



# Mental Health Books For Children Aged 2-6

## About the Teacher: Maria Rodrigues

*“As an educator, I strongly believe that every child is unique, strong, and beautiful, with their own set of ambitions, desires, and needs. Therefore, I strive to promote their self-esteem and awareness by encouraging them to express themselves and listen to their opinions. It is essential for each child to feel valued and heard.”*



Maria has been an early childhood educator at the University Hill (UHill) Preschool since 1996 and the supervisor since 2005. She completed her early education at St. Joseph Covenant School. She holds a bachelor’s degree in philosophy from the University of Karachi in Pakistan. Before joining UHill, Maria researched and worked in Montessori programs. She also earned her Montessori certificate from the Association Montessori International.

Maria is fluent in three languages: English, Urdu, and Hindi. She finds teaching young children to be both rewarding and challenging, and she continuously seeks to improve her skills by attending workshops and staying up to date with new philosophies and ideas. In her daily classroom activities, Maria incorporates singing, even for the simplest tasks, such as washing hands or preparing for a snack.

Her outstanding efforts as an educator have led her to win the 2021 National Certificate of Excellence from the Prime Minister’s Award (PMA) for Excellence in Early Childhood Education. She was awarded this certificate by Prime Minister Justin Trudeau in Ottawa in October 2022. In addition to this recent accomplishment, Maria also won the Prime Minister’s Achievement Award in 2014, which she received from Member of Parliament Ms. Joyce Murray. Furthermore, in 2012, Maria won the Child Care Award of Excellence in Early Childhood Education Coast Fraser Region. In addition to being a dedicated educator, Maria is also an avid long-distance runner who has participated in several half marathons.

She holds great admiration for Mother Teresa and her famous quote: *“Let us always meet each other with a smile, for the smile is the beginning of love.”* She strongly believes in spreading love wherever one goes and ensuring that no one ever leaves without feeling happier. Mother Teresa once said, *“We cannot do great things, only small things with great love,”* which she finds to be a powerful reminder to always approach every task with kindness and compassion.

## About the List

Mental health is an important component of a child’s wellbeing and development. Exploring different concepts around mental health can influence a child’s emotional, social, and cognitive growth, while laying the foundation for resilience and coping skills. Below is a list of books that you can read with your child!





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## Mental Health Books

- *Mama Built a Little Nest* by Jennifer Ward
- *Scribble* by Deborah Freedman
- *Colour of Our Own* by Karen Katz
- *Leaf Man* by Lois Ehlert
- *Tap the Magic Tree* by Christie Matheson
- *Don't Worry Bear* by Greg Poley
- *Tickle Monster* by Edouard Manceau
- *Niko Draws a Feeling* by Bob Raczka
- *The Very Hungry Caterpillar* by Eric Carle
- *In My Heart* by Jo Witek
- *Go Away Big Green Monster* by Ed Emberley
- *Not A Box* by Antoinette Portis
- *Love You Forever* by Robert Munsch
- *Will You Fill My Bucket* by Carol McCloud
- *My Heart Fills with Happiness* by Monique Gray Smith
- *The Tiny Seed* by Eric Carle
- *The Gruffalo* by Julia Donaldson
- *The Rainbow Fish* by Marcus Pfister
- *Pete the Cat: I love my white shoes* by Eric Litwin
- *The Very Busty Spider* by Eric Carle
- *The Very Lazy Ladybug* by Isobel Finn and Jack Tickle
- *Mushroom in the Rain* by Mirra Ginsburg
- *Where's My Mom* by Julia Donaldson
- *Waiting For Wings* by Lois Ehlert
- *The Mitten* by Jan Brett
- *The Leaf Thief* by Alice Hemming



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