books



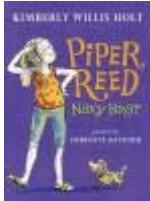
Ellie McDoodle: New Kid in School by Ruth McNally Barshaw

Ellie writes and doodles in a journal of her family's move to a new home and her struggle to make friends, which gets a lot easier as she leads a nonviolent protest about long lunch lines at school.



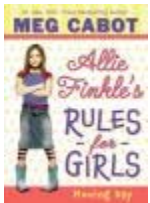
My Last Best Friend by Julie Bowe

After her best friend moves away, fourth-grader Ida May is determined not to make another best friend, despite the efforts of a new girl in her class.



Piper Reed, Navy Brat by Kimberly Holt

Piper is sad about leaving her home and friends behind when her father, a Navy aircraft mechanic, is transferred yet again, but with help from her often-annoying sisters and a surprise from their parents, she finds happiness in their new home in Pensacola, Florida.



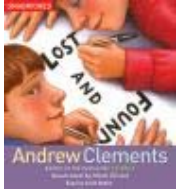
Moving Day by Meg Cabot

Nine-year-old Allie Finkle has rules for everything and is even writing her own rule book, but her world is turned upside-down when she learns that her family is moving across town, which will mean a new house, school, best friend, and plenty of new rules.



Esperanza Rising by Pam Munoz Ryan

Esperanza and her mother are forced to leave their life of wealth and privilege in Mexico to go work in the labor camps of Southern California, where they must adapt to the harsh circumstances facing Mexican farm workers on the eve of the Great Depression.



Lost and Found by Andrew Clements

The Grayson twins are moving to a new town. Again. Although it's a drag to be constantly mistaken for one another, still, during those first days at a new school, there's nothing better than a twin brother. But on day one of sixth grade, Ray stays home sick, and Jay is on his own. And--no big deal. It's a pretty nice school, good kids too. But Jay quickly discovers a major mistake; no one at this school seems to know a thing about his brother. Ray's not on the attendance lists, doesn't have a locker, doesn't even have a student folder. As these two clever boys exploit a clerical oversight, each one finds new views of selfhood, friendship, learning, and honesty.



Wonder by R. K. Palacio

Ten-year-old Auggie Pullman, who was born with extreme facial abnormalities and was not expected to survive, goes from being home-schooled to entering fifth grade at a private middle school in Manhattan, which entails enduring the taunting and fear of his classmates as he struggles to be seen as just another student.



Wild Girl by Patricia Reilly Giff

When Lidie leaves Brazil to join her father and brother on a horse ranch in New York, she has a hard time adjusting to her changed circumstances, as does a new horse that has come to the ranch.



The Last Fifth Grade of Emerson Elementary by Laura Shovan

At the end of the term, Emerson Elementary School will be bulldozed to make way for a shopping center and students will be reassigned to other schools in the district. This change is particularly hard for the 18 fifth graders in Ms. Hill's class. She tasks them with keeping a poetry journal throughout the year; their poems will be placed in a time capsule at the end of the year. The students write about their feelings, the project, the imminent changes to their community, and their worries about middle school through alternating poems divided into four quarters.



Pack of Dorks by Beth Vrabel

Propelled from coolest to lamest after trying to kiss Tom Lemmings, Lucy tries to navigate the social hierarchy of fourth grade.



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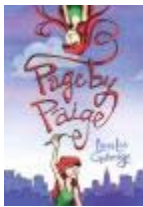


Sketch Monsters: Escape of the Scribbles by Joshua Williamson

Mandy doesn't show her feelings. Instead she draws them as MONSTERS in her sketchbook! But one day her emotions run wild and those monsters escape! Mandy's only help catching them is an eccentric monster named Happster, who causes more problems than he solves. Can Mandy catch all the sketch monsters and return them to her sketchbook before they destroy her town? Great for students who love graphic novels.

Books for Middle Schoolers

The following books are about middle school students who learn how to survive a move or a major change in their lives.



Page by Paige by Laura Lee Gulledge

When Paige Turner and her family move to New York City from rural Virginia, she tries to make sense of her new life through her sketchbook, and it helps bring her true personality into the open, a process that is equal parts terrifying and rewarding. Great for students who love graphic novels.



Schooled by Gordon Korman

Homeschooled by his hippie grandmother, Capricorn (Cap) Anderson has never watched television, tasted a pizza, or even heard of a wedgie. But when his grandmother lands in the hospital, Cap is forced to move in with a guidance counselor and attend the local middle school. While Cap knows a lot about tie-dyeing and Zen Buddhism, no education could prepare him for the politics of public school.



Every Soul a Star by Wendy Mass

Ally, Bree, and Jack meet at the one place the Great Eclipse can be seen in totality, each carrying the burden of different personal problems, which become dim when compared to the task they embark upon and the friendship they find.



Binny for Short by Hilary McKay

Eleven-year-old *Binny* struggles to cope with her father's death and the loss of her beloved dog while she adjusts to a new home that might be haunted by her horrible Aunt Violet.



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Harry Potter and the Sorcerer's Stone by J.K. Rowling

Rescued from the outrageous neglect of his aunt and uncle, a young boy with a great destiny proves his worth while attending Hogwarts School for Wizards and Witches.



The Truth about Twinkie Pie by Kat Yeh

When twelve-year-old GiGi and her big sister DiDi move to Long Island from South Carolina for GiGi to attend a fancy new private school, GiGi has a new recipe for success and makes new friends, but then discovers a family secret that turns her life upside-down.

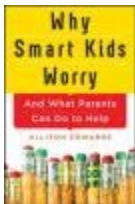
Adults

The following books give suggestions and strategies to help your child cope with change, worries, and anxieties.



Parenting your stressed child: 10 mindfulness-based stress reduction practices to help your child manage stress and build essential life skills by Michelle L. Bailey

Pediatrician and Duke University integrative medicine expert Michelle Bailey shows parents how to provide their children with practical mindfulness-based life skills for keeping calm in stressful situations including family conflicts, difficulties at school, problems with friends, divorce, and other life transitions.



Why smart kids worry: and what parents can do to help by Allison Edwards

Allison Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past.



Overcoming school anxiety: how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries by Diane Peters Mayer

Mayer shows parents how to deal with a wide variety of problems, from test and homework anxiety, to bullying, and fear of speaking up in class. She also offers easy-to-learn techniques for children including breathing and relaxation exercises, focusing techniques, and tips on proper diet and exercise that help relieve stress.



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Growing up brave: expert strategies for helping your child overcome fear, stress, and anxiety by Donna B. Pincus,

Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence.