Intended for parents, this booklet offers advice and suggestions for developing a child's self-expression and providing a supportive environment for reading experiences at home. Various sections of the book discuss the following: (1) giving love and warmth to your child, (2) reading with your child, (3) listening to your child, (4) talking with your child, (5) controlling television viewing at home, (6) using numbers with your child, (7) influencing good work habits at home, (8) teaching safety rules to your child, (9) your child's muscles and movement, (10) encouraging your child to imitate animals, (11) your child's creative development, (12) five developmental games you can play with your child, (13) helping to foster positive attitudes about school, (14) your child's independence, and (15) trips anyone can afford. A final section contains a checklist to measure how well the parent is doing. A selected booklist for children in preschool through sixth grade is also included. (HOD)
PARENTS IN READING

PARENTS' BOOKLET

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

M. Margaret Rogers

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Dr. Roy Truby
Idaho State Superintendent of Public Instruction
1974-1978

Published By:
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Portland, Oregon
ACKNOWLEDGEMENTS

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Designed and illustrated by Susan Applegate and Warren Schlegel, Northwest Regional Educational Laboratory.

This booklet is part of the Parents in Reading program which also includes an Administrator's Guide and the Spanish/English version of the Parents' Booklet.
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Giving Love And Warmth To Your Child

Children Need To Feel Love

Talk to your child from birth, softly, gently, and lovingly, but don’t use baby talk. The child begins to learn the day he or she is born.

Oral expression is extremely important. At first the baby will respond by cooing and gurgling and later will pick up a few words and sense the rhythm of language.

The basic attitudes that make up your child’s self image will develop out of what he or she learns from those who give love and affection. Of course, later these attitudes are shaped by a small world of friends, school and community, but most of all, they are an outgrowth of the home.

Love Helps Self-Confidence And Acceptance

If your child has self-confidence, he or she will be able to move ahead, explore new things, and attempt to solve everyday problems.

Self-respect grows from feeling loved and respected by others. Help your child gain self-respect.
Reading With Your Child

Show That You Like To Read
Children Learn By Example

Every time you read to your child you are building an appreciation of books and reading. A child who has been read to is usually more anxious to read. Reading becomes important.

Set up a scheduled reading time. Choose different kinds of books. Follow articles in the newspaper or comics; be a Charlie Brown fan.

Grandparents love children and are happy to become involved in reading with them.

Build A Home Library

Books make excellent Christmas or birthday gifts and are appropriate for any occasion. A child who owns books is usually interested in reading.

Read with your child in daily activities – menus, letters, shopping, traveling, etc.

Read road signs, information signs, survival signs as you travel and move about.

Praise and encouragement help to develop a good reading attitude, which is one step toward becoming a better reader. Get very excited and show that you are happy when your child brings a book home.
Listening To Your Child

Be A Good Listener
Children must have an opportunity to express themselves. Pay attention when your child is talking to you. Encourage your child to talk about things he or she has seen or done.

Teach Your Child From Birth To Use Good Language
Make dinner time special for good conversation. Instead of watching T.V. during dinner, talk with your children.

Rate Yourself As A Listener
When your child is talking to you, do you stop what you are doing and listen?
When your child is explaining something that happened, do you let your child finish without interrupting?
When you don’t understand what your child is talking about, do you ask questions?
Do you ask your child to tell you what he or she wants instead of just pointing?
Do you let your child have a chance to tell things to the family at mealtime?
Talking With Your Child

Language development begins at birth. Infants learn to make their first sounds through imitation. Always speak to your child clearly, in complete sentences, without baby talk. Encourage and help your child to understand how to express himself or herself.

Talk About Differences
up and down
beside and between
left and right
over and under
before and after
big and little
large and small

Talk About Colors
“This is a red shirt.”
“Go get your green mittens.”
“Put on your blue jeans.”

Story Telling
Tell a story together. Have the child give one idea and you give the next. Start a story and let your child finish it. Then, let him or her start one and you finish. Let your child guess what will happen next. Make up different endings for familiar stories. Have your child tell a story about pictures or ads. Use snapshots.

Records
Provide stories for listening, nursery rhymes to memorize, songs for singing, and opportunities for repetition.

