

**STAFFORDSHIRE LIBRARIES
AND ARTS**

FAMILY RESOURCE PACK

#LibrariesFromHome



LET THE LIBRARY COME TO YOU!

#LIBRARIESFROMHOME

VISIT STAFFORDSHIRE LIBRARIES FACEBOOK PAGE FOR:

- **INFORMATION**
- **ONLINE CHAT SUPPORT**
- **STORIES**
- **VIDEOS**
- **BABY BOUNCE AND RHYME TIME**
- **BOOK GROUPS**
- **AND MUCH MORE...**



CILIP National Shelf Service

The National Shelf Service is a new daily YouTube broadcast featuring book recommendations from professional librarians.

Launched by CILIP and the Youth Libraries Group the daily videos will focus on helping children and families discover new reading experiences.

The broadcast will run Monday to Friday at 11.00am at www.cilip.org.uk/nationalshefsservice.

The National Shelf Service will feature one librarian and one book recommendation each day. The selected titles will be available to borrow as e-books from most local libraries via their websites.

For information on how to access the ebook recommendations via your local library please visit www.cilip.org.uk/NationalShelfServiceFAQs.

With thanks to Fiona Lumbers and Andersen Press for the beautiful illustrations featured on our National Shelf Service broadcasts from Luna Loves Library Day, written by Joseph Coelho and illustrated by Fiona Lumbers.

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Here are some tips to help you enjoy storytime together:

Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves. (And don't worry if they keep returning to the same story, either!)

If you can, turn off the TV, radio and computer. It's easier for both of you to enjoy the story without any other distractions.

Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.

Take a look at the pictures. You don't just have to read the words on the page. Maybe there's something funny in the pictures that you can giggle about together, or perhaps your child enjoys guessing what will happen next.

Ask questions and talk about the book. Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions. Give them space to talk, and ask how they feel about the situations in the story.

Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun. Don't be afraid to act out situations or use funny voices... your little ones will love it!

You can find more tips at www.bookstart.co.uk

Here are some handy websites to help keep you informed, help you manage your own health & wellbeing and keep you and your children occupied.

Information:

Gov.uk Coronavirus updates -
www.gov.uk/coronavirus

Public Health England - Accessible information and advice available in accessible formats including BSL, Braille, large print and audio.
www.campaignresources.phe.gov.uk

NHS COVID-19 - Up-to-date information from the NHS.
www.nhs.uk/conditions/coronavirus-covid-19/

Which - Coronavirus advice from Which?
www.which.co.uk/news/coronavirus/

NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Staffordshire County Council -
www.staffordshire.gov.uk/Advice-support-and-care-for-adults

Digital Unite – COVID 19 Guide and Resources -
www.digitalunite.com



Health and Wellbeing:

Emerging Minds - Advice for parents and carers.
www.emergingminds.org.uk

Every Mind Matters - Mental health advice and support from the NHS. www.mentalhealth.org.uk

Mind - Coronavirus and your wellbeing
www.mind.org.uk

Young Minds - www.youngminds.org.uk

The Mix: Mental Health Support for young people-
www.themix.org.uk

Autism advice and support - www.autism.org.uk

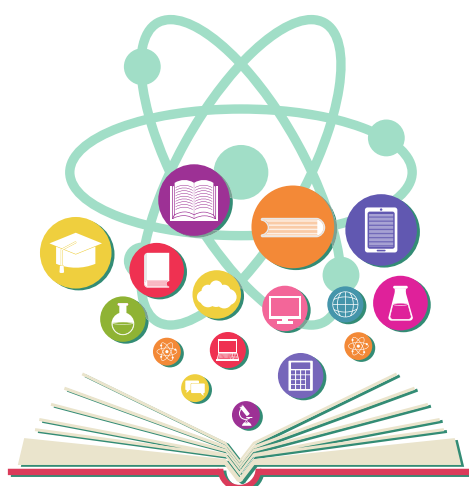
Things to do, reading, activities and courses:

STEM Home Support – Activities and ideas for families and teachers: www.stem.org.uk/home-support

DK Stay at Home Hub – Great activities for children of all ages and adults
www.dk.com/uk/information/stay-home-hub/

Reading Friends – Resources to keep you connected from The Reading Agency
www.readingfriends.org.uk

World Book Night – Resources to celebrate. (23rd April) at home www.worldbooknight.org/resources



Learn My Way - Free courses to improve digital skills
www.goodthingsfoundation.org/learn-my-way

Open Learn - Free course across a huge range of topics from The Open University.
www.open.edu/openlearn/free-courses/full-catalogue

Future Learn - Free courses from Future Learn
www.futurelearn.com/courses

Citizens Online - Resources from around the web to help you stay in touch with family, friends or colleagues – or to help you to help others
www.citizensonline.org.uk

BBC Bitesize – Free online study resources for school age children www.bbc.co.uk/bitesize

BookTrust Home Time - Family activities, quizzes and author readings www.booktrust.org.uk

National Literacy Trust Family Zone – Activities to engage children at home with reading
www.literacytrust.org.uk/family-zone

Digital Unite – COVID 19 Guide and Resources -
www.digitalunite.com

64 Million Artists – Creative ideas for home
www.64millionartists.com

Craft Council – Crafts for Home Schooling
www.craftscouncil.org.uk



Reading Well Collections

Libraries provide access to Reading Well collections. You can find out more about Reading Well Shelf Help and Reading Well for children at the end of this resource pack

Did you know that many of The Reading Agency's Reading Well 'Books on Prescription' titles can be found on Borrowbox, our eBooks service?

