***CRIMOND SCHOOL AND NURSERY***

***PARENT LIBRARY***

The Crimond School and Nursery Parent Library is situated in the entrance area of the school. You can borrow a book by visiting the library or by looking through this catalogue and phoning or messaging us to request the book of your choice.

This new library is in place to inform and assist parents, carers and families as they navigate through the tricky waters of steering children through nursery and primary school. I have selected books on the subjects of parenting, supporting children with learning, additional support needs, mental health issues and also some fun things to do with children.

There are some comfy sofas to sit on as you browse through the books to make your selection. You can take a book home to read at your leisure and you should leave the details of the book that you have borrowed with Hilda or with Debbie or Janey in the office. I am sending this copy of the book catalogue to you but it will be updated on the school website when we add new books so please check there for the latest edition.

This library will be an ever-expanding resource and I would be very grateful for suggestions of materials that you would like to see included.

The subject headings at the moment are:

Parenting Children

Families

Additional Support Needs

Dyslexia

Dyscalculia

Dyspraxia

Autism

Bereavement

Emotional Health and Wellbeing

Mindfulness

Managing Emotions

Anxiety

ADHD

Learning with Children

Activities with Children

***PARENTING CHILDREN***

# What Every Parent Needs to Know: Love, Nurture, and Play with Your Child

## **Margot Sunderland**

With a wealth of fascinating chapters including 'sleep and bedtimes' and 'why children behave badly', What Every Parent Needs to Know is the ultimate handbook for parents who want to make evidence-based decisions about how to care for their child. In What Every Parent Needs to Know, Dr Sunderland's acclaimed ideas explain the science behind parenthood, once again securing the title as the greatest educational book for parents of children up to 12 years old.

# Beyond Toddlerdom: Keeping Five- to Twelve-Year-Olds on the Rails

## **Dr Christopher Green**

# First there was BABIES, then came the TODDLER TAMING phenomenon - now there's the sequel every parent has been waiting for...Dr Christopher Green has written BEYOND TODDLERDOM for all those parents in need of calm and wise advice on parenting the 5–10-year age group.

# Raising Boys in the Twenty-First Century: How to Help Our Boys Become Open-Hearted, Kind, Strong Men

# Steve Biddulph

This is a bestseller which has become one of the best loved and most successful books in the parenting field. Steve Biddulph's Raising Boys includes some startling new research on what helps - and what harms - boys. He shares and gives practical and honest advice to parents so they can recognise the different stages of boyhood and learn how to raise happy, confident and kind young men. Boys need to be parented in a different way from girls with their own very special psychological and physical make-up.

# Raising Girls in the 21st Century: Helping our Girls to Grow Up Wise, Strong and Free

# Steve Biddulph

Raising Girls in the 21st Century is both fierce and tender in its mission to help girls more at every age. Parenthood is restored to an exciting journey, not one worry after another, as it is so often portrayed. Steve talks to the world's leading voices on girls' needs and makes their ideas clear and simple, adding his own humour and experience through stories that you will never forget.

# How to Talk so Kids will Listen & Listen so Kids will Talk

## **Adele Faber and Elaine Mazlish**

In this international bestseller, discover the number one practical guide to family life. Parenting experts Adele Faber and Elaine Mazlish provide effective step by step techniques to help you improve and enrich your relationships with your children. Learn how to:\* Break a pattern of arguments \* Cope with your child's negative feelings\* Engage your child's co-operation\* Set clear limits and still maintain goodwill\* Resolve family conflicts peacefully\*

# How to Talk so Little Kids will Listen: A Survival Guide to Life with Children Ages 2-7

# Joanna Faber and Julie King

# From the widely acclaimed HOW TO TALK series, discover tried and tested communication strategies to survive - and thrive - with kids ages 2-7. The all-new content in this book deals with struggles familiar to every parent, relative, teacher and childminder.

**The Whole-****Brain Child**

**Dr Tina Payne Bryson**

Different parts of a child's brain develop at different speeds and understanding these differences can help you turn any outburst, argument, or fear into a chance to integrate your child's brain and raise calmer, happier children. Featuring clear explanations, age-appropriate strategies and illustrations that will help you explain these concepts to your child, The Whole-Brain Child will help your children to lead balanced, meaningful, and connected lives using twelve key strategies

**No-Drama Discipline**

**Dr Tina Payne Bryson**

The pioneering experts behind the bestselling The Whole-Brain Child now explore the ultimate child-raising challenge: discipline. A breakfast bowl gets thrown across the kitchen, splattering milk and cereal all over the wall. Or one of your kids threatens a younger sibling. Or you get a call from the headteacher's office for the third time this month. What do you do? No-Drama Discipline provides an effective, compassionate road map for dealing with such tantrums, tensions, and tears - without causing a scene.

**The Gentle Parenting Book: How to Raise Calmer, Happier Children from Birth to Seven**

**Sarah Ockwell-Smith**

Parenting trends come and go. Gentle parenting is different - it is not a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In The Gentle Parenting Book, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children.

**The Gentle Discipline Book: How to Raise Co-operative, Polite and Helpful Children**

**Sarah Ockwell-Smith**

Do you want to raise a well-behaved, happy child but feel that common forms of discipline used today, which focus on rewarding, excluding or punishing children, don't work for your family? In The Gentle Discipline Book, Sarah Ockwell-Smith debunks many commonly held beliefs about punishment and motivation and provides an alternative approach that will empower you to discipline your child in an effective way and with respect. Gentle discipline is not about mollycoddling your child or being a pushover - it means understanding your child, having realistic expectations of them, and responding to their misbehaviour appropriately.