Singing games may also help children develop the vocabulary and rhyming skills necessary for success in beginning reading.
Controlling Television Viewing At Home

Guide Your Child In T.V. Selection

Help select programs which give worthwhile information as well as entertainment.

Check newspaper listings for programs. Public television channels are often excellent for educational viewing.

Too Much Television Is Not Good For Adults Or Children

By monitoring and limiting the T.V. watching time, both children and parents can enjoy the results. Don't let T.V. become your babysitter and pacifier.

There are many programs which provide excellent learning experiences but too much T.V. can cause:

- Casual attitudes toward sex and violence
- Short attention span and short listening habits

T.V. can be beneficial if limited and used properly.
Using Numbers With Your Child

Help Your Child Learn The Sequence Of Numbers

You can use daily opportunities, such as, “How many spoons do we need at the table?” and “How many trucks do you see going to the store?”

Luncheon menus or grocery shopping provide excellent opportunities to help your child with math skills.

For example, give your child so much to spend for lunch and let him or her select within the amount.

Empty change from your pocket. Ask your child to count it. Ask your child to arrange it from largest to smallest.

Play games such as Scrabble or Monopoly. Watch them count when you land on Boardwalk!

Old calendars or playing cards teach your child the sequence of numbers.
Influencing Good Work Habits At Home

Praise Good Work

Set aside a regular time for homework. If possible give your child a definite place to work. Help him or her develop daily attention to homework routines.

Give your child regular work assignments such as: clearing the table, cleaning his or her room, sorting clean clothes.

Give your child responsibilities. Make sure that you ask your child to do something he or she is capable of doing. You can start with simple tasks and work up to more difficult ones. This allows your child to experience success.

Remember:
Success Builds Success

Here are a few small chores you can try with your child:

- Putting away toys
- Making own bed
- Emptying wastebaskets
- Sorting laundry
- Setting the table
- Washing and drying dishes

To help decide if a job you give your child is suitable you might ask yourself these questions:

- Is it a job he or she can do well?
- Will it take too much time?
- Is your child getting praise and recognition for doing the job well?
- Has your child had a part in choosing the job?
- Is the job important to the family?

A pat or hug is often more valuable than words. Have you hugged your child often during reading?
Teaching Safety Rules To Your Child

Safety List:
To know about traffic lights and policemen
To use crosswalks
To use sidewalks whenever possible
To walk facing traffic if there are no sidewalks
Not to talk to or accept rides from strangers
To go directly home from school
To use good manners on the school bus

We Want Your Child To Be Safe And Healthy
Make sure your child is immunized. Check with your school or physician regarding immunization requirements.
A nutritious breakfast will get your child off to a good start each day in school.
Plenty of sleep helps, too.

Does Your Child Know:
First and last name
Street address and phone number
Where to reach parents at parents’ work places
Your Child’s Muscles And Movements

Motor control is achieved by your child as he or she grows. Muscles develop at different times. Toys such as a large ball or jump rope or a hoop are excellent for developing muscle skills.

Let children respond to music and rhythm through body movement to develop self expression and individuality.

Large Motor Tasks

Can your child perform large motor tasks such as walking on a balance bean, catching, kicking or throwing a ball? If not, provide opportunities for:

- Running, jumping, hopping
- Ball rolling, bouncing, catching
- Beanbag toss
- Clapping and tapping to slow and fast rhythms
- Imitation, “this is the way we rake the leaves”
- Dressing up with old shoes, hats, dresses, pants, handbags and uniforms

Small Motor Tasks

Can your child perform small motor tasks such as tracing, folding paper, coloring, drawing? If not, provide opportunities for:

- Drawing different designs — squares, triangles, circles
- Stringing large beads, macaroni, snipped soda straws
- Cutting pictures from old magazines
- Folding paper hats from newspapers
Encouraging Your Child To Imitate Animals

Gallop Like A Horse

Hop Like A Rabbit

Roll Like A Pig

Fly Like A Bird

Swing Like A Monkey

Slither Like A Snake
Your Child's Creative Development

A variety of art activities helps children develop small hand muscles and gives them a chance to exercise creativity.