There are five national Reading Well schemes; Reading Well for children, Reading Well for mental health, Reading Well for long term conditions, Reading Well for young people and Reading Well for dementia.

The books are all recommended and endorsed by health experts, as well as by people living with the conditions covered and their relatives and carers.

To find out more please visit www.reading-well.org.uk here you can explore the book lists and other information.

Please visit Borrowbox, either via the App on your smart phone or tablet, or our eLibrary at www.staffordshire.gov.uk/eLibrary

You will need your Library card number and PIN. If you are not a Staffordshire Library member, it's quick and easy to join here:

www.staffordshire.gov.uk/JoinYourLibrary



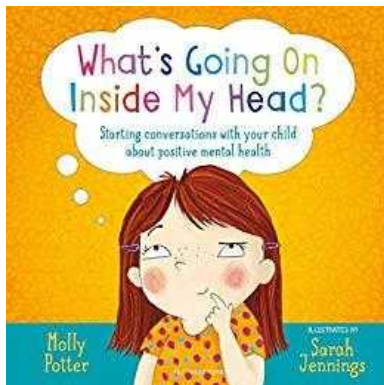
**THE
READING
AGENCY**



Reading Well for children

Overview of the titles

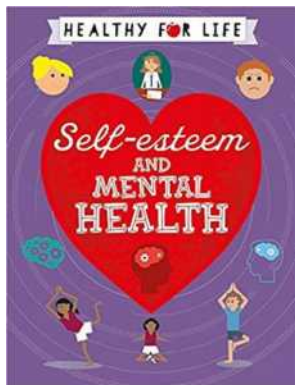
Healthy minds



***What's Going on Inside my Head?* by Molly Potter, illustrated by Sarah Jennings**

ISBN: 9781472959232 **Format:** Hardback **Publication date:** February 2019
Age range: 4+ **Extent:** 32 pages **Other format:** ebook 9781472966254,
XML ebook 9781472959218

We all know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? *What's Going On Inside My Head?* is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive self-image, emotional intelligence, relationships, and mindfulness, this book will help children develop healthy habits and good coping strategies from the start. Presented in a warm, child-friendly but no-nonsense way, it will help establish solid foundations for every child's current and future wellbeing.



***Healthy for Life: Self-esteem and mental health* by Anna Claybourne, illustrated by Dan Bramall**

ISBN: 9781445149806 **Format:** Paperback **Publication date:** September 2017 **Age range:** 9+ **Extent:** 32 pages

Growing up isn't always easy – your brain is changing and there's many things to cope with from new emotions to stress. This book explores what is self-esteem and mental health and why it's important, looking at topics such as mental illness, phobias, eating disorders and self-harm. It looks at techniques to deal with issues including stress reduction, mindfulness and assertiveness.



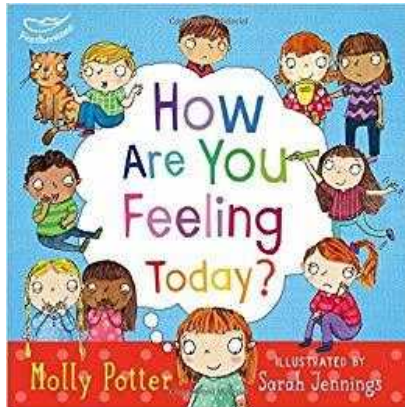
***How Not to Lose It: Mental Health Sorted* by Anna Williamson, illustrated by Sophie Beer**

ISBN: 9781407193144 **Format:** Paperback **Publication date:** March 2019 **Age range:** 9+ **Extent:** 176 pages **Other format:** ebook 9781407194264

Family. Friends. Exams. Are you finding life a struggle? At times, it can feel like nothing but problems and pressure. But the good news is that even if you're struggling to think straight, you can learn to be the boss of your brain. Creating healthy habits. Staying in the moment. Breaking negative thought patterns. Finding things to be happy about. Tricks like this are like taking your mood to the gym – helping you feel good and bounce back from obstacles. Attitudes, fears,

stress levels: take charge of yours right now!

Feelings

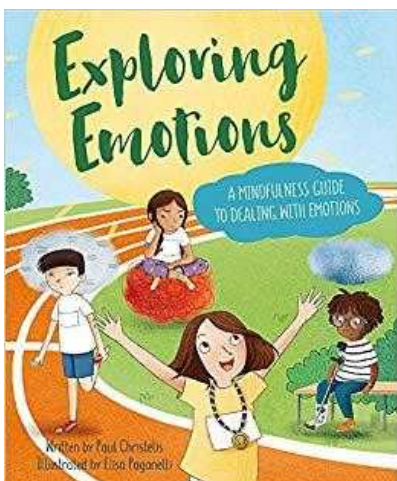


***How Are You Feeling Today?* by Molly Potter, illustrated by Sarah Jennings**

ISBN: 9781472906090 **Format:** Hardback **Publication date:** July 2014 **Age range:** 0+ **Extent:** 32 pages **Other format:** ebook 9781472961860, XML ebook 9781472961853

Children have strong feelings and they can't 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. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that

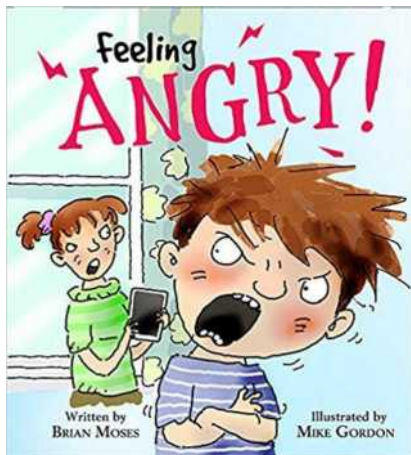
provides child-friendly strategies for dealing with that feeling. Helpful parent/carer notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all-important skill of dealing with feelings.



