Growing Up and Growing Older: Books for Young Readers

Sandra L. McGuire, Professor Emeritus, The University of Tennessee

Document Type: Creative Written Work
Publication Date: 2020

Abstract: Early children's literature plays a major role in attitude formation. The attitudes children form about aging will play an important role in how successfully they age. This annotated booklist strives to promote positive attitudes about aging and counteract ageism. It is a compilation of carefully selected early children's literature (Preschool-Third Grade) that contains meaningful portrayals of older adults, promotes positive aging, and promotes aging with optimism. Books on the booklist portray aging as a natural and lifelong process of growing and developing, present similarities between young and old, show young and old enjoying each other and learning from each other, and view older adults as valuable and contributing members of society. They help prepare children to live a long life in an aging world. They assist children to see aging as an opportunity, think in terms of "lifespan activities"—things they do now and can continue to do as an older adult, and explore the older adult they would like to be. The booklist includes a listing of the author’s favorite books, over 80 topical listings (e.g., intergenerational learning, intergenerational friendships, family history, lifelong learning, exercise, work, retirement, volunteering, centenarians, special messages, music, art) and a multicultural listing of books that illustrate racial, ethnic, cultural, and religious diversity. The booklist, with additional resources, can also be located at http://library.lmunet.edu/booklist and at the Old School Anti-Ageism Clearinghouse https://oldschool.info under "Tools." Read to children! Read books from the booklist. In the words of Dr. Seuss "You're never too old, too wacky, too wild to pick up a book and read to a child."

Recommended Citation: McGuire, Sandra L. Dr., "Growing Up and Growing Older: Books for Young Readers" (2020). Faculty Publications and Other Works -- Nursing. https://trace.tennessee.edu/utk_nurspubs/160

"I shall grow old, and horrible, and dreadful," he complains. "But this picture will remain always young.... If it were only the other way! If I were to be always young, and the picture that was to grow old!" He gets his wish, and ho boy, does he learn to regret it.

Combining a robustly critical analysis with breadth of interdisciplinary sweep, Growing Up and Growing Old challenges the stigmatizing role that stereotypes can play in the lives of particular groups of people. Get A Copy. Amazon. This list of the best kids books about growing up is sure to include a new favorite for the voracious young reader in your life! Others are about things like becoming an older sibling, trying new things, and even potty training. Some books are popular titles you may recognize from your own childhood, while many will be titles you have yet to discover. We're confident these will soon become cherished favorites. Our list includes board books, picture books, and chapter books. Board books are best for infants and toddlers. Picture books are great for toddlers through elementary school age children. Chapter books are recommended for kids from elementary through early middle school age. Our list can be filtered by book type.