# How Children Succeed: Confidence, Curiosity and The Hidden Power of Character

## **Paul Tough**

Why character, confidence, and curiosity are more important to your child's success than academic results. Inner resilience, a sense of curiosity, the hidden power of confidence - these are the most important things we can teach our children, because it is these qualities that will enable them to live happy, fulfilled and successful lives.

# Bullying: A Parent's Guide (not yet available)

# Jennifer Thomson

"Bullying - A Parent's Guide" gives a new perspective on this age-old problem that blights children's lives. It gives parents the tools to identify whether their child is being bullied, explains why children are bullied and how parents can prevent it from happening. This guide includes a chapter entitled 'Inside the Mind of a Bullied Child' and provides proven methods on how to help the bullied child boost their self-esteem. There is also a detailed exploration of the different forms of bullying that now exist.

**Teach Your Child to Sleep: Gentle Sleep Solutions for Babies and Children**

**Millpond Children's Sleep Clinic**

This baby and child sleep guide is the perfect combination of accessible science, Mandy's years of experience and a mother's warmth. Discover how to get your baby or child to settle easily and sleep well with step-by-step advice that gets right to the heart of the issue.

# You're A Star: A Child's Guide to Self-Esteem

## **Poppy O’Neill**

Does your child often feel isolated, and do they struggle to get involved in social situations? Are they nervous about what people think of them, or maybe they're just a little unsure of how they feel about themselves? These could be signs that your child is experiencing low self-esteem. Your child will be guided, with the help of Bop - a friendly and supportive character they can identify with - through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.

# Parent Alert! How to Keep Your Kids Safe Online

## **Kaye Adams and Nadia Sawalha**

Act now and get savvy to ensure your kids can enjoy the best of the internet and social media - without the risks. This practical go-to guide explains all the digital dangers kids face when they visit chat rooms, share selfies, use apps, and explore the internet. Worried about what their own teenagers get up to, best friends Nadia Sawalha and Kaye Adams team up with international security expert Will Geddes.

***FAMILIES***

**The Great Big Book of Families**

**Mary Hoffman**

This is a fresh, optimistic look through children's eyes at today's wide variety of family life: from homes, food, ways of celebrating, schools and holidays to getting around, jobs and housework, from extended families, languages and hobbies to pets and family trees. The Great Big Book of Families is a brilliant introduction for children to all family types great and small.

# Siblings Without Rivalry: how to help your children live together so you can live too

# Adele Faber and Elaine Mazlish

A bestseller in the USA, Siblings Without Rivalry offers serious advice for parents coming to terms with the unpleasant conflicts that arise when siblings forget they are human beings. The book is written with humour, compassion and understanding.

**Dealing with my Parents’ Divorce** (not yet available)

**Jane Lacey**

This book helps young children find out about and understand what is happening when their parents divorce or separate. It features eight case studies from children who have a range of issues from a girl who is angry with her parents to a boy who is worried about what will happen next.

**The Guide for Separated Parents: Putting Your Children First**

**Karen Woodall**

Children living in separated family situations fare best when their relationship with each of their parents continues to be close. Putting Children First helps mothers and fathers unlock and resolve the conflict around contact with children that can arise during and after separation.

***ADDITIONAL SUPPORT NEEDS***

*The* ***“Can I Tell You About….?”*** *series of books is a valuable resource, helping families, friends and school staff understand children’s support needs, mental health issues or disorders. The books give useful advice, recommended reading and signposts organisations or websites for further information or support.*

**Can I Tell You About ADHD?**

Meet Ben - a young boy with ADHD. Ben invites readers to learn about ADHD from his perspective. He helps children understand what it means to have ADHD and describes what it is and how it feels.

**Can I Tell You About Adoption?**

Meet Chelsea - a young girl who was adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted.

**Can I Tell You About Anxiety?**

Meet Megan - a young girl who has an anxiety disorder. Megan talks about techniques she has learnt to help manage her anxiety, and how people around her can help.

**Can I Tell You About Asperger Syndrome?**

Meet Adam - a young boy with Asperger Syndrome. Adam invites young readers to learn about AS from his perspective.

**Can I Tell You About Asthma?** (not yet available)

Meet Alfie - a young boy with asthma. Alfie invites readers to learn about asthma from his perspective, describing how it feels to have an asthma attack and what the common triggers are.

**Can I Tell You About Autism?**

Meet Tom - a young boy with autism. Tom invites readers to learn about autism from his perspective, helping them to understand what it is and explaining the challenges he faces with issues such as social communication, sensory overload and changes in his routine.

**Can I Tell You About Cerebral Palsy?**

Meet Sophie - a girl with cerebral palsy (CP). Sophie invites readers to learn about CP from her perspective, helping them to understand what it is like to use a wheelchair to move around and assistive technology to communicate.

**Can I Tell You About Depression?**

Meet Julie - a women who suffers from periods of depression. Julie and her family help readers to understand what depression is, what it is like to feel depressed and how it can affect their family life.

**Can I Tell You About Dyslexia?**

Meet Zoe - a young girl with dyslexia. She helps readers to understand the challenges faced by a child with dyslexia, explaining what dyslexia is and how it affects her at home and at school.

