

Selecting Fiction Books for a Children's Health Collection

By Maria Tan and Sandy Campbell

ABSTRACT: Books have long been recognized resources for health literacy and healing (Fosson & Husband, 1984). Individuals with health conditions or disabilities or who are dealing with illness, disability or death among friends or loved ones, can find solace and affirmation in fictional works that depict characters coping with similar health conditions. This study asked the question “If we were to select a new collection of children’s health-related fiction in mid-2014, which books would we select and what selection criteria would we apply?” The results of this study are a set of criteria for the selection of current English language literary works with health-related content for the pre-kindergarten to Grade 6 (age 12) audience (<http://hdl.handle.net/10402/era.38842>), a collection of books that are readily available to Canadian libraries (selected against these criteria: <http://hdl.handle.net/10402/era.38843>), a special issue of the Deakin Review of Children’s Literature - dedicated to juvenile health fiction, and book exhibits in two libraries to accompany the Deakin Review issue.

Books have long been recognized resources for health literacy and healing (Fosson & Husband, 1984). Individuals with health conditions or disabilities or who are dealing with illness, disability, or death, among friends or loved ones, can find solace and affirmation in fictional works that depict characters coping with similar health conditions. In particular, children who may be too young to have had any prior knowledge of, or experience with, a particular health issue, can vicariously experience the issue and empathize with those who have it, through reading a fictional account. As well, fictional works can help children understand health concepts, learn about healthy behaviours, and prepare for medical interventions (Tunney & Boore, 2013).

Librarians have always had to make choices about which books to select. In hospital, school and patient resource libraries that often operate with limited budgets to support specialized parts of their collections, these decisions are even more difficult. There is little in the professional literature to help guide librarians in selecting juvenile health fiction. This study addressed the following question: “If we were to develop a current collection of children’s health-related fiction, which books would we select and what selection criteria would we apply?” The results of this study are:

1. A set of criteria for the selection of current English language literary works with health-related content for the pre-kindergarten to Grade 6 (age 12) audience <http://hdl.handle.net/10402/era.39913> ;
2. a list of book titles that are readily available to Canadian libraries, selected against the above criteria <http://hdl.handle.net/10402/era.38843>;

3. a special themed issue of the *Deakin Review of Children's Literature*, dedicated to juvenile health fiction, in which this article appears, and;
4. children's health fiction book exhibits in two University of Alberta libraries, to complement the *Deakin Review* special issue.

Background

Little is published regarding the selection of children's health fiction. *Health, Illness and Disability: A Guide to Books for Children and Young Adults* (Azarnoff, 1983), now over 25 years old, is the most recent comprehensive work in this field. Azarnoff's book contains a bibliography of both fiction and non-fiction titles. Our purpose was to develop a comprehensive list of selection criteria for children's health fiction and to compile a list of current works (published from 2011 to 2014 inclusive) that meet these criteria.

In defining the scope of the books that we would review, we used a broad definition of "health-related content" that includes topics relating to learning about: body parts and functions, health-promoting lifestyle behaviours, physical and mental illnesses and conditions. It also includes developmental disorders, and emotional and behavioural issues such as extreme shyness and bullying, that all have potential health impact on a child.

Identifying the Books

We developed a list of search terms based on Azarnoff's list of indexing terms, which we modified to include current and specific terms such as anxiety, bullying, colour blindness, dementia, facial abnormalities/disfigurement and seizures. The adaptations were informed by our own health subject knowledge and awareness of existing health-specific juvenile fiction works, terms used to organize children's health information on reputable children's health websites, including the AboutKidsHealth (University of Toronto's Hospital for Sick Children) – Ages & Stages, and Just for Kids sections and the Nemours Foundation Kids Health.org – For Kids section.