***Mindful Me: Exploring Emotions* by Paul Christelis, illustrated by Elisa Paganelli**

ISBN: PB - 9781445157276, HB - 9781445157269 **Format:** Paperback and Hardback **Publication date:** January 2018 **Age range:** 5+ **Extent:** 32 pages

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.



***Feeling Angry!* by Katie Douglass, illustrated by Mike Gordon**

ISBN: 9781526300140 **Format:** Paperback **Publication date:** April 2019
Age range: 5+ **Extent:** 32 pages

This picture book story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with. This book shows different reasons why young people might become angry, illustrates scenarios of them behaving angrily, and gives advice on how to calm anger in yourself and to be able to help other people. Ideal for home or classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with feeling angry.

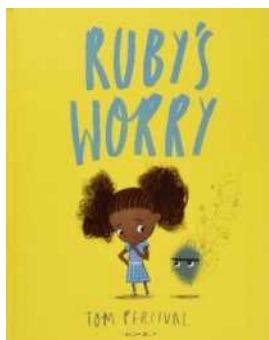


***Sometimes I Feel Sad* by Tom Alexander**

ISBN: 9781785924934 **Format:** Hardback **Publication date:** March 2018
Age range: 5+ **Extent:** 40 pages **Other format:** ebook 9781784508890

Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children that they're not alone in feeling this way and is especially useful for children who struggle to express their feelings.

Worries



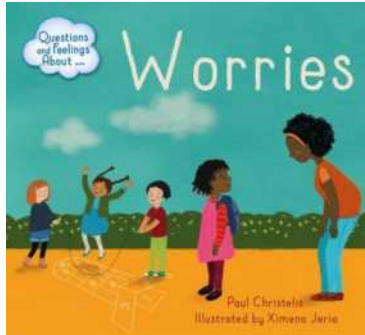
***Ruby's Worry* by Tom Percival**

ISBN: PB - 9781408892152 HB - 9781408892138 **Format:** Paperback and Hardback
Publication date: July 2018 **Age range:** 0+ **Extent:** 32 pages **Other format:** ebook 9781408892145

Ruby loves being Ruby. Until, one day, she finds a worry. At first, it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

When Ruby makes a friend – who has a worry too – and talks about what's bothering her, everything explodes with colour and the world goes back to normal. Ruby soon realises that everybody gets worries, and they are nothing to be ashamed of.

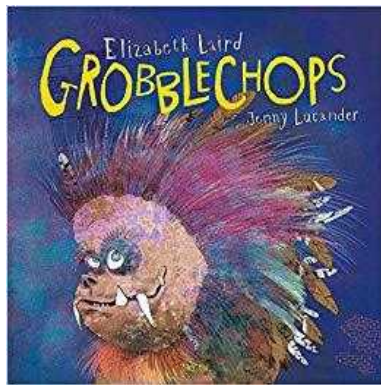
This is a perceptive and poignant story about anxiety and how a problem shared is a problem halved.



Questions and Feelings About: Worries by Paul Christelis, illustrated by Ximena Jeria

ISBN: 9781445163956 **Format:** Hardback **Publication date:** October 2018
Age range: 5+ **Extent:** 32 pages

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.



Gobblechops by Elizabeth Laird, illustrated by Jenny Lucander

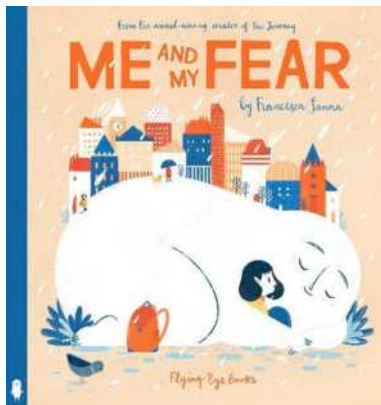
ISBN: 9781910328415 **Format:** Hardback **Publication date:** February 2019
Age range: 5+ **Extent:** 32 pages

Amir doesn't want to go to bed. He is scared of the dark and afraid there might be a monster under his bed; a monster called Gobblechops who has huge teeth and growls like a tiger.

Dad reassures Amir that if he growls louder, the monster will go away – but Amir can't help catastrophising and worrying that Gobblechops's mum and dad will join in the fight and eat him up. Luckily, Amir's dad is a

bit of an expert when it comes to monsters, and can rationalise and defuse all his son's anxiety to the point where Gobblechops becomes a friend rather than a threat.

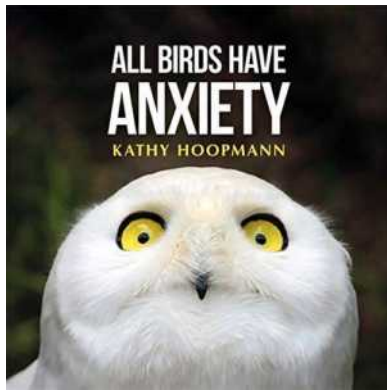
Stunning, collage-style illustrations reflect the quelling of Amir's fears as Gobblechops and his parents subtly mutate from frightening to friendly.



Me and My Fear written and illustrated by Francesca Sanna

ISBN: 9781911171539 **Format:** Hardback **Publication date:** September 2018
Age range: 5+ **Extent:** 40 pages

When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language? A heart-warming and relevant new tale from the bestselling author and illustrator of *The Journey*, this book shows us the importance of sharing your Fear with others - after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!



