

Children's Books

There are many books for children about talking to children about COVID-19, change, uncertainty, resiliency and acceptance that will inspire conversation around these topics in your home!

Below you will find a list of book titles you may be interested in exploring further with your child. This list provides a brief example of the many books available to help children learn to adapt to change, deal with times of uncertainty and resiliency.

COVIBOOK (available in other languages on [this page](#))

This short book is to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. It is important to point out that this resource does not seek to be a source of scientific information, but rather a tool based on fantasy. Remember that emotions are processed through repetitive play and stories read multiple times.

[Time to Come In, Bear: A Children's Story About Social Distancing](#) [video]

[Books about Feelings for Babies and Toddlers](#)

Books are powerful tools that can help children make sense of difficult feelings. Explore this [reading list](#) for infants and toddlers to help them navigate complex feelings and experiences, including anger, fear, grief and loss, and divorce.

[The World Health Organization's children's story book released to help children and young people cope with COVID-19](#)

A new story book that aims to help children understand and come to terms with COVID-19 has been produced by a collaboration of more than 50 organizations working in the humanitarian sector, including the World Health Organization, the United Nations Children's Fund, the United Nations High Commissioner for Refugees, the International Federation of Red Cross and Red Crescent Societies and Save the Children.

[Download the book here](#)

[My Hero is You: all language versions](#)