

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
Claire Potter, Ailie Busby	Which food will you choose	Understanding food
Eileen Browne	Handa's surprise	Understanding food
Monica Reeve	Bug soup beat	Understanding food
Adam Kay	Amy gets eaten	Understanding food
Sandhya Parappukaran	Stay for dinner	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
Dr Annika Smith	Fun in the sun	Maintaining healthy bodies
Danny Parker	Perfect	Maintaining healthy bodies
Rachel Tomlinson	A Blue kind of day	Managing feelings and emotions
Amanda McCardie	A book of feelings	Managing feelings and emotions
Clare Atkins	Egg	Managing feelings and emotions
Ruth Doyle	The zoo inside me	Managing feelings and emotions
Davina Bell	What to say when you don't know what to say	Managing feelings and emotions
Anna McGregor	Anemone is not the enemy	Building positive relationships
Sophie Beer	Love makes a family	Building positive relationships
Aunty Patsy Cameron	Sea Country	Building positive relationships
Isaiah Firebrace	Come together	Building positive relationships
Sophie Beer	You're fabulous as you are	Building positive relationships
Mem Fox	I'm Australian too	Appreciating diversity
Kim Kane	Family forest	Appreciating diversity
Scott Stuart	My shadow is pink	Appreciating diversity
Scott Stuart	My shadow is purple	Appreciating diversity



Aunty Fay Muir	Open your heart to country	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
Melanie Heyworth	Remarkable Remy	Appreciating diversity

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
R. J. Palacio	Wonder	Appreciating diversity
Maryam Master	No words	Appreciating diversity
Jamie Sumner	Roll with it	Appreciating diversity
Jordan Gould	Guardians (Wylah the Koorie Warrior Series)	Appreciating diversity
Kate Foster	Paws	Appreciating diversity
Alex Gino	Melissa	Appreciating diversity
Eliza Hull and Sally Rippin	Come over to My House	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
Kate Foster	The bravest word	Managing feelings and emotions
Megan Wagner Lloyd	Allergic	Managing feelings and emotions
Jarrett Lerner	A work in progress	Maintaining feelings and emotions
Jamie Sumner	Tune it out	Managing feelings and emotions

Raina Telgemeier	Guts (Smile series)	Managing feelings and emotions
Kate Gordon	Whalesong	Managing feelings and emotions
Penny Mathews and Liz Anelli	Maddie's first day	Managing feelings and emotions
Jared Thomas	Uncle Xbox	Maintaining healthy bodies
Fiona Harris	Cup countdown	Maintaining healthy bodies
Nova Weetman	Sick Bay	Maintaining healthy bodies
Jeff Kinney	Big shot (Diary of a wimpy kid)	Maintaining healthy bodies
Sally Rippin	The deep end (Billie B. Brown series)	Maintaining healthy bodies
Sally Rippin	The big adventure (Hey Jack series)	Maintaining healthy bodies
Ash Barty	Perfect match	Maintaining healthy bodies
Melissa Leong	Taste adventure with Melissa Leong	Understanding food