**Can I Tell You About Diabetes?**

Meet Debbie - a young girl with diabetes type 1. Debbie invites readers to learn about this type of diabetes from her perspective, describing how it feels to have high and low blood sugar levels.

**Can I Tell You About Down Syndrome?**

Meet David - a boy with Down syndrome. David invites readers to learn about Down syndrome from his perspective, helping them to understand what Down syndrome is and how it affects his daily life.

**Can I Tell You About Dyscalculia?**

This illustrated guide provides children aged 7+ with the tools and confidence to understand the condition, discover helpful techniques, and seek additional support.

**Can I Tell You About Dyspraxia?**

Meet Marco - a boy with dyspraxia, which is sometimes called Developmental Co-ordination Disorder (DCD).

**Can I Tell You About Eating Disorders?**

Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and other eating disorders

**Can I Tell You About Epilepsy?**

Meet Ellie - a young girl with epilepsy. Ellie invites readers to learn about epilepsy from her perspective.

**Can I Tell You About Gender Diversity?**

Meet Kit - a 12-year-old undergoing medical transition - as he talks about gender and the different ways it can be explored.

**Can I Tell You About Selective Mutism?**

Meet Hannah - a young girl with selective mutism and begin to understand what it is and what it feels like.

**Can I Tell You About Sensory Processing Difficulties?**

Meet Harry - a young boy with sensory processing difficulties. Harry invites readers to learn about why he finds it hard to process sensory information effectively, and how even simple things such as washing, dressing and coping with mealtimes can be challenging for him.

**Can I Tell You About OCD?**

Meet Katie - a teenager with Obsessive Compulsive Disorder (OCD). She invites readers to learn about OCD from her perspective, helping them to understand what it is, how her obsessions and compulsions affect her daily life, and how people around her can help.

**Can I Tell You About Pathological Demand Avoidance Syndrome?**

Meet Issy - an 11-year-old girl with pathological demand avoidance syndrome (PDA), a condition on the autism spectrum.

**Can I Tell You About Self Harm?**

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much.

**Can I Tell You About Stammering?**

Meet Harry - a young boy who stammers. Harry invites readers to learn about what it is like to stammer from his perspective and how it affects his daily life and makes him feel.

**Can I Tell You About Stuttering?** (not yet available)

Meet Harry - a young boy who stutters. Harry invites readers to learn about what it is like to stutter from his perspective and how it affects his daily life and makes him feel.

**Can I Tell You About Tourette Syndrome?**

Meet Max - a boy with Tourette syndrome. Max invites readers to learn about Tourette's from his perspective, helping them to understand what tics and triggers are and what it feels like to have it.

**Can I Tell You About Being a Young Carer?**

Meet Carly. Carly is a young person caring for her mother who has Multiple Sclerosis and depression.

***ADDITIONAL SUPPORT NEEDS***

# Supporting Children and Young People's Learning: A Handbook for Parents When Their Child Needs Additional Support

# Shelly Gray and Jennifer Wallace

A parent's guide to additional support and learning, this book provides an easily accessible and clear guide to the key features of the 'Education (Additional Support for Learning) (Scotland) Act 2004' (available below), breaking it down into logical sections that demonstrate each key feature clearly and concisely.

The introduction provides an overview of the guide, with background information and definitions, including what are additional support needs and what are parents' rights. The following eight sections deal with everything you would need to know as a parent of a child with additional needs, from finding out if your child has additional needs to what happens next and who is available to help.

# Is That My Child?: Exploding the Myths of Dyspraxia, Dyslexia, Tourette's Syndrome of Childhood, ADD, ADHD and OCD

# Dr Robin Pauc

In this must-read volume for all parents, would-be parents and educators, Dr Robin Pauc, an expert in child neurology, approaches learning difficulties, including, Dyslexia, ADD, OCD, ADHD, Dyspraxia and Tourette's syndrome of Childhood, from a truly ground-breaking perspective.

# You're so Clumsy Charley: Having Dyspraxia, Dyslexia, ADHD, Asperger's or Autism Does Not Make You Stupid

## **Jane Binnion**

This illustrated children's story explains what it feels like to be a child who is different from other children. Charley seems to keep getting into trouble all the time for doing things wrong. While not labelled in the story, Charley has a specific learning difficulty. In particular, he shows dyspraxic tendencies such as clumsiness. It is Charley's specific learning difficulty that makes him feel different and therefore unhappy at school, because he doesn't understand it.

Thankfully, when Charley learns he is not alone, things begin to get better for him.

***DYSLEXIA***

# Dyslexia is my Superpower (Most of the Time)

# Margaret Rooke

In more than 100 interviews, children and young adults reveal their personal tips and tactics for honing the creative benefits of dyslexia, enabling them to thrive in school and beyond. The book contains stunning illustrations by 8–18-year-olds with dyslexia. The first-hand accounts are inspiring in the way they normalise dyslexia and reveal the many success stories.

# The Illustrated Guide to Dyslexia and its Amazing People

# Kate Power and Kathy Iwanczak Forsyth.

Use this guide to weed out what dyslexia means for you and discover the tools you need to blossom!

