



## Book Recommendations for Children

This list makes no claim to completeness and is updated on an ongoing basis. Suggestions and references to current specialist literature are welcome at [\\_kontakt@periparto.ch](mailto:_kontakt@periparto.ch)

Abel, J. W. (2021). ***The little blue rocket ship: A story about postpartum depression***. Independently published.

Centre for Addiction and Mental Health. (2005). ***Can I catch it like a cold? Coping with a parent's depression*** (ill. J. Weissmann). CAMH Publications.

Diehn, A. (2022). ***Mama's days*** (ill. Á. Ruiz). Reycraft Books.

Gallagher, H. (2014). ***Happy pants: Why is Mummy so sad?*** (ill. L. McGrath). Wombat Books.

Hourigan, E. (2022). ***My father's shadow*** (ill. E. Hourigan). Little, Brown Books for Young Readers.

Vasiliu, M. (2015). ***My happy sad mummy*** (ill. M. Vasiliu). JoJo Publishing.

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