To identify current works (published between 2011 to 2014 inclusive), we reviewed a variety of sources. Print and electronic publications provided bibliographies covering short time frames (Canadian Children's Book Centre, 2011; Liska Carger, Conklin, & Falk-Ross, 2002). Unfortunately, many of the cited works are no longer available for purchase. We also searched the library catalogues of the University of Alberta H.T. Coumts Library, Edmonton Public Library and Vancouver Public Library. For books held at the University of Alberta H.T. Coumts Library, we did a title-by-title review of every item with the Library of Congress sub-heading "Health Fiction," published between 2011 and 2014 inclusive. We also reviewed collections held at Burnaby Public Library's Metrotown Branch and received suggestions from the BC Children's Hospital – Family Support & Resources Centre, the Calgary Children's Hospital – Family & Community Resource Centre, the Cross Cancer Institute's Cancer Information Centre, and the Stollery Children's Hospital. In addition, we searched the Children's Literature Comprehensive Database, WorldCat, the Canadian Children's Book Centre database and booklists (e.g., Governor General's Award, Mental Health Awareness Week lists), the Center for Children's Books (University of Illinois at Urbana Champaign), commercial bookseller websites such as

Amazon.com, Amazon.ca, and Chapters/Indigo, Barnes & Noble BN.com, a local bookshop (Audrey's), a variety of websites dedicated to specific health topics (e.g.,: SuperKids Nutrition, Rainbow Books, Little Parachutes) and bibliographic databases pertaining to library and information studies. The latter yielded a small number of articles on the topic of children's health fiction literature (Naidoo, 2012; Sakai, Carpenter, & Rieger, 2012; Sickness and Picture Books, 2010). We also spoke with colleagues, some of whom supplied copies of books from their children's collections. We ceased searching on May 30, 2014.

The two authors (one health librarian and one health/education librarian) spent one month screening various books to refine the selection criteria. Then, from January 2013 to May 2014, we reviewed 173 books that met the basic subject and date criteria. Applying knowledge from experience in children's book selection, collecting, and reviewing, we identified books for inclusion in the collection. We also read reviews in various online venues such as those included in the Children's Comprehensive Literature Database, and Amazon.com, to identify issues or problems with specific titles. The two reviewers discussed uncertainty or disagreement about whether or not a book should be included, and, occasionally, consulted with colleagues to gain new perspectives on these decisions. The final list contained 87 accepted titles at a total cost of \$985.10 CAD.

We are aware that our final list is not comprehensive, that we have not captured every good children's health fiction work, and that we have made subjective decisions, excluding from the list books that others might include. There were some books that we were not able to acquire in time to review for the study. There were also health-related children's books around which controversy swirls. For example Robert Munsch's *Alligator Baby* (2012), is read by some as funny and empowering for the child, while others see it as frightening and demeaning of the parents. Based on our own experience and knowledge, we made individual decisions about whether or not to include these works.

Selection Criteria

In defining selection criteria, our purpose was to build on well-established general selection criteria for children's literature. For example, Morris, in *Selecting Children's Reading* (Morris, 1973) advised:

Physically, the book should be appealing. The quality of paper, clarity of print and sturdiness of binding are considered. If there are illustrations, maps, graphs, charts, glossaries and indexes, these must be accurate. In addition to accuracy, illustrations are judged according to correlation with text, imaginative use of the art form, timeliness and color. Literary features such as exciting plot, realistic characters, accuracy of the information (for non-fiction, especially), and naturalness and beauty of language are of special importance. And, of course, all of these must be suitable to the age level for which the book is intended.

To define criteria specifically tailored for the selection of juvenile health fiction, we noted issues, problems and questions that arose as we read through the children's health

fiction works. We grouped together similar issues and patterns, and from those groupings, developed a list of criteria specific to health fiction. The initial checklist was shared with several other librarians who provided feedback. While the checklist details a number of criteria, those described below are the most important and the ones that we applied most frequently.

The first and most important criterion that we identified was that the books must present the health issue from a positive perspective. To be included books needed to be positive, if not uplifting in tone. Books had to offer a child the opportunity to experience their situation reflected in the story and to understand the health issue from a child's perspective, or to be able to identify with a character who grows and learns to cope with a health issue. *I Want My Mommy* (Corderoy, 2013), *Better Than Weird* (Kerz, 2011) and *Why Did Grandma Put Her Underwear in the Refrigerator?* (Wallack & Given, 2013) exemplify these qualities and do so in positive ways. We excluded books that were dark and depressing, promoted fear, showed children in inescapable abusive situations or promoted unhealthy behaviours. For example, *What Happened to Ivy* (Stinson, 2012) describes a father allowing his severely handicapped daughter to drown while he is holding her in the lake. *I Don't Want To Go To The Hospital* (Rose, 2011) shows a child being tied to a chair so that she can be forced to go to the hospital.

