

# THE BIG BOOK

of specialist books, stories and resources  
for parents, carers and children

Books for  
parents and  
carers

Audio CDs  
to promote  
relaxation  
and sleep

Story books  
for children,  
for shared or  
independent  
reading

DVDs to  
encourage  
conversations  
and reflection

at:

# Chelmsley Wood READING DEN

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The Reading Den is a collection of specialist books, stories and resources to support the mental health and emotional wellbeing of children in Solihull.

Launched in May 2018, and based at Chelmsley Wood Library, the Reading Den books and resources are available via online reservation from all Solihull libraries. Resources in the Reading Den have been chosen and funded by Solar, the emotional wellbeing and mental health service for children and young people provided by Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT) in partnership with Barnardo's and Autism West Midlands.

Many of the books and resources in the Reading Den offer understanding, advice, and support relevant to all children and families.

However, careful thought has gone into choosing resources that are sensitive and relevant to the particular experiences and needs of our looked after and adopted children and their carers and parents.

The Reading Den resources fall naturally into four sections:

## 1. BOOKS FOR PARENTS AND CAREGIVERS

**These have been chosen to help and advise parents and caregivers who are trying to understand more about their children and 'what makes them tick'.**

Reflecting the latest thinking from neuroscience and developmental psychology, these books offer both understanding and practical advice for parents and caregivers

about how to best help our children and young people negotiate the challenges of growing up today.

These books include those that consider the particular challenges facing children who have had difficult and traumatic early experiences, and those who care for them.

## 2. BOOKS FOR CHILDREN, YOUNG PEOPLE AND THOSE WHO CARE FOR THEM

**These books cover general growing-up themes, feelings, challenges and difficulties, as well as thinking about the particular needs and experiences of children following difficult early life experiences.**

Books written for children have been chosen for their qualities in engaging children in talking more openly about their feelings.

The books for children have been chosen mainly with pre-school and primary-school aged children in mind, although we realise that a child's emotional functioning 'age' and their chronological age may differ.

We also firmly believe that whilst you can be too young to read or enjoy a particular book, you can never be too old.

## 3. AUDIO-CDs

**This small collection of audio-CDs offers an introduction to recorded meditations for children that encourage a sense of relaxation, calm, confidence and general happiness.**

Listening together with a parent or caregiver, talking books can be a good way of opening up conversations with children, particularly for those less keen on reading.

## 4. DVDS

**The small collection of Reading Den DVDs have been chosen to encourage reflection and conversations between parents and caregivers and children, particularly children who have had difficult early life experiences and/or children who don't live with their birth families.**

The titles and resources included in the Reading Den are not an exhaustive list of support for families. We hope to grow our Reading Den collection and the Big Book over time, and are keen to have recommendations for additional books and resources that children, young people and their families have found helpful. Recommendations can be made by emailing [bsmhft.readingden@nhs.net](mailto:bsmhft.readingden@nhs.net)

More information on the Reading Den can be found at:

[www.solihull.gov.uk/Resident/Libraries/chelmsleywoodreadingden](http://www.solihull.gov.uk/Resident/Libraries/chelmsleywoodreadingden)

[www.bsmhft.nhs.uk/our-services/solar-youth-services](http://www.bsmhft.nhs.uk/our-services/solar-youth-services)

twitter: @solihullsolar

# 1. BOOKS FOR PARENTS AND CAREGIVERS

## General child development

### The Tavistock Clinic - The 'Understanding your – year-old' series

Review for the whole series:

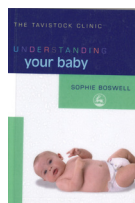
*"A rich resource of balanced, sensitive and non-judgmental advice to help parents and professionals looking after children .... The central subject is the mental and emotional development of children and their parents..... the style is intelligent and friendly."*

0-19 Magazine

#### Understanding your baby

Sophie Boswell

This book takes the reader through the entire first year of a baby's life, anticipating parents' questions and covering topics ranging from parental feelings during pregnancy to a 10-month-old's sociability and deepening relationships.



#### Understanding your 1-year old

Sarah Gustavus Jones

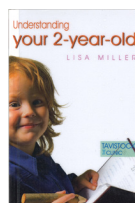
Acknowledging the crucial role of relationships and parenting, Sarah offers guidance and reassurance in this sensitive exploration of the issues central to your child's developing physical and emotional needs.



#### Understanding your 2-year-old

Lisa Miller

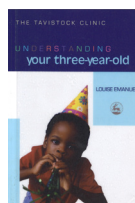
Lisa guides parents through their 2-year-old's development from how to deal with a 'bossy boots' to understanding the central importance of toys and the development of language and nonverbal communicative skills. She describes ways in which parents can help a young child express or resolve difficult feelings or jealousy, come to accept and welcome a new-born sibling, and negotiate friendships.



#### Understanding your 3-year-old

Louise Emanuel

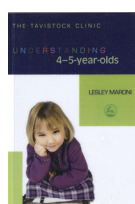
In this book we are taken through the exciting and challenging development occurring in the life of a 3-year-old as he/she leaves toddlerhood behind and his/her social and emotional world expands. Thoughtful guidance is offered on a range of topics including discipline, managing separation, sleep and toileting difficulties, etc.



#### Understanding 4 to 5-year-olds

Lesley Maroni

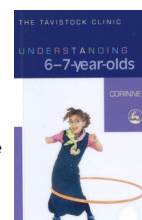
How do this age group cope with their expanding world? What makes the transition to school easier to deal with? In this book Lesley looks at the critical social and emotional developments that occur at this age, including issues of identity, friendships with peers and coping with illness and loss. The book provides valuable insights and a wealth of examples that will help parents, educators and carers to understand and relate to children at this demanding but exciting stage of development.



#### Understanding 6 to 7-year-olds

Corinne Aves

From the new-found sense of rivalry between siblings or classmates, to the anxieties children feel when making new friends, Corinne offers guidance on encouraging children's development and helping them to cope with changing expectations of their behaviour. She gives tips for supporting children's increasing understanding of morality and discipline.



#### Understanding 8 to 9-year-olds

Biddy Youell

This book describes how children grow and change as they move away from reliance on home and family and become more concerned with school and community. As well as describing the positive changes in children's characters, Biddy highlights the difficulties that may hinder emotional, social or educational development.



#### Understanding 10 to 11-year-olds

Rebecca Berge

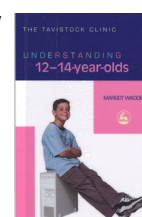
How do this age group cope with the approach of adolescence? What should parents do to help them with the move to a new school? How do girls' and boys' relationships differ at this age? This book is essential reading for parents, carers and professionals who are seeking to understand and support a child at this vulnerable stage of development.



#### Understanding 12 to 14-year-olds

Margot Waddell

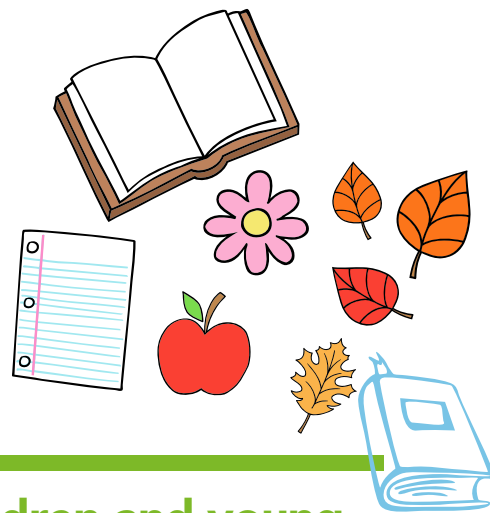
How much independence should parents allow teenagers who claim rights and privileges, show excessive confidence and test the boundaries of discipline? Why do they alternate between maturity and immaturity? Margot offers helpful advice on managing conflict and addresses difficult issues such as bullying, stealing, smoking and eating disorders.



## Understanding your young child with special needs

Pamela Bartram

Parenting children is always a challenging process and parenting a young child with special needs presents extra challenges. This book offers an insight into how disability impacts on the normal stages of child development during the first five years. Placing the child and his or her personality, family life, feelings and behaviours at the centre of the book, Pamela addresses all the 'ordinary' challenges and tasks of parenting, such as sibling relationships, nursery and school, toilet training and healthy aggression, as well as those that are of particular relevance to the parents of young children with special needs.



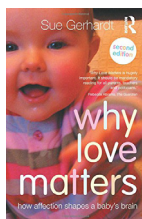
## Understanding and communicating with children and young people *General advice and support*

### Why love matters

How affection shapes a baby's brain

Sue Gerhardt

This book is an accessible, lively account of the latest findings in neuroscience, developmental psychology and neurobiology. It explains why loving relationships are essential to brain development in the early years and how these early interactions can have lasting consequences for future emotional and physical health.

