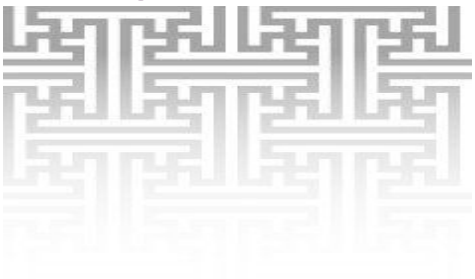
Cyngor Gwynedd Council
Gwasanaeth Llyfrgell Gwynedd Library Service

Help Llaw mewn Llyfr
Helping Hand Books



Llyfrau i blant sy'n delio gyda sefyllfaoedd arbennig ar gael oddi wrth Gwasanaeth Llyfrgell Gwynedd

Books for children dealing with special situations available from Gwynedd Library Service

I fenthyca unrhyw deitl, cysylltwch a'r
Rheolwr Gwasanaethau Defnyddwyr - 01286 682663
Rhianwynparryevans@gwynedd.llyw.cymru.

To borrow any title, please contact
Manager: User Services - 01286 682663
rhianwynparryevans@gwynedd.llyw.cymru

Rhagfyr/ December 2018

Llyfrau ar Thema arbennig i Blant ac Oedolion
Books on Specific themes for Children and Adults

* - llyfrau stori a llun/picture books

IECHYD – HEALTH

Anableddau/Cyflyrau a Iechyd Meddwl / Disabilities/Conditions and Mental Health

Cyffredinol/General

***Are We There Yet?** – Verna Allette Wilkins
A story about a young girl whose mother is a wheelchair user.
***Boots for a Bridesmaid** – Verna Allette Wilkins
A story about Max and Amy's trip to a leisure park with Dad who is a wheelchair user.
*** Catherine's Story –** Genevieve Moore, Karin Littlewood (see also West Syndrome)
A picture-book about Catherine, who has learning disabilities. Catherine has West Syndrome.
*** Ffrind Newydd Letang/ Letang a Sioned yn dod i'r adwy** – Beverley Naidoo
Straeon am ffrindiau. Un yn ddefnyddiwr cadair olwyn.
Friends at School – Rochelle Bunnett
Different abilities in young children are celebrated by emphasising the importance of inclusion from a child's perspective. A book aimed at young children.
Having a Disability – Louise Spilsbury – An inclusive and accessible picture book for children that explores what it is like to have a disability
*** Letang and Julie save the day/ Trouble for Letang and Julie** – Beverley Naidoo.
Stories about friends. One is a wheelchair user.
***Perfect** – Nicola Davies
A story which opens up the subject of disability and is about a boy who struggles to accept his new born sister, when she is not what he expected. 5+
* **Ringo the Flamingo** – Neil Griffiths
Picture book about Ringo who was born unable to fly but still turns out to be a hero.
***Seal Surfer** – Michael Foreman – A boy learns to surf, and forms a special friendship with a seal that he and his grandfather watched being born. There is no mention of the boy's disability in the story, but the illustrations clearly show crutches and a wheelchair.
***Susan Laughs –** Susan uses a wheel chair. She laughs, sings, flies, swings. She's good, bad, happy and sad. In fact, Susan is no different from any other child..
Two Left Feet – Jenny Sullivan

Sadly, Bryn won't be allowed to climb the castle walls like the other children because he uses a frame with wheels to help him walk. But he's determined to make the very best of this special day.
We Can Do It – Laura Dwight
Meet five special children who all have a certain disability.
Using a Wheelchair – Angela Royston, Heinemann
Introduces young readers to conditions and disabilities that may affect them, or friends and family.

Alzheimer's & Dementia

***Grandad's Hat –** Matt Elliott
Grandad can't remember where he put his hat and needs help finding it. A story designed to help very young children learn about some of the symptoms of dementia in a positive and engaging way. Published by Alzheimer's Research UK.
***Grandma** – Jessica Shepherd
Oscar loves Grandma, but as time passes, she becomes less able to look after herself, and has to go to a care home. A tale about the experience of dementia.4+
***Lovely Old Lion –** Julia Jarman
Lenny loves his grandpa, King Lion, but is worried when the king starts getting muddled and forgetful. A moving tale of the loving bond between grandparent and grandchild, which transcends dementia.
***Mile High Apple Pie** – Laura Langston – Picture book about a young girl's relationship with her granny who has Alzheimer's.
***Really and Truly : a story about dementia**– Emilie Rivard
Before Grandpa got ill, his stories could always cheer up Charlie. But now Grandpa can't remember all those old stories. 7+
When Grandma Came to Stay – Matt Elliott
Grandma doesn't look sick but she is starting to forget important things so needs someone to help take care of her. This touching short story explores the experiences of a child who has a family member living with dementia. Published by Alzheimer's Research UK. 8+

Alcoholiaeth/Alcoholism

The Truth about Leo – David Yelland
Leo's dad has changed. Since mum died, his drinking is worse and now he's a different person; someone Leo doesn't recognize. A novel for 11+

Anorexia see Eating Disorders

Asthma

Can I tell you about asthma? – Lesley Mills
Alfie guides us through what life is like for someone with asthma and what is the right thing to say and do. 8+
Zack has Asthma – Jillian Powell

Asperger's

The Asperkid's Secret Book of Social Rules – Jennifer Cook O'Toole
The handbook of not-so-obvious social guidelines for tweens and teens with Asperger Syndrome.
Colin Fischer- Ashley Edward Miller & Zack Stentz
A novel about a boy with Asperger's who turns into a new detective hero! 14+
***Isaac and his Amazing Asperger Superpowers!** – Melanie Walsh
I'm a superhero called Isaac! I might not look like everyone else but I have a kind of autism called Asperger's. I'll tell you what's it like to be me! 5+

Autism/ADD

A Different Life (DVD)
Follows 11 year old Rosie who has autism and her older brother Josh.
Different Like Me: my book of autism heroes – Jennifer Elder – Jessica Kinsley P,
Looks at famous people who were autistic
Everybody is Different – Fiona Bleach,
A book aimed at young people who have brothers or sisters with autism
How to Help your Autistic Spectrum Child – Jackie Brealy and Beverly Davies
A help book for parents about practical ways to make family life run more smoothly.
Hurricane Wills – Sally Grindley
Chris's older brother Wills has Attention Deficit Disorder. A novel which gives a good insight into the tensions of living with someone who has ADD. 9+
***Looking After Louis** – by Lesley Ely shows how Louis' friends find a way to join him in his world and then to include him in theirs.
My Autism Book – Gloria Dura-Vila
The sim of this book is to help ASD-diagnosed children understand their differences, as well as their remarkable abilities. It will help parents to explain an autism diagnosis to theor child in a sensitive, positive and accurate way.
My brother is different - Louise Gorrod, National Autistic Society
A very simple guide for young brothers and sisters.
*** My Brother Sammy** – Becky Edwards & David Armitage,
Told from the perspective of an older brother, this is a picture book about the frustrations and joys of having a "special" brother who happens to be autistic.
The Growing-Up Guide for Girls – Davida Hartman
What girls on the autistic spectrum need to know. Covers periods, wearing a bra, hair in new places, hygiene, crushes and friends – for girls aged 9-14.
The Self-Help Guide for Special Kids and their Parents – Joan Mathews and James Williams
American title which will be source of advice and practical solutions to families with a child who is autistic.
What About Me? The Autism Survival Guide for Kids – Athanasia Koutsis et al,
An easy to follow help guide for siblings or friends of children with autism.
What's Happening to Ellie? – Kate E. Reynolds
A book about puberty for girls and young women with autism and related conditions.

