Is there anything more heartbreaking than when your child comes home in tears and tells you that they've been bullied at school? Or when they see someone else being bullied but aren't sure what to do? These are the kinds of things that make you wish for the “easy” parenting days of 2:00 AM feedings and diaper changes!

Picture books can be a great way to gently bring up the topic of bullying — whether for an immediate need or to prepare for the future — and help your child think through ways to deal with bullying for themselves or in their social circles.

**Coat of Many Colors**

By Dolly Parton, illustrated by Brooke Boynton Hughes

Using the Smoky Mountains of Tennessee, where Dolly Parton was raised, as the backdrop for this story, the country music legend transforms her classic song, “Coat of Many Colors,” into a delightful children’s picture book. When a young girl needs a warm winter coat, her mother sews her one from rags. Though her classmates tease her, the girl soon realizes that each stitch in the coat was made with love.

**Stand Tall, Molly Lou Melon**

By Patti Lovell, illustrated by David Catrow

It’s one thing to be short, clumsy, and buck-toothed at home with your loving grandmother. But it’s another to be that way at a new school with a bully looking for a target. Fortunately, Molly Lou Melon has internalized her grandmother’s advice to be proud of herself and her abilities and she isn’t about to be taken down by an elementary school bully.

**Horton Hears a Who**

By Dr. Seuss

This classic Dr. Seuss tale is such a great way to introduce a bully. Frustrated Horton wants to destroy Horton’s precious Who friends and rallies other jungle animals around her. Because the characters aren’t human, the book offers a more subtle way to talk about these important issues.

**Swimmy**

By Leo Lionni

Swimmy is a classic book about the power of working together to stay safe. Swimmy’s friends love their watery world, but it is also scary and they decide they’d rather stay hidden and safe, until Swimmy comes up with an ingenious (and beautifully illustrated) idea to let them experience the world without harm.

**How to Be a Lion**

By Ed Vere

Leonard and Marianne are best friends, and they have a great life together. They certainly don’t think it’s strange that Leonard is a lion and Marianne is a duck. But when a pack of bullies start to question if it’s right for them to be friends, they soon learn that sometimes people can be critical... but it’s how you respond to that criticism that counts. This thoughtful story will help kids learn how to stand up for themselves.

**Llama Llama and the Bully Goat**

By Anna Dewdney

Llama Llama is having a great time at school... that is, until Gilroy Goat starts teasing him in front of their classmates. Llama Llama doesn’t know what to do, but he is taught he can’t do nothing and then tell someone. But he knows he has to be mad and then something will happen. What he learns is that if he does something, Gilroy will be more afraid to tease again. This is a great book to help parents talk to their kids about bullying.

**My Secret Bully**

By Trudy Ludwig, illustrated by Abigail Marble

Monica’s story is one that will be familiar to some young readers. She and Katie have been friends since kindergarten, but sometimes Katie can be just plain mean. With help from her supportive mother, Monica learns how to face her fears and stand up for herself. Emotional bullying among friends is common, and this book provides a way to open the discussion about it.

**Janssen Bradshaw**

In her pre-child life, Janssen was an elementary school teacher. Now she stays home with her four little girls and is constantly maxing out her library card with picture books, cookbooks, and young adult novels. She’s anxiously counting down the days until her girls are old enough to read the Little House on the Prairie books. You can find Janssen over on her blog, Everyday Reading, where she celebrates modern motherhood with a practical twist.