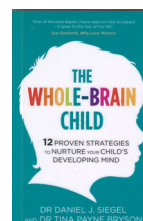


### The whole-brain child

12 proven strategies to nurture your child's developing mind

Daniel J. Siegel & Tina Payne Bryson

In this pioneering practical book for parents, the authors explain the new science of how a child's brain is wired and how it matures, offering hands-on, proven parenting techniques including: name it to tame it; engage don't enrage; move it or lose it; let the clouds of emotion roll by; and connect through conflict.



### What every parent needs to know

Love, nurture and play with your child

Margot Sunderland

An essential read for any parent, this book explains what science can teach us about parenting. Covering everything from breastfeeding to brain development, it includes the latest thinking on how screen times affects your child's development. With a wealth of fascinating chapters including 'sleep and bedtimes' and 'why children behave badly', this book is the ultimate handbook for parents who want to make evidence-based decision about how to care for their child up to 12 years old.

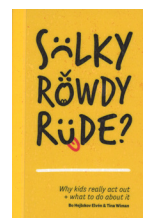


### Sulky, rowdy, rude?

Why kids really act out and what to do about it

Bo Hejlskov Elvén & Tina Wiman

Children can go through difficult phases – this is a natural part of growing up. Conflicts and arguments are nothing exceptional but rather a part of everyday family life. The authors of this practical and imaginative book show how parents can create consistent and effective structures, methods and responses, so that children can learn for themselves how to practise self-control and co-operation in a secure environment where they both belong and have autonomy.



### Reflective Parenting

A guide to understanding what's going on in your child's mind

Alistair Cooper & Sheila Redfern

An informative and enriching read for parents, written to help parents form a better relationship with their children. The authors show you how to make a positive impact on your relationship with your child, starting from the development of the baby's first relationship with you as parents, to how you can be more reflective in relationships with toddlers, children and young people. Using everyday examples, they provide you with practical strategies to develop a more reflective style of parenting and demonstrate how to use this approach in everyday, interactions to help your child achieve their full potential in their development – cognitively, emotionally and behaviourally.



### How to talk so kids will listen and listen so kids will talk

Adele Faber & Elaine Mazlish

In this book Adele and Elaine provide effective step by step techniques to help you improve and enrich your relationships with your children. You'll learn how to: break a pattern of arguments; cope with negative feelings; engage your child's cooperation; set clear limits and maintain goodwill; express your emotions without being hurtful; and resolve conflicts peacefully.





## How to talk so teens will listen and listen so teens will talk

Adele Faber & Elaine Mazlish

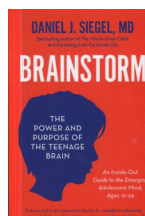
In this book parents and teens are given the tools they need to communicate and navigate the often stormy years of adolescence. Packed with practical, accessible advice and guidelines as well as innovative suggestions that can be put into immediate action. You'll learn how to: engage cooperation; take appropriate action; avoid lectures; express your feelings and understand each other; and work out solutions together.



## Brainstorm: the power and purpose of the teenage brain

Daniel J. Siegel

Between the ages of 12 and 24 the brain changes in important and often maddening ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. According to the author, however, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another.

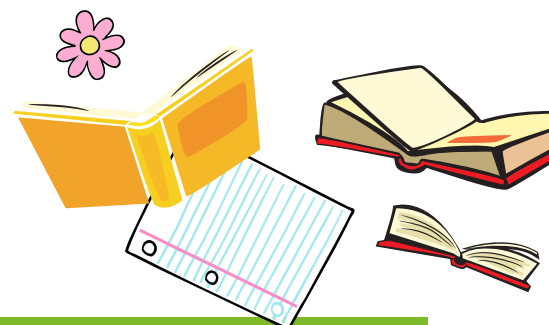
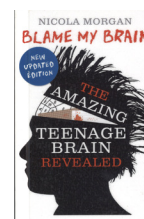


## Blame my Brain

The amazing teenage brain revealed

Nicola Morgan

Scientific research shows what parents have long suspected – the teenage brain IS special! Find out how in this ground-breaking, reassuring and hugely enjoyable book which includes cutting edge science (that won't make your head spin), revealing tests and quizzes, and new information on mirror neurons, untidy bedrooms and more!



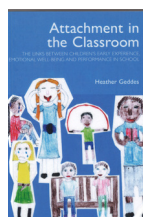
## Supporting children and young people in school

### Attachment in the classroom

The links between children's early experience, emotional well being and performance in school

Heather Geddes

The education setting is probably the greatest opportunity we have, outside the family, to promote and maintain social well-being. A child's ability to take part in learning and be fully included in school life is fundamentally affected by his or her experiences of early relationships or attachments. This book explores the significance of the relationship between the pupil, the teacher and the learning task in what is termed the Learning Triangle. The author identifies a Learning Profile related to each attachment style, and explores the conditions under which a school may be considered a secure base for the children learning there. This practical, accessible and illuminating book is full of ideas and suggestions for everyone involved with children in schools, enabling them to move from reacting to reflecting and thus developing every pupil's resilience potential.

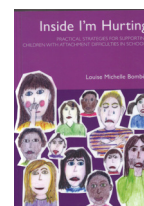


### Inside I'm hurting

Practical strategies for supporting children with attachment difficulties in schools.

Louise Michelle Bombèr

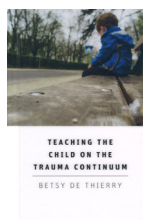
Pupils who survive multiple traumatic experiences of loss, trauma, abuse and neglect can easily be misunderstood in our schools, despite our good intentions. These children do not respond well or consistently to behavioural modification techniques, nor are they able to thrive in a system largely created for those from a 'good enough' background. This book provides educational professionals with a much-needed classroom handbook of new strategies, practical tools and the confidence for supporting these children from an attachment perspective, thus promoting genuine inclusion in the school system.



### Teaching the child on the trauma continuum

Betsy de Thierry

This book explains the continuum of trauma clearly in all its complexity in succinct and straightforward terms, drawing on the latest thinking and research in neuroscience. It shows how teachers, while not specialist mental health professionals, can provide skilled and effective help within school and the classroom to children and young people for them to recover from trauma.



# Supporting children and young people after difficult and traumatic early experiences

## The simple guide to child trauma

What it is and how to help

Betsy de Thierry

Providing straightforward answers to these complex questions, this guide is the perfect starting point for any adult caring for, or working with, a child who has experienced trauma. Reassuring advice will also rejuvenate adults' abilities to face the challenges of supporting children.



## Parenting a child who has experienced trauma

Dan Hughes

This book looks at traumatic experiences and their effects on children at different stages of development; how the effects of childhood trauma can be treated; and educational and social issues that an affected child may have. It also describes what it is like to parent a child such as this and how a new family can support recovery and healthy development.

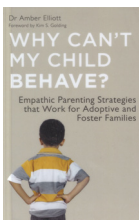


## Why can't my child behave?

Empathic parenting strategies that work for adoptive and foster families

Amber Elliott

Friendly, expert advice for parents and carers on how to respond to difficult behaviours and emotions in children with developmental trauma. Each chapter focuses on different challenges, such as meltdowns, lying and impulsivity, and features quick, applicable ideas with exercises and illustrations.



## A bad-tempered parenting guide *But he looks so normal!*

For adopters and foster parents

Sarah Naish

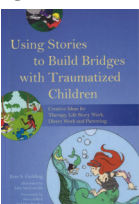
"But he looks so normal!" A phrase guaranteed to catapult you into bad-tempered parenting. This irreverent look at un-therapeutic moments, combines strategies for efficiently dispatching 'Baking-Mother-with Clipboard' and reward charts. The author, a self-confessed Bad-Tempered Mother and adopter of five, will help you to feel comfortable in your own bad-tempered skin.



## Using stories to build bridges with traumatized children

Kim S. Golding

This book is full of creative ideas for how you can use stories therapeutically with children aged 4-16 in counselling, life story work or direct work. Stories can be used to build connections and support recovery from trauma and stress.

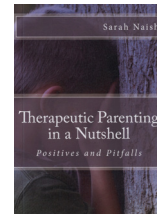


## Therapeutic parenting in a nutshell

Positives and pitfalls

Sarah Naish

Want to know about Therapeutic Parenting, but don't have the time? Here is the answer: a short overview, with important facts, tips and strategies, with integrated links to inspirational videos. How is Therapeutic Parenting different? How do I start? All the answers are here. Written for everyone caring for traumatised children.