Cancer/Leukaemia

As Big as it Gets – Winston's Wish

Toolkit to support a child when there is serious illness in the family.
Lwmp Mam – Gillian Forrest
Stori i gysuro teuluoedd efo plant ifanc sydd angen siarad am ganser y fron. Mae'n trafod y diagnosis, mynd i'r ysbyty, triniaethau a cholli gwallt. Cyhoeddwyd gan Gofal Canser y Fron. (Fersiwn Saesneg ar gael o dan y teitl Mummy's Lump)
Mummy's Lump – Gillian Forrest
A reassuring story for families of young children who need to talk about breast cancer. It covers diagnosis, going into hospital, treatments and hair loss. Published by Breast Cancer Care. (Welsh version available titled Lwmp Mam).
My Mommy Has Cancer – Alisha Jackson
American publication with some religious content.
***Our Mom has Cancer** – Abigail & Adrienne Ackermann
A picture book written by two sisters about a parent with cancer.
The Hope Tree – kids talk about breast cancer,
Picture book about children's experiences of facing cancer in families.
The Secret C – Julie Stokes
A guide to help adults explain what's happening to children.
When Your Mum or Dad has Cancer – Ann Couldrick
A booklet for younger children who have to make sense of the crisis that has hit the family.
When Someone has a very Serious Illness – Marge Heegaard
Toolkit to support children to learn to cope with loss and change.
When Someone you Love has Cancer – Alaric Lewis
A guide to help children cope.
Why Mum? – Catherine Thornton
Matthew was 7 when his mum discovered she had cancer. A story about this difficult period told from the perspective of Matthew.

Cerebral Palsy

***I'm the Big Sister Now** – Michelle Emmert
Amy, the older sister is severely handicapped with cerebral palsy. Younger sister, nine-year-old Michelle, describes life with her special sister.

Deafness

***Dachy's Deaf** – Jack Hughes
Dachy the dinosaur wears a hearing aid. But sometimes, when his friends get too noisy, he likes to turn it off to get some peace and quiet. One day when his hearing aid is off, Dachy falls asleep and without realising it, ends up in great danger. Can his friends rescue him in time?
Jordan is Hearing Impaired - Jillian Powell
Let's Sign – Cath Smith
BSL Building Blocks Student Primer for beginners of all ages and abilities.
***Moonbird –** Joyce Dunbar – The idea of deafness is introduced as a beauty not a stigma. In this story, Orla learns how to speak with his hands and listen with his eyes.
Talk to Me – Sue Brearley

This book shows how we can talk to each other in different ways, e.g. lip-reading, using sign language or by using pictures on a board.

Depression/Mental Illness

***The Colour Thief -** Andrew Fusek Peters & Polly Peters
My dad's life was full of colour. But one day, Dad was full up with sadness, all the way to the top. This is a story of a father's struggle with depression and the distance it drives between him and his family. But it is also a story of hope and the journey back.
I Had a Black Dog – Matthew Johnstone
An illuminating, moving insight into what it is like to live with depression. Suitable for older children and young people.
Living with a Black Dog – Matthew and Ainsley Johnstone
A must-have guide for the family and friends of people suffering from depression. It includes practical advice about recognizing the symptoms and how to manage a Black Dog.Suitable for older children and young people.
Night Shift – Debi Gliori
An illustrated story chronicling what it's like to live with depression. Perhaps best suited for older readers 12+
The Illustrated Mum- Jacqueline Wilson
A novel about Dolphin, her sister Star and their heavily tattooed single mum, Marigold. The two sisters have to cope with their mother's mental illness at the same time as coming to terms with the discoveries of their own fathers. 11+
Why Are you So Sad? - -Beth Andrews
An interactive book for children about parental depression.

Diabetes

Becky has Diabetes – Jillian Powell
The Facts About Diabetes - Claire Llewellyn

Down's Syndrome

Friends at the Seaside – Diane Church
Victoria's Day – Maria de Fatima Campos
A day in the life of Victoria, who was born with Down's syndrome.

Dyslexia

Dyslexia (Talking through), Althea

Dyspraxia

***You'r so Clumsy Charley –** Jane Binnion
Charley always seemed to get into trouble, though he didn't mean to. He was getting fed up of going to school, because he felt different than most of the other kids. Then he met his Aunty Bella…and everything changed. A story in picture book format for children – dyspraxia is not named in the story because this book is for every child that is different. 6+

Eating Disorders

Talking about Eating Problems – Nicola Edwards

Epilepsy

That's What Friends are For – Brian Keaney
Jack is diagnosed with epilepsy.

Eczema

***Emmy's Eczema** – Jack Hughes
Emmy the dinosaur has eczema, which makes her skin really itchy. She knows she shouldn't scratch, but sometimes she just can't help herself. One day, she scratches so much she makes her skin really sore. Can her friends help her?.

Heart

***Operation Fix-It** – Diane Church, British Heart Foundation
Tom has to go into hospital for a heart operation. Follow his progress in picture book form.

Hunan Niwed / Self-Harm

Cut – Patricia McCormick
A novel for teenagers about the issue of self-harm.
Making Sense of Self-Harm – Lois Arnold, Anne Magill
A Basement Project guide to learn more about self-harm, know how to respond helpfully, and offers advice in how to support someone who self-harms.
Self-Harm, The Path to Recovery – Dr. Kate Middleton, Sara Garive
This accessible and practical book assess the causes of self-harm and shows the way to recovery by using case histories and personal stories.
Self-Harm: Young People Speaking Out – Trust for the Study of Adolescence
A booklet that has been written mainly for young people, with contributions by young people who have a history of self-harm.
The Self-Harm Help Book – Lois Arnold & Anne Magill
Contains many self-help ideas and exercises which have all been found helpful by those with personal experience of the journey through self-harm.
Understanding self-harm
An introductory pamphlet giving information, advice for health professionals and further information about useful organizations.
What's the Harm? - Lois Arnold & Anne Magill
A book for young people who sometimes hurt themselves or friends who are worried about someone who self-harms.
Working with Self-Injury – Lois Arnold, Anne Magill
The handbook provides information, support and practical guidance for those working with the issue of self-injury.

Muscular Dystrophy

Friends Going Shopping - Diane Church
Meet Sara who uses a wheelchair.