***All Birds Have Anxiety* by Kathy Hoopmann**

ISBN: 9781785921827 **Format:** Hardback **Publication date:** March 2017
Age range: 6+ **Extent:** 72 pages **Other format:** ebook 9781784504540

Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. The combination of understanding

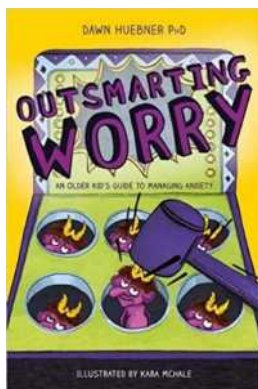
and gentle humour makes this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.



***Worry Angels* by Sita Brahmachari, illustrated by Jane Ray**

ISBN: 9781781126950 **Format:** Paperback **Publication date:** September 2017 **Age range:** 8+ **Extent:** 80 pages

Amy May knows about webs of worries - so many people she meets are caught in them, from her own artist dad to newly arrived refugee Rima and her family. By being brave enough to open up her worry box, Amy May helps all those around her find a way forward. Particularly suitable for struggling, reluctant and dyslexic readers.



***Outsmarting Worry* by Dawn Huebner, illustrated by Kara McHale**

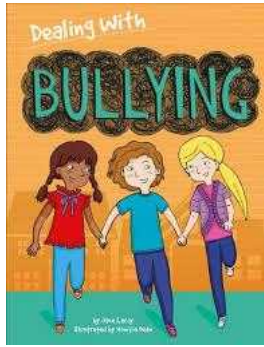
ISBN: 9781785927829 **Format:** Paperback **Publication date:** October 2017 **Age range:** 9+ **Extent:** 112 pages **Other format:** ebook 9781784507022

Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. *Outsmarting Worry* teaches 9-13-year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language

immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

The world around you

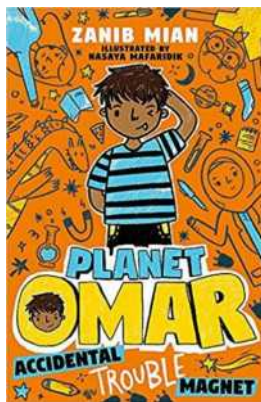
At school



Dealing With Bullying by Jane Lacey, illustrated by Venitia Dean

ISBN: 9781445157498 **Format:** Paperback **Publication date:** January 2019 **Age range:** 7+ **Extent:** 32 pages

This book teaches readers how to deal with bullies and make sure they don't give in to peer pressure to bully others. It features seven stories from children who have a range of bullying problems from a girl who is being left out by her friends to a boy bullied for the way he speaks. It features both verbal and physical bullying. The stories help readers understand and empathise with characters, while also offering practical advice that readers can use in their everyday lives. The end of the book features a short playscript to act out and discuss.



Planet Omar: Accidental Trouble Magnet by Zanib Mian, illustrated by Nasaya Mafaridik

ISBN: 9781444951226 **Format:** Paperback **Publication date:** April 2019 **Age range:** 6+ **Extent:** 224 pages **Other format:** ebook 9781444951233 audiobook 9781444952018

Planet Omar is a book about being different, growing friendships and overcoming hurdles.

Omar has just moved into a new house with his family: sticky-fingered little brother Esa, snooty older sister Maryam and his scientist parents. Going to a new school turns out to be okay, apart from the fact that class bully Daniel tells Omar that because he's a Muslim, he's going to be kicked out of the country and will have to go and live in Pakistan. Understandably worried, Omar asks his cousin if that's true, and both hope it isn't, because there's a distinct lack of good pizza there. Plus, there's mean Mrs Rogers next door who complains loudly about Omar's mum frying onions.

Yet when mean Mrs Rogers has an accident, Omar's family is there to help. And when Omar and bully Daniel get stranded on a school trip in London, Omar realises that Danny isn't so tough after all...



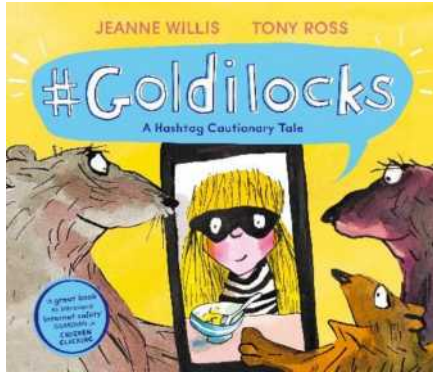
Ella on the Outside by Cath Howe

ISBN: 9781788000338 **Format:** Paperback **Publication date:** May 2018 **Age range:** 8+ **Extent:** 240 pages **Other format:** ebook 9781788000345

Ella is facing some big changes. She's just had to start at a new school, she's moved away from her best friend Grace, her eczema is acting up, and on top of all that, she has a huge secret to keep about her family. So, when Lydia, the most popular girl in school, wants to start hanging out, things must be on the up... right? The only problem is, Lydia really wants to know what Ella's hiding and she's also desperate for intel on the quiet girl in class, Molly. So just how far will Ella go to keep her new friendship?

Ella on the Outside is a hugely relatable tale that will strike a chord with anyone who has felt the pressure to please a new friend or has struggled to fit in. Ella makes mistakes, but she's also hugely likeable, and author Cath Howe perfectly captures her anxieties and worries.

