

At Acacia Family Medical Group, we have been part of the Reach Out and Read program for over 20 years. We purchase and gift new books at every check up from 6 months until 5 years of age. We help select a book that is appropriate for the age, interact with the child and parent around the book, and explain the importance of early exposure to print material, along with limiting electronics. This program has a solid amount of evidence for effectively supporting children's successful engagement in school and motivation to be a curious and independent learner.

We know that the Coronavirus related shutdown of schools and workplaces has heavily impacted children everywhere. School age children are on a lot more electronics for learning and entertainment. The younger ones may be happy spending more time with siblings and family caregivers. We are encouraging lots of time outdoors, and the use of reading out loud as one form of connection, along with singing and talking to young children. As we do checkups and see families by video visit and in person, we are hearing that most children have not had conversations directly around what this virus is. To that end, I have reviewed and curated a list of books on Covid19 written by a variety of authors and organizations. Some are developed to support expressing feelings, others are more factual. This type of information opens the door to communication across the family. As our situation is evolving and our understanding changes, involving the youngest may help them with improved coping. The age ranges of these books are my own best assessment, you and your child may disagree. The list is long but I felt that each had its own merits and may be the right resource for your child. (Sumana Reddy)

Ages 3-6

https://rightnowiamfine.files.wordpress.com/2020/04/right-now-i-am-fine_dr.-daniela-owen-1.pdf

A lovely, simple work on mindfulness for young children ages 3 to 8, written by Daniela Owens, a clinical psychologist in San Francisco. No specific reference to Covid19, which is almost a plus.

<https://mattcgriffiths.com/>

The Inside Book by Matthew Griffiths

I found this offering graphically appealing and simple with enough sweet humor and thoughts about being at home that I found it quite soothing.

https://pollyzielonka.files.wordpress.com/2020/03/what-is-coronavirus_zielonka-1.pdf

What is Coronavirus? by Polly Zielonka

A California psychologist provides a simple explanation for a 3 year old.

In English and Spanish: Mission: Stay at Home

A coloring book focused on the message of why it's important to stay at home.

<https://www.dalmaus.com/mision-quedarse-en-casa>

Ages 5-7

What is Coronavirus? by Christine Borst

https://drive.google.com/file/d/1ovyr_19RVKBOK_CkA4dXvToZTwzqbB4_/view

Sweet and simple, but warm and supportive.

<https://www.unicef.org/lac/media/10156/file/Talking-about-coronavirus-19-with-young-children.pdf>

A 7 page workbook with basic facts and room to write down feelings, aimed at 4 to 7 year olds.

A picture book for all ages:

The Big Alone by the Avendano sisters from Toronto, Canada

A simple, graphical tale of being alone but realizing we are not alone. Visually appealing.

<https://www.thebigalone.com/>

6-10

I have a Question about Coronavirus: Clear answers for all kids by Arlen Grad Gaines and

Meredith Englander Polsky

Simple stick figures, and a story repeated in short picture frames intended for those who learn best through visual cues including those with autism spectrum disorder. Detailed, even uses the phrase 'flattening the curve'.

<https://www.ihaveaquestionbook.com/>

<https://www.authorfreeman.com/blog/sheltered/>

Highly recommended: A clever and heartwarming rhyme about being with loved ones at home. Not directly educational about the coronavirus, but a nice way to 'normalize' the situation.

The House We Sheltered In by Freeman Ng, also a Northern Californian

Something Strange Happened in my City by Dr. Shu-Chen Jenny Yen from Cal State Fullerton.

Two versions for different ages, with questions and answers and a parent guide.

<https://socialstorycenter.com/english/>

https://mcusercontent.com/9cb178c6f560ecfd48df38a8c/files/c98aaa60-0775-4351-af73-73e9fac04613/A_Kids_Book_About_COVID_19_1.1.pdf?mc_cid=e3d8f814fa&mc_eid=11eaefbf5

A kids book about covid19 by Malia Jones

Strong graphics, simple language but content still better for late elementary, 3rd to 5th Rather stark in its language, "people who get Covid19 are more likely to get sick and even die of it"

Tomorrow: A Childrens' book about Covid19

created by a group of artists, each illustrating one page

https://drive.google.com/file/d/1H5ysOzOU5N5_K3SAobKZXYe2BpOlla/view?fbclid=IwAR3czoCfgrQ_iJqfGSBLY0LP2u-V6X6w942PAweJcEFVIKCSnqKm1PYN68

Teachers, a clinical psychologist and a professor who does infectious disease modeling wrote Coronavirus-A Book for Children, from Nosy Crow. One of the most detailed and fact filled offerings. Despite that, it has a nice tone of reassurance and I felt uplifted by the last page's graphic 'We're all in this together'

<https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf>

Coronavirus Get Outta Here! by Peter Ivey and Andrew Blake

One of my favorites for text and illustrations. All ages, graphically compelling illustrations,

<https://s3.amazonaws.com/media.muckrack.com/portfolio/items/9204254/coronavirusgetouttahere.pdf>

Unique in discussing the body's amazing immune system.

The Story of the Oyster and the Butterfly: The CoronaVirus and Me, written by Ana Gomez and designed by Sergio Aguirre

Ms Gomez is a psychotherapist, and the illustrations really add to her account. This is partly a workbook, but provides detailed information on the virus as well. Very strong messaging on positivity with strategies from EMDR and mindfulness says the author.

https://www.anagomez.org/wp-content/uploads/dlm_uploads/2020/04/OysterandButterfly-EnglishHV3.pdf

Clemson University's Science Department has this in English and Spanish:

<https://scienceweb.clemson.edu/flipbook/community-heroes-english/>

Especially thorough and I like the masking!

Be a Coronavirus Fighter by Songju Ma Daemicke and Helen H. Wu

<https://yeehoopress.com/coronavirus-picturebook/>

I like the emphasis on community efforts, 'humans are smart. We have many ways to fight it'.
Nice illustrations

Doctor Li and the Crown Wearing Virus by Francisca Li

<https://drive.google.com/file/d/1YOyr5DZeWOyR57IZemFZ1SyfxfguKLyN/view>

A biography of the physician in Wuhan, China who first suggested there was a new disease out there.

<https://www.nabu.org/covid19/>

Three interesting titles, one based in Rwanda and originally written in Kigali, Nabu is a collective non-profit supporting diverse children's books

Spanish Titles for all ages:

from Madrid, a compendium of suggestions for children to cope, 3rd to 5th

http://www.codajic.org/sites/www.codajic.org/files/Mi-casa-es-un-castillo_comprimido_0.pdf

Alicia y el Coronavirus by Salvador Macip and Emilio Urberuaga

https://www.editorialflamboyant.com/wp-content/uploads/2020/04/Ebook_Alicia_y_el_coronavirus_ES.pdf

In Spanish, a conversation between father and daughter about the virus, with whimsical illustrations. I appreciate that the two of them are masked throughout. Salvador Macip is apparently a medical doctor and a molecular biologist.

https://www.familiaysalud.es/sites/default/files/pequepandilla_al_rescate-v9f10p.pdf

Creative collage illustrations and explanation for lower elementary students.