

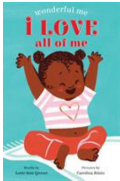
Parents Corner Topics: Body Positivity



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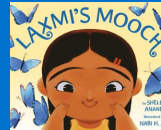
I Love All of Me Lorie Ann Grover



Rhyming text and colorful illustrations remind young reader to love everything about themselves, from the top of their heads to the tips of their toes.

P
ANAN, S

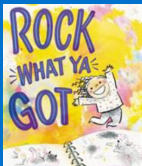
Laxmi's Mooch Shelly Anand



After Laxmi's friend Zoe points out the hairs on her lip, Laxmi is very self-conscious until her East Indian parents help her to accept and celebrate her appearance.

P
BERG, S

Rock What Ya Got Samantha Berger



An artist, displeased with her drawing, tries to make it better but the figure, Viva, comes to life and proclaims that she is happy just as she is.

P
FRAN, A

Not Quite Snow White Ashley Franklin



Tameika is excited to audition for the school's Snow White musical, but when she overhears her classmates say she is too tall, chubby, and brown to play Snow White, she questions whether she is right for the part.

P
GARD, L

I Love Me! LaRonda Gardner Middlemiss



Through illustrations and simple, rhyming text a group of children celebrates their own bodies, pointing out how their diverse arms bend and fold, their teeth shine, and more.

P
HO, J

Eyes That Speak to the Stars Joanna Ho



A young Asian boy notices that his eyes look different from his peers' after seeing his friend's drawing of them. After talking to his father, the boy realizes that his eyes rise to the skies and speak to the stars, shine like sunlit rays, and glimpse trails of light from those who came before--in fact, his eyes are like his father's, his agong's, and his little brother's, and they are visionary.

P
HONG, J

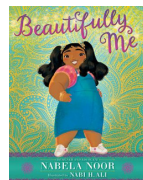
Lovely Jess Hong



Big, small, curly, straight, loud, quiet, smooth, wrinkly. Lovely explores a world of differences that all add up to the same thing: we are all lovely!

P
NOOR, N

Beautifully Me Nabela Noor



Zubi, a happy Bangladeshi girl, is excited about her first day of school, but at breakfast she is puzzled by her mother and older sister worrying about being "too big," and even at school she hears other people criticizing each other's bodies, and she starts to worry that maybe something is wrong with how she looks--until her declaration at dinner that she is on a diet makes her family realize what they have been doing wrong.

J
FIPP, L



Starfish
Lisa Fipps

Bullied and shamed her whole life for being fat, twelve-year-old Ellie finally gains the confidence to stand up for herself, with the help of some wonderful new allies.

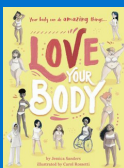
JGN
TATU, M



Short & Skinny
Mark Tatulli

As a middle schooler, Mark finds himself on the smaller side of the physical spectrum--being short AND skinny has really wreaked havoc on his confidence. So to end his bullying woes and get the girl, he starts to explore bulking up by way of the miracle cures in the backs of his comics. But soon develops a new obsession: Star Wars. As he explores his creative outlets and his cures to body image woes, Mark sets out to make his own stamp on the film that he loves.

J 155.433
SAND, J



Love Your Body
Jessica Sanders

Freedom is loving your body with all its "imperfections" and being the perfectly imperfect you! Love Your Body encourages young girls to admire and celebrate their bodies for all the amazing things they can do, and to help girls see that they are so much more than their bodies.

J 306.4
DANI, S

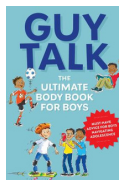


Your Body is Awesome: Body Respect for Children

Sigrun Danielsdottir

Shows how our bodies come in different sizes, shapes, and colors and suggests all the things bodies can do and how to take good care of them.

J 613.042
GUY



Guy Talk: The Ultimate Body Book for Boys

This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are too embarrassed to.

Also available: Girl Talk: The Ultimate Body Book for Girls

J 613.0424
TAYL, S



Celebrate Your Body: (and its Changes, Too!)

Sonya Renee Taylor

Celebrate your body (and its changes, too!) is your guide to understanding and loving your body - now and as it continues to change. Here's everything you need to know about breasts and bras, your period, hair here and there, feelings and friends, and so much more.

OTHER BOOKS YOU MAY ENJOY:

I Like Myself! | P Beaumont

Hair Love | P Cherry

Brontorina | P Howe

What I Like About Me | BIG BOOK Nolan

Mabel: A Mermaid Fable | P Watkins

Taking Up Space | J Gerber

Garvey's Choice | J Grimes