## Love me, feed me

The adoptive parent's guide to ending the worry about weight, picky eating, power struggles and more

Katja Rowell

Grounded in science, but made real with the often heart-breaking and inspiring words of parents who have been there, the author helps readers understand and address feeding challenges, from simple picky eating to entrenched food obsession, oral motor and developmental delays, 'feeding clinic failures' and more.



## The A-Z of therapeutic parenting

Strategies and solutions

Sarah Naish

This book gives parents and caregivers an easy to follow step-by-step process to use when responding to common behaviours and challenges presented by traumatised children. Topics range from acting aggressively to difficulties with sleep, and include advice on what might trigger these issues, and start to resolve these challenges.



## Creating loving attachments

Parenting with PACE to nurture confidence and security in the troubled child

Kim Golding & Daniel A. Hughes

Playfulness, acceptance, curiosity and empathy (PACE) are four valuable elements of parenting that, combined with love, can help children to feel confident and secure. This positive book demonstrates to parents and carers how they can incorporate them into their day-to-day parenting, using real-life examples to help their child feel happy, confident and secure.



## 2. BOOKS FOR CHILDREN, YOUNG PEOPLE AND THOSE WHO CARE FOR THEM

The following books have been chosen to support and inform children, young people and all the people who care for them. They cover general growing-up themes, feelings and experiences, as well as thinking about the needs and experiences of children who have had difficult and traumatic early experiences.

We would stress that it is impossible to find a book that is right for every child and every family. We would strongly advise that before sharing a book with a child, you read it yourself and think about its suitability for the experiences and situation of your particular child, and family situation.

Books listed here, which are written for children, have been chosen for their qualities in engaging children in talking more openly about their thoughts and feelings.

They have been chosen mainly with pre-school and primary-school aged children in mind, although we realise that a child's emotional functioning 'age' and their chronological age may differ. We also firmly believe that whilst you can be too young to read or enjoy a particular book, you can never be too old.

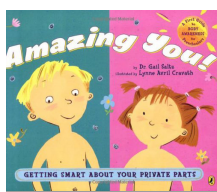
### Books about growing up

#### Amazing you! A first guide to body awareness for pre-schoolers.

Getting smart about your private parts

Gail Saltz & Lynne Avril Cravath

This book presents clear and age-appropriate information about reproduction, birth and the difference between girls' and boys' bodies. The upbeat tone promotes a healthy attitude about body image while light-hearted illustrations enliven the text, making this a book that parents will gladly share with their young ones.

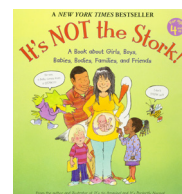


#### It's NOT the stork

A book about girls, boys, babies, bodies, families and friends

Robie H. Harris & Michael Emberley

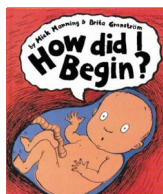
Advised for age 4 and up. An amazingly clear and comprehensive introductory course on the birds and bees. This must-have family resource is reassuring, accurate, up-to-date, and age-appropriate.



#### How did I begin?

Mick Manning & Brita Granström

This is a warm, friendly introduction to the facts of life for young children that follows the story of a new life from the moment of conception to the birth of a baby. We are gently guided through each stage with charming illustrations and simple explanations, inviting lots of discussion and providing answers to all those questions. A delightful book to share with young children.



#### It's so amazing!

A book about eggs, sperm, birth, babies and families

Robie H. Harris & Michael Emberley

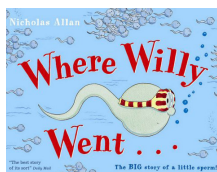
Advised for age 7 and up. This thoughtful, innovative and comprehensive book helps children with issues that are on their minds anyway and gives all of us the language we need to share with them. Even if your child hasn't reached puberty, talk with him or her about what lies ahead. This book could help prepare your son or daughter – as well as reassure you.



#### Where Willy went?

Nicholas Allan

Never before have the facts of life been presented in such an accessible – or novel – way. Our hero is Willy, a little sperm who lives inside Mr Browne with 300 million friends. Every day Willy practices for the Great Swimming Race. And when the day arrives, he swims faster than his 300 million friends to win the prize – a marvellous egg. Then something wonderful happens and eventually Mr and Mrs Browne have a baby girl who has the same winning smile as Willy and who grows up to be a great swimmer.

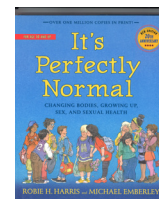


#### It's perfectly normal

Changing bodies, growing up, sex and sexual health

Robie H. Harris & Michael Emberley

Advised for age 10 and up. Millions of kids and teens have turned to this book for honest, reliable, accurate, up-to-date and accessible information to answer their questions and concerns about: puberty, sex, sexual health, reproduction, birth control, pregnancy, birth, families, LGBTQ+, the Internet, sexual abuse, and STD's including HIV/AIDS.



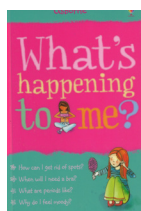


## What's happening to me? (Girls)

How can I get rid of spots? When will I need a bra? What are periods like? Why do I feel moody?

Susan Meredith & Nancy Leschnikoff

Growing up is a whole lot easier if you have some idea what to expect. This book describes exactly what will happen to your body in a straightforward, easy to understand way and it explains some of your feelings too – all you need to know for this important time in your life.



## What's happening to me? (Boys)

How do I shave? When will my voice break? What's a wet dream? Why are girls different?

Susan Meredith & Nancy Leschnikoff

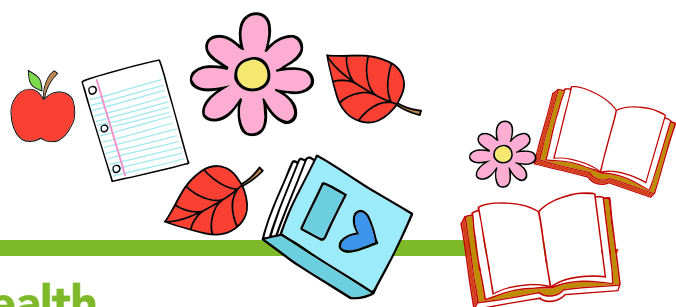
This is a helpful and sensitive guide to growing up that gives straightforward information on the physical changes and emotional upheaval that your young son can expect as he heads towards puberty. Tricky topics are demystified. The book is a reassuring and entertaining read for children aged from 8 and over.



## Zagazoo

Quentin Blake

The day the postman brought the strange looking parcel to George and Bella things started to change, and change and change. In fact, nothing was ever the same again. Zagazoo is a wildly entertaining look at the seven ages of childhood.



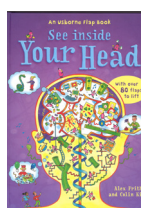
## Books about the brain and mental health

### See Inside Your Head

An Usborne flap book with over 50 flaps to lift

Alex Frith & Colin King

This is an interactive flap book explaining the intricacies of the brain. From the simple science of synapses to more complex brain functions such as how memories are stored and the meaning of dreams, this book covers the essential part which the brain plays in our every action and thought. It is illustrated in a bright and accessible style, making this complex subject easy for inquisitive minds to understand. With over 50 flaps to lift, this book provides a great introduction to the world of neurological science for young children.

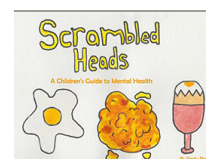


### Scrambled heads

A children's guide to mental health

Emily Palmer

Mental health can be a difficult subject to speak with adults about, let alone children, but a teenager with first-hand experience of mental illness hopes to make it easier after writing her own children's book on the subject. Emily Palmer, 19, was diagnosed with anxiety and anorexia in her early teenage years. Unimpressed by the information available to her to explain her diagnosis, she hopes her book will help children learn that mental health is not something to shy away from. She says that the overall message of the book is that it can be scary, but there are steps that you can take. If you can speak to someone, things can be done.



## Books about personal safety

### Stranger danger?

Anne Fine & Strawberry Donnelly

This book is for developing readers, and contains short stories or chapters, simple words and sentences, pictures throughout. Joe is confused, "Never take sweets from a stranger" and "Never go with a stranger" are the two safety rules the nice policeman gave them. But it's not that easy! Joe soon discovers that a little common sense comes in handy.



discussions around rights, personal boundaries, respect, consent and choice, and conversation starters and discussion questions for parents, caregivers and educators.

### I said no!

A kid-to-kid guide to keeping private parts private

Zack & Kimberly King & Sue Rarna

To help Zack cope with a real-life experience he had with a 'friend', he and his mother wrote a book to help prepare other kids to deal with a range of problematic situations. The book uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use.



