**BOOKS TO READ WITH CHILDREN ABOUT SHYNESS & MAKING FRIENDS**

**Halibut Jackson**  
David Lucas

Because of his shyness, Halibut Jackson prefers "to blend into the background" -- literally. Wearing different outfits for various occasions, Halibut strolls through the park in his green, flowery suit; hangs out at the grocery store in produce-colored garb; and lounges at home in clothes that match the furniture. But when he receives an invitation for the queen's birthday fete -- which might get him more attention that he desires -- the worried boy has a dream "of glittering towers, of silver stairs, of a golden door" that leads him to create a bejeweled suit to match the castle. Unfortunately, the birthday party turns out to be an outdoor garden gathering, and Halibut finds himself in the spotlight. Thankfully, however, the boy's fashion sense makes him the hit of the party, and he soon becomes Halibut Jackson: style guru.

Bringing together simple text and dazzling illustrations, David Lucas creates a tender picture book that will speak directly to shy children and anyone with a can-do spirit. The author's multi-patterned, ink-and-watercolor artwork joins the feeling of yesteryear's children's books with a modern grace, always ensuring that kids will be entertained as they find Halibut earlier in the book. With its simple charm and always-happy atmosphere, *Halibut Jackson* bolsters your sense of individuality and leaves your heart a bit lighter.  

**Buster: The Very Shy Dog**  
Lisze Bechtold

In the first of these easy-to-read stories, Buster's bashfulness causes him to hide ("Most people met Buster by accident") during his master's birthday party until he meets a kindred spirit; in the second, Buster's "big sister" Phoebe, who's a whiz at fetching and catching, helps Buster find his own gift; in the last story, Phoebe and Buster put their talents together to catch the "Garbage Bandit." The digest-sized format of the book is pitched toward both picture-book and beginning-reader audiences, and the lively ink-and-watercolor illustrations have a well-drawn goofiness that barks up just the right tree. Although Buster's "shyness" doesn't play as large a role here as the title might imply, these tales about the new dog at home will provide plenty of resonance for younger readers, not to mention younger siblings.

**I Don't Know why...I Guess I'm Shy: A story about taming imaginary fears**  
By Barbara S. Cain, J. J. Smith-Moore, Smith-Moore J. J. (Illustrator)

Having been worried about bothering his neighbors by talking to them, a shy boy searches the neighborhood for his lost dog and finds the courage to speak. Includes suggestions for helping a child overcome shyness through use of this book and other activities.

**I Want Your Moo: A Story for Children about Self-Esteem**  
Marcella Bakur Weiner, Jairo Barragan, Jill Neimark

One of the greatest gifts we can give our children is a sense of self -- worth. Children who lack this feeling often express it as "not liking" a part of themselves. *I Want Your Moo* is a beautifully written and illustrated tale about self—esteem that features Toodles, a turkey who despises the sound of her "gobble gobble." Children will identify with Toodles, her struggle for self—acceptance, and eventual victory over self —doubt when she "saves the day" by using the very voice she so dislikes. Each reading will help to reinforce a child's feeling that all of his or her attributes are a valuable part of a unique and good self.
Marc Brown

Written and illustrated by the creators of the popular Dino Life Guides for Families, this book uses precise language and humorous illustrations to offer specific ways to be a friend and specific ways not to be one. A special section on how to deal with bosses and bullies has valuable information for young children going forth in the world and encountering these situations for the first time.

Join in and Play
Cheri J. Meiners, Meredith Johnson (Illustrator)

Knowing how to play with other children and be a friend is an important social skill that needs to be taught at a young age. Cheri Meiners' book is a wonderful resource for a classroom teacher or a parent to support the emotional and social growth of young children and to reinforce the necessary skill of appropriate play. The book models different interactions and solutions in simple words with realistic illustrations. Presented in a gentle and positive way, this is a perfect read-aloud for a lesson about cooperation and friendship. Also, this book can be used as a reference when situations arise involving both positive behavior and problems relating to play. The large print, spacing, and familiar vocabulary make it ideal for the K/1 reader. An added bonus is an extra section at the end of the book for adults filled with extension activities. There are discussion questions, games, and suggestions for working with children to help them learn these important skills. Part of The Free Spirit "Learning To Get Along" series, these books assist young learners in understanding responsibility and having respect for themselves and others. A welcome addition to the library of anyone involved with the welfare of children. 2004, Free Spirit Publishing Inc, Ages 3 to 7.

