

## Books to Help Children Cope with Disasters – Children’s Books

Title	Author	Description/Summary	Age Level
I’ll Know What to Do, A Kid’s Guide to Natural Disasters	Bonnie S. Mark and Aviva Layton	Helps children understand the facts, their feelings, and how to cope with natural disasters	7-10
The Big Bad Blackout	Megan McDonald	When a hurricane knocks out the power, Judy, Stink, and their family find a way to pass the time.	7-8
Clifford and the Big Storm	Norman Bridwell	A story of evacuation and returning home	2-3
Flood	Alvaro F. Villa	A wordless picture book showing the preparations for – and recovery from – a major flood	5-8
The Rhino who Swallowed a Storm	LaVar Burton and Susan Schaefer Bernado	A young mouse who once lost her home to a storm is frightened by severe weather; her father calms her fears with the take of a rhino who was also displaced but learns “you’re never really alone when bad things happen.”	8-10
A Terrible Thing Happened – A story for children who have witnessed violence or trauma	Margaret M. Holmes	This story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire.	4-8
Once I Was Very Very Scared	Chandra Ghosh Ippen	This story uses animals to convey the fact that feeling frightened is common and, more importantly, that people respond that stress and anxiety in different ways – and that’s okay. A Spanish Version is available: Una Vez Tuve Mucho Mucho Miede	
Jenny is Scared: When Sad Things Happen in the World	Carol Shuman	Depicts what children often experience before they even know what awful thing is happening: scary news reports, disruptions in routine, forgetfulness of parents, etc. It focuses on the big fears children have and gives parents tips on how to make their children feel safe and cope with their anxiety.	4-8
The Rabbit Listened	Cori Doerfeld	When something sad happens, Taylor doesn’t know where to turn. All they animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn’t feel like chatting. The bear thinks Taylor should get angry, but that’s not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen... which is just what Taylor needs.	3-5

The Ant Hill Disaster	Julia Cook	This book addresses fears associated with both natural and man-caused disasters. It models effective parenting and teaching responses. This book can help assure children that through love, empathetic understanding, preparation, and effective communication, they can stand strong, even in the midst of uncontrollable events.	4-6
A Flicker of Hope	Julia Cook	This story reminds children that dark clouds can be temporary and asking for help is always okay. We all have times when we need to borrow a little hope from someone else.	8-12
Ready Wrigley	CDC, Center for Preparedness and Response	Coping After A Disaster <a href="http://www.cdc.gov/phpr/readywrigley/">http://www.cdc.gov/phpr/readywrigley/</a> (Also available in Spanish)	
Healing Days: A Guide for Kids Who Have Experienced Trauma	Susan Farber Straus PhD	A sensitive and reassuring story intended for children who have experienced trauma and covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens	6-11

## Books to Help Children Prepare for Disasters - Children's Books

Extreme Weather: Surviving Tornadoes, Sandstorms, Hailstorms, Blizzards, Hurricanes, and More!	Thomas M. Kostigen	Covers different natural disasters as well as what to do before, during, and after, which may give kids some preparedness peace of mind	8-12
Storms	Miriam Busch Goin	Facts and photos to help children understand what is actually happening (National Geographic Kids)	4-6
How Do Dinosaurs Stay Safe?	Jane Yolen	From crossing the street with Mama to encountering a stranger, the playful but careful antics of these dinosaurs will make readers laugh aloud – and prompt discussion of safety issues.	3-5
Eli the Elephant: A Tsunami Story	Margaret Donald	This story is told through the eyes of a wise old elephant and teaches young children how to recognize the warning signs of a tsunami.	8-12
We Shake in a Quake	Hannah G. Givon	This book explains what causes earthquakes and shows to prepare for them and keep safe during one	4-8
I Can Be a Superhero During a Lockdown (Super Safety Series)	Rachel Tepfer Copeland	Written in a positive, self-affirming, first-person account, which helps children visualize a positive ending to a potentially difficult and frightening situation. Includes reassuring methods to effectively and gently teach children how to remain safe during a lockdown	4-10