### No means no!

Jayneen Sanders & Cherie Zamazing

When a child says "No!" it is important to listen to and respect their voice. Also included is a note on the importance of empowering children through





## Some secrets should never be kept

Protect children from unsafe touch by teaching them to always speak up

Jayneen Sanders & Craig Smith

Sir Alfred has a terrible secret, a secret that should never ever be kept. But who will poor little Sir Alfred tell? Who can he trust? This book was written to provide children with essential skills in self-protection and to encourage them to always speak up. It is advised that children be read this story by a parent or caregiver.

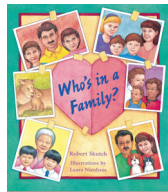


## Books about families, relationships, love and self-esteem

### Who's in a family?

Robert Skutch & Laura Nienhaus

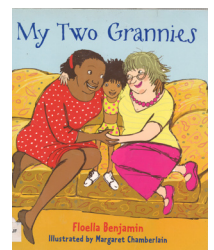
Who's in a family? The people who love you the most! Chances are, your family is like no one else's – and that's just fine. This equal opportunity, open-minded picture book has no preconceptions about what makes a family a family. With warm and inviting jewel-tone illustrations, this is a great book for talking with children.



### My two grannies

Floella Benjamin

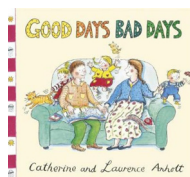
Alvina has two grannies who she loves with all her heart. Grannie Vero is from the Caribbean island of Trinidad. Grannie Rose is from the north of England. When Alvina's parents go away on holiday, both the grannies move in to Alvina's house to look after her. But the two grannies want to do different things, eat different food, play different games and tell different stories. The grannies get crosser and crosser with each other, but Alvina thinks of a way they can do all the things their own way so the grannies can become the best of friends.



### Good days, bad days

Catherine & Laurence Anholt

Depicts many kinds of days in a family, such as school days, sick days, snowy days, dull days, and fun days.



### It's okay to be different

Todd Parr

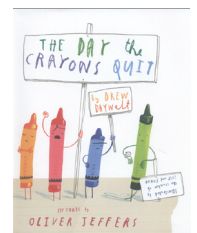
It's okay to be a different colour. It's okay to dance by yourself. It's okay to wear glasses. It's okay to have a pet worm. It's okay to be different. What's different about YOU?



### The day the crayons quit

Drew Daywalk & Oliver Jeffers

Poor Duncan just wants to colour. But when he opens his box of crayons, he finds only letters, all saying the same thing: we quit! Beige is tired of playing second fiddle to Brown. Blue needs a break from colouring all that water, while Pink just wants to be used. Green has no complaints, but Orange and Yellow are no longer speaking to each other. What is Duncan to do?

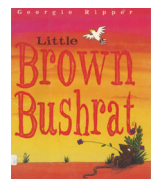


### Little brown bushrat

Georgie Kipper

Every animal in the Australian bush is good at something. Everyone that is, except the little brown bushrat.

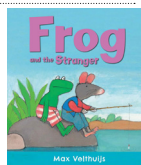
He can't jump or run very fast. He isn't even very pretty, whatever his mum says. But when a bushfire begins to spread, who will be brave enough to save the day?



### Frog and the stranger

Max Velthuijs

Frog helps his friends learn that Rat, a stranger, is not bad just because he's different.

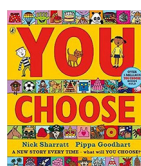


### You choose

Pippa Goodhart & Nick Sharratt

Imagine you could go anywhere, with anyone and do anything.

Where would you live? Where would you sleep? Who would be your friends? What games would you play? Go on....you choose! With the help of Nick Sharratt's wonderfully detailed illustrations, this book looks at a whole range of scenarios where choosing is made fun!



### The dot

Peter H. Reynolds

"Just make a mark and see where it takes you." Vashti says she can't draw. Her teacher thinks she can. She knows that there's a creative spirit in everyone, and where there's a dot, there's a way.

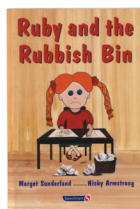


## Ruby and the rubbish bin

A story for children with low self-esteem

Margot Sunderland, illustrated by Nicky Armstrong

Ruby hates herself so much that she often feels more like a piece of rubbish than a little girl. Children at school bully her. Sometimes Ruby feels so miserable that she wants to sleep and never wake up again. Then one day, Ruby meets Dot the lunchtime lady. Over time, Dot helps Ruby to move from self-hate to self-respect.

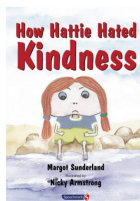


## How Hattie hated kindness

For children locked in rage or hate

Margot Sunderland & Nicky Armstrong

Hattie lives by herself on an island. She likes sharks, and crabs and stinging centipedes. She likes anything hard and spiky. Lots of people try to bring kindness to Hattie, but she is very horrid to them, smashing and spoiling everything they try to do for her. So after a while they all stop coming. Hattie is alone. She sits by the water's edge and tries to figure out why she hates love and loves hate. She thinks it must be because she is a very bad girl. But the lapping water-over-her-toes helps Hattie to understand that she'd been a very sad and frightened little girl in a hard world, so she had become hard too. The lapping-water-over-her-toes helps Hattie to move from cruel to kind. In the end, Hattie builds a bridge to the warm and cosy world across the water.



## The rainbow fish

Marcus Pfister

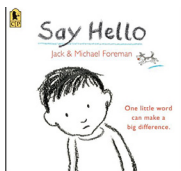
An international bestseller and a modern classic. It is the universal message at the heart of this simple story about a beautiful fish who learns to make friends by sharing his most prized possessions that gives the book its lasting value.



## Say hello

Jack & Michael Foreman

A lone dog joins a game of football with kids. They're having so much fun, they don't see a sad little boy standing by himself. Who will invite him to play? This book evokes the joy and relief of finding a new friend just when it's needed the most.



## How to heal a broken wing

Bob Graham

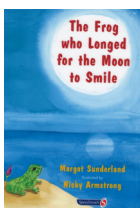
In a city full of hurried people, only young Will notices the bird lying hurt on the ground. With the help of his mother, he gently wraps the injured bird and takes it home. Here is a tale of possibility, and of the souls who never doubt its power.



## The frog who longed for the moon to smile

Margot Sunderland & Nicky Armstrong

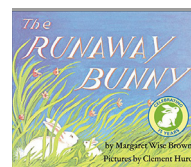
A story for children who yearn for someone they love. Frog is very much in love with the moon because she once smiled at him. So now he spends all his time dreaming about her. One day a wise and friendly crow helps frog to see how he is wasting his life away.



## The runaway bunny

Margaret Wise Brown & Clement Hurd

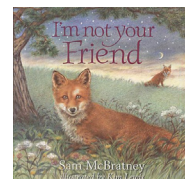
"If you run away, I will run after you, for you are my little bunny." A mother bunny tells her baby bunny how she will find him should he run away. A timeless expression of parental love.



## I'm not your friend

Sam McBratney & Kim Lewis

A little fox's mother says it is getting too late to play, so he decides not to be friends with her anymore. As the daylight fades and the shadows draw in, the little fox wonders whether it wouldn't be such a bad idea to stay friends with his mother.



## Cyril Squirrel finds out about love

Jane Evans & Izzy Bean

This heart-warming picture book shows some of the many different forms that love, friendship and kindness take. Suitable for all children aged 2-6, especially those who may have confused ideas about love. Includes guidance for adults on how to explore questions about love with children.



## The big, big sea

Martin Waddell & Jennifer Eachus

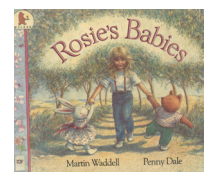
A child and her mother walk in the moonlight beside the sea. This night will become a memory as luminous and enduring as the moon itself. This book portrays a bond between parent and child that makes even the dark sea safe and serene.



## Rosie's babies

Martin Waddell & Penny Dale

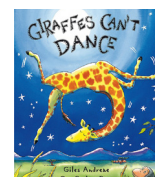
As her mother gets her new baby brother ready for bed, a young girl describes how she takes care of her own babies – stuffed animals – doing the same things that her mother does.



## Giraffes can't dance

Giles Andreae & Guy Parker-Rees

Gerald the giraffe would love to join the other animals at the Jungle Dance, but everyone knows that giraffes can't dance....or can they? A funny, touching and triumphant picture book story about a giraffe who finds his own tune and confidence.

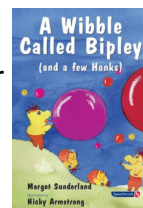


## A wibble called Bipley

For children who have hardened their hearts or become bullies

Margot Sunderland & Nicky Armstrong

Someone has broken Bipley's heart. When he meets some big tough Honks in the wood, they teach him how to harden his heart so that he doesn't have to feel hurt any more. Luckily Bipley meets some creatures who teach him how he can protect himself without hardening his heart.



