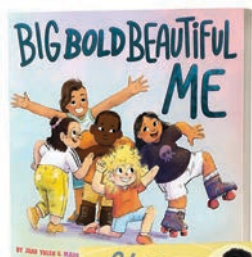




Start Off 2023 with Confident Kids!

The new year is a time of new beginnings. Help your child start it off with 23 great stories to help them build and understand confidence. APA has books for children and teens about making friends, embracing body positivity, setting boundaries, cultivating healthy friendships, and navigating middle school. Check out these titles!



1. ***Big Bold Beautiful Me***

JANE YOLEN AND MADDISON STEMPL-PIATT

www.apa.org/pubs/magination/big-bold-beautiful-me

"An upbeat, uncomplicated ode to bodies that are big, thick, broad, and boundless."

—Kirkus Review

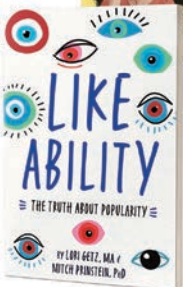


2. ***You Can't Please Everyone!***

ELLEN FLANAGAN BURNS

www.apa.org/pubs/magination/you-cant-please-everyone

A hopeful, helpful story for kids who need reassurance that they can be nice to others and be true to themselves.



3. ***Like Ability: The Truth About Popularity***

LORI GETZ, MA AND MITCH PRINSTEIN, PHD

www.apa.org/pubs/magination/like-ability

A practical, insightful guide for teens about popularity: what it is, why some kinds are healthier than others, and how teens can grow their social intelligence and develop the confidence they need to feel more connected to their family, peers, and community.

Kid Confident Books

This nonfiction book series was developed with expert psychologist and series editor, Bonnie Zucker, PsyD to authentically capture the middle school experience. These books skillfully guide middle schoolers through those tricky years between elementary and high school with a supporting voice of a trusted big sister or a favorite aunt, stealthily offering life lessons and evidence-based coping skills. Readers will appreciate the honest look at the uncertainty and chaos that middle graders can bring.

Kid Confident offers what kids need to have fun with it all and navigate middle school with confidence, humor, perspective, and feel our mad respect for being the amazing humans they already are.



4. *Kid Confident Book #1: How to Manage YOUR SOCIAL POWER in Middle School*

BONNIE ZUCKER, PSYD

www.apa.org/pubs/magination/kid-confident-book-1

5. *Kid Confident Book #2: How to Master Your MOOD in Middle School*

LENKA GLASSMAN, PSYD

www.apa.org/pubs/magination/kid-confident-book-2

6. *Kid Confident Book #3: How to Handle STRESS for Middle School Success*

SILVI GUERRA, PSYD

www.apa.org/pubs/magination/kid-confident-book-3

7. *Kid Confident Book #4: How to NAVIGATE Middle School*

ANNA POZZATTI, PHD AND BONNIE MASSIMINO

www.apa.org/pubs/magination/kid-confident-book-4



8. *Brilliant Bea*

SHAINA RUDOLPH AND MARIA VUCADINOVICH

www.apa.org/pubs/magination/brilliant-bea

"A child with dyslexia gains confidence in herself...Appropriately, said text is set in a readable, sans-serif type to support dyslexic readers who might encounter her story... Affirming and helpful."

—Kirkus Reviews

9. *Avocado Feels a Bit Worried*

BRENDA S. MILES, PHD

www.apa.org/pubs/magination/avocado-feels-pit-worried

Versatile enough for family reading, classroom, or school counselor use, readers will be rooting for Avi as he navigates situations that he once avoided. Avi's confidence builds, bolstered by the support of friends and energized by a proven method for dealing with social anxiety, Avi takes the plunge and faces his fears head-on!

10. *Band Together*

CHLOE DOUGLASS

www.apa.org/pubs/magination/band-together

Duck loves peace and quiet! When a rowdy band asks him to join the show, he agrees, but gets nervous to perform with them. Why would they want him to play with them? A charming tale about being with friends and making new ones.

11. *Elephant's Music*

MONIKA FILIPINA

www.apa.org/pubs/magination/elephants-music

All the animals could play an instrument except Edward. After running through the jungle one morning, he finds he was musical all along.

12. *Blossom and Bud*

FRANK SILEO, PHD

www.apa.org/pubs/magination/blossom-and-bud

"Two flowers learn the power of self-acceptance... Blooms with positive textual messages..."