Online



#Goldilocks by Jeanne Willis, illustrated by Tony Ross

ISBN: PB – 9781783448784 HB 9781783447176 **Format:** Paperback and Hardback **Publication date:** February 2019 **Age range:** 3+ **Extent:** 304 pages

Everyone loves Goldilocks' hilarious online videos, but in her quest to get more likes, more laughs and more hits, she tries something a little more daring: stealing porridge #pipinghot, breaking chairs #fun, and using someone else's bed #sleep. What will Daddy Bear do when he sees that online?

A hilarious cautionary tale for a new generation of internet-users from the prize-winning partnership of Jeanne Willis and Tony Ross, the third of its kind following *Chicken Clicking* and *Troll Stinks*.

In the news



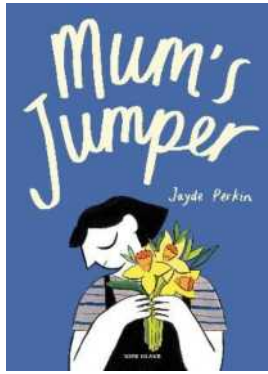
Something Bad Happened: A Kid's Guide to Coping with Events in the News by Dawn Huebner, illustrated by Kara McHale

ISBN: 9781787750746 **Format:** Paperback **Publication date:** September 2019 **Age range:** 6+ **Extent:** 80 pages

Full of advice for children who may be worried about events in the news, this guide from best-selling author Dawn Huebner offers advice for having tough conversations with 6-12 year olds about world events such as natural disasters, terrorism and war. It addresses common questions and provides tools to calm fears.

Dealing with tough times

When someone dies

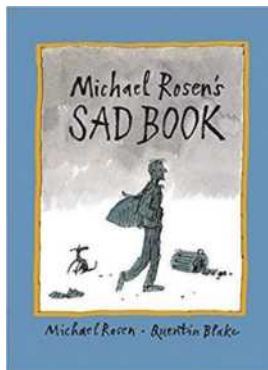


***Mum's Jumper* by Jayde Perkin**

ISBN: 9781911496137 **Format:** Hardback **Publication date:** August 2019 **Age range:** 4+ **Extent:** 32 pages

If Mum has gone, how do you carry on? Missing her feels like a dark cloud that follows you around, or like swimming to a shore that never comes any nearer. But memories are like a jumper that you can cuddle and wear. And Mum's jumper might be a way to keep her close.

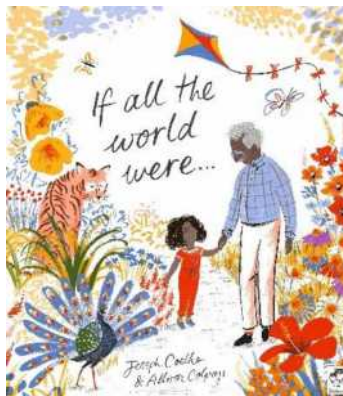
A simple, heartfelt and ultimately uplifting book for anyone coping with loss.



***Michael Rosen's Sad Book* by Michael Rosen, illustrated by Quentin Blake**

ISBN: 9781406317848 **Format:** Paperback **Publication date:** March 2011 **Age range:** 5+ **Extent:** 40 pages

Michael Rosen's Sad Book chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.

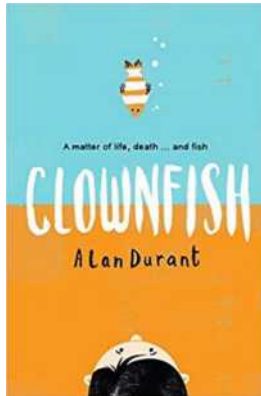


***If All the World Were* by Joseph Coelho, illustrated by Allison Colpoys**

ISBN: 9781786036513 **Format:** Paperback **Publication date:** January 2019 **Age range:** 5+ **Extent:** 32 pages **Other format:** ebook 9781786033925

A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he dies, written by poet and playwright Joseph Coelho.

This beautifully illustrated, powerful and ultimately uplifting text is the ideal way to introduce children to the concept of death and dying, particularly children who have lost a grandparent.



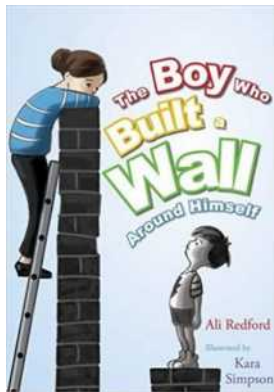
***Clownfish* by Alan Durant**

ISBN: 9781406374629 **Format:** Paperback **Publication date:** November 2018 **Age range:** 10+ **Extent:** 224 pages **Other format:** ebook 9781406381900

Dak's dad has been dead for seven days when suddenly he reappears. He's the same in almost every way, with one startling exception: Dad has turned into a clownfish, and now lives in a tank at their local aquarium. Dak is delighted by the news – he has Dad back, even if he isn't quite as he was before. Deciding to keep Dad's transformation a secret, Dak visits him at the aquarium as often as he can and ends up spending so much time there that they offer him a job. This is how he comes to

meet Violet, the owner's prickly but kind-hearted niece; when the aquarium is threatened with closure, the pair must work together to save it. For Dak, the stakes couldn't be higher... after all, if the aquarium shuts down, what will happen to the fish?