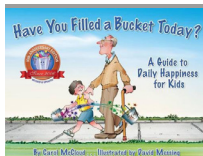
# Books about managing feelings, including anxiety and anger

## Have you filled a bucket today?

A guide to daily happiness for kids

Carol McCloud & David Messing

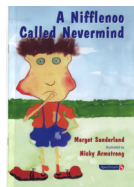
This heart-warming book encourages positive behaviour by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation and love by 'filling buckets'. This updated and revised edition will help readers better understand that 'bucket dipping' is a negative behaviour, not a permanent label. It also explains that it's possible to fill or dip into our own buckets.



## A Nifflenoo called Nevermind

Margot Sunderland & Nicky Armstrong

A story for children who bottle up their feelings. Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.



## The kids' guide to staying awesome and in control

Simple stuff to help children regulate their emotions and senses

Lauren Brukner & Apsley

Packed with simple ideas to regulate their emotions and senses, this book will help children aged 7-14 years tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds, and finger pulls, to fidgets and noise-reducing headphones, this book is brimming with fun stuff to help kids with emotional and sensory regulation difficulties feel cool, calm and collected.

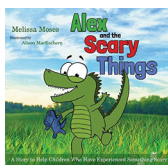


## Alex and the scary things

A story to help children who have experienced something scary

Melissa Moses & Alison MacEachern

Alex is an alligator who has experienced "scary" things. In this charmingly illustrated story, he talks about how this affects him and how he copes. By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about what they can do to help themselves handle difficult feelings.

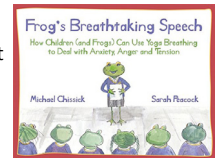


## Frog's breathtaking speech

How children (and frogs) can use yoga breathing to deal with anxiety, anger and tension

Michael Chissick & Sarah Peacock

Frog is very worried as he has an important speech to make at his school assembly. The speech is about breathing and he doesn't know a thing about it! He asks his friends for help and they teach him all about the lion breath, the crocodile breath, the humming bee breath and the woodchopper breath. Can any of these breathing techniques calm his nerves before the big speech?

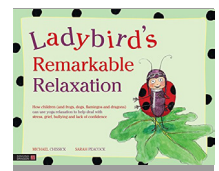


## Ladybird's remarkable relaxation:

How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence

Michael Chissick & Sarah Peacock

This is a beautiful, multi-layered book that can be enjoyed at a variety of levels. The relaxation techniques are easy to follow and the script appropriate for learners of all ages. The artwork is delightful, filled with vibrant colours and expressive animals. The book is designed to be read and enjoyed again and again.



## The Disappointment Dragon

Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome)

K.I. Al-Ghani & Haitham Al-Ghani

The Disappointment Dragon visit Bobby when he is not picked for the school football team. He also finds Lucinda when she has to miss an exciting school trip because she has the chicken pox. Will the Dragon of Hope be able to chase away the Disappointment Dragon? The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.

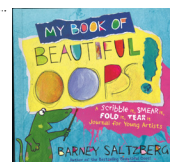


## My book of beautiful oops!

A scribble it, smear it, fold it, tear it journal for young artists

Barney Saltzberg

A good book to share with children with perfectionist tendencies. Go ahead! Write, draw, rip, paint and smudge the pages of this book. Discover how mistakes are nothing but a step on the way to making something beautiful.

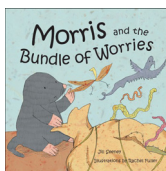




## Morris and the bundle of worries

Jill Seeney & Rachel Fuller

Morris the mole has a secret. He has lots of worries – in fact, a big bundle of them. They fill up his bedroom which means he can't sleep.



There are squiggly, wriggly worries, thorny, spiky ones and even some TERRORS which Morris is too scared to touch. This charming picture book for young children shows that talking about problems, and facing worries with the help of others, is more helpful than hiding your fears.

## The huge bag of worries

Virginia Ironside & Frank Rodgers

Wherever Jenny goes, her worries follow her – in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory.



Jenny decides they will have to go. But who can help her?

## The Panicosaurus

Managing anxiety in children.

For all children, not just those with Asperger Syndrome

K.I. Al-Ghani & Haitham Al-Ghani

Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog or when her favourite teacher is not at school. This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction explaining anxiety in children and the list of techniques for lessening anxiety at the end of the book.

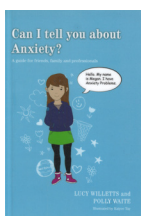


## Can I tell you about anxiety?

A guide for friends, family and professionals

Lucy Willetts, Polly Waite & Kaiyee Tay

Suitable for readers aged 7 upwards. Meet Megan – a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects how she thinks and behaves.



Megan talks about techniques she has learnt to help manage her anxiety and how people around her can help.

## Angry Arthur

Hiawyn Oram & Satoshi Kitamura

Arthur's mum tells him to stop watching TV and go to bed. He gets angry and angrier and destroys ... everything. He ends up sitting, alone, on a chunk of Mars, wondering why he was so cross.

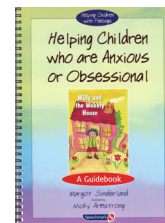


## Helping children who are anxious or obsessional

A guidebook to Willy and the wobbly house (see below)

Margot Sunderland & Nicky Armstrong

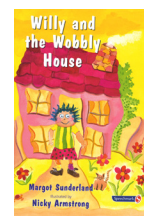
If a child is to benefit from the full therapeutic potential of Willy and the wobbly house (see below) this accompanying guidebook will be a vital resource. It will enable the reader to offer the child a far richer and more empathic response to the issues the story raises.



## Willy and the wobbly house

Margot Sunderland & Nicky Armstrong

This is a story for children who are anxious or obsessional. Willy is an anxious boy who experiences the world as a very unsafe, wobbly place where something awful might happen at any time. Joe, the boy next door, is too ordered and tidy to be able to ever really enjoy life. Follow their adventures with the Puddle People who help them break out of their fixed patterns and find far richer ways of living in the world.



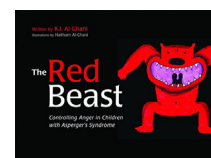
## The red beast

Controlling anger in children.

For all children, not just those with Asperger Syndrome

K.I. Al-Ghani & Haitham Al-Ghani

Deep inside everyone, a red beast lies sleeping. When it is asleep, it is quite small but when it wakes up, it begins to grow and grow. This is the story of how one boy, Rufus, conquered his anger and sent the red beast back to sleep. Developed with the National Autistic Society (NAS) but helpful to any child, this book offers a range of anger management strategies and useful guidance for parents on how to help their child 'tame the red beast'.



## Starving the anger gremlin

A cognitive behavioural therapy workbook on anger management for young people

Kate Collins-Donnelly

Advised as suitable for children and young people aged 10+. This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours.





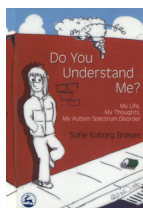
## Books about specific difficulties, including ASD and ADHD

### Do you understand me?

My life, my thoughts, my Autism Spectrum Disorder

Sofie Koborg Brøsen & Peter Brøsen

Misunderstood by her classmates, Sofie writes about her world so others can learn to understand her. She tells about things she finds difficult: being given too many instructions, disruptions to her routine, being teased, strong lights and smells and too much noise. She also describes what she really likes: feeling accepted by other children, reading, nature, autism camp and her cat.



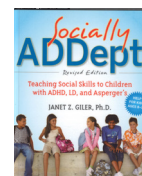
### Socially ADDept

Teaching social skills to children with ADHD, LD and Aspergers

Janet Z. Giler

Advised as offering help for kids aged 8-13.

This book provides an easy-to-follow programme for parents and educators to teach kids with special needs the hidden rules of social behaviour. Unlike other social skills programmes this acclaimed approach teaches children to see themselves as others do – covering everything from body language and being a good listener to dealing with teasing – demonstrating clearly what kids need to do to 'fit in'.

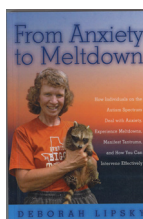


### From anxiety to meltdown

How individuals on the autism spectrum deal with anxiety, experience meltdowns, manifest tantrums and how you can intervene effectively

Deborah Lipsky

Anxiety is the root cause of many difficulties experienced by people on the autism spectrum. Drawing on extensive personal experience, the author highlights how meltdowns and tantrums differ from each other and discusses the sources they can stem from. She identifies how to spot triggers and prevent outbursts from happening in the first place. Practical and simple solutions for avoiding anxiety are offered throughout, accompanied by calming techniques and suggestions for dealing with tantrums.

