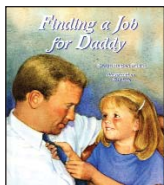




# Bibliotherapy: Using Books to Help Children Cope During Economic Hardship

The doctors and nurses of the childhood literacy program Reach Out and Read have long known that books can be a useful tool in helping children to cope with difficult situations. Reach Out and Read's medical providers have encouraged families affected by Hurricane Katrina, the recent floods in Iowa, and other natural disasters to use books to help comfort children and provide a sense of routine. Reach Out and Read also provides books to children of military families dealing with separation and deployment.

In the same way, we encourage families being tested by financial difficulties to make time to read together, and provide children with the attention, affection, and routine they need to feel loved and protected. Below is a list of children's books recommended by Reach Out and Read specifically for families during tough economic times like these.

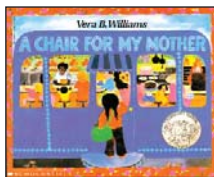


## *Finding a Job for Daddy*

by Evelyn Maslac

Ages 4-8

Times are tough when Daddy loses his job.



## *A Chair for My Mother*

by Vera B. Williams

Ages 3-8

A fire destroys the home of a family living on the edge.

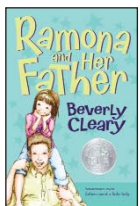


## *Meet Kit: An American Girl*

by Valerie Tripp and Walter Rane

Ages 7-12

It's the 1930s and Kit's family is affected by the Great Depression.

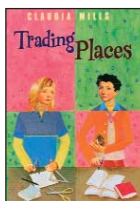


## *Ramona and Her Father*

by Beverly Cleary

Ages 4-8

Ramona's dad has lost his job, her mother is working full-time now, and things are not the same anymore.



## *Trading Places*

by Claudia Mills

Ages 9-12

When twins Amy and Todd tackle a school project, they learn to cope with friendship issues and their father's unemployment.