When You're Shy and You Know It
Elizabeth Crary, Shari Steelsmith, Mits Katayama (Illustrator), With Shari Streetsmith

Pub. Date: October 1996
Publisher: Parenting Pr., Inc.
Edition Description: BOARD
Barnes & Noble Sales Rank: 561,044
Age Range: 5 to 6

I Want to Play
Elizabeth Crary, Marina Megale (Illustrator)

A young boy considers eight ways to get someone to play with him. Text encourages problem solving by looking at alternatives and possible consequences.

I'm Gonna Like Me: Letting Off a Little Self-Esteem
Jamie Lee Curtis, Laura Cornell (Illustrator)

With fun rhyming verses and fresh lively artwork, best-selling team Jamie Lee Curtis and Laura Cornell's book is about how it's important to like yourself every day. Through alternating points of view, a boy's and a girl's, I'm Gonna Like Me shows kids that whether they get an answer wrong in school or are picked last for the team, what's most important is liking yourself because you are you.
Books for Adults

**Good Friends Are Hard to Find: Help Your Child Find, Make & Keep Friends**  
Fred Frankel, Barry Wetmore (Illustrator)

If you feel bad when your child has no one to play with, outraged when other kids tease and pick on her, or helpless when school calls and tells you he has been fighting, *Good Friends Are Hard to Find* can help. Step-by-step, parents learn to help their 5 to 12-year-olds make friends and solve problems with other kids. The guide also offers concrete help for teasing, bullying and meanness, both for the child who is picked on and for the tomentor. Based on the prestigious UCLA Children's Social Skills Program, this book teaches clinically tested techniques that really work.

**Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends**  
Eileen Kennedy-Moore, Natalie Madorsky Elman

Nobody likes me” is a complaint that parents hear all too often, and few utterances make them feel more helpless. What can a parent do for a child who feels isolated, rejected, or out of sync with his or her peers? This practical and compassionate handbook draws on the authors’ experience working with thousands of children to offer you as a parent (or teacher or caregiver) tools you can use -- including practical activities, games, and exercises -- to identify a child’s social strengths and difficulties and to sharpen any child’s social skills. Nearly every child has trouble with social relationships in some way, at some time. Some children feel awkward in groups. Some have trouble resolving arguments. Some stick out in such a way that they become natural targets for bullies. And some seem virtually incapable of making friends. No matter what your child's situation -- whether he or she is a born leader or a constant complainer, a wallflower or an unwitting aggressor, a poor sport or a perfectionist -- you'll recognize your child's struggles in the case studies in this book. You'll discover why certain children don't “get” particular social conventions, and you'll learn simple strategies for increasing your child's awareness of the unspoken underpinnings of social interactions -- knowledge that is essential to building, sustaining, and repairing relationships.

**Teaching Your Child the Language of Social Success**  

In teaching *Your Child The Language Of Social Success*, clinical psychologists Marshall Duke and Stephen Nowicki and educator Elisabeth Martin describe and explain the methods and rules of nonverbal communication. Together they have created an easy-to-use guide which offers definitions and techniques for assessing a child's strengths and weakness in this unspoken realm, as well as case studies, illustrations, and exercises for teaching or improving nonverbal skills at home or in the classroom.

**Raise Your Child's Social I Q: Stepping Stones to People Skills for Kids**  
Cathi Cohen

Pub. Date: May 2000  
Publisher: Advantage Books, LLC

**Shy Child: Helping Children Triumph over Shyness**  
Ward Kent Swallow, With Laurie Halse Anderson

Good news! Shyness is not a disorder; it's the personality style of 40 percent of all children and young adults. Shyness has its good side: Your child is probably imaginative, perceptive, and thoughtful. Yet shyness can hinder a child's development. This authoritative, interactive guide is the first book to focus on the problems of shyness and provide parents and children with pragmatic, step-by-step solutions. It will help you achieve wonderful results -- stronger, warmer relationships with family and friends, and, most of all, a happy, empowered, less fearful child who looks confidently to the future.
Discover:

- The signs of shyness in children, from infancy to adolescence
- How the shy child responds physically and mentally to stress
- How your child's artwork reveals his or her emotions, and how drawing together can reinforce trust and understanding
- Scriptwriting, rewriting, role-playing, and rehearsing -- important tools for the shy child
- Why shy children are so vulnerable to bullies and how best to intervene
- How to teach your child to cope with anxiety-producing situations and more.

**The Shy Child: A Parent’s Guide to Preventing and Overcoming Shyness from Infancy to Adulthood**

Philip G. Zimbardo, Shirley Radl, Shirley L. Radl

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