The second criterion identified was the need for the works to be scientifically and medically accurate. While Morris identified this criterion as important for non-fiction, it is crucial that health information be accurate regardless of whether it is presented in fiction or non-fiction works. For example, no standard work on the treatment of childhood depression would suggest hiding under a rock, even metaphorically, as a valid intervention, as does *Blueloon* (Cook, 2012), or that eating large quantities of candy would be a good cure for unhappiness as we see in *Olive and the Bad Mood* (Freeman, 2013).

Azarnoff notes that "Some therapists and teachers prefer animal stories for telling children about disability because the books effectively assist young people in coping with stress by distancing the subjects or providing vicarious experience" (p.xi Azarnoff, 1983). While we agree that the use of animals as characters to represent children is helpful, there is no reason for authors to choose to use an animal whose health condition is biologically completely different in humans, when another animal could illustrate the issue more accurately. For example, in *Little Beaver and the Big Front Tooth* (MacDonald, 2012), a beaver is the animal used to illustrate childhood tooth loss and in *Franklin's Baby Sister* (Bourgeois, 2013), a turtle shows signs and displays behavior typical of human pregnancy. Many children know that beavers do not lose their teeth and that turtles lay eggs, rather than giving birth to live young. While one could argue that these animals are simply surrogates for people, there are other books on the subjects of tooth loss (*Bear's Loose Tooth* (Wilson, 2014)) and pregnancy (*Ruby's Baby Brother* (White, 2013)), that use more appropriate animals as surrogates for humans.

A further variant of medical inaccuracy is a story that oversimplifies the condition or the treatment. Works such as these often appear in areas of health behaviours, such as physical activity, nutrition, and dealing with issues of bullying, anger management, separation anxiety and shyness. For example, in *Kakanin, Kailan Ka Kakainin? Rice Cakes, When Will You Be Eaten?*

(Ordinario-Floresta, 2013) and *Oh, No, School!* (Chang, 2014), the message to the reader can be paraphrased as "just do it", "just try it" or "just change" and the problem will be solved.

The third criterion was that the book needed to primarily address children. There are many books which were designed as bibliotherapy interventions (Clough, 2005), but are presented as fiction. The books often have a didactic feel about them and there is usually instruction to parents or caregivers about how to use the book with a child. Sometimes, they present a sequence of facts or treatments, but there is often no plot or character development. This kind of book may also include exercises that break up the fictional account. Similarly, there are picture books that look like children's books but contain language or concepts that are at a higher level, intended for an older reader. Readability tests, such as Flesch Reading Ease, and the Flesch–Kincaid Grade Level test, ubiquitous on the Internet, can quickly test whether or not the reading level of a book matches the intended juvenile audience. However, we also encountered books that were conceptually too difficult for their intended audience. For example, *Whimsy's Heavy Things* (Kraulis, 2013) is a picture book that presents a visual metaphor of worry as heavy balls on strings that Whimsy drags around with her. Comprehending the metaphor is essential to understanding the health message of the book. Children may interpret the images literally and wonder why Whimsy did not just leave the balls at home. This book would be more appropriate for junior high school to adult collections.

Since we envisioned the selection criteria as a tool to guide libraries and resource centres with finite resources, a further criterion was that the books to be included needed to be written for a broad social demographic. Books designed for specific religious or ethnic groups were excluded. Of course, libraries with large collection budgets or those serving a specific demographic may wish to include these works.