Getting through a tough time

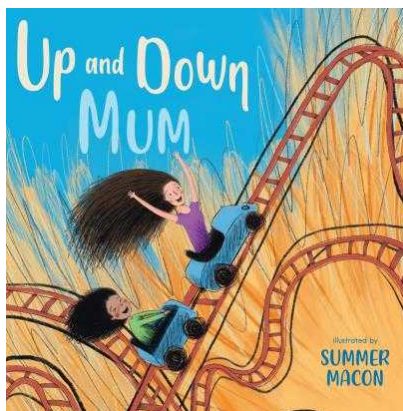


***The Boy Who Built a Wall Around Himself* by Ali Redford, illustrated by Kara Simpson**

ISBN: 9781849056830 **Format:** Hardback **Publication date:** November 2015 **Age range:** 4+ **Extent:** 32 pages **Other format:** ebook 9781784502003

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all. Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic

experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

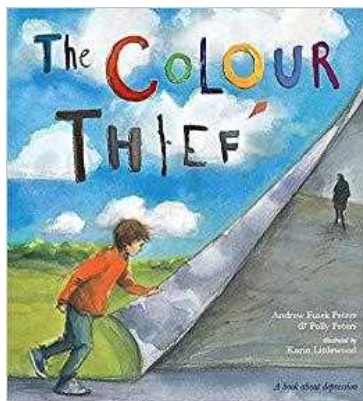


***Up and Down Mum* by Child's Play, illustrated by Summer Macon**

ISBN: 9781786283399 **Format:** Paperback **Publication date:** October 2019 **Age range:** 3+ **Extent:** 36 pages

Living with Mum is a bit like a roller coaster ride. At times, she is excited and full of energy, but at others, she is tired and withdrawn. But she's always my mum, and we're sharing the ride. For children who grow up in the care of a parent with mental health problems, life can be filled with anxiety and uncertainty. With the aid of a clear and simple information spread, this story helps us to understand the causes of mental illness and how we can learn to live with someone who has it.

Developed in close consultation with families with parental mental health conditions and created in collaboration with the Wellcome Trust.



***The Colour Thief: A Family's Story of Depression* by Andrew Fusek Peters and Polly Peters, illustrated by Karin Littlewood**

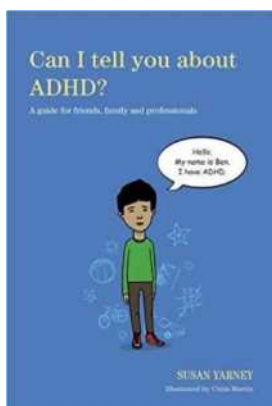
ISBN: 9780750280532 **Format:** Paperback **Publication date:** April 2015 **Age range:** 5+ **Extent:** 32 pages

The Colour Thief is a simple, heart-warming tale which helps to open up the conversations around depression and to support young children whose families have been affected.

We follow a young boy who loves spending time with his dad, doing fun things together. When his father becomes sad and distant, he doesn't understand and believes he has done something to make his dad so, despite being told otherwise. Narrated from the child's perspective, this is the perfect book to read with children who are trying to understand the cause and effects of depression and reassure them that depression passes, and their parents are not lost to them.

When you have a diagnosis

Attention Deficit Hyperactivity Disorder (ADHD)

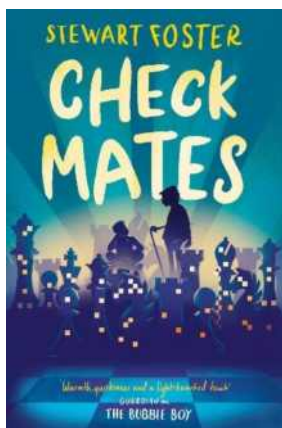


***Can I Tell You About ADHD?* by Susan Yarney, illustrated by Chris Martin**

ISBN: 9781849053594 **Format:** Hardback **Publication date:** January 2013 **Age range:** 7+ **Extent:** 64 pages **Other format:** ebook 9780857007087

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. Ben explains how he was diagnosed and what he has learnt about ways to relieve his ADHD symptoms, and how friends and adults can help at home and school. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and professionals working with children with

ADHD. It is also an excellent starting point for family and classroom discussions.

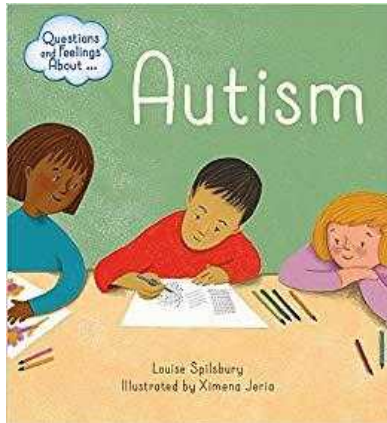


***Check Mates* by Stewart Foster**

ISBN: 9781471172236 **Format:** Paperback **Publication date:** June 2019 **Extent:** 352 pages **Age range:** 9+ **Other format:** ebook 9781471172243

Felix is struggling at school. His ADHD makes it hard for him to concentrate and his grades are slipping. Everyone keeps telling him to try harder, but no one seems to understand just how hard he finds it. When Mum suggests Felix spends time with his grandfather, Felix can't think of anything worse. Granddad hasn't been the same since Grandma died. Plus, he's always trying to teach Felix boring chess. But sometimes the best lessons come in the most unexpected of places, and Granddad soon shows Felix that there's everything to play for.

Autism Spectrum Disorders (ASD)

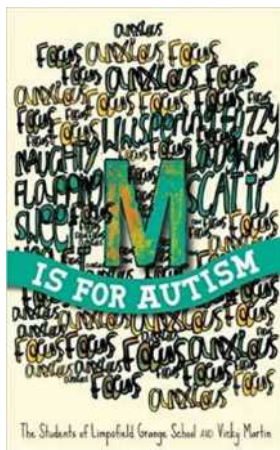


Questions and Feelings About: Autism by Louise Spilsbury, illustrated by Ximena Jeria

ISBN: 9781445156590 **Format:** Hardback **Publication date:** January 2018
Age range: 5+ **Extent:** 32 pages

This book explores the many aspects of autism in a child-friendly way. It offers practical help, tips and advice as well as exploring everyday situations, supported by, exquisite and approachable illustrations to give a comforting story book feel, particularly suited to 5-7-year olds, but with scope to appeal to both younger and older children. A perfect aid to help children open up and explore how they feel and give steps they can take

to help them cope.