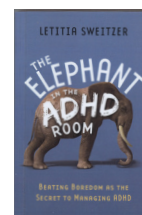


### The elephant in the ADHD room

Bearing boredom as the secret to managing ADHD

Letitia Sweitzer

Boredom and boredom-avoidance drive the behaviours of inattention, impulsivity and hyperactivity – the diagnostic criteria of ADHD. The first ADHD resource to fully explore the connection between the two. Full of innovative approaches, the book introduces a wide range of strategies for professionals working in clinical, educational and therapeutic settings to help those with ADHD beat boredom and engage with tasks and goals they want, or need, to achieve. Approaches specifically designed for toddlers, children, teenagers and adults are included which can then be incorporated into schoolwork, jobs, relationship and everyday life.



### Parenting without panic

A pocket support group for parents of children and teens on the Autism Spectrum (Asperger's Syndrome)

Brenda Dater

Drawing on her extensive experience as a support group leader and parent of a child on the spectrum, she offers trusted advice and tried-and-tested solutions to parents' top concerns. Covering everything from the first steps to take after diagnosis, to advocacy and disclosure, friendship, behaviour, holidays, homework, building independence, supporting siblings and how parents can look after their own wellbeing, this book is filled with the voices of other parents in the same situation and extends a vital lifeline of support.

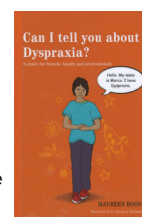


### Can I tell you about dyspraxia?

A guide for friends, family and professionals

Maureen Boon & Imogen Hallam

Meet Marco, a boy with dyspraxia, which is sometimes called Developmental Co-ordination Disorder (DCD). Marco invites readers to learn about dyspraxia from his perspective, helping them to understand what it is and what it feels like when he sometimes struggles to control his movement and co-ordination. He talks about the challenges of having dyspraxia and lets readers know how he can be helped and supported.



### The survival guide for kids with autism spectrum disorders (and their parents)

Elizabeth Verdick

Advised for age 8-13, and to be read with a parent. This book addresses big questions and provides strategies for communicating, making friends, and succeeding in school. A section on body and brain basics highlights symptom management, exercise, diet, hygiene, relaxation, sleep, toileting and "stims". Emphasis is placed on helping children handle intense emotions and behaviours and get support from their 'team of helpers' when needed. Filled with quotes and stories from kids, the book offers helpful facts, checklists, dialogues and resources.

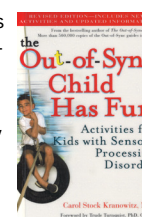


### The out-of-sync child has fun

Activities for kids with sensory processing disorder

Carol Stock Kranowitz

Each activity in this inspiring and practical book is safe – sensory-motor, appropriate, fun and easy – to help develop and organise a child's brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, taste, motor planning or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations.



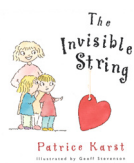
## Books about separation, loss and bereavement

### The invisible string

Patrice Karst & Geoff Stevenson

The twins' Mom told them they're all connected by an Invisible String. "What kind of string?" they asked. To which Mom replied, "An Invisible String made of love."

This story teaches of the tie that really binds. Mums and Dads feel the tug whenever kids give it; and kids feel the tug that comes right back: the Invisible String reaches from heart to heart. Does everyone have an Invisible String? How far does it reach? Does it go away? Read about it!



### What happened to Daddy's body?

Explaining what happens after death in words very young children can understand

Elke & Alex Barber, & Anna Jarvis

My daddy died when I was (one... two...) three years old. Today we are out in the garden. It always makes me think about my daddy because he LOVED his garden.



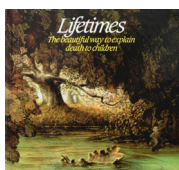
Sometimes I wonder what happened to my daddy's body. This book tells the true story of what happened in the months after Alex's daddy died and how, with the help of his mother, Alex learnt all about burial and cremation.

### Lifetimes

The beautiful way to explain death to children

Bryan Mellonie & Robert Ingpen

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. The book tells about beginnings, and about endings, and about living inbetween. With large, wonderful illustrations, it tells about plants, about animals, and about people. It tells that dying is as much a part of living as being born. It helps us to remember, and to understand.



### When someone very special dies

Children can learn to cope with grief

Marae Heegaard

Pages of this book can be photocopied to complete with a child.

This book is designed to teach basic concepts of death and help children understand and express the many feelings they have when someone special dies. Communication is increased and coping skills are developed as they illustrate their book with their personal story.

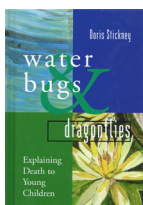


### Water bugs and dragonflies

Explaining death to young children

Doris Stickney & Gloria Ortiz Hernandez

Looking for a meaningful way to explain to neighbourhood children the death of a five-year-old friend, Doris adapted the graceful fable about the water bug that changed into a dragonfly. The story was revised and expanded in 1982 to become the bestselling Water Bugs and Dragonflies.



### Goodbye Mog

Judith Kerr

Mog was tired. She was dead tired. Mog thought "I want to sleep for ever." And so she did.

But a little bit of her stayed awake to see what would happen next.



### Is Daddy coming back in a minute?

Explains (sudden) death in words very young children can understand

Elke & Alex Barber & Anna Jarvis

When we were on a No Girls Allowed! holiday, my daddy's heart stopped beating and I had to find help all by myself. He was very badly broken. Not even the ambulance people could help him. This book tells the true story of the day Alex's daddy died and how his mother helped him to understand what happened.

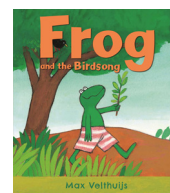


### Frog and the birdsong

Max Velthuis

One autumn day Frog discovers a blackbird lying motionless in the grass. Worried, he asks his friends what can be the matter.

Very gently and simply, then animals begin to understand the meaning of death and the beauty of life in this moving story.

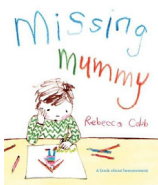


### Missing Mummy

A book about bereavement

Rebecca Cobb

Sometime ago we said goodbye to Mummy. I am not sure where she has gone. Beautifully illustrated and with moments of wonderful warmth, this is a touching, honest and helpful book about losing a parent.

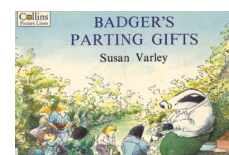


### Badger's parting gifts

Susan Varley

When old badger dies, his friends think they will be sad forever. But gradually they are able to remember Badger with joy and to treasure the gifts he left behind for every one of his friends.

This sensitive book can help children come to terms with the death of those they love.

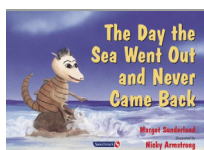


## The day the sea went out and never came back

A story for children who have lost someone they love

Margot Sunderland & Nicky Armstrong

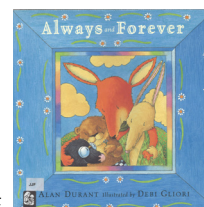
Each day, Eric the Sand Dragon watches the sea going out and coming back. But one day, the sea goes out and does not come back. Eric waits, but it does not come back. It feels to him as if he has lost everything. After many bleak days, Eric sees a little wild flower. It is dying. Eric knows he must save it. He finds water and more flowers appear, so Eric makes a beautiful garden. As he does, he finds the courage to feel the pain of his loss, instead of closing his heart. He realises that memories of his precious sea are like treasure in his mind, treasure he will never lose.



## Always and forever

Alan Durant & Debi Gliori

When fox dies, Mole, Hare and Otter are devastated. They feel they will never get over their great sadness. How can life go on without him? Then one day squirrel comes to visit. She reminds Fox's family of all the funny things he used to do. And as the friends share dinner and tell stories, they realise at last that in their hearts and memories, Fox is still with them, and he will be – always and forever.



## Books for children who have had difficult early experiences, including children who are looked after and adopted

*It is impossible to find a book that is right for every child and every family. We suggest that before sharing a book with a child, you read it yourself and think about its suitability for the experiences and situation of your particular child, and their family situation.*

### Kit Kitten and the topsy-turvy feelings:

A story about parents who aren't always able to care

Jane Evans & Izzy Bean

Many children live in homes where things are chaotic and parents or carers are distracted and emotionally unavailable to them. This storybook, designed for children aged 2 to 6, includes feelings-based activities to build a child's emotional awareness and vocabulary. A helpful tool for use by parents, carers, social workers and other professionals to enable young children to begin to name and talk about their feelings.