Dyslexia comes to life with visual imagery and colourful text in this new book on what dyslexia means, how it feels, what to do about it, and how to learn to embrace it. There are advantages to being dyslexic, including an aptitude for design literacy and innovative thinking, although these can be obscured by its challenges. This beautifully designed book, complete with stunning visuals and gentle humour, approaches the subject of dyslexia in a simple and encouraging way for all age groups.

# Dyslexia Pocketbook

# Julie Bennett

# Dyslexia is not just a reading or spelling problem; it's a difficulty with language - reading, writing, speaking, spelling and information processing. It can, in turn, lead to social problems. This pocketbook is a practical guide to helping dyslexic students overcome their learning barriers and unlock their potential

# Dyslexia: A Parents' Guide to Dyslexia, Dyspraxia and Other Learning Difficulties

# Dr Helen Likierman and Dr Valerie Muter

Many children spend their entire school lives struggling with their schoolwork. Research has shown that at least 10-15 per cent of children with apparently normal learning ability will have a significant problem with school learning. They may feel that whatever they do it is not good enough - either for their parents, their teachers or indeed themselves. This book aims to address these issues and to help parents understand and deal with them. Dyslexia: A Parents' Guide starts by correcting common misconceptions of learning difficulties that are rife in the press and popular literature and addresses the conflicting approaches and advice from 'experts'.

**Fun Games and Activities for Children with Dyslexia: How to Learn Smarter with a Dyslexic Brain**

**Alais Winton**

Dyslexic learner and teacher Alais Winton shows the positives of being dyslexic and makes learning (and even spelling!) fun, with games and activities to make school learning simple. The games and activities use the four different learning styles that work best with dyslexics - thinking in pictures, in movement, in music or socially. With funny cartoons, which appeal to visual thinkers, and a section with advice on how parents and guardians can aid learning, this is an essential toolkit for any dyslexic child.

# *DYSCALCULIA*

# Understanding Dyscalculia and Numeracy Difficulties: A Guide for Parents, Teachers and Other Professionals

# Patricia Babtie And Jane Emerson

Dyscalculia is a specific learning difficulty that affects the acquisition of numerical skills. This book looks at how adults can help identify each child's specific areas of difficulty and describes a multi-sensory approach that can be adapted for the needs of each student to help them better understand numbers and apply that understanding to solve problems.

# It Just Doesn't Add Up

## **Paul Moorcroft**

This book explains dyscalculia -- but for the first time from the perspective of experience with this learning difference. It is estimated up to 5% of the population have this condition. Often humorous, dyscalculics and their carers will find it a relief and a joy to share experiences and learn more about how to cope.

***DYSPRAXIA***

# Understanding Dyspraxia: A Guide for Parents and Teachers

**Maureen Boon**

This fully updated second edition of Helping Children with Dyspraxia has been revised to reflect current practice and developments, providing clear and positive answers to questions commonly asked by parents and teachers about dyspraxia. Maureen Boon draws on her considerable experience of working with children with movement disorders to identify the characteristics of dyspraxia, explaining assessment procedures and identifying what can be done to help.

# You're so Clumsy Charley: Having Dyspraxia, Dyslexia, ADHD, Asperger's or Autism Does Not Make You Stupid

## **Jane Binnion**

This illustrated children's story explains what it feels like to be a child who is different from other children. Charley seems to keep getting into trouble all the time for doing things wrong. While not labelled in the story, Charley has a specific learning difficulty. In particular, he shows dyspraxic tendencies such as clumsiness. It is Charley's specific learning difficulty that makes him feel different and therefore unhappy at school, because he doesn't understand it.

Thankfully, when Charley learns he is not alone, things begin to get better for him.

# Beating Dyspraxia with a Hop, Skip and a Jump: A Simple Exercise Program to Improve Motor Skills at Home and School

## **Geoffrey Platt**

Geoff Platt's exercise program, tailored to help children with dyspraxia to overcome their symptoms, enjoy physical activities, and become as active as their friends and classmates, is now proven to be even more effective.

***AUTISM / AUTISM SPECTRUM DISORDER***

# A Beginner's Guide to Autism Spectrum Disorders: Essential Information for Parents and Professionals

**Paul G Taylor**

What is Autism Spectrum Disorder? What does a diagnosis of ASD mean for the child and for you? How can you learn to fully understand behaviours common to ASD and help the child grow and prosper? This short introduction is an ideal starting point for anyone encountering ASD for the first time.

# Talking With Your Child About Their Autism Diagnosis: A Guide for Parents

## **Raelene Dundon**

Telling your child about their autism diagnosis can be daunting. Will they be better off for knowing? What is the right way to tell them? Should you inform anyone else too? As a mother of two children on the spectrum, with over ten years' experience as a psychologist specialising in childhood autism, Raelene Dundon has all the tips you will need.

# The ASD Feel Better Book: A Visual Guide to Help Brain and Body for Children on the Autism Spectrum

## **Joel Shaul**

The ASD Feel Better Book is designed to help children on the autism spectrum develop insight into what can upset them and make them feel bad and then increase their awareness of how to make themselves feel good again.

# Playing, Laughing and Learning with Children on the Autism Spectrum: A Practical Resource of Play

## **Julia Moore**

Well, here is a gem! Parents and families of young children newly diagnosed as on the autism spectrum are often at a loss for ideas about how best to help. Playing, Laughing and Learning with Children on the Autism Spectrum is not just a collection of play ideas; it shows how to break down activities into manageable stages, and looks at ways to gain a child's attention and motivation and to build on small achievements. Each chapter covers a collection of ideas around a theme, including music, art, physical activities, playing outdoors, puzzles, turn-taking and using existing toys to create play sequences.