Using our selection criteria (available at <http://hdl.handle.net/10402/era.38842>) of the 173 books reviewed, we accepted 87 into our final list, rejecting 86. Although it had been our goal to include only books from 2011 to 2014, we encountered several situations that caused us to include some older material. First, some very popular works are frequently reprinted, so while their publication date is not current, they are readily available for purchase. Second, in some areas of health, little has been published and the best (sometimes *only*) books may be older but available through the out-of-print market. If we encountered excellent older works, we added them to our list. The list of accepted books is available at <http://hdl.handle.net/10402/era.39913>.

Observations

Studying the final list of all the books reviewed for this project we were able to make some observations about the landscape of juvenile health fiction publishing. It is clear that there are many more fictional works published in some areas of children's health than in others. Size of the potential market for a book appears to be one of the deciding factors. There are more books published on health subjects that most or all children will experience than on specific health conditions which affect only a small part of the population. For example, there are many current books about bullying (24), nutrition (15) and birth of a sibling (13), but

relatively few about Tourette's Syndrome (1), scoliosis (1) and epilepsy (1). We recognize that these subjects may be well-covered in the non-fiction children's health books.

Second, there are temporal patterns apparent in increased publishing around diseases and disorders that are prominent in the public consciousness. This results in there being a variety of fictional works from which to choose in some health subjects and few to none in others. For example, over the past 20 years there have been many fictional works for children about HIV/AIDS (*Whisper Whisper Jesse*, *Whisper Whisper Josh* (Pollock, 1992)). Today selectors can choose from many books on psycho-social subjects such as anger management (*Soda Pop Head* (J. Cook, 2011), *No Fits, Nilson!* (Ohora, 2013)), Asperger Syndrome (*Anthony Best* (Fahy, 2012), *Spaghetti is Not a Finger Food and Other Life Lessons* (Carmichael, 2012)) and anxiety disorders (*Frog's Breathtaking Speech* (Chissick, 2012), *The Kiss Box* (Verburg, 2011)), both subjects currently in the public eye. We also noted a selection of subject headings for which no recent children's fiction has been published. For example, juvenile diabetes, parasites, juvenile baldness and brain injury are a few of the subjects that may offer inspiration to ambitious children's authors.

Our third observation is that we were able to select many more pre-kindergarten and lower elementary books than upper elementary. Health fiction books for older children are more difficult to identify. Works for young children tend to have titles that make clear the presence of health content, for example "Potty Time", while works for older children often have less explicit titles, such as "Willowwood." If subject headings are applied to children's health fiction, the Library of Congress sub-heading "Juvenile Fiction" and sometimes the broader heading "Juvenile Literature" are applied. Similarly, in public library catalogues with faceted searching we used the genre and audience facets, "juvenile fiction" and children, respectively. The subject headings to which these are added are many and varied, making it difficult to quickly identify relevant fiction works. Finally, although many upper elementary books are classified as having a health aspect, the health aspect is often not a prominent part of the story. For example, *Moon Pie* (Mason, 2011), is about a child whose mother dies and whose father is an alcoholic. The book has the subject term "Alcoholism – Juvenile fiction". However, the story is not focused on the health issues and does not show the child coping with death and disease but rather shows her coping with living without normal family supports.

Conclusion

By sharing the book list and selection criteria checklist with readers, we hope that readers will find these tools helpful when selecting literature for environments that promote children's health literacy, including hospital, school, public libraries, and academic libraries with elementary education collections, and patient resource areas in hospitals, where children need help in understanding and coming to terms with health concepts and conditions affecting their lives.

We believe that children's health fiction plays a valuable role in helping children cope with health challenges in their lives and in the lives of those around them. The Selective Collection of Children's Health Fiction 2011-2014 is intended to offer a selection of good books

upon which to expand. The Juvenile Health Fiction Review Checklist will aid librarians in future juvenile health fiction selections decisions.