### How are you feeling today baby bear?

Exploring big feelings after living in a stormy home

Jane Evans & Laurence Jackson

This sensitive, charming storybook is designed to help children ages 2 to 6 years who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions. It will be a useful book for social workers, counsellors, domestic violence workers and all grown-ups working with children.

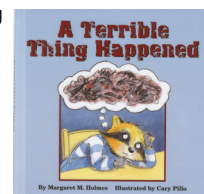


### A terrible thing happened

A story for children who have witnessed violence or trauma

Margaret M. Holmes & Cary Pillo

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him into trouble.



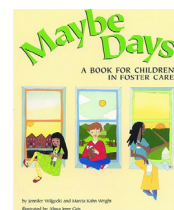
Then he met Ms Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode. An afterword for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.

### Maybe days

A book for children in foster care

Jennifer Wilgocki, Marcia Kahn Wright & Alissa Imre Geis

Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe". This book addresses the questions, feelings, and concerns these children most often face. It is honest and reassuring. It also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help.



An extensive afterword for adults caring for foster children describes the child's experience, underscores the importance of open communication, and outlines a variety of ways to help children adjust to the "maybe days" – and to thrive.

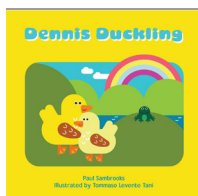


## Dennis Duckling

Paul Sambrooks & Tommaso Levente Tani

Dennis is sad because he and his sister have to leave their mum and dad. They need someone to look after them, someone to help wash their feathers and feed them. A grown-up duck called Annie comes to talk to them. "I'm scared!" says Dennis. "Who will look after us?"

Find out what happens when Dennis and his sister move to their new home.

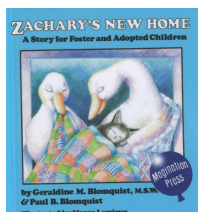


## Zachary's new home

A story for foster and adopted children

Geraldine M. Blomquist, Paul B. Blomquist & Margo Lemieux

Children in foster care and adopted children have usually suffered painful separations from their families for reasons they may not understand. They are often very confused, angry and sad. This appealing and comforting story explores their experiences, problems and emotions.

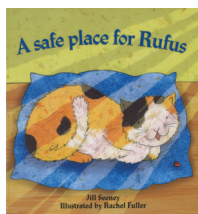


## A safe place for Rufus

Jill Seeney & Rachel Fuller

Rufus loved curling up in his favourite place and dreaming of pilchards. But it hadn't always been like this. When Rufus was a kitten he lived with a different family who weren't always kind. Sometimes they shouted at him. Sometimes he had no food to eat. Rufus still remembered those times, and bad memories followed him everywhere and there was no getting away from them.

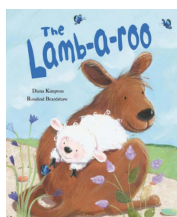
Would Rufus ever find a safe place where he could be cosy and calm and dream his dreams?



## The lamb-a-roo

Diana Kimpton & Rosalind Beardshaw

Lamb is alone and sad and wants a mother. And in spite of having lots of relatives, Kangaroo is sad, too, because she has no baby of her own. When these gentle, endearing animals happen to find each other, they immediately become a happy family – until Lamb realises that he is different from all the other kangaroo children and attempts to fit in, with hilarious results.



## The most precious present in the world

Becky Edwards & Louise Comfort

Mia is a bit sad. She is sad because she doesn't look like her mum and dad at all. She has masses of curly brown hair but her mum's is straight and red. Her eyes are dark brown and her dad's are bright blue. Why doesn't she look like her parents? This doesn't matter to her parents, they love her just the way she is and think she is a very special present. In fact, they think she is the most precious present in the world.



## An adoption story: Little stork's new home

Carolyn Robertson & Patricia de Villiers

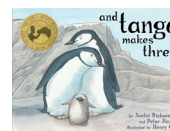
A beautifully illustrated, affirming story that gently explains the adoption process. Splash the stork is unable to care for her hatchling. A journey ensues to find the hatchling a forever home...



## And Tango makes three

Justin Richardson, Peter Parnell & Henry Cole

Roy and Silo are just like the other penguin couples at the zoo – they bow to each other, walk together and swim together. But Boy and Silo are a little bit different – they're both boys. Then, one day, when Mr Gramzay the zookeeper finds them trying to hatch a stone, he realises that it may be time for Roy and Silo to become parents for real. Based on a true story, this charming and heart-warming tale proves that all you need to make a family is love.

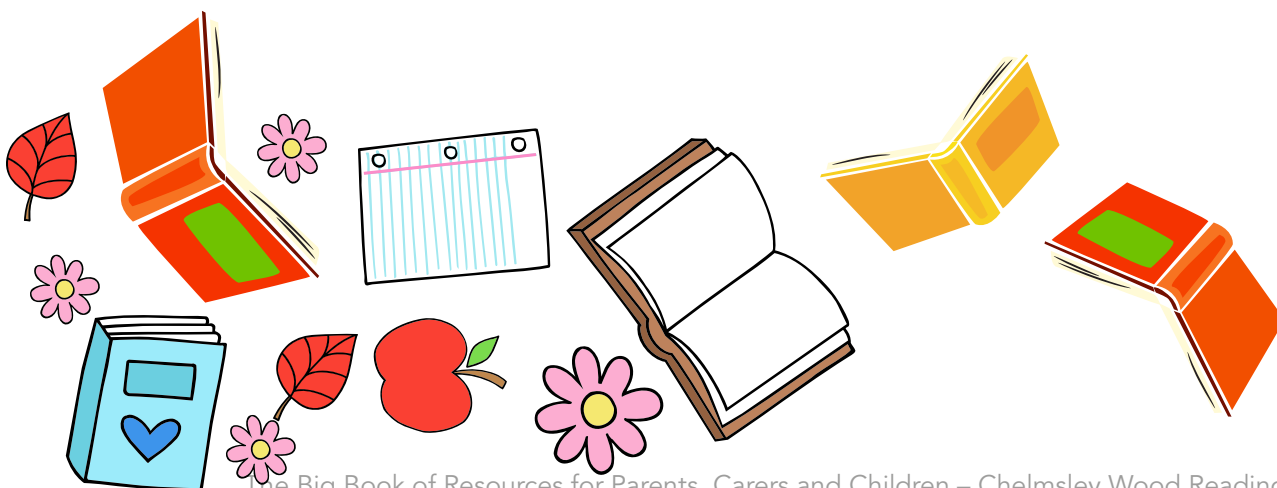
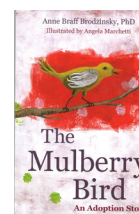


## The mulberry bird

An adoption story

Anne Braff Brodzinsky & Angela Marchetti

This book portrays the birthmother as loving and emotionally connected to her child. It tells a story that is not about abandonment, but rather about how a birthmother, faced with what seemed insurmountable, became a loving, caring and uniquely responsible parent through adoption. A powerful resource to explore the underpinnings of the choices in adoption and helps to answer the resonating question in the minds of all adoptees, "Why was I adopted?" It is a story that can be retold over and over as children's developmental understanding of adoption broadens.





# A therapeutic parenting book

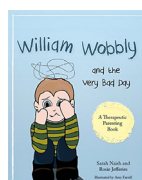
*This series deals with common emotional and behavioural difficulties of adopted and fostered children. Difficulties are introduced through characters who behave in ways that children can identify with. It is often difficult for parents or carers to know where to start in talking about these issues. This set of books provide a way of doing this without blaming the child.*

## William Wobbly and the very bad day

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Amy Farrell

He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until... Something happened to William Wobbly when he was very little which makes it hard for him to understand or control his feelings. Luckily his new mum is here to help with his wobbly feelings. Written by a mum who understands and her daughter (who used to have a lot of wobbly feelings), this is a story for children functioning at age 3-10 who struggle with sensory overload.

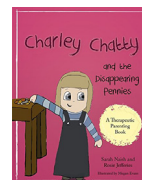


## Charley Chatty and the disappearing pennies

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Megan Evans

Charley Chatty likes shiny things, especially shiny pennies. Sometimes Charley thinks her siblings get more than her so she likes to keep the pennies safe in her pocket. Charley spots some pennies lying around the house and puts them in her piggy bank but she gets very nervous when her dad starts looking for the missing pennies. Luckily, Charley's dad is good at working out what might have happened and helps Charley to put it all right again.