Your children will enjoy art media such as:

- Scissors and paste
- Wallpaper (free samples from paint stores)
- Large crayons
- Large brushes
- Tempera paints
- Play-clay
- Finger Paints

Old shirts may be used as smocks.

A place is needed for your child to keep his or her treasures. This could be a special bulletin board, treasure box or shelves in the corner of a room. Perhaps that special picture could be displayed on the front of the refrigerator.

Finger Paint Recipe

1 cup liquid starch
3 cups soap flakes
1 cup cold water
Powdered tempera paint (use enough for desired color)

Mix all ingredients together with an electric mixer. The mixture will be rather stiff. Divide into several bowls and add a different color to each bowl. Since it is made from soap flakes, it will wash out easily.

Play-clay Recipe

1/2 cup salt
1 tablespoon salad oil
2 tablespoons alum (a preservative available at grocery stores)
2 1/2 or 3 cups flour
1 1/2 cups boiling water
Food coloring (optional)

Mix salt, oil and alum. Over this, pour boiling water mixed with food coloring. Stir well until salt is nearly dissolved. Add flour. Mix and knead until smooth.
Five Developmental Games You Can Play With Your Child

Young children learn most effectively through play. There are many games and activities you and your child can have fun doing together.

Self Portrait

Place a large piece of paper on the floor (brown wrapping paper is good) and have your child lie down on the paper. Then trace the outline of the child’s body with a crayon or magic marker. Let your child color the portrait. When the child is finished, help cut it out, and hang it up for everyone to see.

Make A Family Tree

To help your child understand the idea of family and to learn more about just who makes up his or her own particular family, gather as many photos of family members as you can. Draw a big tree, with your child as the focal point. On the extending branches paste the photos of brothers, sisters, uncles, aunts, grandparents, cousins, nieces, and nephews.

Make A Picture Map Of Your Neighborhood

Help your child draw a picture map of the neighborhood in which you live. First take a walk together and let the child decide on the things he or she wants on the map: the houses where friends live, the playground, the post office, the library, the mailbox, a favorite tree, and so on. When you get home, spread a large piece of paper on the floor and help your child mark out where each thing will go.

Make A Diary

Help your child keep a diary. After a birthday party or any special event or trip, set some time aside with your child to record what happened. Write the event and date it happened on the page and then ask your child: “What do you want to say about the party (trip)?” “What part was the most fun?” “Why did you like it best?” Write down whatever your child dictates. Illustrate the page with drawings, photos, or pictures cut from magazines.

Mail

Receiving mail is a special thrill for preschoolers because adults get all the mail. Take advantage of the coupons you find in magazines, on the backs of cereal boxes, or in the newspapers. Help your child fill in name and address, stick on the stamps, and put the envelope in the mailbox.
Helping To Foster Positive Attitudes About School

Show A Real Interest In School
The parents' attitudes are usually the child's. Help your child develop an interest and curiosity for learning. Take time to listen and ask questions. Talk about the work your child brings home. Look at the books and papers your child brings home and use them as conversation springboards.

Get Involved In Your Child's World
Visit your child's teacher at least four times a year. Find out about the Parent-Teacher Association. If the school doesn't have one, find out why not. Don't be critical of teachers in your child's presence. This only undermines faith in the teacher and creates a negative attitude toward school. Check your child's report card and daily progress in school. If your child is having trouble with reading or other subjects, consult the teacher to find out why and how you can help.
Your Child’s Independence

Accept your child as he or she is. Every child is different. All children learn different skills at different times and mature at different rates. Each child grows through his or her own experience.

A child needs to feel independent, worthy and self-reliant. To develop these qualities, give him or her small tasks and responsibilities at an early age.

You Can Help Your Child Learn To:

- button own coat
- zip own zipper
- tie own shoes
- put away toys
- hang up clothes

Remember Your Child Is An Individual

Try to avoid comparing your child with brothers and sisters and other children. Children differ in their abilities. You can expect your child’s best effort but don’t expect more than he or she can do.

Children need to feel loved, wanted and accepted. Your child needs experiences which bolster self-confidence. Children who doubt themselves may be frightened of meeting the demand of growing up.
Trips Anyone Can Afford
Adventure Can Be Just Around The Corner

Here are a few suggestions for trips you can make with your child:

The Library
Look at all those books!
Talk to the librarian and ask for a description of the job.
Pick out a book together (use the list in the back of this book).