Further Sources of Resources for Selection:

- Bandes dessinées en sciences de la santé (Université de Montréal) - collection of graphic novels on health topics: <http://tinyurl.com/mvfvoal>
- Canadian Children's Book Centre <http://www.bookcentre.ca/>
- The Center for Children's Books (Graduate School of Library and Information Science): <http://ccb.lis.illinois.edu>

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Appendix 1: Juvenile Health Fiction Review Checklist: <http://hdl.handle.net/10402/era.38842>

Appendix 2: Selective Collection of Children's Health Fiction 2011 - 2014: <http://hdl.handle.net/10402/era.39913>

Juvenile Health Fiction Review Checklist

By Maria C Tan and Sandy Campbell

Updated June, 2014

Screening criteria

The book is:

- Health-related - broadly defined, including physical, psychological, psychosocial conditions (being bullied), health behaviours, health care (e.g., visiting the dentist or doctor), learning about body parts, etc.
- A fictional work
- Aimed at children pre-K to grade 6 (12 years of age) (particularly in contrast with being aimed at parents or health professionals - so not books meant primarily as teaching tools)
- In English
- Published or reprinted from 2011- onward. (Exception: an older publication that is still available and covers a topic not well-covered by more recent titles)
- Appropriate format for libraries (eg: not a workbook)

Content review criteria

1. Medically accepted and scientifically accurate – gives reasonable advice, does not include gross inaccuracies (eg: shows a pregnant turtle - most kids know that turtles lay eggs; if you are depressed, hide under a rock and you'll feel better).
2. Helpful to a child in a situation related to health. A child would:
 - see themselves and their situation reflected in the work
 - be helped to understand or empathize with the situation of another child or adult affected by the condition,
 - be able to vicariously experience the life of someone who is coping with a disease or disorder
3. Presents the situation in a positive light – the reader would be reassured by the work

4. Specific criteria for rejection:

- Resolution is oversimplified (eg: child who doesn't like a food spontaneously and inexplicably decides to try it and suddenly likes it)
- Minimizes the condition - "just stop feeling that way and you'll be better"
- Concepts in a picture book are too abstract for a small child to understand
- Contains concepts presented in a frightening way (eg: the dentist is scary)
- Presents normal states (pregnancy, gender differences, teen angst, etc) as illnesses
- Presents bad behaviour as an illness, rather than just bad behaviour
- Shows children being treated badly (eg: being tied up to be taken to the hospital)
- Addresses only a narrow population of children (eg: only first-born, a particular religious group)
- Introduces strange concepts (eg: people turn into red birds when they die, choosing food by colour - for no explicit reason)
- Is not about a health condition, although the title would lead you to believe that it is (eg: story is about a child who has a sick sibling, but the sibling is in hospital and the story has little to do with the ill child)

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<http://ejournals.library.ualberta.ca/index.php/deakinreview>

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Appendix 2

A Selective Collection of Children's Health Fiction 2011 - 2014

By Maria C Tan and Sandy Campbell
Updated October, 2014

This books listed below were selected for inclusion in a children's health collection, such as a hospital library or public library. The collection is designed for use by children from Pre-Kindergarten to Grade 6. Materials were selected based on date of publication and their potential to be helpful to children who are coping with health issues, themselves, or in loved ones. "Health" has been interpreted broadly to include physical, psychological and psychosocial issues.

Keyword(s)	Alternate keywords	Citation
Alzheimer's		Wallack, Max. & Given, Carolyn. Why Did Grandma Put Her Underwear in the Refrigerator? Puzzles to Remember, Inc. 2013
Anger		Gelante, Cecilia. The Summer of May. New York, NY: Aladdin. 2011.
Anger		Goobie, Beth. Jason's Why. Red Deer Press. Markham, ON. 2013
Anger		Kurtzman-Counter, Samantha. When Miles Got Mad. Los Angeles, CA: Ruby's Studio. 2013
Anger	Tantrums, Temper Tantrums	Yolen, Jane. How Do Dinosaurs Say I'm Mad? New York, NY: The Blue Sky Press. 2013
Anger / Anger Management		Cook, Julia. Soda Pop Head. Chattanooga, TN: National Center for Youth Issues. 2011
Anger / Anger Management		Cote, Genevieve. Without You. Toronto, ON: Kids Can Press Ltd. 2011
Anger / Anger Management		Hartt-Sussman, Heather. Noni Says No. Toronto, ON: Tundra Books. 2011
Anger / Anger Management		Knight, Hilary. Nina in That Makes Me Mad! New York, NY: TOON Books, 2011.
Anger / Anger Management	Frustration; Oppositional Defiance Disorder	Murphy, Stuart J. Percy Gets Upset. Watertown, MA: Charlesbridge. 2011
Anger / Anger Management	Tantrums	OHora, Zachariah. No Fits, Nilson! New York, NY: Penguin Group. 2013
Anxiety, Worry	Anger Management; Tension	Chissick, Michael. Frog's Breathtaking Speech: How Children (and Frogs) Can Use the Breath to Deal With Anxiety, Anger, and Tension. London, UK: Singing Dragon. 2012
Anxiety, Worry	Separation Anxiety	Verburg, Bonnie. The Kiss Box. New York, NY: Orchard Books. 2011
Asperger Syndrome		Carmichael, Jodi. Spaghetti Is Not A Finger Food (And Other Life Lessons). San Francisco, CA: Little Pickle Press. 2012.
Baby		Fuller, Rachel (illus) Waiting For Baby. Swindon, UK: Child's Play(International) Ltd. 2009

