

## Chapter 7—Family Reading Resource Guide

# Chapter 7: Cleanliness: Is Habit Forming

Below is a list of readings that support this chapter's topic. Each title contains a link to a dedicated webpage where the item can be purchased or downloaded (if available). Click on the blue text at the end of the title to activate the link. If the link provided is not longer valid, you can search for the title using the ISBN provided with each title.

### Elementary

***Messy Jesse.*** Author: Paula Bowles. Jesse the dog is good at making all kinds of things. But he's especially good at making messes! One day, he makes a mess so big that he gets lost in it. His friends try to find him, but they get lost, too! A perfect title for kids who need encouragement to keep their rooms and desks organized! **ISBN: 9781589251335.** [Available at Amazon.](#)

***Glamorous Garbage.*** Author: Barbara Johansen Newman. When Bobbie's mom gives her a two-week deadline to clear out the clutter out of her bedroom, Bobbie has an idea—instead of taking stuff out of her room, she brings garage-sale finds and other glamorous garbage in. This title weaves together three appealing themes: letting go of toys and dealing with a messy room, turning trash into treasure, and recycling and repurposing—a part of every school curriculum from kindergarten up. **ISBN: 9781620916261.** [Available at Amazon.](#)

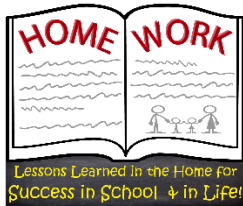
***The Pigeon Needs a Bath.*** Author: Mo Willems. The Pigeon really needs a bath! Except, the Pigeon's not so sure about that. Besides, he took a bath last month! Maybe. It's going to take some serious convincing to try and get the Pigeon to take the plunge. **ISBN: 9781406357783.** [Available at Amazon.](#)

### Pre-teen/Teen

***The Boy's Body Guide: Health and Hygiene for Young Men and Up.*** Author: Frank C.Hawkins Laube and Greta L.B. Cider. This guide is packed with health and hygiene advice that young men can read on their own and put to use today as they grow and take responsibility for the care and health of their bodies. For ages 8 and up. **ISBN: 9780979321924.** [Available at Amazon.](#)

***The Complete Idiot's Guide to Parenting a Teenager.*** Author: Kate Kelly. This book is full of steps for understanding, talking to, and coping with teenagers. **ISBN: 9780028612775.** [Available at Amazon.](#)

Natterson, Cara. *The Care and Keeping of You 2: The Body Book for Older Girls.* This thoughtful advice book will guide girls through the next steps of growing up. With illustrations and expert



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contributors, this book covers new questions about girls' growing bodies, peer pressure, personal care, and more! **ISBN: 9781609580421.** [Available at Amazon.](#)

### **Additional Titles to Explore**

***Messy Bessie – A Children's Story that Teaches the Value of Cleanliness.*** Author: Neil Franchulo. This is a children's story about a girl who was extremely messy and didn't like to clean up her messes but after learning that messiness can also lead to other problems and with the help of her mother she eventually learns the true value of cleanliness. **ONLY AVAILABLE IN KINDLE FORMAT.** [Available at Amazon.](#)

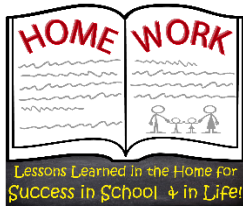
***What's That Smell? A Kid's Guide to Keeping Clean.*** Authors: Rachele Kreisman and Tim Haggerty, illustrations. Keeping one's body clean is one of the most important ways we all get along. Learn why it's important to your health, and the health of others, to stay clean and cut down on the stink. **ISBN: 9781937529666.** [Available at Amazon.](#)

***Wash Your Hands.*** Author: Tony Ross. When the little princess hears about the germs and nasties living all around her, she understands the importance of washing her hands a lot. **ISBN: 9781929132010.** [Available at Amazon.](#)

***No B.O. – The Head to Toe Book of Hygiene for Pre-Teens.*** Author: Marguerite Crump. This frank, reassuring, humorous book covers the physical changes boys and girls experience during puberty and offers tips on caring for oneself from head to toe. Fascinating facts, friendly suggestions, and funny illustrations combine in a lighthearted approach that kids find appealing and non-threatening. This book is recommended for all upper elementary and middle school students. **ISBN: 9781575421759.** [Available at Amazon.](#)

***Character Building Day by Day: 180 Quick Read-Alouds for Elementary School and Home.*** Authors: Anne D. Mather and Louise B. Weldon. This book includes 180 character vignettes grouped by trait. Each features kids in real-life situations making decisions that reflect their character. Each can be used as starting points for discussion, to support an existing character education program, or as the basis for an independent program. An excellent tool for the classroom or the character-conscious home. **ISBN: 9781575421780.** [Available at Amazon.](#)

***Squeaky Clean Hygiene.*** Authors: Linda Schwartz and Bev Armstrong. A fun way to learn good health habits. Kids learn the proper way to wash their hair, brush and floss their teeth, care for their nails, and more. A whimsical poem introduces each section, with fascinating facts, health charts, and follow-up activities. **ISBN: 9780881603088.** [Available at Amazon.](#)



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***Staying Healthy: Good Hygiene.*** Author: Alice McGinty. Kids need to learn about eating right, getting enough rest, and exercising regularly. Personal hygiene and the care of teeth and gums may seem like a given, but in some families even these basics are neglected. Kids are also more vulnerable on the street and even in school, so personal safety must be taught. Using fun, new computer-generated graphics, these books bring home important lessons in a compelling way. **ISBN: 9780823951413.** [Available at Amazon.](#)

***Organizing from Inside Out for Teens.*** Authors: Julie Morgenstern and Jessie Morgenstern-Colón. America's #1 organizer teams up with her daughter to give teens a foolproof method for getting organized in every aspect of their lives. **ISBN: 9780805064704.** [Available at Amazon.](#)

***Germs Are Not for Sharing.*** Author: Elizabeth Verdick. Achoo! Cough! F-L-U-S-H! What to do? In childcare, in preschool, at home, and everywhere, toddlers need to learn that germs are not for sharing. Rather than focus on what germs are, this book teaches the basics of not spreading them: Cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands! Child-friendly words and full-color illustrations help little ones stay clean and healthy. Includes tips and ideas for parents and caregivers. [Available at Amazon.](#)