M is for Autism by The Students of Limpsfield Grange School and Vicky Martin

ISBN: 9781849056847 **Format:** Paperback **Publication date:** July 2015 **Age range:** 9+ **Extent:** 96 pages **Other format:** ebook 9781784501983

M. That's what I'd like you to call me please. I'll tell you why later. Welcome to M's world. It's tipsy-turvy, sweet and sour, and the beast of anxiety lurks outside classrooms ready to pounce. M just wants to be like other teenagers her age who always know what to say and what to do. So why does it feel like she lives on a different plane of existence to everyone else? Written by the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, *M is for Autism* draws on real life experiences to create a heartfelt and humorous novel that captures the highs and

lows of being different in a world of normal.

Dyslexia



The Illustrated Guide to Dyslexia and Its Amazing People by Kate Power & Kathy Iwanczak Forsyth

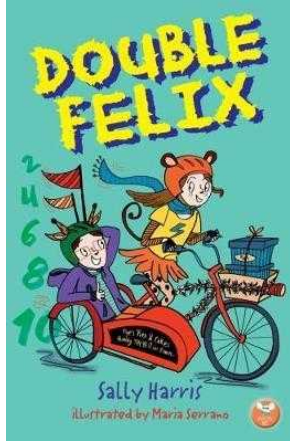
ISBN: 9781785923302 **Format:** Hardback **Publication date:** September 2017 **Age group:** 7+ **Extent:** 96 pages **Other format:** ebook 9781784506476

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. 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. By showing what dyslexia is and asking the reader how it applies to them, this book offers a fun and engaging means of working out how dyslexia affects the individual specifically, with a multitude of learning

tools and tips, and a gallery of inspirational dyslexics who have used their particular skills to do something amazing with their lives.

Obsessive Compulsive Disorder (OCD)

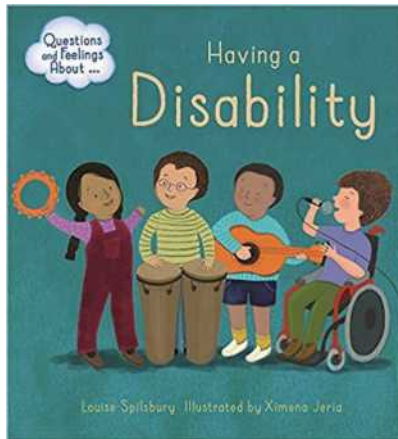


Double Felix by Sally Harris, illustrated by Maria Serrano

ISBN: 9781999903305 **Format:** Paperback **Publication date:** March 2018 **Age range:** 7+ **Extent:** 192 pages

He skips every second step when he takes the stairs, taps door handles twice and positions objects in pairs. The problem has become so bad that Felix is on the verge of being expelled from school because the principal has had enough of trying to run the school around his very specific rules. Then Charlie Pye arrives and turns his world upside down. She is grown up with very few rules. She eats cereal for lunch, calls a boat home, and has a very loose interpretation of school uniform. The question is, can Felix ever learn to be wrong when he is so obsessed with being right?

Having a disability



Questions and Feelings About: Having a Disability by Louise Spilsbury, illustrated by Ximena Jeria

ISBN: 9781445156613 **Format:** Hardback **Publication date:** December 2018 **Age range:** 5+ **Extent:** 32 pages

How do you help a young child deal with disability or explain what that means? This hands-on picture book is designed to help children with their questions and feelings about tricky topics that can be hard to talk about. The exquisite and approachable illustrations to give a comforting story book feel. A perfect aid to help children open up and explore how they feel and steps they can take to help them cope.

**READING
WELL**

Recommended by
young people and health experts.



Supported using public funding by
**ARTS COUNCIL
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Children, Young People and Schools

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**THE
READING
AGENCY**



SHELF HELP



Reading Well can help you cope with the pressures of life, **feel better** about yourself and **boost** your confidence using books.

The **Reading Well** books have been chosen by young people and health experts to **help** you with **difficult feelings and experiences** that can affect your wellbeing.

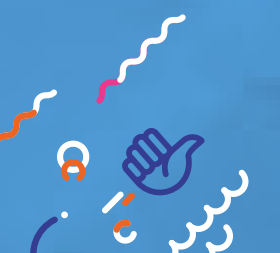
The books have **information** and **advice** as well as personal stories about dealing with feelings such as anxiety, depression or **stress** and experiences such as bullying.

Look out for the books in your local library – they're free to borrow. Take one home today.



Find out more at: reading-well.org.uk/shelfhelp

CO-CREATED BY **YOUNG PEOPLE** |
SUPPORTED BY **YOUNGMINDS**



HOW CAN BOOKS HELP?

The books on the **Reading Well** list offer tips and ideas to help you understand and manage your emotions as well as cope with difficult situations.

Some of the recommended books suggest useful self-help techniques. There are also **personal stories**, **graphic novels** and **fiction**. Reading about other people's experiences and feelings can sometimes **help you understand your own**.

You can use the books on their own, although self-help reading often works best with support from a health professional. Your **doctor** can **advise** you on the support that's available. There are more suggestions about useful fiction at:

reading-well.org.uk/shelfhelp

HOW DO I JOIN THE LIBRARY?

