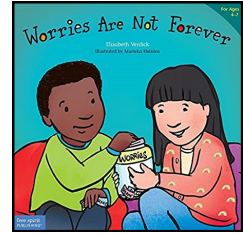
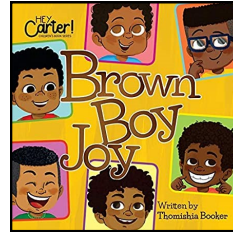
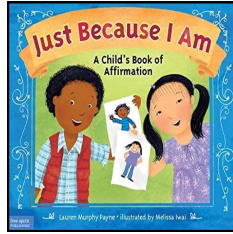
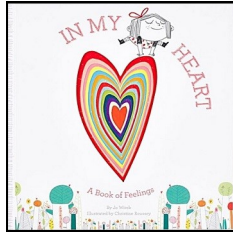
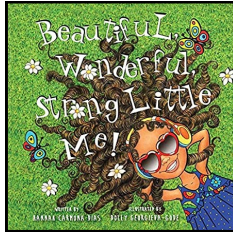


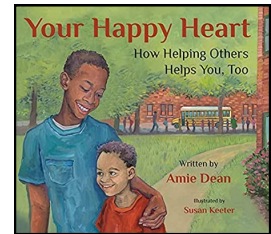
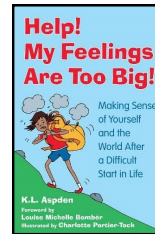
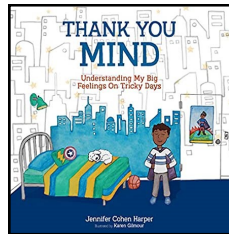
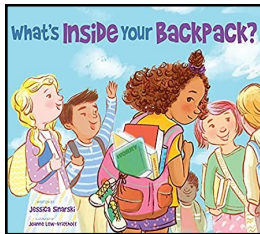
# Mental Health Matters *for kids in care!*

## Recommended Booklist

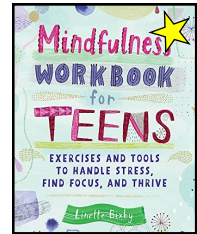
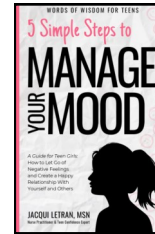
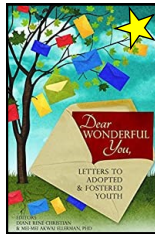
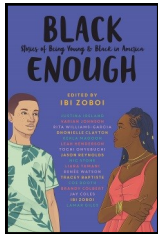
### 0-5 years



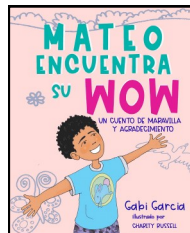
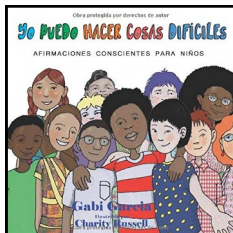
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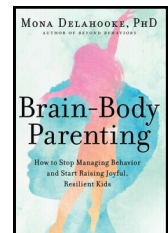
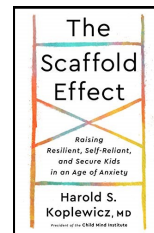
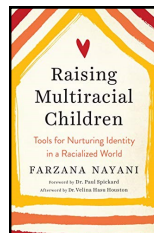
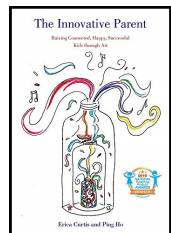
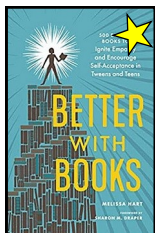
### Teens



### En Español and English



### And a few for Parents and Caregivers too!





National Library of Medicine  
Network of the National Library of Medicine

## Online Health & Wellness Resources

Curated by Michele Spatz,

Network of the National Library of Medicine Region 5, Seattle, WA

**MedlinePlus** from the National Library of Medicine: <https://medlineplus.gov/>

- Evidenced-based, ad-free and up-to-date health and medical information written for the general public; Information written & reviewed by Subject Matter Experts;
- One-stop-shopping. Information on: Health Topics (diseases & conditions); Prescription and Over-the-Counter (OTC) Drugs; Herbs & Supplements; Lab Tests; Medical Encyclopedia;
- Site is bilingual – you can easily toggle back & forth from English to Spanish; Also includes Information in Multiple Languages section

**American Academy of Pediatrics:** <https://www.healthychildren.org/>

- Evidenced-based and up-to-date; Information written & reviewed by Subject Matter Experts
- Site is bilingual – you can easily toggle back & forth from English to Spanish
- See the Adoption & Foster Care resources section: <https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/default.aspx>

**KidsHealth from the Nemours Foundation:** <https://kidshealth.org/>

- Produced by the Nemours Foundation, which is a nonprofit children's health system. Website founded by physician, Neil Izenberg, M.D., to help parents, kids, and teens take charge of their health.
- Organized into 3 sections: KidsHealth; TeensHealth and For Parents.
- Provides [Doctor-reviewed](#) advice on hundreds of physical, emotional, and behavioral topics — from before birth through the teen years.
- Site is bi-lingual – you can easily toggle back & forth from English to Spanish. Audio information is also offered.

**EmbraceRace:** <https://www.embracerace.org/>

- Founded in 2016, this nonprofit organization supports parents, grandparents or other caregivers, early childhood educators and others in educating young children about race.
- Offers resources, information, training webinars and a community dedicated to raising the next generation of children with racial sensitivity.
- They have a section devoted to diverse children's books: <https://www.embracerace.org/resources/where-to-find-diverse-childrens-books>

**American Psychological Association:** <https://www.apa.org/topics>

- Guidance from the American Psychological Association on issues impacting everyday life such as family relationships, and emotional wellness, including stress/stress relief.