# A Special Book About Me: A Book for Children Diagnosed with Asperger Syndrome

## **Josie** [**Santomauro and**](https://www.brownsbfs.co.uk/Search?Author=Santomauro%2C%20Josie&fq=14120) **Carla**[**Marino**](https://www.brownsbfs.co.uk/Search?Author=Marino%2C%20Carla&fq=14120)

One day a child started to ask questions like, "Why do I feel different - am I not like other kids?" This child might be a little different from others in some ways ... but this child is not stupid! Can you solve the mystery of the special kid? This book offers a fun and accessible introduction for a child diagnosed with Asperger Syndrome.

# Aspergirls : Empowering Females with Asperger Syndrome

## **Rudy Simone**

Girls with Asperger's Syndrome are less frequently diagnosed than boys, and even once symptoms have been recognised, help is often not readily available.

The image of coping well presented by AS females of any age can often mask difficulties, deficits, challenges, and loneliness. This is a must-have handbook written by an Aspergirl for Aspergirls, young and old.

# All Cats Are on the Autism Spectrum

## **Kathy** [**Hoopmann,**](https://www.brownsbfs.co.uk/Search?Author=Hoopmann%2C%20Kathy&fq=14120)

This updated edition of the bestselling All Cats Have Asperger Syndrome provides an engaging, gentle introduction to autism. All-new cats take a playful look at the world of autism, and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties. Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of the dignity, individuality and the potential of autistic people.

**Learning About Autism with Suzie and Cruzie**

**Charlotte Olson and Sienna Manuel**

It is important for us to be kind to each other every day and to understand that we are all different and sometimes need a helping hand from our friends.

# Why Won't He Look at Me?: A Book for Children Struggling to Understand Autism

## **Wiley Brandie**

In "Why Won’t He Look at Me?" Brandie Wiley has written a simple, yet compelling, story to help both children and adults understand the challenges of autism, including the unique ways autistic individuals interact with the world and process sensory information.

# All My Stripes: A Story for Children with Autism

## [**Danielle**](https://www.brownsbfs.co.uk/Search?Author=Royer%2C%20Danielle&fq=14120) **Royer and Shaina Rudolph**

In All My Stripes, Zane the zebra feels different from the rest of his classmates. He worries that all they notice about him is his "autism stripe." With the help of his Mama, Zane comes to appreciate all his stripes - the unique strengths that make him who he is!

# My Social Story Book

## **Sean McAndrew**

A collection of social stories for teaching social and life skills to children on the autism spectrum. Taking the form of short narratives, the stories take children step-by-step through basic activities such as brushing your teeth, taking a bath and wearing a safety belt in the car. These stories are written for pre-schoolers aged from two to six and form a primer for non-autistic as well as autistic children.

## ***COPING WITH ILLNESS OR BEREAVEMENT***

# Mum has Cancer

# Eileen Wheeler

# When a parent is diagnosed with cancer, children will struggle with the impact this has on their lives. This book has been written to help children express and share their feelings.

# Mikki has Cancer

# Eileen Wheeler

# When a child is diagnosed with cancer, siblings will struggle to cope with the impact this has on their lives. This book has been written to help children express and share their feelings.

# A Child's Grief: Supporting a Child When Someone in Their Family Has Died

## **Katrina** [**Alilovic,**](https://www.brownsbfs.co.uk/Search?Author=Alilovic%2C%20Katrina&fq=14120)  **Julie**[**Stokes and**](https://www.brownsbfs.co.uk/Search?Author=Stokes%2C%20Julie&fq=14120) **Di Stubbs**

A good starting point for any family who are uncertain as how to talk about death with a child.

# Waterbugs and Dragonflies: Explaining Death to Young Children (not yet available)

**Doris Stickney**

After a water bug suddenly leaves her pond and is transformed into a dragonfly, her friends' questions about such departures are like those children ask when someone dies.

**Someone Has Died Suddenly**  **Helping Suddenly Bereaved Children guide**

**Mary Williams** **Mary Williams**

When someone you love dies suddenly it is a shattering experience, whether you are a grown-up or a child. As a parent or carer, it can be particularly difficult to know what to say to bereaved children or how to behave around them. This book has a very simple goal – to help you to help them to recover.

***EMOTIONAL HEALTH AND WELLBEING***

# Promoting Young Children's Emotional Health and Wellbeing: A Practical Guide for Professionals and Parents

# Sonia Cotton-Mainstone

Positive emotional health in a child's earliest years can be a critical factor in their future development. Offering practical suggestions for games, activities and exercises designed to promote emotional wellbeing in young children, this essential guide showcases a wide range of approaches such as mindfulness and meditation, Forest School and Reggio Emilia to provide a hands-on reference for teachers and parents. Drawing on over 25 years' experience as an early years professional, the author explores topics including playfulness, stillness, sensory play, creativity and staff wellbeing.

**The Fantastic Book of Feelings: A Guide to Being Happy, Sad and Everything In-Between!**

**Marcia Williams**

Get to know all your feelings and how to look after them in this positive and practical guide from beloved author-illustrator Marcia Williams. How do you feel today? Whether you are happy, sad or anything in-between, this book is the perfect guide to understanding and celebrating all your feelings! In colourful comic-strip stories, explore a whole range of emotions and discover ways to cope when any feeling becomes overwhelming.