—*Kirkus Reviews*

13. *Lulu the One and Only*

LYNETTE MAWHINNEY, PHD

www.apa.org/pubs/magination/lulu-one-only

"Armed with her own unique power phrase—'I'm Lulu Lovington, the ONE and only!'—Lulu feels empowered to handle any questions that come her way.... This book does more than simply tell a single story of biracial experience: it talks about navigating everyday racism in sensitive, but frank, ways. This affirmation is just as important as the power phrase.... All children will benefit from this pitch-perfect discussion of race, identity, complexity, and beauty."

—*Kirkus Reviews Starred Review*

14. *Fantastic You!*

DANIELLE DUYFAYET, PHD

www.apa.org/pubs/magination/441B267

When you cheer yourself on and cheer yourself up, you make the world a happier place. Life is amazing when you share it with the people you love: family, friends, and always with YOU. *Fantastic You* shows readers how to develop and nurture a loving and positive relationship with themselves. Kids will learn that self-care includes positive self-talk and self-compassion for a happy, self-empowered life.

15. *Lucy's Light*

JO ROOKS

www.apa.org/pubs/magination/441B272

"*Lucy's Light* highlights self-confidence, bravery, and self-acceptance. Lucy learns it's fine to be different and you can shine from within too as you do good deeds to help out others. I highly recommend this book. "

—*Storywraps*





16. *Sophie's Shell*

JO ROOKS

www.apa.org/pubs/magination/441B271

"This book is perfect to share if your little one is shy or over-anxious about going to school for the very first time. It will be a great tool that will open up dialogue about feelings, coping methods and how to gain self-confidence in social situations. Care, acceptance, praise, patience and love will draw those who are shy out of their shells and a HUGE coming out party is definitely in order when success has been achieved. I highly recommend this book."

—Storywraps

17. *You are Your Strong*

DANIELLE DUFAYET, PHD

www.apa.org/pubs/magination/441B249

Soothing and empowering, *You Are Your Strong* reassures kids that they can handle big emotions and highlights the benefit of developing inner strength and confidence in oneself.

18. *Too Shy to Say Hi*

SHANNON ANDERSON

www.apa.org/pubs/magination/too-shy-to-say-hi

Shelli used to be pretty content in her little world, thinking that her pet friends with feathers, fins, and fur were enough. Her bird would keep her company at home, her fish would hideaway in his cave, and her dog was the social butterfly of the neighborhood. But now, Shelli is determined to try to make friends with kids at school. Readers will relate as Shelli takes brave steps toward breaking out of her shell.

19. *My Wandering Dreaming Mind*

MERRIAM SARCIA SAUNDERS, LMFT

www.apa.org/pubs/magination/my-wandering-dreaming-mind

Sadie feels like her thoughts are soaring into the clouds and she can't bring them back down to earth. When Sadie talks to her parents about her wandering, dreaming mind, they offer a clever plan to help remind Sadie how amazing she is.

20. *The Hero Handbook*

MATT LANGDON

www.apa.org/pubs/magination/hero-handbook

Heroes take chances, do hard things, and sometimes even change the world. To become a hero, kids can surround themselves with supportive people, boost their self-esteem and self-awareness, find their passion, and have the courage to make things happen.

This book shows them how to be the hero of their own story and discover their own hero journey. What makes a hero? Activists, advocates, allies, and friends. Sometimes heroes are our parents, teachers, or siblings. The truth is, heroes are inside everyone, and kids can discover their inner hero, too!

21. *Blossom Plays Possum: (Because She's Shy)*

BIRDY JONES

www.apa.org/pubs/magination/441B224

Blossom wants to speak up in class, and she wants to spend time with friends at lunch and at recess. But whenever she tries, she freezes up and plays possum instead! Can Blossom get past her shyness and have fun?

22. *All My Stripes: A Story for Children with Autism*

SHAINA RUDOLPH AND DANIELLE ROYER

www.apa.org/pubs/magination/441B163

In *All My Stripes*, Zane the zebra feels different from the rest of his classmates. He worries that all they notice about him is his “autism stripe.” With the help of his Mama, Zane comes to appreciate all his stripes — the unique strengths that make him who he is.

**And one to grow on:
COMING MARCH 2023**

23. *Spacemanatee!*

KATIE GILSTRAP

www.apa.org/pubs/magination/spacemanatee

“The rhyming text is bright and charming, the characters are appealing and energetic, and the message is clear and accessible... A whimsical, enjoyable tale designed to encourage self-confidence.”

—Kirkus

