



Recommended Books for Trauma and Body Safety

Books for Caregivers:

The Body Keeps the Score
by Bessel Van Der Kolk, M.D.

Children and Trauma: A Guide for Parents and Professionals
by Cynthia Monahan

Helping Your Child Recover from Sexual Abuse
by Caren Adams and Jennifer Fay

When Your Child Has Been Molested: A Parents' Guide to Healing and Recovery
by Kathryn Brohl and Joyce Case Potter

Miss America by Day
by Marilyn Van Derbur

The Four Agreements
by Don Miguel Ruiz

Healing The Harm Done
by Jennifer Y. Levy-Peck, PH.D.

How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families
by Cynthia L. Mather with Kristina E. Debye

The Deepest Well: Healing the Long-term Effects of Childhood Adversity

Rising Strong
by Brene Brown

Books for Children:

Some Parts are Not for Sharing
(ages 2-4)
by Julie K. Federico

God Made All of Me
(ages 2-8)
by Justin S. Holcomb and Lindsey A. Holcomb

Do You Have a Secret?/ ¿Tienes un Secreto?
(ages 2-5)
by Jennifer Moore-Mallinos

My Body is Special and Private
(ages 3-7)
by Adrienne Simeone, Bobby Davison

Healing Days
(ages 6-11)
by Susan Farber Staus, PhD

I Said No! A kid-to-kid guide to keeping private parts private
(ages 3-7)
by Zack and Kimberly King

My Body is Special and Private
(ages 3-7)
by Adrienne Simeone, Bobby Davison

My Body Belongs to Me/ Mi Cuerpo me Pertenece
(ages 3-8)
by Jill Starishevsky

My Body, What I Say Goes!
(ages 3-9)
by Jayneen Sanders

A Terrible Thing Happened
(ages 4-7)
by Margaret Holmes, Sasha J Mudlaff

Some Secrets Should Never Be Kept/ Algunos Secretos Nunca Deben Guardarse
(ages 4-8)
by Jayneen Sanders

Escuchando a Mi Cuerpo
(ages 4-8)
By Gabi Garcia

Lauren's Kingdom
(ages 4-8)
by Lauren Book

Please Tell: A Child's Story About Sexual Abuse
(ages 5-9)
by Jessie

My Body is Private
(ages 7-10)
by Linda Walvoord Girard

Gracie Finds Her Voice
(ages 7-10)
by Jacob Williams

Amazing You
(age 7+)
by Dr. Gail Saltz

Who's the Boss of this Body
(ages 7-11)
by Meghan Hurley Backofen LCSW, FINAO
Agency

***Find Your Calm: A Mindful Approach to
Relieve Anxiety and Grow Your Bravery***
(ages 8-11)
by Gabi Garcia, Marta Pineda

Books for Adolescents/Teens:

Words of Hope and Healing
(age 15+)
Produced by Children's Advocacy Centers of
Georgia (available upon request at A Child's Voice)

***Let's Talk About Body Boundaries, Consent
and Respect***
(ages 9-13)
by Jayneen Sanders

***It's Perfectly Normal: Changing bodies,
growing up, sex, and sexual health***
(age 10+)
by Robie H. Harris and Michael Emberley

***The Sexual Trauma Workbook for Teen Girls:
A Guide to Recovery from Sexual Assault
and Abuse***
(age 15+)
by Raychelle Cassada Lohmann PhD, LPC and
Sheela Raja PhD

Books for Talking to Children about Sex:

***What's the Big Secret? - Talking about Sex
with Girls and Boys.***
(ages 6-10)
by Laurie Krasny Brown and Marc Brown

***How to Talk to Your Child About Sex - It's
Best to Start Early, but It's Never too Late-A
Step-by-Step Guide for Parents***
(for Parents)
by Linda Eyre and Richard Eyre

***Where Did I Come From? - The facts of Life
Without any Nonsense and with Illustrations***
(ages 5-10)
by Peter Mayle

***Sex Without Shame - Encouraging the
Child's Healthy Sexual Development***
(for Parents)
by Alayne Yates

***Beyond the Birds and the Bees Fostering
Your Child's Healthy Sexual Development***
(for Parents)
by Beverly Engel

Books for Talking to Children about Sexual Abuse:

***The Right Touch: A Read Aloud Story to Help
Prevent Child Sexual Abuse***
(ages 3-5)
By Sandy Kleven, Jody Lynn Bergsma

***A Very Touching Book...for Little People and
for Big People***
(ages 5-7)
By Jan Hindman

It's My Body
(ages 2-4)
By Lory Freeman

Telling Isn't Tattling
(ages 4-10)
By Kathryn Hammerseng

Your Body Belongs to You
(ages 2-4)
By Cornelia Spelman

When I Was Little Like You
(ages 2-4)
By Jane Porett