

# Self Esteem – Books to Help Me Feel Good about Myself

Dear Parents,

Read to me and help me understand more about how people are different. Books can show me how to like myself just the way I am. It's ok if we read only part of the book, or if we spend our time just talking about the pictures. This is a good time for me to learn and to talk about my feelings. Visit the public library to find these and other books:

**ABC I Like Me** (by Carlson)  
**Big Al** (by Clements)  
**Chrysanthemum** (by Henkes)  
**Finklehopper Frog** (by Livingston)  
**Giraffes Can't Dance** (by Giles)  
**It's OK to Be Different** (by Parr)  
**Just the Way You Are** (by Pfister)  
**Little Smudge** (by Neouanic)  
**Star of the Week** (by Saltzberg)  
**When I Feel Good About Myself** (by Spelman)

Love,

Your Child