

# Mystic Moms

## Ten Books I Couldn't Have Raised My Kids Without

Also perfect for sharing with your students,  
nieces, nephews, grandchildren, puppies, and ....goldfish?  
Don't pretend you don't love them for YOURSELF too.

---

### 1. Wonder by Raquel J Palacio

Is there a grade-school kid in your life that feels “different?”  
Are you dealing with bullying issues that are so challenging they're  
bringing back your own school daze? *Wonder* can help.

Having a child in Grade 5 made this book super relevant in my house. Grade school challenges come to life so realistically that I didn't know if I was reading it for myself or for the kids. *Wonder* skillfully teaches the power of being kind to everyone, no matter what. If you have time, this is a read-together kind of book because the discussion is so rich. I highly recommend getting the updated edition with the Julian chapter!

### Helps with:

Bullying, relationships,  
empathy, being different,  
acceptance, healthy  
risks, leadership

---

### 2. The Kissing Hand by Audrey Penn

Want your kids to feel the connection to your heart even when you're  
apart? If you have kids who need lots of reassurance to start  
something new without you by their side, this book is for you.

*The Kissing Hand* transformed how I let go and said goodbye to my little ones, both when they went to spend time with their dad (this was so hard for me!), and when they went on big adventures like camp or a new daycare. Momma raccoon prepares Chester to be away from her using imagery and the power of love. *The Kissing Hand* is a powerful tool for children and adults to support transitions of any kind.

### Helps with:

Transitions, starting  
something new,  
separation anxiety,  
emotional safety, feeling  
protected, nurturing the  
parent/child bond,  
healthy boundaries,  
creativity

---

### 3. Good-bye Bumps! Talking to What's Bugging You by Dr. Wayne W. Dyer and Saje Dyer

**Do you believe that you and your kids have the power to heal yourselves? Do you want to grow your faith in this mystic (and well-researched) power?**

I didn't grasp how much power I had to change specific problems in my body until I read this real life story. By talking to what is bugging us and not letting it have power over us, we can heal ourselves. This amazing true story is about the power of belief. Adults will be amazed and empowered by this message as much as kids. \*Side-note: If you're skeptical about this, but planning to join the Mystic Moms program, we'll share tons of valid but hidden research on this power available to everyone.

### 4. Red is Best by Kathy Stinson

**Are you battling with your toddler? Have you heard the words 'NO, I want this one!' too many times this week? This book will help your family and your toddler gain a whole new outlook.**

View the classic challenges of parenting a toddler through a child's point of view with this simple picture book. What a great reminder that knowing exactly what they want is a normal part of being two. Toddlers will feel heard and understood and parents will see themselves in this adorable book.

### 5. Beautiful Girl: Celebrating the Wonders of Your Body by Christiane Northrup

**Let's sing this one from the mountain top—every girl and woman in the world is beautiful, perfect and unique just as she is!**

I wish I'd read this as a little girl. It assures girls they are not alone, and are connected to all the women of the world. It is the perfect Mystic Mom book, letting us know that being a girl means that you're part of something bigger. Every girl will feel how special and unique her body is and understand that changes are natural and magical. Wow!

#### Helps with:

Power-thoughts, faith, intention-setting, changing your thoughts, being different, self-healing, and trust.

---

#### Helps with:

Toddlers, "terrible twos", parenting, making choices, picking your battles, nurturing independence

---

#### Helps with:

Positive body image, puberty, sexual abuse prevention, girl power, feminism, change, global community, empowerment, normalizing body differences

---

## 6. The Giving Tree by Shel Silverstein

**How do we teach children to balance their need to receive support with the power of giving to others? Sound familiar?**

Shel Silverstein brings that dilemma to life. I love witnessing the love and connection between the tree and the boy as he grows and his needs change. I know from experience that talking to trees is actually very healing—even though it might seem absurd. Nature continues to give to us in every imaginable way, asking for very little in return. This book reminds me to love what the earth provides for me every day.

## 7. Today I Feel Silly & Other MOODS that Make My Day by Jamie Lee Curtis

**If we can't talk about how we feel in our family, then where can we share our feelings?**

Funny, silly, distressing and deep, the **full** range of emotions is normalized through the adventures of a child and her family. Being with (instead of pushing away) all our feelings—the yucky, hilarious, mucky and unpredictable—is something we can all learn from. Great pictures and colors bring each feeling to life. A cool spinning wheel gives the option to try on different feelings at the end of the book.

## 8. The Un-Wedding by Babette Cole

**Do you have a child in your life whose parents live in separate homes? Want a side dish of belly laughter along with solid emotional support?**

Imaginative and innovative, this book was a breath of fresh air for my kids and I as we went through our family separation. Years later, my kids still pull this out when something stressful is going on between my ex and I, or when they go through a period of wishing we were back together. Who wouldn't want a tunnel connecting their Mom's and Dad's house? A hilarious look at parental conflict between Mr. and Mrs. Ooglebutt, and the ultimate joy and freedom divorce creates for their children. This book comically challenges the traditional view that parents must stay together for the children's sake, and reminds children that divorce is never their fault.

## Helps with:

Honoring nature, giving and receiving, balance, Mother Earth, love, support, social challenges, connection to something greater

---

## Helps with:

Feelings, moods, healthy emotional expression, self-esteem, taking responsibility, behavior challenges, empathy

---

## Helps with:

Separation and divorce, honesty, feelings, self-esteem, parental guilt, preparation for changes, healthy self-expression

---

## 9. George and Martha by James Marshall

**How do your children choose their friends? What does it mean to truly support someone?**

George and Martha's friendship is like gold—sparkly, solid, and genuine. Two hippos share their lives together as dear friends. They share feelings, learn from their mistakes, and support each other unconditionally. The value of deep friendship and all its imperfections is so sweetly communicated through the pages of this book. For everyone from babies to grandparents, this message is perfect for us all.

### Helps with:

Friendships, feelings, empathy, community, support, companionship, social skills, perfectionism, normalizing mistakes, honoring differences

---

## 10. Chrysanthemum by Kevin Henkes

**A lot of kids are teased and tormented every day because of their name.**

This clever look at bullying will bring back memories of how confusing and complex grade school social relationships can be. It will help your children stand up for themselves.

Kevin Henkes captures the reality of how mean children can be to each other. It only takes one person to stand up to the bullies for everything to begin to shift and feel brighter.

### Helps with:

Bullying, feelings, name-calling, self-esteem, sensitivity, support, accountability, honoring differences, empathy, leadership, transitions, school avoidance

---

Visit my website to explore more great books

[carolynburke.ca/bookends](http://carolynburke.ca/bookends)