OCD – Obsessive –Compulsive Disorder

Can I Tell You about OCD? – Amita Jassi
Describing the essentials for children and affected adolescents – also a must read for parents and professionals.
***Mr Worry** – Holly Niner
A picture book story aimed at children aged 7+ about Kevin, who suffers from OCD and slowly learns to unlearn the compulsions through cognitive behaviour therapy (CBT). American publication.
Up and Down the Worry Hill – Aureen Pinto Wagner
A help book for families which uses the powerful real-life metaphor of the Worry hill to describe OCD and its treatment clearly and simply.
What to Do When your Brain Gets Stuck – Dawn Huebner
Guides children and parents through cognitive-behavioural techniques used to treat obsessive-compulsive disorder.

Parkinson's Disease

I'll Hold your Hand so You Won't Fall – Rasheeda Ali
A factual guide to Parkinson' Disease written for children.

Hunan Barch / Self-Esteem

(gweler hefyd/see also Gofalu Am Eich Hunain Ac Eraill/ Caring For Yourself And Others - Worries & Fears & Self-Esteem)

The 7 Day Self Esteem Super Booster – Jenny Alexander
A book to help children build up their confidence bit by bit, with tasks and activities.
Banish your self-esteem thief – Kate Collins-Donnelly
A cognitive behavioural therapy workbook on building positive self-esteem for young people.
Breath by Breath – Paul Christelis – Shows how mindfulness is used in everyday life to improve children's concentration, stimulate creativity, manage emotions, relieve stress and anxiety and build self-esteem
How 2B Happy:-) – Jenny Alexander
So many people feel fed up these days. This book will help you think happy thoughts and feel happy feelings.
I'm Gonna Like Me – Jamie Lee Curtis
Shows children that the key to feeling good is liking yourself because you are you.
It's Good to Be Me! – Boosting self-esteem to find your inner hero – Louise Spilsbury
Learn how to be confident – from body language to body image and from friendships to bullying, this book gives you lots of advice on how to be positive. 8+
Keep Your Cool: How to Deal with Life's Worries and Stress – Dr Aaron Balick
Filled with lots of practical activities providing support and guidance, this book will keep you cool, calm and collected in the modern world.11+
Loneliness and making friends – Sarah Levete
A book for children 6+ to deal with the ups and downs of relationships.

Mental Well-being and Mindfulness – Ryan Wheatcroft – Your mental wellbeing is as important as your physical health
Mind Bug – Emily arber – This is a story about mindfulness. Join Jack and Sarah as they discover a superpower in their mind
Project You – Aubre Andrus – Helps you set a path towards relaxation, peace of mind and happiness. Transform your mindset and emotions with activities and solutions that speak to you 11+
Relationships & Consent – John Wood – Celebrating Values

Self-Esteem – Jillian Powell
Topic book which is an introduction to personal healthcare.
Self-Esteem and Being You – Anita Naik
A Teen Life Confidential guide, full of tips on how to think positively about your friendships, family, your body and your life.
Self-Esteem and Mental Health – Anna Claybourne – This book gives you all the facts and plenty of tips and advice so that you can make decisions that are right for you
Stick up for Yourself! – Gershen Kaufman
Every child's guide to personal power and positive self-esteem. Aimed at the top primary/lower secondary age group.

Sight : Blindness/Partial Sight/ Short Sightedness

*** All The Better to See You With** – Margaret Wild
A picture book about Kate and how she and her family found out she was short-sighted and how, with new pair of glasses, would be able to see everything clearly for the first time.
*** Dogs Don't Wear Glasses** – Adrienne Geoghegan
Nanny Needles thinks her dog, Seymour, is getting short-sighted in his old age, only to realise in the end that she is the one that needs glasses.
* **Lucy's Picture** – Nicola Moon
Picture book about Lucy who decides to draw a colourful picture for Grandpa who can't see very well.
***Peppa's First Glasses**
Peppa is sure she needs glasses, just like her friend Pedra Pony wears. What will her pair look like?
***Rex's Specs** – Jack Hughes
Rex has to wear glasses, but he wishes he didn't have to. So one day, he decides to go out without them. But without his specs, Rex can't see very well at all. He doesn't notice what's ahead and soon get into trouble...
***The Short-Sighted Giraffe** – A.H Benjamin
Giraffe can't see further than her own nose, but when the animals make her a pair of glasses she refuses to wear them.
***Specs for Rex** – Yasmeen Ismail
Rex does not want to wear his new glasses to school. He tries his very best to hide them – in the strangest places! A riotous and reassuring story about the positive effects of being, maybe, just a little different.
***Watch Out, Ronald Morgan!** – Patricia Reilly Giff
Missd Tyler thinks glasses might help Ronald Morgan!

Sleep Problems

What to do when you Dread your Bed–Dawn Huebner
Guides children and parents through cognitive-behavioural techniques used to treat problems with sleep.
Sleep Easy – Paul Christelis – A mindfulness guide to a good night's sleep

Stammer / Atal Dweud

*__Steggie's Stammer –__ Jack Hughes
Steggie has a stammer and sometimes it takes her more time to get her words out. Her friends are in a hurry to play a game and they rush off without listening to her. Before long, the friends get into trouble and it's up to Steggie to rescue them. But will they listen to her advice?

West Syndrome

*** Catherine's Story –** Genevieve Moore, Karin Littlewood
A picture-book about Catherine, who has learning disabilities. Catherine has West Syndrome.

IECHYD – HEALTH

Cadw'n Iach / Keeping Healthy

Bwyta'n iach/ Healthy Eating Habits

The Donut Diaries – Dermot Milligan
Dermot loves donuts. However, mum has given him a choice – either cut down on the donuts and see a nutritionist, or go to Camp Fatso. A funny novel about eating and feelings.
Eating Well – Ryan Wheatcroft – Eating well and having a balanced diet helps your body to think, grow and move.
***Fydda i byth BYTHOEDD yn bwyta tomato (Cai a Lois) –** Lauren Child – Cawn weld sut y mae Cai yn llwyddo i berswadio ei chwaer fach i drio gwahanol fwydydd.
***I will not ever NEVER eat a tomato (Charlie and Lola)–** Lauren Child – We see how Charlie persuades his little sister Lola, who is a fussy eater, to try lots of different foods.
Lola'r Lindys Barus – Pat Brown, Alwena Tomos a Beti Wyn Williams
Nid yw Lola'r Lindys yn bwyta'n iach, ond mae bwyta gormod o'r pethau anghywir yn gwneud iddi deimlo'n sal!
***Nutmeg Says YUM!** – Caroline Jayne Church
Nutmeg doesn't want to eat apples or peaches or pears. But together, Mum and Nutmeg find the perfect food.
***Vegetable Glue –** Susan Chandler – If things start falling off your body, it's time to reach for the Vegetable Glue.

