



INCLUSIVE ✓ EVIDENCE-BASED ✓ TRAUMA-INFORMED THERAPY



# Body Positive Childrens Books



**Bodies are cool** by Tyler Feder

**Beautifully Me** by Nabela Noor

**Big** by Vashti Harrison

**The Belly Song** by Mother Moon

**Mamá's Panza** by Isabel Quintero

**I Love My Body Because** by Shelly  
Anand & Nomi Ellenson