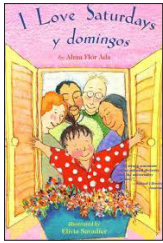




10 PICTURE BOOKS THAT CELEBRATE FAMILY GENERATIONS

Positive, loving relationships with adults help kids to thrive and grow emotionally strong. Children’s literature often shines a light on the cherished connection between grandparents, aunts and uncles, and children. The picture books below show intergenerational examples of kindness, encouragement, and shared adventures. Find these books, and others like them, at your local library, local bookstore, or online.



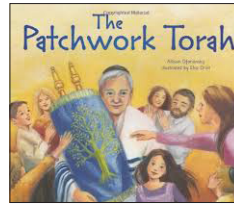
I LOVE SATURDAYS Y DOMINGOS

(Atheneum Books for Young Readers)

by Alma Flor Ada, illustrated by Elivia Savadier

AGES 5-8

Saturdays and Sundays are very special days for the child in this story. On Saturdays, she visits Grandma and Grandpa, who come from a European-American background, and on Sundays—los domingos—she visits *Abuelito y Abuelita*, who are Mexican-American.



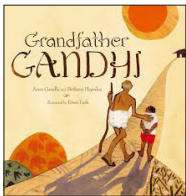
THE PATCHWORK TORAH

(Kar-Ben Publishing)

by Allison Ofanansky, illustrated by Elsa Oriol

AGES 4-7

Fragments of damaged and rescued Torahs from several periods of history are woven together in this touching tale of four generations of a Torah scribe and his family.



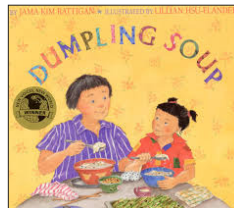
GRANDFATHER GANDHI

(Atheneum Books for Young Readers)

by Arun Gandhi and Bethany Hegedus, illustrated by Evan Turk

AGES 4-8

A stirring childhood recollection of life at Mohandas Gandhi’s service village, Sevagram, which introduces young readers to the idea that anger is a useful emotion which, when controlled and directed, can change the world.



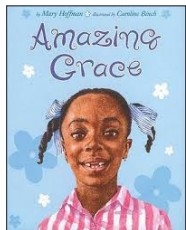
DUMPLING SOUP

(Dragonfly Books)

by Jama Kim Rattigan, illustrated by Lillian Su

AGES 3-7

Marisa worries that no one will eat her funny-looking dumplings on New Year’s Day. Set in the Hawaiian islands, this story celebrates the joyful mix of food, customs, and languages from many cultures.



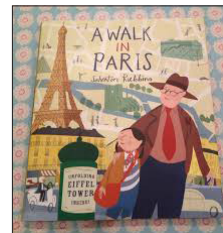
AMAZING GRACE

(Reading Rainbow Books)

by Mary Hoffman, illustrated by Carolyn Binch

AGES 4-8

Grace loves stories, whether they’re from books, movies, or the kind her mother and her grandmother tell. So when she gets a chance to play a part in Peter Pan, she knows exactly who she wants to be.



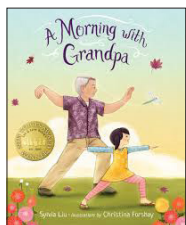
A WALK IN PARIS

(Candlewick Press)

by Salvatore Rubbino

AGES 4-8

Grandpa is eager to share his love of the City of Light with his granddaughter. Together, the two explore Paris and practice their French on market day.



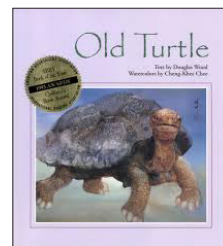
A MORNING WITH GRANDPA

(Lee and Low)

by Sylvia Liu, illustrated by Christina Forshay

AGES 4-8

Mei Mei teaches her grandpa, Gong Gong, the yoga she has learned in school. Gong Gong shares his love of tai chi with her. Together, they experience the joy of learning.



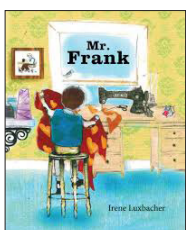
OLD TURTLE

(Scholastic)

by Douglas Wood, illustrated by Cheng-Khee Chee

AGES 6-9

Long ago, all of the earth argued about God. The mountains, the birds, the ocean could not agree, until wise Old Turtle helped the family of creation see how we all contribute and we all belong.



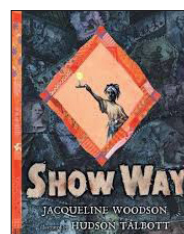
MR. FRANK

(Groundwood Books)

by Irene Luxbacher

AGES 4-8

Inspired by memories of watching her father work in his tailor shop, “Mr. Frank” is a bright, sparkly tribute to sharing one’s passion with those you love the most.



