

Bibliotherapy List: Shy Children

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## References

Best, C. (2001). *Shrinking Violet*. New York: Melanie Kroupa Books.

This fictional picture book for ages 4 and up is about the shyest girl in school, Violet, who overcomes her shyness by taking part in a school play and battling the class bully, Irwin. The story is told in a way that allows shyness to be understood and accommodated rather than judged. The author, Cari Best, writes her children's books from what she experienced as a child. Being shy was something she dealt with in her childhood years and overcame.

Brozovich, R., & Chase, L. (2008). *Say Goodbye to Being Shy*. Oakland: Instant Help Books.

A workbook for children and parents to help kids overcome shyness. In the workbook, fun activities are provided for children and parents to do together to build confidence and assertiveness in the child. The book begins with an activity to help the parent create a reward system to encourage progress as their child learns to move past shyness. Designed and used by child therapists, the remaining activities in the book help children to gain self-assurance and the ability to become comfortable interacting with others. The authors, Robert Brozovich, PhD and Linda Chase, MSW wrote the book because of their special interest in child and family issues. Robert Brozovich, PhD, is a certified school psychologist and licensed psychologist that has worked with children in schools and private practice for more than forty years. Brozovich also has a special interest in anxious and shy children. He as well as Linda Chase, MSW have extensive experience with children who are selectively mute. Linda Chase, MSW, is an elementary school social

worker who has also worked as a psychotherapist specializing in children and family issues.

Choldenko, G. (2007). *Louder Lili*. New York: The Penguin Group.

Fictional picture book for children ages 4-8 about Lili, a young girl who is the quietest girl in class. She gains the courage to speak up after a bossy classmate befriends her and does all the talking as well as abuses the class guinea pig. The warm and funny tone of the story will speak to any child learning to find his or her own voice. The story can also speak to siblings or family members used to being the boss who might see a reflection of themselves in the class bully, Cassidy. The author Gennifer Choldenko writes the book from experience. She had to fight for her voice since she was the youngest of four kids and the youngest cousin. Her siblings and cousins used to call her names such as "Snot-Nose", "Short-Stuff", and "Shrimp".

Dana, B. (1982). *Zucchini*. New York: Harper and Row.

Fiction book for readers ages 8-11 about a painfully shy boy that befriends a homeless baby ferret. Billy is much too shy to show his love for the ferret but when the ferret runs away after a misunderstanding, Billy must find the courage to overcome his shyness to save their friendship. The first draft of *Zucchini* was previously turned down by publishers due to its length. Author Barbara Dana made the chapters shorter and more easy to read for children. The story, being a great example of overcoming shyness and building friendship, has become her most popular book for children.

Gillard, S. (Director). (2009). *Hatching Pete* [Motion Picture].

Disney movie directed at children ages 7 and up about a boy named Pete who is asked to secretly fill in as mascot for a friend who can no longer wear the suit. Through the suit, normally shy Pete is able to be funny and a huge celebrity. He must decide if and when he wants to reveal his true identity. Families can use the movie to talk about kids' relationships with their peers. Parents can ask their children if they ever felt unnoticed by people, like Pete, and if they want to be noticed, what they can do to make that happen.

Hargreaves, R. (1981). *Little Miss Shy*. New York: Penguin Putnam Books for Young Readers.

Illustrated fiction book for kids ages 5 and up about Little Miss Shy who is afraid of everything and doesn't go out. When she gets invited to a friends' party, she goes into hiding. She is dragged by her friend to the party where she meets Mr. Quiet who used to be shy too. This book serves as a great tool for discussing shyness with children. The book allows children to learn that not only are they not alone in their shyness, but that they can overcome it a step at a time, enabling them to have more friends and more fun. The book can also help the child with their vocabulary and pronunciation, which is great for children who may have communication difficulty or select mutism.

Johnson, M. (1996). *Let's Talk About Being Shy*. New York: The Rosen Publishing Group, Inc.

This book, for children ages 5 and up, helps kids to understand what shyness is and gives suggestions on how to deal with it in a positive way. Although the colorful illustrations and easy to read suggestions speak directly to the child, it also serves as a problem

solving resource for parents and caregivers.

Lacombe, B. (2006). *Cherry and Olive*. New York: Walker & Company.

In this fiction picture book for young readers 4 and up, Cherry gets teased often in class for being plump and shy and keeps to herself though she longs for a friend. Cherry befriends a stray dog at her dad's animal shelter that is also plump and shy. When the dog is teased by the public, Cherry finds the courage to stand up for it, which is something she hasn't been able to do for herself. This book not only speaks to children who have a tough time fitting in, it also has the ability to send a message to children in the shy child's family who may often keep others from fitting in.

