

# Child Care Suggested **BOOK LIST**

## **Healthy Eating:**

**My Food/Mi Comida** by Rebecca Emberley  
*Labeled illustrations introduce various familiar foods and their names in English and Spanish.*

**Tucking In! (Just Like Me!)** by Jess Stockham  
*Animals and young children enjoy the same types of foods, including oats, oranges, and fish, in a book with pictures hidden beneath the flaps.*

**Yum-Yum, Baby!** by Beth Harwood  
*Rhyming text describes which meals of the day a baby is hungry for, while labeled illustrations introduce related words, such as banana, cup, and peas.*

**The Carrot Seed** by Ruth Krauss  
*A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed, and he eventually grows a large carrot.*

**Lunch** by Denise Fleming  
*A sturdy board-book format follows a hungry little mouse as he munches his way through a variety of colorful fruits and vegetables.*

**My Very First Book of Food** by Eric Carle  
*A split-page board book provides a simple introduction to the foods animals eat as preschoolers are challenged to match up the image of the food with the animal presented.*

**Growing Vegetable Soup** by Lois Ehlert  
*A father and child grow vegetables and then make them into a soup.*

**Orange Pear Apple Bear** by Emily Gravett  
*Explores concepts of color, shape, and food using only five simple words, as a bear juggles and plays.*

**Eating the Alphabet** by Lois Ehlert  
*An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke, to yam and zucchini.*

**An Island in the Soup** by Mireille Levert  
*Staring at the fish soup he doesn't want to eat, Victor imagines that he is on an island of overgrown celery where he conquers a fierce pepper dragon only to be barraged by a wealth of terrifying ingredients, and soon Victor unexpectedly discovers that the dreaded fish soup is quite delicious.*

**Good for Me and You** by Mercer Mayer  
*Little Critter learns that a healthy lifestyle includes a balanced diet and exercise.*

**Muncha! Muncha! Muncha!** by Candace Fleming  
*After planting the garden he has dreamed of for years, Mr. McGreely tries to find a way to keep some persistent bunnies from eating all his vegetables.*

**An Orange in January** by Dianna Hutts Aston  
*An orange begins its life as a blossom where bees feast on the nectar, and reaches the end of its journey, bursting with the seasons inside it, in the hands of a child.*

**I Will Never Not Ever Eat a Tomato**  
by Lauren Child  
*Fussy eater Lola makes it perfectly clear that she will not eat anything she doesn't want until her brother shows her that carrots are really orange twiglets from Jupiter and mashed potatoes are actually Mount Fuji cloud fluff.*

continued

## Physical Activity:

### **Wiggle Waggle** by Jonathan London

Describes how various animals walk, from the wiggle waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll of a bear.

### **On the Go!** by Jess Stockham

Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.

### **From Head to Toe** by Eric Carle

Encourages the reader to exercise by following the movements of various animals.

### **Get Moving with Grover** by Abigail Tabby

Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around, and dancing around the book itself.

### **I Went Walking** by Sue Williams

During the course of a walk, a young boy identifies animals of different colors and soon has a trail of animals following him.

### **Froggy Learns to Swim** by Jonathan London

Froggy is afraid of the water until his mother, along with his flippers, snorkel, and mask, help him learn to swim.

### **Hop Jump** by Ellen Stoll Walsh

Bored with just hopping and jumping, a frog discovers dancing.

### **Animal Exercises** by Mandy Ross

A collection of poems describes how familiar animals keep in shape.

### **The Busy Body Book** by Lizzy Rockwell

Exploring all the many moves, twists, and turns a human body can do, this book is designed to encourage kids to move around, use their bodies, and learn the importance of staying actively fit.

### **Duck on a Bike** by David Shannon

A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.

### **Doing the Animal Bop** by Jan Ormerod

Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.

## Breastfeeding:

### **We Like to Nurse** by Chia Martin

This book celebrates the wonder of breastfeeding in humans and animals.

### **Mama's Milk** by Michael Elsohn Ross

This book displays humans and animals breastfeeding in their natural habitats, celebrating the warm and loving bond between mammal mamas and their babies.

### **This Milk Tastes Good! A Breastfeeding Nursery Rhyme** by Chenniah Patrick

An amusing tale that celebrates the joy of breastfeeding, highlighting that breast milk is nutritional and tasty.

### **Best Milk** by Kate Carothers

This book helps explain and normalize breastfeeding talking about how animals nurse and how breastfeeding can happen anywhere.

### **Only the Cat Saw** by Ashley Wolff

Pictures show the natural wonders, including the baby nursing at night, which go unnoticed by a busy young family—except by their observant cat.

### **Happy Birth Day!** by Robie H. Harris

A mother tells her child about its first day of life from the moment of birth through the end of the birth day including breathing, nursing, and sleeping.

Content adapted from [Nemours.org/growuphealthy](http://Nemours.org/growuphealthy) and the 2013 Midcoast Public Health CTG Breastfeeding Resource Toolkit for Early Childcare and Education Centers.

MaineHealth

**LET'S GO!**

5-2-1-0