**The Dealing with Feeling…… Series of Books**

**Isabel Thomas**

Each book in the Dealing with Feeling... series looks at a different emotion commonly experienced by young children. The eight books in this collection help readers to identify their emotions and provides tips and advice on how best to express and deal with different emotions. Each book looks at a different emotion, what it feels like, how to deal with the emotion and how to help other people who might be feeling the same emotion. The Dealing with Feeling series helps young readers age 5 and up discover and understand the world around them.

**Dealing with Feeling Angry**

**Isabel Thomas**

**Dealing with Feeling Caring**

**Isabel Thomas**

**Dealing with Feeling Happy**

**Isabel Thomas**

**Dealing with Feeling Jealous**

**Isabel Thomas**

**Dealing with Feeling Proud**

**Isabel Thomas**

**Dealing with Feeling Sad**

**Isabel Thomas**

**Dealing with Feeling Shy**

**Isabel Thomas**

**Dealing with Feeling Worried**

**Isabel Thomas**

**How are you Feeling Today?**

**Molly Potter**

Children have strong feelings, and they cannot always handle them very well. Perfect for sharing, “How Are You Feeling Today?” is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears!

**Lucy’s Blue Day**

**Chris Duke**

Lucy’s Blue Day is about a very special little girl with magical hair. It changes colour with her emotions. If she is feeling happy, it is purple. If she is jealous, it will turn green. This charming story is the tale of when Lucy wakes up and her hair is blue, and she doesn’t understand why.

**Lucy soon learns that it is #OKNotToBeOK**

**When I’m Sad**

**Moira Butterfield**

When I'm Sad looks at everyday situations that children encounter such as a broken toy or a painful fall, then goes on to suggest ways to channel the emotion and resolve it through activities and discussion.

**What to do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity –**

**Bonnie Matthews and Dawn Huebner, PhD**

Did you know that life is like an obstacle course? It's exciting and fun, but full of tricky spots to get through. If you are a kid who feels so frustrated by those tricky spots that it's hard to enjoy the good things in life, this book is for you. What to Do When You Grumble Too Much is an interactive self-help book that guides 6- to 12-year-old children and their parents through the cognitive-behavioural techniques used to treat negative thinking.

***MINDFULNESS***

**Breath by Breath: A Mindfulness Guide to Feeling Calm**

**Paul Christelis**

This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress and anxiety and improve health and mental well-being. This book teaches children to notice their breathing and use calming breaths to help deal with feelings of pain, worries and nervousness. In this story, Sam helps his friends, Lenny and Selina, to feel calm and in control when they find themselves in difficult situations, such as before a school show or after a painful fall.

**Exploring Emotions: A Mindfulness Guide to Dealing with Emotions**

**Paul Christelis**

This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress and anxiety and improve health and mental well-being. This book shows children how to cope with different emotions, from anger and jealous, to sadness and disappointment. The children are gently guided into mindfulness exercises that encourage an exploration of emotions. Everyone notices the weather outside, right? But did you realise that weather occurs inside of you too? And, just like the weather, it changes throughout the day too.

**Get Outdoors: A Mindfulness Guide to Noticing Nature**

**Paul Christelis**

This mindfulness story book for children will help improve attention spans and observation skills. Simple mindfulness activities are interspersed throughout the story. Mindfulness techniques have been shown to help relieve stress and anxiety and improve health and mental well-being. It's Saturday morning and Jada and her brother Michael are watching TV. But Dad soon gets them outdoors….

**Sleep Easy: A Mindfulness Guide to Getting a Good Night’s Sleep**

**Paul Christelis**

Help your child to get a good night's sleep. This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress and anxiety and improve health and mental well-being. This story follows the adventures of twins, Billy and Betty, as they struggle to get to sleep. Billy's mind is noisy, constantly chattering, keeping him awake. Meanwhile Betty finds, as soon as her eyes close, that she starts to worry about what will happen the next day at school.

# Calm Kids: Help Children Relax with Mindful Activities

## **Lorraine E. Murray**

Stress and behavioural disorders are common in children, who are increasingly bombarded by marketing campaigns, faced with school and peer pressure, and able to sense the stress of adults around them. Mindfulness and meditation can help children recognise and cope with these pressures, releasing bad feelings gently and giving them simple tools to deal with tension and stress throughout their lives. In this practical and inspiring book, Lorraine Murray shows parents, teachers and youth workers how to lead fun and peaceful meditation sessions with children.

***MANAGING EMOTIONS***

# A Volcano in My Tummy: Helping Children to Handle Anger

## **Warwick** [**Pudney**](https://www.brownsbfs.co.uk/Search?Author=Pudney%2C%20Warwick&fq=14120) **and Eliane Whitehouse**

This book presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. The book offers engaging, well-organised activities which help to overcome the fear of children's anger which many adult care-givers experience, and distinguishes between anger the feeling, and violence the behaviour. Primarily created for ages 6 to thirteen, it is accessible for use in class or at home.

# My Hidden Chimp: Helping Children to Understand and Manage Their Emotions, Thinking and Behaviour with Ten Helpful Habits

## **Prof Steve Peters**

My Hidden Chimp is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life. Learn how TEN habits can help children to understand and manage their emotions and behaviour - the NEW book from the creator of the chimp management mind model and author of the million-copy selling The Chimp Paradox.

