

CHILDREN'S TRUST

media list

With a variety of media recommendations from the Children's Trust Programs staff, there is something for everyone to explore the importance of prevention and the building blocks of supportive communities, strong families, and safe kids!

This list is not inclusive of every resource available to readers, listeners, and viewers. While we encourage everyone to explore the resources below, we also hope each of you will continue learning, sharing, and discovering together.

BOOKS FOR ADULTS:

- *Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard*, by Liz Murray
- *Educated: A Memoir*, by Tara Westover
- *Bowling Alone: Revised and Updated: The Collapse and Revival of American Community*, by Robert Putnam
- *Our Kids: The American Dream in Crisis*, by Robert Putnam (interview with the author)
- *The Upswing: How America Came Together a Century Ago and How We Can Do It Again*, by Robert Putnam
- *What Happened to You? Conversations on Trauma, Resilience, and Healing*, by Dr. Bruce Perry and Oprah Winfrey
- *The Deepest Well: Healing the Longterm Effects of Childhood Trauma and Adversity*, by Nadine Burke Harris

BOOKS FOR CHILDREN:

- *Strictly No Elephants*, by Lisa Mantchev (*Spanish edition*)
- *Hair Love*, by Matthew Cherry
- *The Cool Bean, The Good Egg, The Bad Seed, The Couch Potato* (collection), by Jory John
- *Gregory Dragon is Just the Same*, by Greg L. Sullivan, Jr.
- *The Invisible String*, by Patrice Karst
- *Paper Bag Princess*, by Robert Munsch
- *Rainbow Fish*, by Marcus Pfister (*Spanish edition*)

FILMS:

- *Waiting for "Superman"* (documentary film, directed by Davis Guggenheim)
- *Encanto* (children's animated film, produced by Walt Disney Animation Studios)

PUBLICATIONS:

- *Preventing ACES: Leveraging the Very Best Evidence* (Center for Disease Control – CDC)

PODCASTS:

- *NH Family NOW* (produced by NH Children's Trust)
- *Seen Out Loud* (produced by the Institute for Family)
- *A Slight Change of Plans* (produced by Dr. Maya Shankar)
- *Black Family Table Talk* (produced by Tony and Toni Henson)

