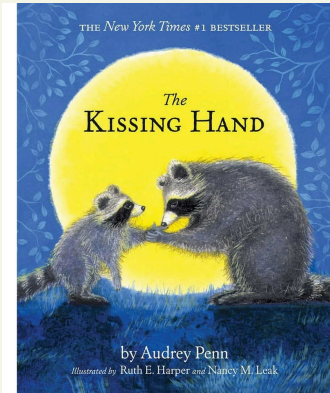


Books to Ease First Day Jitters

Starting school is a big deal, especially for kids with special needs or anxiety. These books help make transitions feel safer, softer, and way less scary.

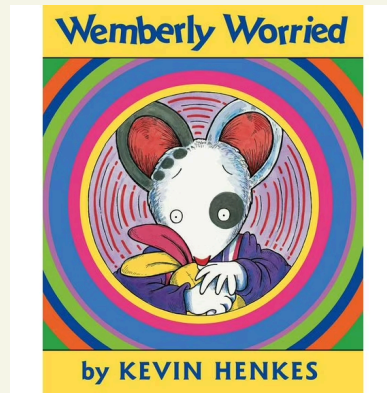
For Separation Anxiety



by Audrey Penn

A little raccoon carries love from home to school. Beautiful for separation anxiety.

Talk about Nervous Feelings



by Kevin Henkes

For kids with big feelings. Helps normalize nervousness.

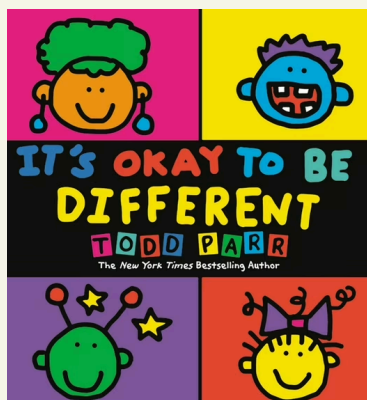
Routine and Reassurance



by Simon Spotlight

Routine, structure, and sweet reminders that grown-ups do come back.

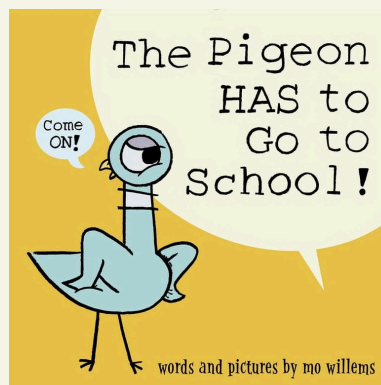
Build Confidence



by Todd Parr

Bold, fun, and self-affirming. Helps kids feel proud of who they are.

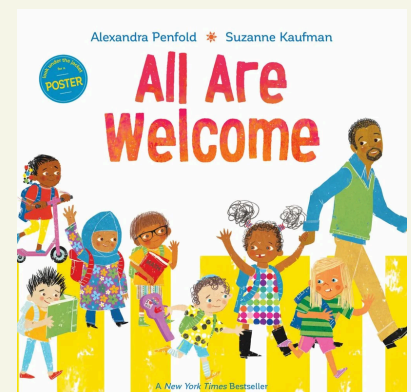
Feelings



by Mo Willems

It is about a pigeon who must go to school, but frets about math, learning the alphabet, heavy backpacks, and what the teacher and other birds would think of him

Celebrates Everyone



By Alexandra Penfold and Suzanne Kaufman

Bright, inclusive, and celebrates neurodiversity. Every child feels seen.