Birth/	Baby	Cheng, Andrea. The Year of the Baby. New York, NY: Houghton Mifflin Books for Children. 2013
Birth/	Baby	Guest, Elissa Haden. Iris and Walter and Baby Rose. Boston, MA: First Green Light Readers edition. 2012
Birth	Baby	Higginson, Sheila Sweeny, You're Getting A Baby Brother! New York, NY: Little Simon. 2012
Birth	Baby	Higginson, Sheila Sweeny. You're Getting A Baby Sister! New York, NY: Little Simon. 2012
Birth	Baby	MacLachlan, Patricia. You Were the First. New York, NY: Little Brown and Company. 2013
Birth	Baby	Ross, Tony. I Want A Sister! Minneapolis, MN: Andersen Press. 2013
Birth	Baby	Witek, Jo. Hello In There! A Big Sister's Book of Waiting. New York, NY: Abrams Appleseed. 2012
Body		Church, Caroline Jayne. Ten Tiny Toes. New York, NY: Cartwheel Books. 2014
Body		Geisel, Theodor. My Big Book of Beginner Books About Me. New York, NY: Random House. 2011.
Bullying		Button, Lana. Willow Finds a Way. Toronto, ON: Kids Can Press Ltd. 2013
Bullying		Coates, Jan. L. The Power of Harmony. Markham, ON: Red Deer Press. 2013
Bullying		Kerz, Anna. Better Than Weird. Victoria, BC: Orca Book Publishers. 2011
Bullying		Kurtzman-Counter, Samantha. One For All, How One Brave Voice Made A Difference. Los Angeles, CA: Ruby's Studio. 2013
Cancer - Child		Cook, Julia. The "Can" In Cancer. Chattanooga, TN: National Center for Youth Issues. 2013
Cancer - Parent / Loved One		Matthies, Janna. The Goodbye Cancer Garden. Chicago, Ill.: Albert Whitman. 2011
Cerebral Palsy	Disabilities	Moffatt, Stefania. Everyday Superhero. Ottawa, ON.: Stefania Moffatt. 2012
Chickenpox		Harvey, Roger. Caillou Is Sick. Montreal, QC: Chouette Publishing (1987) Inc. 2012
Club foot		Eames, Brian. The Dagger Quick. New York, NY: Simon & Schuster Books for Young Readers. 2011
Cold, Common	Depression, Illness, Sickness	Becker, Bonnie. The Sniffles For Bear. Somerville, MA: Candlewick Press. 2011
Cold, Common		Rausch, Molly. My Cold Went On Vacation. New York, NY: G.P. Putnam's Sons. 2011
Death (Child, Friend, Parent, Self, Sibling, Pet)		Inger, Maier. Ben's Flying Flowers. Washington, DC: Magination Press. 2012
Death (Child, Friend, Parent, Self, Sibling, Pet)		Yolen, Jane. The Day Tiger Rose Said Goodbye. New York, NY: Random House. 2011
Dementia		Rivard, Émilie. Really and Truly. Toronto, ON: Owlkids. 2011