Dentist/ Deintydd

At the dentist - Join Fred Bear and Friends.
*__Ben Goes to the Dentist__ – Keith Harvey
Will Bartholomew the panda have to take Ben's place when the family visit the dentist?
*__Dannedd Mel Morgwn__ – Gordon Jones
Mae Mel Morgwn, y mor-leidr bach, yn gwrthod glanhau ei ddannedd. Tybed a all aelodau ei deulu, plant ac athrawes ei ddosbarth, a'i ffrind, Padi parot, newid ei feddwl?
Dentist – Rebecca Hunter
A series for young children that looks at people who help us.
***Freddie Visits The Dentist (Toddler Books)** – Nicola Smee
***Going To The Dentist** – Anne Civardi
***Going To The Dentist** – Roderick Hunt/Alex Brychta
First experiences with Biff, Chip and Kipper.
Going To The Dentist – Sally Hewitt,
First Experiences series. Large full colour photographs accompany easy to read text.
Let's Talk About Going To The Dentist, Marianne Johnston
My First Visit to the Dentist – Monica Hughes
***Mynd at y Deintydd** – Anne Civardi – Profiadau Cyntaf.
Open Wide! – Jen Green – book about new experiences
Open Wide…What's Inside – Alex Rushworth
Dentist Alex Rushworth reveals the revolting truth that will have children everywhere running for their toothbrush.
Owain a Dan Dannedd / Harry and the Dinosaurs Say Raaahh! – Ian Whybrow and Adrian Reynolds
Harry visits the dentist with his bucketful of dinosaurs.
***Show me your Smile! -** Christine Ricci, Simon and Schuster (Dora the Explorer)
***The Boy who hated Toothbrushes -** Zehra Hicks
Billy hates toothbrushes. He never cleans his teeth. But Billy's never seen a funtastic tooth sparkler before.
Visiting the Dentist – Joanna Brundle
This series gives factual information on real-life situations that young children may be anxious or nervous to talk about. Attractive format which makes full use of photographic images.
Why Must I Brush My Teeth? – Jackie Gaff
Explains to young children the importance of taking care of your teeth.

Doctor/Meddyg

***Going To The Doctor** – Roderick Hunt/Alex Brychta
First experiences with Biff, Chip and Kipper.

Glendid Personol/ Personal Hygiene

* **A Dose of Doctor Dog** – Babette Cole
Doctor Dog, the Gumboyle family's favourite pet and their very own trusted physician, is having a well-deserved rest on a tropical island. Until, that is, the Gumboyles turn up and need rescuing from a variety of nasty holiday ailments!

*__Doctor Dan__ – Babette Cole

*__Golcha Dy Ddwylo__ – Tony Ross (Tywysoges Fach)
*__Scritch Scratch__ – Miriam Moss
A very itchy story about nits.
*__Whiffy Wilson: the wolf who wouldn't wash__ – Caryl Hart
Will anyone be able to persuade Whiffy Wilson to change his grubby ways?
__My Hygiene__ – Kirsty Holmes -

Hospital/Ysbyty

__At the Hospital –__ Join Fred Bear and Friends.
__Do I Have to Go to Hospital?__ – Pat Thomas
__*Going to the Hospital –__ Anne Civardi
__Going to Hospital__ – Joanna Brundle
This series gives factual information on real-life situations that young children may be anxious or nervous to talk about. Attractive format which makes full use of photographic images.
__* I don't want to go to hospital__ - Tony Ross (Little Princess)
__* Mynd i'r Ysbyty__ – Anne Civardi – profiadau newydd.
*__Peppa Goes to Hospital__ (Peppa Pig)
A class visit to see Pedro Pony in hospital.
__*Sometimes__ – Rebecca Elliott
Toby loves his big sister Clemmie. She always looks after him and he looks after her - even when her disability means she has to go to hospital again.
__Tedi yn Mynd i'r Theatr__ – Jane Donnelly
__Tomorrow I will feel Better – Ann de Bode__

Salwch / Illness

__* Spotty Dotty, I've Got Chickenpox__ - Miriam Moss, Joanna Mockler
When Tilly's brother wakes up covered in spots, she decides she wants them too. But will Tilly really like her own chicken pox spots?

Ysmygu/Smoking

__Kate Smokes Cigarettes__ – Janine Amos
__Learn To Say No! Smoking__ – Angela Royston
__*Not in Here Dad__ – Cheryl Dutton
The family have had enough of Dad smoking...
__Please Stop Smoking__
Children's drawings combined with straight facts.
__Smoking__ – Sally Morgan
An information book for young people.
__Smoking__ – Sarah Ridley - How Can I be Healthy Series
__Smoking__ – Pete Sanders
A topic book for older children.
* __Smoky Dragons__ – Jane Clarke
Dad is smoking again and Ember the dragon has had enough.
__*Tim Kipper__ – Robert Swindells
Tim Kipper was a silly man and one day a chimney started to grow on his head...
* __Where There's Smoke__ – Janet Munsil
Daisy tries to get Dad to kick his bad habit, and Daisy tries to kick her nail biting habit the same time.

DIOGELWCH PERSONOL/PERSONAL SAFETY

Child Abuse & Violence/ Trais a Chamdrin Plant

A Terrible Thing Happened – Margaret Holmes
This gently told illustrated story featuring animal characters is for children who have witnessed any kind of violent or traumatic episode including physical abuse, gang violence, accidents, murder, suicide and natural disasters such as floods or fire. American publication.
Abuse: Sometimes families hurt – Yvonne Coppard
Ideal discussion resource for KS3/4. Sections on alcohol and drug dependency, mental health, domestic violence etc.
Child Abuse – Pete Sanders
Topic book.
Hurting Inside – Lois Arnold, Anne Magill
A guide for young people who are in distress, because of sexual, physical or emotional abuse or neglect of any kind.
Out in the open: a guide for young people who have been sexually abused
Ouainé Bain & Maureen Sanders
Tell someone it happened to me – Nancy Flowers
A simple book stressing the importance of how to respond to wrong behaviour, by telling someone and not feel bad.
What's Wrong With Bottoms? - Jenny Hessell & Mandy Nelson
A young boy faces unwelcome advances from an uncle, and decides to tell mum.
Whisper – Ruby C. Waddell
A story written for very young children, and aimed at parents and guardians to raise awareness about allowing children to be open with their thoughts and not keep secrets. In the story, Gemini has a secret. Not knowing what to do, she keeps this secret from everyone. The story shows the consequences of Gemini's actions and the effect this has on her. The nature of the secret is not mentioned, to allow children to relate to it and their own experiences.

Domestic Violence

How are you Feeling Today Baby Bear? – Jane Evans
This book will help very young children who have experienced domestic violence open up and feel less vulnerable. Accompanied by notes for adults on how to use each page of the story to start conversations.
Talking about Domestic Violence - Nicola Edwards

Safety/Diogelwch

Being Careful with Strangers - Kate Petty
Being Safe With People – Honor Head
This series helps young children understand how to stay safe in a variety of everyday sitiuations. 5+
Come and Tell Me – Helen Hollick
Personal Safety

Llyfr Rheolau Aur Calfin Cwningen - Pam Adam
Look Out at Home – Claire Llewelyn
Look Out Out and About – Claire Llewellyn
Look Out On The Road – Claire Llewellyn
Look Out Near Water – Claire Llewelyn
Personal safety for very young children.
Look Out on the Road – Paul Humphrey, Rospa Guide
Look Out at Home – Helena Ramsay, Rospa Guide
Look Out by Water – Helena Ramsay, Rospa Guide
Look Out for Strangers – Paul Humphrey, Rospa Guide
On Your Own – Carole Wale
Play Safe Never Go With a Stranger - Dr Bill Gillham
Safety: Looking after me series – Liz Gogerly
Safety First With Strangers – Helena Attlee
Stay safe - Claire Llewelyn
Staying Safe Near Fire - Maribeth Boelts
Staying Safe Near Water - Maribeth Boelts
Staying Safe in Playgrounds- Maribeth Boelts
Too Safe for Strangers – Deputy Sheriff Robert Khan Some American bias but useful for promoting situation role play.