Construction Site
Go often to see what progress has been made.
See how many different machines are used.
Watch one worker at a time and try to guess what the job is.

The Post Office
Take a self-addressed letter and find out what happens when you mail it.
Look for it in your mailbox the next day.

The Zoo Or The Pet Shop
Go at feeding time, if possible.
Find out what different animals and birds eat.
Watch the different ways they eat.

The Florist
Watch the florist make floral arrangements.
How many different flowers can you see?
Smell the flowers.
Take a flower home.

Firehouse
Observe the tools used to put out fires.
See the fire engines.
Find out how firefighters know where the fires are.
Ask what each firefighter does at the fire.
Summary

You are your child’s first teacher. Your child’s other teachers will appreciate and benefit from how well you’ve done and by how much you have covered. You can make our job easier. When you help your child feel wanted and loved, you are encouraging self-reliance. When you talk to your child from birth, softly, gently and lovingly, you are helping your child develop self-expression.

When you read to your child, you are helping to get your child ready for a successful school experience. Reading also helps to build a background of experience which helps your child take advantage of daily learning situations.

You can help your child learn to follow directions and listen attentively. Remember, there is no substitute for praise and encouragement.

You, the parents, are the foundation of our school system. We want to please you. We need your help to be really successful.
<table>
<thead>
<tr>
<th>Check Yourself</th>
<th>Often</th>
<th>Seldom</th>
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<tbody>
<tr>
<td>I am taking time to have fun with my child</td>
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<tr>
<td>I am encouraging my child to feel good about himself or herself</td>
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<tr>
<td>I am taking time to listen to and talk with my child</td>
<td></td>
<td></td>
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<tr>
<td>I am taking time to explain new words to my child</td>
<td></td>
<td></td>
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<tr>
<td>I am taking time to read to my child</td>
<td></td>
<td></td>
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<tr>
<td>I am taking time to supply my child with books</td>
<td></td>
<td></td>
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<tr>
<td>I am encouraging my child to share when playing with other children</td>
<td></td>
<td></td>
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<tr>
<td>I am encouraging my child to learn to read</td>
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<td></td>
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<tr>
<td>I take time to play games with my child</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am telling my child that I love him or her through words and actions</td>
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</tbody>
</table>
Remember . . .

Children grow as they live, so give your child

love
encouragement
confidence
praise
fairness
tolerance
security
acceptance

and your child will grow accordingly.
Suggested Books For Toddlers (Pre-Schoolers)

We Never Get to Do Anything .............................................. Martha Alexander
Animals Should Definitely Not Wear Clothing .......................... Judith Barrett
B Book ................................................................. Stanley and Janice Berenstain
Bears on Wheels ......................................................... Stanley and Janice Berenstain
The Important Book ..................................................... Margaret W. Brown
* Do You Want to Be My Friend? ........................................... Eric Carle
One, Two, Three to the Zoo ................................................ Eric Carle
The Very Hungry Caterpillar ............................................. Eric Carle
A Baby Bunny for You ..................................................... Walter Chandoha
Under the Green Willow .................................................. Elizabeth Coatsworth
Ten Black Dots ............................................................. Donald Crews
Andy: That’s My Name ..................................................... T. De Paola
May I Bring a Friend? ..................................................... Beatrice S. DeRegniers
Green Says Go ............................................................. Ed Emberley
Gilberto and the Wind ..................................................... Marie H. Ets
Tigers in the Cellar .......................................................... Carol Fenne
Chicken Little, Count-To-Ten ............................................. Margaret Friskey
Three Sides and the Round One ......................................... Margaret Friskey
Look! ............................................................................. Zhenya Gay
Is it Hard? Is it Easy? ....................................................... Mary M. Green
* The Lazy Dog ............................................................... John Hamberger
A Bargain for Frances ....................................................... Russell Hoban
Be Nice to Josephine ....................................................... Betty F. Horvath
Rosie’s Walk ................................................................. Pat Hutchins
Edie Changes Her Mind .................................................... Johanna Johnston
Are You Square? ............................................................ Ethel Kessler
Do Baby Bears Sit in Chairs? .............................................. Ethel and Leonard Kessler
Everything Has a Shape and Everything Has a Size ................ Bernice Kohn
Frog Went a-Courtin’ ....................................................... John Langstaff and Feodor Rojankovsky
Inch by Inch ................................................................. Leo Lionni
Little Blue and Little Yellow .............................................. Leo Lionni
Swimmy ........................................................................... Leo Lionni
Make Way for Ducklings ................................................... Robert McCloskey
* Frog Goes to Dinner ........................................................ Mercer Mayer
* There’s a Nightmare in My Closet ..................................... Mercer Mayer
A House for Everyone ........................................................ Betty Miles
The Box with Red Wheels .................................................. Maud and Miska Petersham
The Tale of Peter Rabbit .................................................... Beatrix Potter
Blue Bug and the Bullies .................................................... Virginia Poulet

