

Parents Corner Topics: Body Positivity



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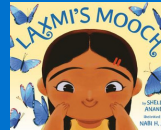
I Love All of Me Lorie Ann Grover



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

P
ANAN, S

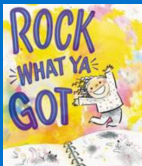
Laxmi's Mooch Shelly Anand



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
GARD, L

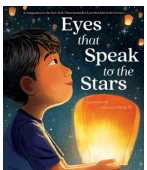
I Love Me! LaRonda Gardner Middlemiss



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

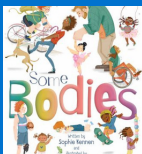
Lovely Jess Hong



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
KENN, S

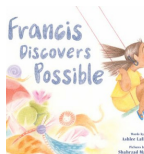
Some Bodies Sophie Kennen



Through playful rhymes and colorful artwork, all the things that make our bodies special--from the texture of our hair to the color of our eyes--are celebrated. This sweet and inclusive book encourages young readers to acknowledge and accept differences, and offers the perfect opportunity to open up conversations about body acceptance.

P
LATI, A

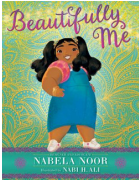
Francis Discovers Possible Ashlee Latimer



Francis loves words, and the class exercise where the students come up with words starting with a chosen letter; Francis has chosen the letter "p", but while reviewing the letter "f" one of her classmates comes up with "fat" and associates it with Francis which makes her sad and withdrawn--until later her father teaches her the word "possible" and they explore its meanings together.

**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.

**POR
ROGE, K**

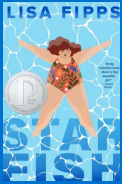
Shine Bright
Kheris Rogers



When her confidence is shaken by peers who say they are scared of her because she's 'too dark,' Imani turns to her sister for a loving reminder that she's smart, hope, brave, beautiful, strong, and just enough. After embracing what makes her truly special, Imani learns to be fearless!

**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.

**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 613.0424
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:

Bloom | BP

I Like Myself! | P Beaumont

Hair Love | P Cherry

Bodies are Cool | P Feder

I Am: a Book of Reminders | P Medina