



Trauma Toolkit

Library Services to Underserved Children and Their Caregivers
September 2024

About this population

Underserved Children and their caregivers facing trauma constitute a vulnerable population that requires special attention and support. Trauma experienced during childhood can have profound and lasting effects on a child's physical, emotional, and psychological well-being. It can stem from various sources such as abuse, neglect, exposure to violence, or family disruptions. The impact of trauma on children is complex and can manifest in difficulties with emotional regulation, impaired social relationships, and challenges in academic and cognitive development.

What is Trauma?

Recommended read-alouds

Divorce and Family Separation

Clayton, Anette. *Papa and Pearl: A Tale about Divorce, New Beginnings, and Love That Never Changes*. Free Spirit Publishing, 2024.

Kirkus, Seamus. *Once Upon My Dads' Divorce*. Magination Press, 2023.

Domestic Violence, Gun Violence, & Sexual Violence

Estrada, Elizabeth. *I Choose to Say No: A Rhyming Picture Book about Body Safety, Consent, Safe and Unsafe Touch, Private Parts, and Respectful Relationships*. I Choose, 2021.

Fontaine, Valerie. *The Big Bad Wolf in My House*. Groundwood Books, 2021.

Hazzard, Ann, and Marianne Celano and Marietta Collins. *Something Happened in Our Park*. Magination Press, 2021.

Holmes, Margaret.

Homelessness

Boelts, Maribeth. *Those Shoes*. Candlewick, 2009.

Genhart, Michael. *I See You*. Magination Press, 2017.

Gunti, Erin. *A Place to Stay: A Shelter Story*. Barefoot Books, 2019.

Lippert, Tonya. *Home*. Magination Press, 2022.

Otis, Chad. *The Bright Side*. Rocky Pond Books, 2023.

Sigwarth, Lydia. *Dear Librarian*. New York : Farrar Straus Giroux, 2021.

Sturgis, Brenda Reeves. *Still a Family: A Story of Homelessness*. Albert Whitman and Company, 2017.

Wheeler, Eliza. *Home in the Woods*. Nancy Paulsen Books, 2019.

Illness

Churnin, Nancy. *Mama's Year with Cancer*. Albert Whitman and Company, 2023.

Colfer, Eoin. *Cloud Babies*. Candlewick Press, 2023.

Stamm, Julie. *Some Days: A Tale of Love, Ice Cream, and My Mom's Chronic Illness*. The Experiment, 2021.

Stier, Catherine. *When A Kid Like Me Fights Cancer*. Albert Whitman and Company, 2019.

Sullivan, Rosana. *Mommy Sayang*. Disney Press, 2019.

Incarceration

Birtha, Becky. *Far Apart, Close in Heart: Being a Family When a Loved One is Incarcerated*.

Albert Whitman and Company, 2017.

Danticat, Edwidge. *Mama's Nightingale: A Story of Immigration and Separation*. Dial Books for Young Readers, 2015.

De La Pena, Matt. *Milo Imagines the World*. Two Hoots, 2022.

Greenwood, Sara. *My Brother is Away*. Random House Studio, 2022.

Yamasaki, Katie. *Place Hand Here*. Norton Young Readers, 2023.

Racial Injustice

Brown, Tamela Fryer. *That Flag*. HarperCollins, 2023.

Celano, Marianne. *Something Happened in Our Town: A Child's Story about Racial Injustice*.

Magination Press, 2018.

Florence, Melanie. *Stolen Words*. Second Story Press, 2017.
Ho, Johanna. *Eyes that Speak to the Stars*. HarperCollins, 2022.

Mendez, Yamile Saied. *Where Are You From?* HarperCollins, 2019.

Muhammad, Ibtihaj. *The Proudest Blue*. Little, Brown and Company, 2019.

Robertson, David. *When We Were Alone*. HighWater Press, 2016.

Webstad, Phyllis. *Every Child Matters*. Medicine Wheel Publishing, 2023.

Yansook Choi. *The Name Jar*. Dragonfly Books, 2003.

Recovery From Trauma

Agell, Charlotte. *Maybe Tomorrow?* Scholastic Press, 2019.

Galindo, Renata. *My New Mom and Me*. Schwartz & Wade, 2016.

Hourigan, Erin. *In the Blue*. Little Brown and Company, 2022.

