

Health on the Shelf

Booklist

Health on the Shelf in partnership with [Libraries Tasmania](#), is a collection of suggested picture books (0-8 years) and junior fiction (5-12 years) that explore ideas about healthy living for children. There are books about:

- appreciating diversity,
- building positive relationships,
- maintaining healthy bodies,
- managing feelings and emotions, and
- understanding food.

Health on the Shelf books can be read by children independently or together with an adult. The books are fun and engaging stories that include a health message; they are not information books.

You can find the online list at www.health.tas.gov.au/healthykids/health_on_the_shelf

Picture books for children (birth to 8 years)

Interacting with babies and toddlers is important to their development. You can give your child a great start by talking, singing, playing and sharing simple books together even if you aren't a confident reader yourself.

Here are some tips for shared reading time with your child:

Before reading

- Let your child pick and choose what they read for pleasure.
- Find a comfortable place to sit and read together.
- Turn off electronic devices and give your child your full attention.
- If your child is reading to you, let them hold the book.
- Ask them to predict what the book will be about from clues in the cover and title.

During reading

- Run your finger along the line to show your child that text runs left to right, top to bottom.
- Prompt them to figure out difficult words by breaking them down and sounding them o

- Once they have figured out the word, ask them to go back and re-read so comprehension isn't lost.
- Allow them to stop and point at / talk about the pictures.
- Pause once or twice during reading and ask them to predict what might happen next.

After reading

- Ask what they would do / how they would feel if they were in the story.
- Don't feel pressured to finish the book if it's boring or too difficult.
- Ask your child if the book reminds them of anything else they've read, viewed or experienced.
- Encourage them to re-tell the story or part of the story.
- Have them tell you what they did / didn't like about the book.
- Allow them to read favourite books again and again.

Author	Title	Topic
Robert Costa	Little Sower Samuel	Understanding food
Lois Ehlert	Eating the alphabet	Understanding food
Eric Carle	The very hungry caterpillar	Understanding food
Claire Potter, Ailie Bus	Which food will you choose	Understanding food
Eileen Browne	Handa's surprise	Understanding food
Monica Reeve	Bug soup beat	Understanding food
Megan Foward	A patch from scratch	Understanding food
Ben Lerwell	Let's go outside	Maintaining healthy bodies
Charlotte Barkla	All bodies are good bodies	Maintaining healthy bodies

Author	Title	Topic
Katie Crenshaw	Her body can	Maintaining healthy bodies
Katie Daynes	Why should I brush my teeth?	Maintaining healthy bodies
Mo Willems	The pigeon needs a bath	Maintaining healthy bodies
Giles Andreae	Giraffes can't dance	Maintaining healthy bodies
Rachel Tomlinson	A Blue kind of day	Managing feelings and emotions
Brian Lies	The rough patch	Managing feelings and emotions
Neith Negley	Tough guys (have feelings too)	Managing feelings and emotions
Amanda McCardie	A book of feelings	Managing feelings and emotions
Trace Maloney	When I'm feeling scared	Managing feelings and emotions
Anna McGregor	Anemone is not the enemy	Building positive relationships
Sophie Beer	Love makes a family	Building positive relationships
Sophie Beer	Kindness makes us strong	Building positive relationships
Tom Percival	Meesha makes friends	Building positive relationships
Amy June Bates	The big umbrella	Building positive relationships
Aunty Patsy Cameron	Sea Country	Building positive relationships
Deborah Kelly	Me and you	Building positive relationships

Author	Title	Topic
Mem Fox	I'm Australian too	Appreciating diversity
Davina Bell	All the ways to be smart	Appreciating diversity
Kim Kane	Family forest	Appreciating diversity
Scott Stuart	My shadow is pink	Appreciating diversity
Aunty Fay Muir	Respect	Appreciating diversity
Mem Fox	I'm Australian too	Appreciating diversity
Melanie Heyworth	Remarkable Remy	Appreciating diversity
Scott Stuart	My shadow is purple	Appreciating diversity
Aunty Fay Muir	Open your heart to country	Appreciating diversity
Kim Kane	Family forest	Appreciating diversity
Eliza Hull and Sally Ripin	Come over to my house	Appreciating diversity
Rod Clement	Feathers for Phoebe	Appreciating diversity
John Dickson	Surfing in the dark	Appreciating Diversity
Sophie Beer	Love makes a family	Building positive relationships
Isaiah Firebrace	Come together	Building positive relationships
Sophie Beer	You're fabulous as you are	Building positive relationships

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Anna McGregor	<u>Anemone is not the enemy</u>	Building positive relationships
Aunty Patsy Cameron	<u>Sea country</u>	Building positive relationships
Mo Willems	<u>The pigeon needs a bath</u>	Maintaining healthy bodies
Katie Daynes	<u>Why should I brush my teeth?</u>	Maintaining healthy bodies
Charlotte Barkla	<u>All bodies are good bodies</u>	Maintaining healthy bodies
Dr Annika Smith	<u>Fun in the sun</u>	Maintaining healthy bodies
Katie Crenshaw	<u>Her body can</u>	Maintaining healthy bodies
Ben Lerwell	<u>Let's go outside!</u>	Maintaining healthy bodies
Danny Parker	<u>Perfect</u>	Maintaining healthy bodies
Tracy Moroney	<u>When I'm feeling scared</u>	Managing feelings and emotions
Amanda McCardie	<u>A book of feelings</u>	Managing feelings and emotions
Rachel Tomlinson	<u>A blue kind of day</u>	Managing feelings and emotions
Clare Atkins	<u>Egg</u>	Managing feelings and emotions
Ruth Doyle	<u>The zoo inside me</u>	Managing feelings and emotions
Davina Bell	<u>What to say when you don't know what to say</u>	Managing feelings and emotions
Claire Potter, Ailie Busby	<u>Which food will you choose</u>	Understanding food

Author	Title	Topic
Lois Ehlert	Eating the alphabet	Understanding food
Eileen Browne	Handa's surprise	Understanding food
Robert Costa	Little sower Samuel	Understanding food
Monica Reeve	Bug soup beat	Understanding food
Adam Kay	Amy gets eaten	Understanding food
Sandhya Parappukkaran	Stay for dinner	Understanding food

Stories for younger readers (5-12 years)

These stories, which include aspects of health literacy in the plot, are aimed at older children to be read and enjoyed independently. They can also be used as the basis of parent-child, small group or whole-class discussion.

Author	Title	Topic
Shirley Marr	A Glasshouse of stars	Appreciating diversity
Terri Libenson	Remarkably Rubie (Emmie and Friends series)	Building positive relationships
Kayla Miller	Crunch (Click series)	Building positive relationships
Maryam Master	Exit through the gift shop	Building positive relationships
Remy Lai	Fly on the wall	Managing feelings and emotions
Kate Gordon	Aster's good, right things	Managing feelings and emotions

Author	Title	Topic
Nova Weetman	Sick Bay	Managing feelings and emotions
Jamie Sumner	Tune it out	Managing feelings and emotions
Raina Telgemeier	Guts (Smile series)	Managing feelings and emotions
Jeff Kinney	Big shot (Diary of a wimpy kid	Maintaining healthy bodies
Sally Rippin	The deep end (Billie B. Brown	Maintaining healthy bodies
Sally Rippin	The big adventure (Hey Jack	Maintaining healthy bodies
Ash Barty	Perfect match	Maintaining healthy bodies