PROFIADAU CYNTAF/FIRST EXPERIENCES

Cyffredinol / General

Lulu's Clothes – Camilla Reid
Lulu has lots of lovely clothes, but can you guess what her favourite outfit is? An interactive book with real zip, an apron to tie and a pocket to open. This book will help young children get a feel for dressing on their own!
My New Friend– Tom Easton – Sensitively written stories to provide reassurance and guidance to help children through unsettling times in their lives

Anifeiliaid Anwes/Pets

***Beth am gael Ci Bach?** – Bob Graham
***The New Puppy** – Anne Civardi

Baban Newydd/ New Baby

***Aren't You Lucky! –** Catherine and Laurence Anholt
When a new baby brother arrives, big sister didn't feel lucky at all. All he does is cry and he looks like a raspberry…but as the baby grew bigger, there were lots of ways in which a big sister could help.
***Babi Mei** – Michael Foreman
*Baby and Me – Emma Dodd
A lovely touch and feel board book about a big sister playing mummies and babies and helping with the real new baby.

***The Boss Baby** – Marla Frazee
A fantastically funny story about the demands made by a new baby, liking the new baby to a company boss setting up his new office right in the middle of the house!
Stori am sut mae Mei sy'n bedair oed, yn cael brawd bach newydd.
***Chwaer Rydwi i Eisiau – Tony Ross**
Mae'r Dysysoges Fach yn clywed fod babi newydd ar ei ffordd i'r palas. Ond y drwg ydi...dydi hi ddim yn hoff iawn o'r syniad o gael brawd bach.
Dealing our New Baby – Jane Lacey – In this series case studies combine with sensible, practical advice to help children find out what to do in difficult situations
***Henry Helps with the Baby** – Beth Bracken
Henry is a great helper. He even helps with the baby and be a good big brother!
***Hi New Baby!** – Robbie H. Harris
When you're the one used to being the baby in the family, it's not so simple…
I'm Still Important – Jen Green
***I Want a Sister!** – Tony Ross
In the Little Princess series, the little princess discovers she can't always get what she wants!
Max and Millie and the new Baby – Felicity Brooks
Everyone loves the new baby, but Millie's feeling a little left out.
***My New Baby** – Stella Gurney & Fiona Freund
A board book for younger children awaiting the birth of a new brother or sister.
My New Sibling – Tom Easton – Sensitively written stories to provide reassurance and guidance to help children through unsettling times in their lives
My New Sister – Rebecca Hunter
Bethan tells all about her new baby sister, Megan.
***Perfect** – Nicola Davies
A story which opens up the subject of disability and is about a boy who struggles to accept his new born sister, when she is not what he expected. 5+
***Silly Baby** - Marie-Louise Fitzpatrick
Beth has a new baby brother. He cries, he sleeps, he gets all the attention. Silly, silly baby! But grandma shows Beth that he is small and soft and can smile at his big sister - and Beth thinks that maybe he isn't so silly after all.
***Sophie and the New Baby** – Catherine and Laurence Anholt
One day, Sophie's mum tells her there's going to be a new baby in the family! But then the baby is born, and everything changes…Sophie feels that her brother takes all the attention.
***Will There Be a Lap for Me?** - Dorothy Corey - Kyle's special place is on Mother's lap, but Mother's lap is getting smaller as she is expecting a new baby. A reassuring story about the arrival of a new sibling that features black people as the main characters.
***There's Going to be a Baby** – John Burningham & Helen Oxenbury
Day by day, question by question, the baby's arrival comes closer and closer. A lovely story about a big brother waiting and wondering about the new arrival.
Y Babi Newydd /The New Baby – Anne Civardi
Cyflwyniad i'r profiad o aros am fabi newydd. An introduction to the experience of awaiting a new baby.

Colli Dant/Wobby Teeth

***Colli Dant** – Tony Ross – (Y Dywysoges Fach)
***I Want My Tooth** – Tony Ross (Little Princess)

***My Wobbly Tooth must not ever NEVER fall out** – Lauren Child
A Charlie and Lola story.
*** Wibble Wobbly My Loose Tooth** – Miriam Moss, Joanna Mockler.
William has a wobbly tooth, just what he always wanted.

Dwmi/Dummies

***I Want My Dummy** – Tony Ross (Little Princess)
*** No More Dummy for Piggy** – Bernette Ford, Sam Williams
A sweet and playful story about giving up a dummy.
***Y Dwmi Dwm Olaf Un** – Jill Murphy – Mae Maelon yn ceisio rhoi gorau i'w ddwmi.

Dod allan o Glytiau/ Potty Training

***Everybody Poos** – Taro Gomi
This children's book has a no-nonsense approach to the bodily function to encourage children not to be ashamed about potty training
***I Want My look strangers**
– Tony Ross (Little Princess)
***It's Potty Time** – Tracey Corderoy, Caroline Pedler
A soft-to-touch book were baby bear and his toy rabbit, learn to use their potties.
***On your Potty** – Virginia Miller
***Peek-a-poo : what's in your Nappy – Guido van Genechten**
You lift the flap to see what's happened in the nappy!
***Pip and Posy: The Little Puddle** – Axel Scheffler
Pip and Posy are having fun playing but Pip forgets he needs a wee and soon there is a puddle on the floor. Find out how the two friends overcome Pip's embarrassment in this tale about potty training.
***Poti Pedr y Mor-Leidr** –hyfforddiant poti i fechgyn
Darllena am Pedr y mor-leidr yn dysgu defnyddio'r poti a gwasga'r botwm sain i weiddi hwre!
***Poti'r Dywysoges Poli** –hyfforddiant poti i ferched
Darllena am y Dywysoges Poli yn dysgu defnyddio'r poti a gwasga'r botwm sain i weiddi hwre!
***Pirate Pete's Potty: potty training for boys**
Follow Pirate Pete on his potty training adventure and press the sound button to cheer him along!
***Princess Polly's Potty : potty training for girls**
Follow Princess Polly on her potty training adventure and press the sound button to cheer her along!
***Who's in the Loo?** – Jeanne Willis
***Who's On the Loo?** – Benoit Charlat
A novelty book that makes sounds when the loo is used!
***Zoo Poo –** Richard Morgan – We visit the zoo and see how animals and birds poo before seeing how toddlers poo on the loo! With tips for toilet training.