Dentist	Anxiety	Rosebrough, Ellen. Dora Goes to the Dentist. New York, NY: Random House, Inc. 2013
Dentist's Office		Barber, Tom. Open Wide! London: Pavillion Children's Books. 2011
Dentist's Office		Stockham, Jessica. Dentist. Auburn, ME: Child's Play Inc. 2011
Depression In Children		Bobula, Jill. Sad Sad Seth, The World's Greatest Writer, Depression. Ottawa, ON: Lowe-Martin Group. 2011
Doctor		Stockham, Jess. Doctor. Auburn, ME: Child's Play Inc. 2011.
Down's Syndrome	Disabilities; Developmental Disabilities	Galante, Cecilia. Willowood. New York, NY: Aladdin. 2011
Down's Syndrome		Lyon, Annabel. Encore Edie. Toronto, ON: Puffin Canada. 2011
Dyslexia		Bobula, Jill. Quite Quite Hannah, The World's Greatest Artist, Dyslexia. Ottawa, ON: Wildberry Productions. 2011
Eating Healthy		Marlowe, Sara. No Ordinary Apple: A Story About Eating Mindfully. Somerville, MA: Wisdom Publications, 2013
Emotional Wellbeing		Schiller, Abbie. A Little Book About Feelings. Los Angeles, CA: The Mother Company. 2011
Epilepsy		DeLand, Maitland. The Great Katie Kate Explains Epilepsy. Austin, TX: Greenleaf Book Group Press. 2013.
Facial Abnormalities/Disfigurement	Bullying, Birth Defects	Palacio, R. J. Wonder. New York, NY: Alfred A. Knopf. 2012
Family Violence		Morgan, Lori. Healing the Bruises. Halifax, NS: Formac Publishing Company. 2013
Food Aversions	Eating	Schnitzlein, Danny. The Monster Who Ate My Peas. Atlanta, GA: Peachtree Publishers. 2001
Germes	Colds; Handwashing; Sneezing, Coughing	Berenstain, Jan. The Berenstain Bears Come Clean For School. New York, NY: HarperCollins. 2011.
Hearing	Ears	Geisel, Theodor. My Big Book of Beginner Books About Me. New York, NY: Random House. 2011
Heart		Harper, Charise Mericle. Henry's Heart: A Boy, His Heart, and A New Best Friend. New York, NY: Henry Holt and Co, LLC. 2011
Heat Exhaustion/Heat Stroke		Stockholm, Jess. Hospital. Auburn, ME: Child's Play Inc. 2011
Hospitals		Siegers, Liesbet. Kevin Goes to The Hospital (Kevin & Katie). New York, NY: Clavis Publishing Inc. 2013
Illness		Stead, Philip C. A Sick Day for Amos McGee. New York, NY: Roaring Brook Press. 2010
Insomnia		Long, Heather & Long, Ethan. Max & Milo Go to Sleep. New York, NY: 2013
Lice	Pediculosis	Donovan, Gail. What's Bugging Bailey Blecker?. New York, NY: Dutton Children's Books. 2011
Lice	Pediculosis	Shannon, David. Bugs In My Hair! New York, NY: Blue Sky Press, an imprint of Scholastic Inc. 2013
Nutrition	Food Habits; Healthy Eating	LaRochelle, David. How Martha Saved Her Parents From Green Beans. New York, NY: Dial Books for Young Readers. 2013
Nutrition	Food Habits; Healthy Eating	Sutcliffe, Mandy. Belle & Boo and The Yummy Scrummy Day. London, UK: Orchard Books. 2013