I Can Be a Superhero During a Fire Drill	Rachel Tepfer Cope-land	This book teaches the important safety skills and coping techniques necessary to stay safe during school fire drills.	4-10
Tummy Rumble Quake	Heather L. Beal	Reading this book is a great way for parents, child care providers, and caregivers, to talk to toddlers and preschool children about earthquake safety in a non-frightening way. Children can easily relate with these characters and their story gives children the tools and information they need to stay safe and be prepared should an earthquake happen.	3-8
I'M NOT Scared, I'M Prepared!	Julia Cook	This book will enhance the concepts taught by the ALICE Training Institute, and make them applicable to children of all ages in a non-fearful way.	5-8
Miss Mingo and the Fire Drill	Jamie Harper	Learning the rules of fire safety is a lot more fun (and less scary) when demonstrated by a charming and diverse group of animals. The animals work hard to master the rules of fire safety and perform the perfect fire drill, but thinking about fire is a bit nerve-wracking, and each of them reacts differently – often with hilarious results.	4-8
Fire Drill	Paul DuBois Jacobs and Jennifer Swender	The children in this kindergarten class know what to do when there's a fire drill. They put down their toys and get in line. They file out of the building, slowly and calmly. They listen to the teacher. And when the teacher says "Okay!" the children know everything is safe. Back they go to their classroom to learn and play.	4-7
Arthur's Fire Drill	Marc Brown	When D.W.'s teacher announces that they will have a fire drill, D.W. is afraid the school is going to burn down! So Arthur gives her his fire fighter's hat, a whistle, and a few tips on fire safety, and appoints her their home fire warden. She then sets off to school prepared to take charge.	5-8
Dinofours: It's Fire Drill Day!	Steve Metzger	Albert is afraid of loud noises and his teacher, Mrs. Dee, explains why the fire bell is so loud, helping Albert get over his fear of its loud noise. Fire safety tips are also included in this book.	5-6
Here Come the Helpers	Leslie Kimmelman and Barbara Bakos	A board book that highlights the emergency vehicles that help make our world a better place	3-5
Rapid Responders	Finn Coyle	Community helper's keep us all safe and they have special machines that help as well. This book helps children learn what each machine does and discover what happens when they all work together.	3-6

Be Careful and Stay Safe	Cheri J. Meijers M.Ed.	This book teaches little ones how to avoid potentially dangerous situations, ask for help, follow directions, use things carefully, and plan ahead.	4-8
Yesterday We Had a Hurricane	Deirdre McLaughlin Mercier	This book tells the experience of a hurricane as seen through the eyes of a young child. Young readers will learn all about these “big storms that come from the ocean.” They’ll find out about the effects of wind and rain, as well as some of the more lighthearted and practical alternatives to doing without electricity.	5-6
The Sky Stirs Up Trouble	Belinda Jensen	Tornado siren! Bel the Weather Girl and Dylan head to the basement. Dylan is scared the house will blow away! But soon the storm passes. Some storms make tornadoes, and some don’t. Bel says she can explain why – in the kitchen. What does baking have to do with tornadoes? Stay tuned, because every day is another weather day!	4-9
Franklin and the Thunderstorm	Paulette Bourgeois	Franklin is afraid of thunderstorms. When a storm approaches while he is playing at Fox’s house, a flash of lightning sends Franklin into his shell. He refuses to come out – even for snacks – until his friends make him laugh with their tall tales about what causes storms. And when Beaver explains what really causes thunder and lightning, Franklin begins to feel much safer.	3-8
Stormy Night	Salina Yoon	When thunder shakes his house and rain pounds the windows, Bear is frightened. But comforting his Mama, Papa, and Floppy helps make the storm seem not so scary. Before Bear knows it, the storm has passed, because even storms need their sleep... and so do bears.	3-6
Blitzed by a Blizzard	Joyce L. Marovics	Experience firsthand some of the world’s most destructive disasters through the eyes of the people who survive them – combining scientific explanations of the disasters along with gripping narrative descriptions, readers will learn how these survivors lived to tell their stories; each book also discusses advances in disaster prevention and safety procedures.	7-12
Fireboy to the Rescue!: A Fire Safety Book	Edward Miller	Here comes Fireboy to the rescue! Although fires can be dangerous and very scary, Fireboy will allay your fears by showing you what to do if one starts at home or in school, as well as how to prevent one from starting in the first place. Follow Fireboy inside a busy firehouse, watch him Stop, Drop, and Roll, and learn some fun facts about famous fires in this vibrant and practical guide to fire safety.	3-8