Dechrau Cylch Meithrin neu Ysgol, /Starting Playgroup or School

*** Boris Starts School** – Carrie Weston

It's Boris' first day at school, and he doesn't mean to be scary – he just wants to make friends.
***Come to School Too, Blue Kangaroo** – Emma Chichester Clark
When Lily starts at a new school she asks Blue Kangaroo to come too. Lily thinks Blue Kangaroo is worried about going, but secretly, he can't wait to explore and try new things.
***Diwrnod Cyntaf George yn yr Ysgol Feithrin (Cyfres Peppa Pinc)**
Mae Peppa a'i brawd bach George yn mynd i'r ysgol feithrin.
First Day at School – Join Fred Bear and Friends.
***Fy Niwrnod Cyntaf yn yr Ysgol Feithrin –** Becky Edwards
***Goat goes to Playgroup** – Julia Donaldson
There's a commotion in the classroom as Goat and the other animals spend the day at playgroup.
***George's First Day at Playgroup**
Peppa Pig and brother George are going to playgroup.
***Going to Playgroup** – Catherine and Laurence Anholt
***Lulu Loves Nursery** – Camilla Reid
Today is Lulu's first day at nursery and she's feeling really scared. But when she decides to be a little bit brave, she soon finds out how much fun nursery can be!
My First Day at School - Rebecca Hunter, Evans
First Times series. Roshaurn tells about his first day at school.
***Mynd i'r Ysgol** – Anne Civardi
***Owain yn mynd i'r ysgol** – Ian Whybrow
Mae Owain yn mynd i'r ysgol am y tro cyntaf, ac mae'n teimlo ychydig bach yn nerfus...
***See You later Mum!** – Jennifer Northway
William is excited about his first day at nursery
***Starting School** – Janet and Allan Ahlberg
Funny, sympathetic and realistic introduction to starting school.
***Starting School** – Roderick Hunt
Kipper is starting school. What will his first day be like?
Where's My Peg? – Jen Green

Hairdressers/Torri Gwallt

***Going to the Hairdresser** – Roderick Hunt
Kipper isn't sure about going to the hairdresser, so he takes Teddy with him and they both get a haircut!

Symud Tŷ/Moving House

But What If? A book about feeling worried – Sue Graves
Daisy is moving to a new house and a new school. She is worried. Can Grandpa help her feel less worried?
I Want That Room! – Jen Green
Amusing pictures and simple text to show the move to a new house in a positive and reassuring way.
***Moving House** – Anne Civardi
***Moving Day** – Jess Stockham

***Symud Tŷ** – Anne Civardi – profiadau newydd.

Teithio/Travel

***Going on a Plane** - Roderick Hunt/Alex Brychta
First experiences with Biff, Chip and Kipper.

TEULUOEDD /FAMILIES

***Aren't They Wonderful!** - Evelilne deJong,
A celebration of the many roles of fathers as breadwinners and carers.
***Different Just Like Me** – Lori Mitchell
April discovers something important – that people, like flowers, have different needs and come in many colours, shapes and sizes. But when you look past all these differences, you see just how similar they really are.
Do I Have a Daddy? : A Story About a Single-Parent Child – Jeanne Warren
***Mother Know Best** – Jill Murphy
Bradley wants to do all sorts of things but how can Mum convince him that mother knows best?!
***Mummy's Home!** - Christopher MacGregor and Emma Yarlett
A story about maternal separation to help children understand and finds ways to cope when their daddy goes away.
***My Dad Takes Care of Me** - Patricia Quinlan
A child no longer feels odd saying that his dad takes care of him. Shows mother as main breadwinner.
***My Daddy and Me**
The crucial role fathers play in their children's lives
***My Dad –** Anthony Browne
A celebration of dads.
***My Mum** – Anthony Browne
A celebration of mums.
My Dad Is... – Ali Ives
***My Daddy's Going Away**
A story about paternal separation to help children understand and finds ways to cope when their daddy goes away.
A book for children ready to read by themselves.
***My Little Brother** – Debi Gliori
Is little brother a little bother to his big sister?
***My Mum Goes to Work** – Kes Gray
Reassuring parent and child alike that all is well when a parent goes to work, this book deals with an issue that faces many working parents
My Sister, My Brother, My Mum, My Dad – Mary Auld, Watts
A celebration of families in all their variety.
***Small** – Jessica Meserve
A story about sibling rivalry, because it's not easy being a little sister who feels stuck in Big's shadow.
This is My Family – Pat Thomas
A first look at same sex parents for very young children.

Welcome to the Family – Mary Hoffman
Mums and dads, step-mum, foster parents, two dads or two mums – Find out about the many different ways of making a family in this book for all younger children.
***Wilfrid Gordon McDonald Partridge – Mem Fox -** There was once a small boy with a big name who lived next door to an old people's home. A look at different generations and a glimpse of what's it like to be old.
Who's in My Family? – Robie H. Harris
Join Nellie and Gus and their parents for a day at the zoo, where they see all kinds of families – both animal and human. Reassures young children that whoever is in their family, their families are perfectly normal and totally wonderful!

Gwahanu/Separation gweler hefyd/see also Ysgariad/Divorce

***A New Room for William** – Sally Grindley
Deals sensitively with marriage break up.
Ben's Story – Linda Wyon
A book for parents and children to share together before using a Child Contact Centre
I Don't Want to Talk About It – Jeanie Franz Ransom
A sensitive story from the child's perspective which tells about the time her parents told her they were getting divorced. 6+
***Living with Mum and Living with Dad** – Melanie Walsh
A book about separation for very young children.Simple text and colourful pictures.
***Mum and Dad Glue** – Kes Gray
A little boy searches for a pot of parent glue to stick his mum and dad's marriage back together. But he soon realises that even though his parents may be broken, their love for him is not.
Mum and Dad split Up – Elizabeth O'Loughlin
A book to initiate an open and honest discussion of the issues involved, and which encourages children to find their own way of coping with the trauma involved.
My Family's Changing: a first look at family break-up - Pat Thomas
This picture book explorers the issue of divorce in reassuringly simple terms.
My New Dad – Rebecca Hunter
A young boy tries to explain how he feels about getting a new dad, and his feelings towards his real dad in the middle of these changes.
***Two Nests** – Laurence Anholt
Two birds build a nest and have a little baby bird, but Betty and Paul start to squabble and decide that Paul should build another nest for himself. A sensitive story about family separation.
The Suitcase Kid – Jacqueline Wilson
A novel for older children about divorced parents.
What do we think about family break-up? - Jillian Powell
When My Parents Forgot how to be Friends – Jennifer Moore-Mallinos 5+
When Parents Separate – Pete Sanders
Where Has Daddy Gone? – Trudy Osman

Ysgariad/Divorce gweler hefyd/see also Gwahanu/Separation

Children Don't Divorce – Rosemary Stones
Dinosaurs Divorce: a guide for changing families – Laurene Krasny
Let's talk about Your Parents' Divorce – Elizabeth Weitzman

A sensitively written story that helps children in difficult situations to express their feelings)
How Do I Feel About My Parents Divorce - Julia Cole
The Suitcase Kid – Jacqueline Wilson
Dealing with My Parents Divorce – Jane Lacey – In this series case studies combine with sensible, practical advice to help children find out what to do in difficult situations