It's **easy and free** to join your local library. Some libraries may need **proof of your name and address** and may require permission from an adult if you're under 16. A member of library staff will help you join – and once you have a library card, **you can take out any of the books there**.

ALSO AT YOUR LOCAL PUBLIC LIBRARY

FIND OTHER BOOKS

You might also find our **reading list for adults useful**. Ask in the library for **Reading Well** Books on Prescription or visit:
reading-well.org.uk

JOIN A READING GROUP

Make friends and have fun while enjoying a good book in a reading group. Ask about local groups in your library or visit:
readinggroups.org

TAKE PART IN READING HACK

Reading Hack turns reading on its head. Create your own hacks, meet new people, get new **skills** and **inspire** others to read. Volunteering can also help you build **confidence** and wellbeing. To find out more go to:
readinghack.org.uk

➤ **Reading Well** has been developed by The Reading Agency in partnership with the Society of Chief Librarians and Association of Senior Children's and Education Librarians. The scheme is funded by Arts Council England and the Wellcome Trust.



WHAT IF I NEED MORE HELP?

You don't need to struggle on your own. Your GP will be able to offer help and advice. You might also find it helpful to talk things through with people you trust such as your parents, a friend or a teacher, or a school nurse or counsellor if you're still at school.

For support **mycamhschoices.org** has information and short films on mental health services or visit **youngminds.org.uk**, a national charity committed to improving the emotional wellbeing and mental health of young people. The following organisations offer support and counselling:

Childline

childline.org.uk

☎ 0800 1111

24 hours a day, 7 days a week

The Samaritans

samaritans.org

☎ 116 123

24 hours a day, 7 days a week

> TELL US WHAT YOU THINK

Find out more about the books or share your reviews at:
reading-well.org.uk/shelfhelp

Reading Well is supported by the British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (Children and Young People's Mental Health), Public Health England, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists and YoungMinds.

RECOMMENDED READING

GENERAL

☀ GRAPHIC NOVEL
✱ MEMOIR
✱ FICTION

WELLBEING - MENTAL HEALTH - COPING FEELING FINE - SELF-ESTEEM - LEARNING ABOUT LIFE

- **Blame My Brain**
Nicola Morgan
Walker Books
- **Mind Your Head**
Juno Dawson
Hot Key Books
- **Stuff That Sucks**
Ben Sedley
Robinson
- **The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!**
Self-Esteem Team
John Blake Publishing
- **Every Day**
David Levithan
Electric Monkey
- **House of Windows**
Alexia Casale
Faber & Faber
- ✱ **I'll Give You the Sun**
Jandy Nelson
Walker Books
- **Kite Spirit**
Sita Brahmachari
Macmillan Children's Books
- **Quiet the Mind**
Matthew Johnstone
Robinson

ADHD Attention Deficit Hyperactivity Disorder

- **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD**
Patricia Quinn and Judith Stern
Magination Press

ANXIETY, WORRY AND PANIC

- **My Anxious Mind**
Michael Tompkins and Katherine Martinez
Magination Press
- **The Shyness and Social Anxiety Workbook for Teens**
Jennifer Shannon
New Harbinger
- **The Anxiety Survival Guide for Teens**
Jennifer Shannon
New Harbinger
- **The Perks of Being a Wallflower**
Stephen Chbosky
Simon & Schuster

AUTISM AND ASPERGER SYNDROME

- **Freaks, Geeks and Asperger Syndrome**
Luke Jackson
Jessica Kingsley
- **The Curious Incident of the Dog in the Night-Time**
Mark Haddon
Vintage
- **The Reason I Jump**
Naoki Higashida
Sceptre

BODY IMAGE AND EATING DISORDERS

- **Can I Tell You About Eating Disorders?**
Bryan Lask and Lucy Watson
Jessica Kingsley
- **Banish Your Body Image Thief**
Kate Collins-Donnelly
Jessica Kingsley
- **Tyranny**
Lesley Fairfield
Walker Books




BULLYING

Bullies, Cyberbullies and Frenemies

Michele Elliott
Wayland

Vicious

 *True Stories by Teens About Bullying*
Ed. Hope Vanderberg
Free Spirit

 GRAPHIC NOVEL
 MEMOIR
 FICTION

CONFIDENCE AND SELF-ESTEEM


Banish Your Self-Esteem Thief

Kate Collins-Donnelly
Jessica Kingsley

Self-Esteem and Being You

Anita Naik
Wayland

Face

 Benjamin Zephaniah
Bloomsbury

DEPRESSION


Am I Depressed and What Can I Do About It?

Shirley Reynolds and
Monika Parkinson
Robinson

Can I Tell You About Depression?

Christopher Dowrick
and Susan Martin
Jessica Kingsley

I Had a Black Dog

 Matthew Johnstone
Robinson

MOOD SWINGS

Don't Let Your Emotions Run Your Life for Teens

Sheri Van Dijk
New Harbinger

SELF-HARM

The Truth About Self-Harm

Celia Richardson
Mental Health Foundation

OCD Obsessive Compulsive Disorder


Breaking Free from OCD

Jo Derisley and others
Jessica Kingsley

The Unlikely Hero of Room 13B

 Teresa Toten
Walker Books

Touch and Go Joe

 Joe Wells
Jessica Kingsley

STRESS

Fighting Invisible Tigers

Earl Hipp
Free Spirit

The Teenage Guide to Stress

Nicola Morgan
Walker Books

Prescriber's further information or additional recommendations:

Prescriber's signature:



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