

List of CHILDREN'S BOOKS dealing with Incarceration

(we do not condone or promote the following books, the list was compiled as we became aware of them)

BOOKS FOR CHILDREN OF ADDICTED PARENTS:

- **An Elephant In the Living Room The Children's Book**, by Jill M. Hastings (Author), Publisher: Hazelden; Activity Book edition (April 19, 1994), An illustrated story to help children understand and cope with the problem of alcoholism or other drug addiction in the family.
- **My Dad Loves Me, My Dad Has a Disease" A Child's View: Living with Addiction** by Claudia Black. The basic premise of this book is that chemical dependency is a disease; the alcoholic/addict is a sick person not a bad person. *Ages 5 – 12.*
- **Up and Down the Mountain: Helping Children Cope with Parental Alcoholism** (Let's Talk) by Pamela Leib Higgins; illustrated by Gail Zawaki. This book begins on the day of Jenny's sixth grade graduation as she wonders if her daddy — an alcoholic — will attend. Alcoholism is a disease which touches many families, especially affecting children, who will often blame themselves for the grief and unhappiness around them. This book shows them it's not their fault and gives hope.
- **When a Family is in Trouble: Children Can Cope with Grief from Drug and Alcohol Addiction** by Marge Heegaard. Provides basic information about drug and alcohol addictions and encourages healthy coping skills. *Grade 4 and up.*
- **Wishes and Worries: Coping with a Parent Who Drinks Too Much Alcohol** by Centre For Addiction And Mental Health; illustrated by Lars Rudebjer. Children of parents who drink too much alcohol are affected in many ways. They may experience anger, fear, confusion, and guilt. This reassuring book, written by professionals, offers information in the form of a story about one family's struggle. When Dad's drinking ruins a birthday party, everyone wishes that he would just stop. If only wishing could fix the problem! This book is an excellent way to open a discussion between adult and child. It provides straightforward answers to common questions. Why does my parent drink? Will I drink too much, too?