

Recommended Book List for Children



Prematurity:

No Bigger than My Teddy Bear by Valerie Pankow, illustrated by Gwen Connoly (ages 3-7). This picture book uses simple, straight forward language to describe the NICU experience as seen through the eyes of a new big brother. Family Books, 2004.

My Brother Is a Preemie/My Sister Is a Preemie: A Children's Guide to the NICU Experience by Abraham R. Chuzzlewit and Dr. Jos. A. Vitterito 11 (ages 3-9). A brief child-friendly introduction to the Neonatal Intensive Care Unit meant for siblings or young relatives. Ideally this book should be read together with your children before visiting the hospital to alleviate some of the fears or uncertainties associated with visiting a baby in the hospital. CreateSpace, 2010.

My Baby Sister is A Preemie by Diana M. Amadeo, illustrated by Cheri Bladholm (ages 4-8). In this story about a baby who arrives too soon, Sarah can see that Mommy and Daddy are worries, and that tiny Amy is sick. But her parents help her to see that God is with the entire family. A special section at the end written by R. Scott Stehouwer, PHD, provides suggestions for parents and caregivers. Zonder Kids, 2005. Available for Kindle.

Katie's Premature Brother by Elizabeth Hawkins-Walsh, illustrated by Anne Catharine Blake (ages 9-12). Includes both English and Spanish Translations. Come with Katie and visit her new brother. "She couldn't wait until that special day when he would come home. She already like Christopher, and she just knew he was going to like her, too." Centering Corporation, 2006.

Siblings and Coping:

That's when I'm Happy by Beth Shoshan, Illustrated by Jacqueline East (ages 2-6). Baby bear reminds himself that even when things are gloomy there are still things that make him happy like running through the leaves or cuddling with mommy. Parragon, Incorporated 2007.

I'd Rather Have an Iguana by Heidi Stetson Mario (ages 3-7). When Mom and Dad bring home a new baby, big sister is not amused. Amid the commotion and disrupted routines, the little girl sulks and wishes she'd been given an iguana instead. Charlesbridge, 1998.

Barfburger Baby, I Was Here First by Paula Danziger (ages 4-7). Jonathan can't figure out why grown-ups love babies! But he is going to have to get used to being a big brother. He is not the only kid in the family anymore, and he is not happy. G.P.Putnam's Sons, 2004. Puffin, 2007.

A Pocket Full of Kisses by Audrey Penn, Illustrated by Barbara Leonard Gibson (ages 4-8). Raccoon has a baby brother- and the baby brother is taking over his territory. But Mrs. Raccoon soothes his fears with her own special brand of wisdom, finding just the right way to let Raccoon know he is deeply loved. Child and Family Press, 2004.