Moore, David Barclay. *Boyogi: How A Wounded Family Learned to Heal*.
Candlewick Press, 2023.

Reul, Sarah Lynne. *The Breaking News*. Roaring Press Books, 2018.

*** Books for Older Readers ***

Grief

Lim, Rebecca. *Tiger Daughter*. Delacorte Press, 2023.

Highlighted features: Parents can customize the tasks for their children to complete. Children use a separate app called Joon Pet Game. Audio buttons are available for children who are not reading yet.

The Zones of Regulation

This is designed for children in elementary school and up. Adults can use this app as well. It helps children to manage their emotions and their behavior. It encourages problem-solving skills. Encourages self-regulation, and emotional control.

Target Age: 5 and up

Highlighted features: It has mini-games with rewards. The interactive games allow students to view real-life situations by learning how to read facial expressions. Students can create a personalized toolbox. Various teaching methods including multiple choice selections.

Calm Kids

This mindful meditation app helps to lower anxiety and stress. It aids in creating better sleep. It has multiple modules.

Target Age: 3 and up

Highlighted features: It has sleep stories, movement activities, and music for relaxation.

Headspace

Mediation app designed to help to reduce stress and create relaxation.

Target Age: 3 - 12

Card Games

[CBT 1-2-3](#)

[Todd Parr's Feelings Flashcards](#)

Toys

[Super Sensory Stretchy Strings](#)

[Totika Self Esteem Game](#)

[Infinity Cubes](#)

[Kimoichis Mixed Bag Of Feelings](#)

[Play Pretend Multicultural Families](#)

Wall Art

[Feelings Charts](#)

[Calming Corner Art](#)

Resources for Families

[Infographics: Parenting Kids Who Have Experienced Trauma](#)

Materials for programming*

Library programs for underserved families dealing with trauma should aim to create a safe and supportive environment while providing resources and activities that foster healing and resilience. Here are some materials and resources that can be used:

Books on Trauma and Healing

Stock the library with a variety of books targeted towards different age groups that address trauma, coping mechanisms, and resilience. Look for titles such as "The Body Keeps the Score" by Bessel van der Kolk, "The Boy Who Was Raised as a Dog" by Bruce D. Perry, "Trauma-

Therapeutic Activities

Provide materials for therapeutic activities such as art therapy, journaling, and mindfulness exercises. These can include art supplies like coloring books, markers, crayons, and paper, as well as journals and prompts for reflection.

- [Teen Line Resources](#)

This is the publishing arm of the American Psychological Association (APA) and provides books on mental health and emotional well-being for children.

Jessica Kingsley Publishers

Known for publishing books on various mental health topics, Jessica Kingsley Publishers offers resources for children, parents, and professionals dealing with trauma and emotional challenges.

National Association of School Psychologists (NASP)

NASP offers publications and resources that focus on supporting the social-emotional needs of children, including those dealing with trauma.

Child Welfare League of America (CWLA)

CWLA produces resources, including books and guides, on child welfare and trauma-informed care.

Brookes Publishing

Brookes Publishing specializes in educational resources, including books on early childhood development, mental health, and trauma-sensitive practices.

PESI Publishing & Media

PESI Publishing offers books and materials on mental health and trauma for professionals, educators, and parents.

Guilford Press

Guilford Press publishes books on psychology, mental health, and education, with titles that can be valuable for addressing trauma in children

Redleaf Press

Redleaf Press focuses on early childhood education and offers resources that support children's social and emotional development.

Gryphon House

Gryphon House publishes books for early childhood professionals and parents, including resources that address trauma-informed practices.

Collaboration with Mental Health Organisations

Partner with local mental health organizations to plan workshops, seminars, or support groups for families dealing with trauma. Provide information about these events at the library.

Community Events and Partnerships

Collaborate with community organizations to host events addressing trauma awareness and

[The Neutral Zone at Santa Clara County Library](#)

In partnership with trained therapeutic counselors, this 6-week program for children ages 7-13 supports children affected by divorce or separation through games and activities that facilitate open communication about the challenges of a changing family.

[Resiliency Kits at the Gail Borden Public Library](#)

These resiliency kits are part of a special collection, and each kit features books, hands-on activities, and information for grown-ups to help families navigate difficult traumatic experiences and provide support as they move toward healing.

[Healing Kits at Seymour Public Library](#)