# Hot Stuff to Help Kids Chill Out: The Anger Management Book (not yet available)

## **Jerry Wilde**

The book is very helpful if you work with or have children with anger issues, however the only problem is if you want to use this book more than once, as it is aimed at the child to complete (like a booklet). The way we could overcome this is to transfer the activities into a document that could print and be reused. It has some great ideas that really get children thinking about their attitude and behaviour. Probably best suited to older children but could be adapted to suit younger ones also. It is very American in style.

# Starving the Anger Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anger Management

# Kate Collins-Donnelly

Help children to understand and manage their anger with this fun and imaginative workbook. The Anger Gremlin is a naughty creature, and his favourite food is your anger! The more anger you feed him, the bigger and bigger he gets and the angrier and angrier you feel! How can you stop this? Starve the Anger Gremlin of angry thoughts, feelings and behaviours, and watch him disappear!

# Starving the Anger Gremlin for Young People Aged 10+: A Cognitive Behavioural Therapy Workbook on Anger Management

# Kate Collins-Donnelly

Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviours and make him disappear. This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively.

***ANXIETY***

# Don't Worry, Be Happy: A Child's Guide to Overcoming Anxiety

## **Poppy O’Neill**

Does your child appear to worry a lot? Perhaps they have frequent tummy upsets, or are irritable, tearful, angry or withdrawn? These could all be signs that your child is struggling with anxiety. This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child to overcome anxiety. Your child will be guided, with the help of Fiz - a friendly and supportive character they can identify with - through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.

# Helping Your Anxious Child: A Step-By-Step Guide for Parents

## **Ronald M. Rapee**

This book guides readers to help a child overcome anxiety and fears. It describes in detail strategies and techniques they can combine into a comprehensive self-help programme for a child's particular needs. From separation anxiety to general anxiety, social anxiety, specific phobia and panic disorder, the book describes the common types of childhood anxiety, how anxiety originates, and options for dealing with the problem, with or without a therapist's help.

# The Panicosaurus : Managing Anxiety in Children Including Those with Asperger Syndrome

# Kay Al-Ghani and illustrated by Haitham Al-Ghani

Have you ever felt a sense of dread and worry creeping over you? That might be the Panicosaurus coming out to play... Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her.

**Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management**

**Kate Collins-Donnelly**

Help children to understand and manage their anxiety with this engaging and imaginative workbook. The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink!

**Starving the Anxiety Gremlin for Young People Aged 10+: A Cognitive Behavioural Therapy Workbook on Anxiety Management**

**Kate Collins-Donnelly**

The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he will shrink and shrivel away. Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive-compulsive disorder.

**What to do When you Worry too Much: A Kid's Guide to Overcoming Anxiety**

**Bonnie Matthews and Dawn Huebner, PhD**

What to do When You Worry Too Much is an interactive self-help book designed to guide 6–12-year-olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.

# Worries

# Ximena Jeria and Paul Christelis

Picture book stories on tough topics handled with sensitivity and care. A gentle, down-to-earth book for addressing the things that can cause children to be anxious and worried. Mindfulness expert Paul Christelis expertly explores everyday situations in picture book form, helping children to recognise signs of worry and giving them reassurance and simple suggestions on how to cope with any worries.

# School Phobia, Panic Attacks and Anxiety in Children

# Marianna Csoti

Many children are challenged by anxiety at some time in their school career. Bringing together knowledge from her years of teaching and parenting, Marianna Csoti shows how parents and professionals can help children aged five to sixteen move away from the negative thoughts and behaviour that contribute to school phobia.

**What to do When You Don’t Want to be Apart**

**By Kristen Lavallee and Sylvia Schneider**

This book guides children and their parents through the emotions underlying separation anxiety. This interactive, self-help book is a good resource for educating, motivating and empowering children to overcome separation anxiety.

***ADHD***

# Understanding A.D.H.D.: A Parent's Guide to Attention Deficit Hyperactivity Disorder in Children

## **Dr Kit Chee and Dr Christopher Green**

In a very friendly and clear style, the ever-popular Dr Chris Green, with Dr Kit Chee, explains the causes and treatments of this distressing condition which affects the learning and behaviour of up to 1 in 10 children in this country. This book dispels the myths and gives a clear overview of ADHD: the causes, the behaviours and the treatments. It is full of well-tried, practical strategies to help cope with common problems such as inattention, underachievement and impulsiveness.

# All Dogs Have ADHD

## **Kathy** [**Hoopmann,**](https://www.brownsbfs.co.uk/Search?Author=Hoopmann%2C%20Kathy&fq=14120)

This delightful book takes an inspiring and affectionate look at Attention Deficit Hyperactivity Disorder (ADHD). Through dogs, it explores a variety of traits that will be instantly recognisable to those who are familiar with ADHD. Charming colour photographs of dogs bring to life familiar ADHD characteristics such as being restless and excitable, getting easily distracted, and acting on impulse. It combines humour with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different'.

##

***NURSERY***

**Schemas for Parents** (not yet available)

**Stella Louis**

A Schema is a repeated action, often seen in the behaviours of babies and young children. This provides an introduction to understanding and supporting schemas and schema play in young children.