Lucas, D. (2003). *Halibut Jackson*. New York: Random House.

Illustrated book aimed at children 3-9 about a shy child named Halibut Jackson who wears costumes to help him fit into any background and a hide. When he is invited to a party, he wears a costume that ends up not fitting the background and he is forced to stand out. The repetitive and italicized texts guide the tone of the story to help shy children identify with Halibut while reading/listening.

Markaway, B. G., & Markaway, G. P. (2005). *Nurturing The Shy Child*. New York: St. Martin's Press.

This book, aimed at parents, teachers, guidance counselors, and other concerned adults, provides advice to assess shyness in children and gives practical tools to help shy and socially anxious children overcome anxiety. The advice is tailored to specific ages and

levels of anxiety in each area of the entire shy spectrum—from shyness in only certain situations to social anxiety disorder. Adults can use the proven methods to ease the child's discomfort. The book also gives important information on problems that exist with shyness and social anxiety such as, depression, school anxiety, separation anxiety, excessive worry, selective mutism, and more. *Nurturing The Shy Child* is written by psychologists Barbara and Gregory Markway, respected experts in the field, and authors of other books on shy children.

Michelle, L. (1995). *How Kids Make Friends*. Buffalo Grove: Freedom Publishing Co.

*How Kids Make Friends* is aimed at children ages 6 and up as well as parents, caregivers, and educators. The book helps children to gain self-confidence as well as provides tips on what to say in social situations, getting positive attention from others, and how to reduce shyness for good. A special chapter in the book for parents and teachers helps them to interact with shy children in positive ways and teach them social skills. The book was created as a result of the author Lonnie Michelle's kids' questions about their ability to make friends. In order to get more information for the book, she talked to other children ages 8-16 about their experiences and used the suggestions in the book. Lonnie Michelle has a Bachelor's degree in early childhood development from the University of Illinois and has studied child interaction for over 15 years. She also presents role-playing seminars.

Miller, S.R., Tserakhava, & Miller, C.J. (2010). My child is shy and has no friends: What does

parenting have to do with it?. *Journal of Youth and Adolescence*, 40, 442-452.

Peer-reviewed journal article for adults that discusses how parents react differently to children based on their children's temperament, gender, and the interaction of these factors. The article also explains how parents' differential reactions to their children can affect their children's social success. The authors are from the Department of Psychology at the University of Windsor in Ontario, Canada.

Schurr, C., & Tenggren, G. (1999). *The Shy Little Kitten*. New York: Golden Books.

Illustrated fiction book for children ages 2 and up about a shy kitten who gets lost from her mom and siblings during a walk and is forced to make friends in order to find her family. This book is a great introduction to shyness for children who are not quite of school age and may have a harder time relating to picture books for older children about shyness.

Swallow, W. K., & Anderson, L. H. (2000). *The Shy Child: Helping Children Triumph over Shyness*. New York: Warner Books.

*The Shy Child: Helping Children Triumph over Shyness* is aimed towards parents, caregivers and educators. The book helps parents and children identify the signs of shyness in children from infancy to adolescents. and provides step-by step solutions for coping, empowerment, and relationship building. Scriptwriting, role-playing, and rehearsal are some of the tools used. The author Ward K. Swallow PhD is a clinical

psychologist and the Co-Author Laurie Halse Anderson is an author who writes for children and young adults.

Wells, R. (1988). *Shy Charles*. New York: Dial Books for Young Readers.

Illustrated story for children 4 and up about a mouse who doesn't like to talk and prefers to play by himself. Despite his parents' efforts to force him into becoming more outgoing, it is Charles that finds his own way to deal with his shyness. This story not only displays the message to children that it is ok to be shy, but also enables parents to learn the same.

Weiner, A. (2009, July 20). How can I help my shy child? [Video file]. Retrieved from

<http://www.youtube.com/watch?v=qKQ6rQApAQ0>

In this video clip for parents, Dr. Andrea Weiner helps parents and caregivers identify the effects of shyness in children and gives tips on how they can develop social skills in children. Dr. Andrea Weiner spent several years as a child and family therapist at Hahnemann University and has concentrated her research on children's social and emotional skill development. She is the founder of Emotionally Smart Beginnings, a company that produces educational products for or children and parents that cover topics from making friends to how to read emotional cues.



Zimbardo, P. G., & Radl, S. (1999). *The Shy Child*. New York: McGraw-Hill.

*The Shy Child* is aimed towards parents and teachers. The book provides approaches for combating shyness in children to prevent adverse effects. The book also allows the adult to build self-esteem, confidence, and social skills in children. The author Phillip George Zimbardo is a psychologist and a professor at Stanford University. The co-author, Shirley Radl, has written several books about social issues.