SHOW WAY

(Putnam Books for Young Readers)

by Jacqueline Woodson, illustrated by Hudson Talbott

AGES 4-8

Soonie’s family makes Show Ways—quilts with secret meanings that are maps to freedom. Each generation passes on the next the belief that there is a path to a better way.

United Way

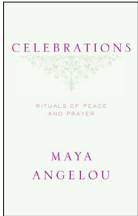


United Way of Greater Richmond & Petersburg

LEARNING.
LEADING.
UNITING.

10 TITLES TO CHALLENGE OUR THINKING ABOUT FAMILY CAREGIVING

Positive, caring relationships offer protective benefits across the lifespan. In times of unexpected transition or health crisis, our lens may shift from caring about family to becoming a family caregiver. Through poetry, short story, fiction, memoir, and meditation, the books below challenge popular perceptions about caregiving and remind us that caring is a mutual journey that can be creative, uplifting, and transformative. Find these books, and others like them, at your local library, local bookstore, or online.



CELEBRATIONS: RITUALS OF PEACE AND PRAYER

(Random House)

by Maya Angelou

A collection of energizing, timeless poems about celebrations that shape and give meaning to public and family life.

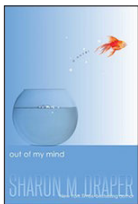


LEARNING BY ACCIDENT: A CAREGIVER'S TRUE STORY OF FEAR, FAMILY, AND HOPE

(Skyhorse Publishing)

by Rosemary Rawlins

An inspirational memoir about learning and growing through adversity, as Rosemary's husband suffers a severe traumatic brain injury after a car accident and, as a result, their roles in the family change dramatically.



OUT OF MY MIND

(Atheneum Books for Young Readers)

by Sharon Draper

Possessing a photographic memory despite an inability to walk or speak, Melody is mistaken as mentally challenged by those who cannot see beyond her cerebral palsy, impelling her to discover a way to communicate. A novel written in tribute to family caregivers of children with disabilities.

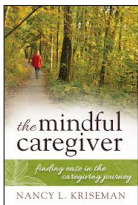


MEMORY BOARD

(Blake House Books)

by Jane Rule

A tender, poignant novel that explores love and memory loss, as Diana seeks to provide end-of-life care for her long-time partner, Constance, out of the intrusive eye of her brother, David.

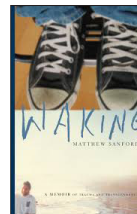


THE MINDFUL CAREGIVER: FINDING EASE IN THE CAREGIVING JOURNEY

(Rowman & Littlefield)

by Nancy L. Kriseman

A practical, powerful guide to communicating, listening, and tending to the spirit of self and honoring the essence of family members.

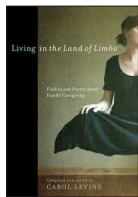


WAKING: A MEMOIR OF TRAUMA AND TRANSCENDENCE

(Rodale)

by Matthew Sanford

After a fatal accident that claimed the lives of his father and sister, Matt is left paralyzed from the chest down. To rebuild his life he must reject his traditional beliefs, connect with the people around him, and find purpose in the expanse between mind and body.



LIVING IN THE LAND OF LIMBO: FICTION AND POETRY ABOUT FAMILY CAREGIVING

(Vanderbilt University Press)

by Carol Levine, editor

Through poetry and short stories, caregivers share their experiences with candor and courage in this first anthology of its kind.

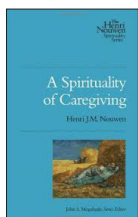


BEFORE I FORGET: LOVE, HOPE, HELP AND ACCEPTANCE IN OUR FIGHT AGAINST ALZHEIMER'S

(Harmony)

by B. Smith, Dan Gasby, and Michael Shnayerson

A memoir and portrait of early onset Alzheimer's Disease, told by a husband and wife who find their way by the light of family, life, and hope.

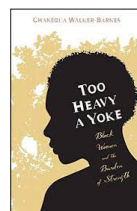


A SPIRITUALITY OF CAREGIVING

(Upper Room)

by Henri J.M. Nouwen, John Mogabgab, editor

Meditations on spiritual growth, intimacy, and the epiphany that caregiving is a relationship where both parties receive and give by equal measure.



TOO HEAVY A YOKE: BLACK WOMEN AND THE BURDEN OF STRENGTH

(Cascade Books)

by Chanequa Walker-Barnes

Examined from a pastoral perspective, this book deconstructs the archetype of the StrongBlackWoman as a beacon of emotional strength, caregiving, and independence and offers a model of relating to self and others that is rooted in interdependence and mutuality.