**Starting School**

**Allan Ahlberg**

Full of humour and fun, this reassuring read will help children and parents get ready for the first day of school and find out what to expect from the rest of their first term.

**I am Too Absolutely Small for School with Charlie and Lola**

**Lauren Child**

A classic Charlie and Lola picture book about starting school worries, from Children's Laureate Lauren Child. Charlie's little sister Lola is nearly big enough to go to school. But Lola is not so sure... Lola says, "I am absolutely not BIG. I am still really quite small. I probably do not have time to go to school. I am too extremely busy doing important things at home."

**The Colour Monster Goes to School** (not yet available)

**Anna Llenas**

Follow The Colour Monster on a brand-new adventure, as he navigates his way through his first day at school! But what exactly is school? From music lessons, to lunchtime, to making new friends, the Colour Monster's first day of school is filled with exciting new adventures.

**I Have to Start School Today**

**Simon Philip**

A laugh-out-loud picture book: I have to start at school today. "You'll have such fun!" my parents say. I know they think I will be okay, but what if things don't go my way? Starting at a new school can be scary business. From rhinos at the gate to bears who will not share, there are all SORTS of things that could go wrong. Luckily, Grandma is on hand to point out that there's no need to fright, as things could just as easily . . . go right!

**Super Milly and the Super School Day**

**Stephanie Clarkson**

On Superhero Day, Super Milly helps her school friends with the best superpower of all . . . her super-kindness! It's Superhero Day at school, and Super Milly cannot wait to wow everyone with her costume and amazing powers! The only problem is she cannot actually fly, climb buildings or do force fields. But when Superhero Day doesn't go to plan, Milly realises she only needs her super-kindness to save the day!

***LEARNING WITH CHILDREN***

**How to Enjoy Reading Aloud to Young Children** (not yet available)

**Edmund Pegge**

This book illustrates techniques, advice and practice on how to read aloud better - with obvious benefits for the child, and greater enjoyment for the adult.

**Phonics at Home: Help Your Child with Letters and Sounds**

**Kate Robinson**

The perfect guide for helping your child with phonics, containing over 40 fun, multi-sensory games and activities to bring phonics to life in the home environment. Phonics at Home helps parents get to grips with letters and sounds and complements any phonics scheme already used in primary schools.

**The Book You Read to Teach Your Children – 8 Ways to Make Learning at Home Fun**

**Katie Tollit**

Do you want to support your child's learning at home but worry that everyone just ends up stressed and switches off? Could this be doing more harm than good? It's time to let primary school teacher and education influencer Katie Tollitt take the sting out of homework. Covering eight key principles for how to approach learning in way that maximises fun, and minimises stress, this short accessible book emphasises the need for flexibility, conversation and openness. It will help you ask the right questions and understand how your attitude towards learning impacts your children.

***ACTIVITIES WITH CHILDREN***

**Cooks & Kids: 11 Top Chefs and Children Cook Up a Storm in the Kitchen with their Favourite Recipes**

**Rustad, Alan** (not yet available)

Cooks and Kids is a recipe book with a difference! Children were asked to dream up their favourite food, and take over the kitchen, whilst celebrity chefs were to make this come true. With easy-to-follow recipes, instructions and photographs to help you on your way, the book is a fun way to get children interested and involved in cooking.

**Teach the Bairns to Cook** ( not yet available)

**Liz Ashworth**

Cooking with children: soup, vegetables, fish, meat, poultry and game, oatmeal, puddings and desserts, snacks and savouries.

**Teach the Bairns to Bake** (not yet available)

**Liz Ashworth**

# Baking with children: scones and bannocks, breads and baps, oatcakes, wee fancies, shortbreads and biscuits, tarts, gingerbreads, cakes, and sweets.

# The Great Big Book of Things to Make and Do

# Sally Walton and Sarah Maxwell

# This book features over 100 fun activities that children will love to do with you, with magic tricks, food to cook, plants to grow and games to play. Cooking, painting, crafts, science, gardening, magic, music and having a party - simple and fun step-by-step projects for young children.

# Green Crafts for Children: 35 step-by-step projects using natural, recycled, and found materials

# Emma Hardy

# 35 creative projects for children using natural and recycled materials. Making their own toys, games, gifts and ornaments encourages children to use their creative flair - and if they can use component parts that are adapted or recycled, so much the better for them and the planet.

**101 fun outdoor activities for children: have fun outside!**

**Fiona Bird**

A practical, dip-in guide, packed with over 100 outdoor activities for children. In an era when the iPad is often more appealing than the park, it can be difficult to encourage kids to get off the couch and spend time outside.

# Learning With Nature: A How-To Guide to Inspiring Children Through Outdoor Games and Activities Victoria Mew, Anna Richardson and Marina Robb

Learning with Nature is full of fun activities from the Forest School. The games will get your children outdoors to explore, have fun, make things, learn about nature, and help them grow up happy and healthy.

# The Gruffalo and Friends Outdoor Activity Book

# Julia Donaldson

Grab your wellies and head outdoors with this fun-filled activity book packed full of outdoor activities for children, based on four bestselling picture books by Julia Donaldson and Axel Scheffler. Based on much-loved picture books including The Gruffalo and Room on the Broom, and created by nature play specialists Little Wild Things, The Gruffalo and Friends Outdoor Activity Book is packed full of fun outdoor activities to encourage children and families to explore nature together.