Wordless Picture Books
Suggested Books For Beginning Readers Through First Grade Level

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
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<tbody>
<tr>
<td>The Pig War</td>
<td>Betty Baker</td>
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<tr>
<td>Sam the Minuteman</td>
<td>Nathaniel Benchley</td>
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<tr>
<td>Strange Disappearance of Arthur Cluck</td>
<td>Nathaniel Benchley</td>
</tr>
<tr>
<td>Bike Lesson</td>
<td>Stanley and Janice Berenstain</td>
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<tr>
<td>C Is for Clown</td>
<td>Stanley Berenstain</td>
</tr>
<tr>
<td>Inside, Outside, Upside Down</td>
<td>Stanley Berenstain</td>
</tr>
<tr>
<td>Big Bug, Little Bug</td>
<td>Jean Berg</td>
</tr>
<tr>
<td>I'm Bored, Ma!</td>
<td>Harold Berson</td>
</tr>
<tr>
<td>And I Mean It, Stanley</td>
<td>Crosby Bonsall</td>
</tr>
<tr>
<td>Mine's the Best</td>
<td>Crosby Bonsall</td>
</tr>
<tr>
<td>Go, Dog, Go</td>
<td>Philip D. Eastman</td>
</tr>
<tr>
<td>Just Follow Me</td>
<td>Philip D. Eastman</td>
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<tr>
<td>That New River Train</td>
<td>Lucy Hawkinson</td>
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<tr>
<td>Circus Fun</td>
<td>Margaret Hillert</td>
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<tr>
<td>The Funny Baby</td>
<td>Margaret Hillert</td>
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<td>Little Puff</td>
<td>Margaret Hillert</td>
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<tr>
<td>Little Runaway</td>
<td>Margaret Hillert</td>
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<tr>
<td>Mr. Pig and Sonny Too</td>
<td>Lillian Hoban</td>
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<tr>
<td>Bargain for Frances</td>
<td>Russell Hoban</td>
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<tr>
<td>Count and See</td>
<td>Tana Hoban</td>
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<tr>
<td>Titch</td>
<td>Pat Hutchins</td>
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<tr>
<td>Hello, Small Sparrow</td>
<td>Hannah Johnson</td>
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<tr>
<td>Jack Kent’s Hop, Skip and Jump Book</td>
<td>Jack Kent</td>
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<tr>
<td>Mouse Tales</td>
<td>Arnold Lobel</td>
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<td>What Have I Got</td>
<td>Mike McClintock</td>
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<tr>
<td>Oh No Go</td>
<td>David McPhail</td>
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<tr>
<td>Cat and Dog</td>
<td>Else H. Minarik</td>
</tr>
<tr>
<td>Big Red Hen</td>
<td>Mary O’Neill</td>
</tr>
<tr>
<td>Granny, the Baby, and the Big Gray Thing</td>
<td>Peggy Parish</td>
</tr>
</tbody>
</table>
Suggested Books For Second And Third Grade Levels

