Big Conversations About Self-Image

The books in this list are about self-image and ways to love one's self. Sometimes it's hard for children to grasp these concepts and we hope these materials will aid in having meaningful discussions.

Big	Vashti Harrison
A young girl is praised for being a big girl when she is mall, but as she grows, "big" becomes a word of criticism, until she realizes that she is fine just the way she is.	

I Absolutely, Positively Love My Spots	Lid'ya C. Rivera
A young girl with vitiligo celebrates her skin in this joyful picture book.	

My Extraordinary Face	Marissa Suchyta
Four children with varying facial differences embrace their unique features. Includes guiding questions to help young readers build a healthy relationship with their appearance.	

Beautiful You, Beautiful Me	Tasha Spillett-Sumner
A simple story exploring the feelings of a mixed heritage child who begins to notice the physical differences between her mother's features and her own. At first, Izzy is sad that she looks so different from her mama. She only sees the beauty in her mother's features, and not in her own. But using a gentle refrain, her mama lovingly tells her "You're part of me, and I'm part of you. I'm beautiful like me, and you're beautiful like you." And with time and encouragement, Izzy comes to realize that beauty and belonging come in all shapes and sizes.	

I Can be All Three	Salima Alikhan
A lyrical picture book about a child who learns to celebrates her multicultural identity and finds pride in all the stories and worlds that live inside of her.	

Gorgeously Me	Jonathan Van Ness

A celebration of individuality, self love, and everything that makes us exceptional.