No Dragons for Tea: Fire Safety for Kids (and Dragons)	Jean E. Pendziwol	While out for a walk with her mom, a little girl has the surprise of her life – she meets a real, live, fire-breathing dragon! Now this dragon is nothing to be afraid of – in fact, he’s so friendly that she invites him home for tea. But their afternoon snack is suddenly interrupted when the dragon sneezes and sets the table ablaze. Luckily, the girl knows just what to do, and she teaches her new friend to be fire smart, too.	3-7
Clifford the Firehouse Dog	Norman Bridwell	Focuses on being prepared and evacuating in a fire emergency	2-3
It’s Time to Call 911: What to Do in an Emergency	Penton Overseas, Inc.	Invites young children to practice calling 911 on a telephone keypad as they react to accidents, fires, and other emergencies.	2-4
Impatient Pamela Calls 9-1-1	Mary Koski	Displaying bravery and quick thinking, Pamela rises to the occasion again when she helps save her friend Martin after learning to call 9-1-1 in an emergency. Children are provided with an engaging role model as Pamela and her local cat Meow-Man figure out how to stay calm on the phone during a class and follow instructions until help arrives. This updated edition features a more multicultural approach in which children learn an inclusive view of the many people who can help them in difficult situations. (Also available in Spanish)	4-8
Dial 911! (Fire Safety)	Charles Ghigna and Mark Oblinger	What should you do if there’s a fire? Get to safety and call 9-1-1! This sing along picture book lets kids practice this vital skill in a fun, safe way. Young readers will feel like heroes as they tap their feet to this catchy song about fire safety. This paperback book comes with online music access.	3-8
Get Out, Stay Out (Fire Safety)	Charles Ghigna and Mark Oblinger	What should you do if there is a fire in your home? Get out, stay out. Call for help. This sing-along picture book will help kids remember this life-saving rule. Young readers will feel like heroes as they sing along with this catchy song about fire safety. This paperback book comes with online music access.	3-8
Plan and Prepare! (Fire Safety)	Charles Ghigna and Drew Temperante	Do you know the four rules of fire safety? Have a plan. Get out fast. Stay low. And don’t open hot doors. This sing-along picture book will make kids want to practice these four life-saving rules over and over again. Young readers will feel like heroes as they sing along to this catchy song about fire safety. This paperback book comes with online music access.	3-8

Stop, Drop, and Roll! (Fire Safety)	Charles Ghigna and Drew Temperante	What should you do if flames get on your clothes? Stop, drop, and roll! This sing-along picture book will make kids want to practice this life-saving skill over and over again. Young readers will feel like heroes as they sing along to this catchy song about fire safety. This paperback book comes with online music access.	3-8
Lions, Leopards, and Storms, Oh My!: A Thunderstorm Safety Book	Heather L. Beal	Lily and Niko Rabbit are at childcare when the weather changes and a thunderstorm strikes. One of the children's parents is a meteorologist and he talks with the children about thunderstorms. They learn about severe weather events like thunderstorms and what conditions these events can bring, like, lightning, hail, and winds. They also learn what to do to stay safe.	2-8
Stop Drop and Roll (A Book about Fire Safety)	Margery Cuyler	Jessica has always been a worrier, and learning about fire safety is making her more nervous than ever. But our favorite worrywart is about to discover that knowing what to do in an emergency is the best (and only ) way to extinguish her fire-safety fears!	5-8
Mickey & Friends Disaster Preparedness Activity Book	Disney/American Red Cross	Disney's Mickey and Friends Disaster Preparedness Activity Book. Follow Mickey and his friends as they get ready for severe weather! Also available in Spanish. <a href="http://public-static.disneystorycentral.com/ddb/red-cross/9781423198451/index.html">http://public-static.disneystorycentral.com/ddb/red-cross/9781423198451/index.html</a>	
Ready Wrigley	CDC, Center for Preparedness and Response	<ul style="list-style-type: none"> <li>• Ready Wrigley Prepares for Winter Weather</li> <li>• Ready Wrigley Prepares for Tornadoes</li> <li>• Ready Wrigley Prepares for Extreme Heat</li> <li>• Ready Wrigley Prepares for Hurricanes</li> <li>• Ready Wrigley Prepares for Earthquakes</li> <li>• Ready Wrigley Prepares for Flu Season</li> <li>• Is There Lead in the Water?</li> <li>• Flooding and Mold</li> </ul> <a href="http://www.cdc.gov/phpr/readywrigley/">http://www.cdc.gov/phpr/readywrigley/</a> (Also available in Spanish)	
What Should I Do? If There is a Fire (Community Connections: What Should I Do?)	Wil Mara	Readers learn what to do if they are caught in a burning building, how to prepare for such events ahead of time, and how to reach to fire-fighters.	5-6