- Spooky Tricks by Gerald Ames and Rose Wyler
- Brown Mouse and Vole by Vicki K. Artis
- Wiley and the Hairy Man by Molly Bang
- Piggle by Crosby Bonsall
- The Friendly Book by Margaret W. Brown
- Football Players Do Amazing Things by Mel Cebulash
- Bennett Cerf’s Book of Animal Riddles by Bennett A. Cerf
- When Will I Read? by Miriam Cohen
- Frances Face-Maker by William Cole
- Mrs. Piggery Snout by Rosamond Dauer
- Flip and the Cows by Wesley Dennis
- Twirly Skirt by Martha Goldberg
- Lewis and Clark by Matthew G. Grant
- Little Owl, Keeper of the Trees by Ronald and Ann Himler
- Odd Jobs by Tony Johnston
- Fiona’s Bee by Beverley Keller
- Simon’s Soup by Beverley Komoda
- Any Me I Want to Be by Karla Kuskin
All About Birds .................................................... Robert Stell Lemmon
The Homework Caper ................................................. Joan Lexau
Frog and Toad Together ............................................... Arnold Lobel
Tiger Stripes and Zebra Stripes ...................................... Julian May
Adventures with a Cardboard Tube ................................. Harry Milgrom
The Drinking Gourd .................................................. F. N. Monjo
Sea Horse ............................................................. Robert Morris
Granny and the Indians ................................................ Peggy Parish
Play Ball, Amelia Bedelia ............................................. Peggy Parish
Buford, the Little Bighorn ........................................... Bill Peet
Farewell to Shady Glade ............................................. Bill Peet
The House that Jack Built .......................................... Rodney Peppe
Big Max ............................................................... Kin Platt
Pete Pack Rat ......................................................... Robert Quackenbush
The Gollywhopper Egg ............................................... Ann Rockwell
The Story Snail ......................................................... Ann Rockwell
More Potatoes! ......................................................... Milicent E. Selsam
The Sign on Rosie’s Door ............................................ Maurice Sendak
Nate the Great ........................................................ Marjorie W. Sharmat
Clever Kate ............................................................. Elizabeth Shub
Walk Home Tired Billy Jenkins ..................................... Ianthe Thomas
Wake Up, City ......................................................... Alvin R. Tresselt
Glenda ................................................................. Janice Udry
Here is Henri! ........................................................ Edith Vacheron
Dodo Every Day ........................................................ Ilse-Margret Vogel
Patch, a Baby Mink .................................................... Virginia Voight
Tom Thumb ............................................................. William Wiesner
Morris and Boris ....................................................... Bernard Wiseman
So You Shouldn’t Waste a Rhinoceros ............................ Nathan Zimelman
The New Friend ....................................................... Charlotte Zolotow
William’s Doll .......................................................... Charlotte Zolotow

Suggested Books For Older Children
(Third Grade Through Sixth)

Little Women .......................................................... Louisa M. Alcott
The Black Cauldron ..................................................... Lloyd Alexander
Book of Three ........................................................ Lloyd Alexander
Mr. Popper’s Penguins ............................................... Richard and Florence Atwater
Peter Pan ............................................................... James M. Barrie
<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author</th>
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<tbody>
<tr>
<td>Th. Wizard of Oz</td>
<td>Frank L. Baum</td>
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<td>Are You There God, It's Me Margaret</td>
<td>Judy Blume</td>
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<tr>
<td>It’s Not the End of the World</td>
<td>Judy Blume</td>
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<tr>
<td>Tales of a Fourth Grade Nothing</td>
<td>Judy Blume</td>
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<td>Paddington Books</td>
<td>Michael Bond</td>
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<tr>
<td>The Mouse and the Motorcycle</td>
<td>Beverly Cleary</td>
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<td>Ramona the Pest</td>
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<td>The Dark Is Rising</td>
<td>Susan Cooper</td>
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<td>Charlie and the Chocolate Factory</td>
<td>Roald Dahl</td>
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<td>Danny: The Champion of the World</td>
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<td>James and the Giant Peach</td>
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<td>Hardy Boys Mysteries</td>
<td>Franklin W. Dixon</td>
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<td>Black Stallion</td>
<td>Walter Farley</td>
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<td>The Great Brain</td>
<td>John D. Fitzgerald</td>
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<td>Harriet the Spy</td>
<td>Louise Fitzhugh</td>
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<td>The Ghost on Saturday Night</td>
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