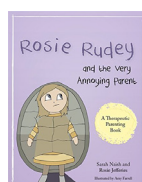


## Rosie Rudey and the very annoying parent

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Amy Farrell

"Rosie, put your coat on, it's cold outside." "Rosie, bring your sandwich box to the kitchen, please." "Rosie ....." LEAVE ME ALONE, she thinks. She did not have an easy childhood which has made her build a hard shell around herself so no one can get in.

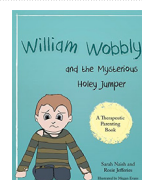


## William Wobbly and the mysterious holey jumper

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Megan Evans

William Wobbly is having lots of wobbly feelings one morning but his mum is too busy to notice. His worries worsen when he notices changes at school. "Where's my real teacher?" he wonders. He hides under his desk and he chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his mum is there to help him cope when he's afraid.

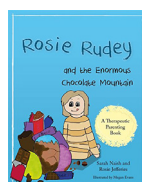


## Rosie Rudey and the enormous chocolate mountain

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Megan Evans

Rosie loves chocolate. It's her very favourite food and it helps fill the empty feelings in her tummy. When her stupid siblings annoy her Rosie wants nothing more than to eat lots and lots of chocolate. One day Rosie takes all of her family's chocolate and forms her own enormous chocolate mountain. She thinks it is beautiful and it takes away all of her fuzzy feelings. But then, suddenly, there's no chocolate left and now Rosie is going to throw up. Luckily, mum understands why Rosie acts this way.

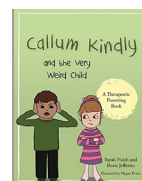


## Callum Kindly and the very weird child

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Megan Evans

Callum Kindly is a kind and caring boy who lives alone with his mum; that is, until Katie Careful comes to stay with them. Callum thinks Katie is a very weird child! Katie manages to get in the way whenever Callum wants to speak to his mum or have snuggle time. She cries and sulks on his birthday and she steals his toy car. Luckily Callum's mum can explain to him how Katie's difficulties when she was growing up means she acts differently now.

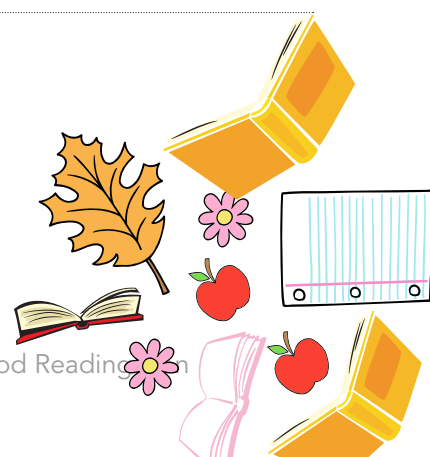


## Sophie Spikey has a very big problem

### A therapeutic parenting book

Sarah Naish, Rosie Jefferies & Amy Farrell

Today, Sophie Spikey has a very big problem – she has lost her shoes again! There is no way she is asking her mum for help though. "I can fix it all by myself," she thought. Sophie did not have an easy start in life and now she cannot trust grown-ups to help her. Luckily, her new mum is good at guessing when Sophie needs a helping hand.

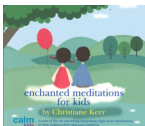


### 3. AUDIO CD'S

#### Enchanted Meditations for Kids

by Christiane Kerr

For all ages, 57.46 minutes playing time. A state of the art recording comprising eight short meditations to help children to feel calm and confident. The CD can be used at home or as a teaching resource. The meditations are preceded by a relaxation exercise which can be used separately or run together as one track.



#### Meditation and Relaxation for Kids

by Dr Elizabeth Scott

For ages 8 and up, 67 minutes playing time. Dr Scott has put together seven pleasant scenarios to let your mind wander through. They will leave you with a relaxed body, peace of mind and a feeling of gentle happiness.



#### Paddington – Here and Now

by Michael Bond, read by Stephen Fry

3 CD's: Unabridged; approx. 3 ½ hrs.

*"I'm not a foreigner," exclaimed Paddington hotly, "I'm from Darkest Peru."*

Paddington Bear always manages to find himself in tricky situations, like the time he had a difficult encounter with a policeman or when he found himself in deep water with a newspaper reporter. But since arriving from his native Peru after an earthquake Paddington has always felt at home with the Brown family who found him on Paddington station. Then, one day, a mysterious visitor arrives at 32 Windsor Gardens. Is it time for Paddington to decide where 'home' really is?



## 4. DVDs

### The BoxTrolls (Dare to be Square)

PG – Mild violence, threat – General viewing but some scenes may be unsuitable for young children; PG - Fit for viewing generally but in the case of a child under 12 years, under 'parental guidance'.



Approx. 92 minutes running time

The BoxTrolls are monsters who live underneath the charming streets of Cheesebridge, who crawl out of the sewers at night to steal the town's children and fine cheeses. At least, that's the legend the townspeople have always believed. In truth, the BoxTrolls are a community of lovable oddballs who are raising an abandoned human boy named Eggs as one of their own. When the BoxTrolls are targeted by a villainous exterminator who is bent on eradicating them, Eggs must venture above ground to save his unique family, where he teams with an adventurous young girl to save not only the BoxTrolls but the soul of Cheesebridge.

### Kung Fu Panda 1 & 2

PG - mild martial arts action – General viewing but some scenes may be unsuitable for young children; PG - Fit for viewing generally but for children under 12 years, under 'parental guidance'.



2 film collection – 88 minutes and 87 minutes

A fun-loving panda named Po embraces his destiny as the Dragon Warrior

**Kung Fu Panda 1:** The Valley of Peace and its inhabitants are under threat from a malevolent snow leopard, Tai Lung. With everyone fearing for their very existences, the role of protector falls into the lap of the lazy, irreverent Po, a panda more used to slacking off than facing great challenges. But it is Po who must master the ways of Kung Fu and ultimately face a showdown with the colossus that is Tai Lung.

**Kung Fu Panda 2:** Po is now living his dream as The Dragon Warrior, protecting the Valley of Peace alongside his friends and fellow kung fu masters, The Furious Five – Tigress, Crane, Mantis, Viper and Monkey. But Po's new life of awesomeness is threatened by the emergence of a formidable villain, who plans to use a secret, unstoppable weapon to conquer China and destroy kung fu. It is up to Po and The Furious Five to journey across China to face this threat and vanquish it. But how can Po stop a weapon that can stop kung fu? He must look to his past and uncover the secrets of his mysterious origins; only then will he be able to unlock the strength he needs to succeed.

### Inside Out

(Universal - suitable for all; very mild threat; G - Fit for viewing by persons Generally)

(Approx. 91 minutes running time)

Do you ever look at someone and wonder what's going on inside their head? Disney-Pixar's Inside Out takes an imaginative journey into the mind to find the answer. Based in Headquarters, the control centre of 11-year-old Riley's mind, five emotions are hard at work, led by light-hearted optimist Joy. She strives to make sure Riley stays happy as she operates alongside fellow emotions Fear, Anger, Disgust and Sadness.



### Paddington 1 & 2

PG - Dangerous behaviour, mild threat, innuendo, infrequent mild bad language

2 film collection – 91 minutes and 99 minutes.

**Paddington** follows the comic misadventures of a polite young Peruvian bear with a passion for all things British, who travels to London in search of a home.

**Paddington 1:** Finding himself lost and alone at Paddington Station, Paddington begins to realise that city life is not all he had imagined – until he meets the kind Brown family, who offer him a temporary haven. But little do the Browns realise just how much comic mayhem one young bear will bring to their family life, and when this rarest of bears catches the eye of a sinister, seductive taxidermist, it isn't long before his home - and very existence – is under threat.

**Paddington 2** finds Paddington happily settled with the Brown family in Windsor Gardens. While searching for the perfect present for his beloved Aunt Lucy's 100th birthday, Paddington spots a unique pop-up book in Mr Gruber's antique shop, and embarks upon a series of odd jobs to buy it. But when the book is stolen, it's up to Paddington and the Browns to unmask the thief.



# Chelmsley Wood READING DEN

Chelmsley Wood Library

Monday 9.30am – 7pm

Tuesday 9.30am-5pm

Wednesday 9.30am -5pm

Thursday 9.30am-7pm

Friday 9.30am -5pm

Saturday 9.30am -5pm

Tel: 0121 788 4380

Email: [bsmhft.readingden@nhs.net](mailto:bsmhft.readingden@nhs.net)

## More information on the Reading Den can be found at:

[www.solihull.gov.uk/Resident/Libraries/chelmsleywoodreadingden](http://www.solihull.gov.uk/Resident/Libraries/chelmsleywoodreadingden)

[www.bsmhft.nhs.uk/our-services/solar-youth-services](http://www.bsmhft.nhs.uk/our-services/solar-youth-services)

twitter: @solihullsolar