Llysdeuluoedd/Stepfamilies

How can I Deal with my Stepfamily? – Sally Hewitt
My Stepfamily – Julie Johnson
The Suitcase Kid – Jacqueline Wilson
A story about a girl struggling to fit into both her mother and her father's new families and constantly having to move between the two. 9+
Talking about Step Families – Sarah Levete
Dealing with My Stepfamily – Jane Lacey – In this series case studies combine with sensible, practical advice to help children find out what to do in difficult situations

Maethu/Fostering

Belonging doesn't mean forgetting – Sheila Byrne
Nathan is fostered and finally adopted.
Dennis Duckling – Barbara Orritt
Dennis Duckling is going to be looked after by a new family. Find out what happens when he moves into his new home.
Feeling Safe – Sheila Byrne
A girl has to into foster care following abuse in the home.
Fostering and Adoption – Sarah Levete
Explains why someone may be fostered or adopted and what happens.
Hoping for the Best – Sheila Byrne
Tells the story of an adoption that did not work out.
Living with a New Family – Sheila Byrne
Tells the story of a brother and sister being adopted.
Maybe Days – Jennifer Wilgocki, Magination Press
Addresses the questions, feelings and concerns foster children often face.
***Our Gracie Aunt** – Jacqueline Woodson
A picture book about a brother and sister who are taken to live at their aunt's house because their mother neglets them. Features Afro-American characters. (6-9)
Tia's Wishes - Helen Kahn
Pack intended for children who are waiting for new families.

Mabwysiadu/Adoption

***Babi Newydd Teulu Meysydd – Susan Bagnall**
Dyma stori ar odl ynghylch mabwysiadu. Daw bwni bach bywiog i fyw at Sion a Sian Meysydd. Mae'r llyfr yn cynnwys adran i helpu rhieni a phlant i drin a thrafod.
Belonging doesn't mean forgetting – Sheila Byrne
Nathan is fostered and finally adopted
Families are Different – Nina Pellegrini

Nico who is Korean and adopted, looks a lot like her sister, but nothing like her mum and dad. A look at the different make-up of families whether children are adopted or not.

***Our Twitchy – Kes Gray**

Twitchy the rabbit's parents have to tell him that he's been adopted.

Over the Moon: an adoption tale – Karen Katz

A long awaited baby girl is born, and the adoptive parents who have been dreaming of her fly far, far away to bring her home.

Tell Me Again about the Night I was born – Jamie Lee Curtis

A little girl asks her adoptive parents to tell her again the story of the night of her birth.

Carchar/Prison

Dad's in Prison - Sandra Cain & Margaret Speed

Mark and Simon are upset and confused when their dad is sent to prison.

Danny's Mum - Action for Prisoners' Families

This is a story about Danny whose mother is sent to prison. Guide age 5+

It's a tough time for everyone – Action for Prisoners' Families

A booklet in comic strip form for anyone who has a mum, dad or close family relative in prison.

My Dad is in Jail – Amber M. Ryan

This story sets out to normalize the feelings accompanied by the absence of a parent while either in prison or jail, and describes both the good and bad times that families face during this transition in their lives. American publication.

***The Night Dad Went to Jail** – Melissa Higgins

When someone you love goes to jail, you might feel lost and scared. No matter who your loved one is, this is a story to help you through tough times. American pubication.

Tommy's Dad - Action for Prisoners' Families

A story about a young boy and his sister whose father is sent to prison. Guide age 4-7 years.

***When Dad was Away** – Liz Weir

A gentle and sensitive story showing how one family comes though a difficult time of separation.

GOFALU AM EICH HUNAIN AC ERAILL/ CARING FOR YOURSELF AND OTHERS

Worries & Fears & Self-Esteem

***Alfie Gives a Hand** – Shirley Hughes

Alfie is delighted to be invited to Bernard's birthday party but is a bit nervous about going on his own. Join Alfie as he overcomes his shyness and becomes the most helpful guest at the party.

The Boy in the Dress – David Walliams

Dennis is like any other normal boy except he loves fashion and reading Vogue magazine. A funny novel about embracing people for who they are for readers 9+.

But What If? A book about feeling worried – Sue Graves
Daisy is moving to a new house and a new school. She is worried. Can Grandpa help her feel less worried?
***Casi a'r Soldiwr Sws – Marion Rose**
Mae Casi'n meddwl bod rhywbeth o dan ei gwely felly mae Taid yn gadael Soldiwr Sws bach dewr iddi i'w gwarchod trwy'r nos.
***Cheer up your Teddy Bear Emily Brown –** Cressida Cowell
Emily Brown's teddy bear certainly needs cheering up. How can she persuade bear to smile more?
***Fox Makes Friends** – Adam Relf
With a little help from Squirrel and rabbit, Fox discovers that making friends is easier than he thought.
***Frog is Frightened** – Max Velthuijs -Frog and his friends become frightened of noises they hear at night. Most of all, Hare is frightened and worried when he finds Frog's house empty and gets no answer at Pig's because the three friends are now fast asleep!
I Feel Frightened – Brian Moses & Mike Gordon
A picture book that examines different emotions in an amusing but reassuring way.
I Feel Sad – Brian Moses & Mike Gordon
A picture book that examines different emotions in an amusing but reassuring way.
*** I Can't Find you Mum**
Part of a series about difficult or frightening new experiences. Jessie and her mum have been shopping and all goes well until Jessie can't see mum anywhere.
***I Don't Like the Dark**
Part of a series about difficult or frightening new experiences. Kate is afraid of the dark, and is going to stay at her cousin Sophie's.
I'm Gonna Like Me – Jamie Lee Curtis
Shows children that the key to feeling good is liking yourself because you are you.
I'm Lonely– Brian Moses
For young children to examine a range of confusing emotions in a reassuring way.
I'm Shy – Karen Bryant-Mole
For young children to examine a range of confusing emotions in a reassuring way.
I'm Worried– Brian Moses
For young children to examine a range of confusing emotions in a reassuring way.
I Want Your Moo – Marcella Bakur-Weiner Toodles the Turkey doesn't like herself but everything changes when she saves the day by being herself. A story suitable for 6+
A story for children about self-esteem.
Leave Me Alone: A first look at shyness - Pat Thomas
This reassuring picture book explores the issue of shyness, describes what shyness feels like and explores simple steps that a child can take to overcome their feelings.
Loneliness and making friends – Sarah Levete
A book for children 6+ to deal with the ups and downs of relationships.
***Methu Cysgu Wyt Ti, Arth Bach?** – Martin Waddell -Mae Arth fach yn cael trafferth cysgu gan ei fod ofn y tywyllwch. All Arth Mawr ddod o hyd i olau digon mawr iddo tybed? Ar gael hefyd yn Saesneg – **Can't You Sleep Little Bear?**
Michael Rosen's Sad Book – Michael Rosen
What makes Michael Rosen sad is thinking about his son Eddie, who died. A picture book that is all about a personal response to being sad.
***Oliver** – Birgitta Sif