Nutrition	Food Habits; Healthy Eating	Tabby, Abigail. Elmo's Breakfast Bingo. New York, NY: Random House. 2012 (eBook - 2012)
Overeating		Jennings, Sharon. Harley's Tummy Ache. Markham, ON: Fitzhenry and Whiteside. 2011
Public Health	Nutrition; Disease	Milway, Katie Smith. Mimi's Village and How Basic Health Care Transformed It. Toronto, ON: Kids Can Press. 2012
Seizures		Lee, Jenny. Elvis and the Underdogs. New York, NY: HarperCollins Children's Books. 2013
Separation anxiety		Corderoy, Tracey. I Want My Mommy! Wilton, CT: ME Media. 2013.
Separation anxiety		Verburg, Bonnie. The Kiss Box. New York, NY: Orchard Books. 2011
Self-Image/ Confidence		Cook, Julia. How To Be Comfortable In Your Own Feathers. Chattanooga, TN: National Center for Youth Issues. 2013
Sexual Abuse		Sinnott, Collette. Should I Tell My Secret? Chestermere, AB: Talk about it communication. 2011
Sick	Common Cold; Sore Throat; Fever	Dewdney, Anna. Llama Llama Home With Mama. New York, NY: Penguin Group. 2011
Skeletal System	Skeleton; Bones; Anatomy	Lowry, Lois. Gooney Bird and All Her Charms. New York, NY: Houghton Mifflin Harcourt Publishing Company. 2013.
Stroke		Swerts, An. Get Well Soon, Grandpa. Hasselt, BE: Clavis. 2013
Surgery	Tonsillitis; Sore Throat	Branford, Anna. Violet Mackerel's Remarkable Recover. Toronto, ON: Atheneum Books for Young Readers. 2013
Teeth	Halitosis, Bad Breath, Dental Hygiene, Toothbrushing	de Groot, Diane. Gilbert and the Lost Tooth. New York, NY: Harper. 2012
Teeth	Dental hygiene/bad breath	Higginson, Sheila Sweeny. Brontosaurus Breath New York, NY: Disney Press. 2013
Teeth	Brushing teeth, Flossing, Dental Hygiene	Johanson, Sarah Margaret. Caillou: I Can Brush My Teeth. Montreal, QC: Chouette Publishing, Inc. 2013
Teeth		O'Connor, Jane. Fancy Nancy and the Too-loose Tooth. New York, NY: Harper. 2012
Teeth	Tooth Loss; Friendship	Wilson, Karma. Bear's Loose Tooth. New York, NY: Little Simon (Board Book Edition) 2014
Toilet training		Gaydos, Nora. Princess of the Potty. Norwalk, CT: Innovative Kids. 2010
Toilet training		Church, Caroline Jayne. Potty Time! New York, NY: Scholastic Inc. 2012
Toilet training		Manushkin, Fran. Big Girl Panties. New York, NY: Random House. 2012
Toilet training		Richmond, Marianne. Big Boys Go Potty. Naperville: IL. Sourcebooks Jabberwocky. 2011
Toilet training		Richmond, Marianne. Big Girls Go Potty. Naperville, IL: Sourcebooks Jabberwocky. 2012
Traditional Medicine		Rose, Naomi C. Tashi and the Tibetan Flower Cure. New York, NY: Lee & Low Books. 2011

Vision Aids (Glasses, Contact Lenses, Eye Patch)		Barclay, Eric. I Can See Just Fine. New York, NY: Abrams Appleseed. 2013
Worry	Anxiety	Cook, Julia. Wilma Jean the Worry Machine. Chattanooga, TN: National Center for Youth Issues. 2013
Worry	Anxiety	Hartt-Sussman, Heather. Noni Is Nervous. Toronto, ON: Tundra Books. 2013
Worry	Anxiety	Spelman, Cornelia. When I Feel Worried. Chicago, IL: Albert Whitman & Company. 2013

Maria Tan, BScOT, MSc, MLIS
 Alberta Health Services - Knowledge Resource Service
 Abdul Khaliq Library
 Room 3243 Cross Cancer Institute
 11560 University Avenue
 Edmonton, AB Canada
 T6G 1Z2
 tel: 780-432-8593
 email: maria.tan[at]albertahealthservices.ca
<http://krs.albertahealthservices.ca/cancer>

Sandy Campbell, BA, MLS
 John W. Scott Health Sciences Library
 2K3.28 Walter C. Mackenzie Health Sciences Centre
 University of Alberta
 Edmonton, AB Canada
 T6G 2R7
 tel: 780-492-7915
 email: scampbel@ualberta.ca

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