Oliver felt a bit different…A heartwarming tale about a little boy with a happy ending.
***Silly Billy** – Anthony Browne -Billy is a bit of a worrier. Luckily Grandma – with the help of special worry dolls - is on hand to help.
Sut wyt Ti'n Teimlo? – Gillian Liu -Mae bachgen bach yn son am y teimladau gwahanol mae'n dod ar eu traws yn ystod wythnos gyffrous iawn.
***The Bear Under the Stairs** – Helen Cooper -William is afraid of the dark, and the bear that lives under the stairs. A story that shows fears can be conquered. (Also available in Welsh)
***The Elephant Who Was Scared** – Rachel Elliot
When Little Elephant can't find his mummy, the jungle seems a scary place. Among the spooky noises and dark shapes, he meets a lost leopard cub. How will the frightened pair find their way home?
***The Huge Bag of Worries** – Virginia Ironside - Wherever Jenny goes, her worries follow her – in a big blue bag! Jenny decides they will have to go, but who will help her. Large format book.
***The Saddest King** – Chris Wormell - One day in a country where everybody is always happy, a small boy breaks the law and cries. Can he convince the King that it's okay to be sad sometimes?
***Noodle Head** – Giles Andrea – In this hilarious battle of silly names, two cheeky friends discover that sometimes life is more fun…..when you share
Starving the Anxiety Gremlin – Kate Collins-Donnelly
A cognitive behavioural therapy workbook on anxiety management for children aged 5-9 years/
Teimlo'n Swil ,Teimlo'n Brydreus – Sally Hewitt
Cyfres yn sôn am sefyllfaoedd a phrofiadau chyfarwydd i blant.
***Thank Goodness for Bob** – Matthew Morgan
Max worried a lot. Thank goodness for Bob the dog, who shows Max that the best way to deal with worries is to share them with a friend.4+
***The Tunnel** – Anthony Browne -A sister and brother argue all the time, but one day, something happens, and the sister must overcome her fear of the dark to save her brother.
***Too Shy for Show and Tell – Beth Bracken**
Sam the giraffe is shy and quiet. This story show how he overcame his fear of talking in front of the class.
What to Do When you Worry Too Much – Dawn Huebner
Guides children and parents through cognitive-behavioural techniques most often used in the treatment of anxiety.
Whisper – Ruby C. Waddell
A story written for very young children, and aimed at parents and guardians to raise awareness about allowing children to be open with their thoughts and not keep secrets. In the story, Gemini has a secret. Not knowing what to do, she keeps this secret from everyone. The story shows the consequences of Gemini's actions and the effect this has on her. The nature of the secret is not mentioned, to allow children to relate to it and their own experiences.
***Willy and the Cloud** – Anthony Browne
How can Willy the Chimp get away from the cloud that follws him everywhere? There is only one thing to do, Willy will have to stand up to it. An insightful exploration of anxiety, emotions and facing your fears, told in an engaging, accessible style. 4+

Yr Arth yn y Cwtsh dan Stâr – Helen Cooper -Mae ar Wiliam ofn y tywyllwch, a'r arth sy'n byw yn y cwtsh dan stâr. Stori sy'n dangos y gall ofnau gael eu concro. (Ar gael hefyd yn Saesneg)

Worries & Fears around Animals

***Don't Lick the Dog: Making friends with dogs** – Wendy Wahman
A picture book aimed at young children to understand how best to safely interact with dogs.
May I Pet your Dog? – Stephanie Calmenson
In this book, a daschund named Harry shows you how best to meet a dog and make friends with emphasis on keeping safe.

Feelings & Behaviours

***Angry Arthur** – Hiawyn Oram
A depiction of the deep frustrated rage every child feels from time to time.
***Arth Bach Drwg** – John Richardson
Mae Arth Bach wedi deffro mewn tymer ddrwg. Stori am fod yn flin, a'r teimladau sy'n gysylltiedig a hynny.
***Bwni Bach yn Mynd i'r Ysgol** – Harry Horse – Cawn glywed sut mae Bwni bach yn dysgu bod rhannu ac ymddwyn yn dda yn ei wneud yn llawer hapusach yn y pen draw.
Everybody Feels Angry – Moira Butterfield – The Everybody Feels…series gives children an introduction to their feelings, helping them to cope with new emotions and experiences
Everybody Feels Happy – Moira Butterfield – The Everybody Feels…series gives children an introduction to their feelings, helping them to cope with new emotions and experiences
Everybody Feels Sad – Moira Butterfield – The Everybody Feels…series gives children an introduction to their feelings, helping them to cope with new emotions and experiences
Everybody Feels Scared – Moira Butterfield – The Everybody Feels…series gives children an introduction to their feelings, helping them to cope with new emotions and experiences
Feeling Afraid – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!

Feeling Embarrased – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Excited – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Happy – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Jealous - Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Lonely – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Mad – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Sad – Kirsty Holmes – Somewhere, some time ago, the AGENTS of F.E.E.L.S were formed. Workink together to feel every emotion like Superheroes, our helpful heroes are here to assist YOU!
Feeling Shy – Kay Barnham – The Feelings and Emotion series of books helps children to understand and deal with their feelings in a reassuring way
Feeling Worried – Kay Barnham – The Feelings and Emotion series of books helps children to understand and deal with their feelings in a reassuring way
Good Manners Series (4-6) Thank You! , I'm Sorry! Janine Amos -
A series that shows children how to be kind and considerate to other people
The Great Big Book of Feelings – Mary Hoffman
Explore lots of different feelings with this book, including how to talk about feelings and how to help yourself feel better. 5+
Have you Got a Secret? – Jennifer Moore-Mallinos
Secrets can be fun to keep, but if you have a secret that doesn't make you feel right, a secret that makes you sad or scared, that's when you need to talk about it.
***Hippo Owns Up: a book about telling the Truth –** Sue Graves
Hippo is having a bad da. He misses breakfast and ends up eating the most delicious cake in the school kitchen. But will he let someone else be blamed for eating it? With lively, colourful illustrations, this story gives children the opportunity to explore telling the truth.
How Do I Feel About Being Angry - Julie Johnson
A book for children aged 6+ dealing with the confusing and upsetting feelings anger can cause.
How Do You Feel? – Anthony Browne
Explore and understand feelings in this simple book for young children.
I Don't Care! Learning about Respect , I'll Do It! Taking Responsibility, It Wasn't Me! Learning about Honesty, Excuse Me: Learning about Politeness–
Brian Moses - A series aimed at everyday situations for young children that deal with behaviour.
I Feel Angry – Brian Moses & Mike Gordon
A picture book that examines different emotions in an amusing but reassuring way.
I Hate Everything! – A book about feeling angry – Sue Graves

Sam is having a bad day and nothing is going right. This book introduces very young children to the concept of dealing with anger.

I'm Telling the Truth – Pat Thomas, Picture book aimed at young children.

*** I'm The Best –** Lucy Cousins

Dog loves his friends, but he's also a bit of a show off. His friends decide to teach him a lesson by showing him all the things they are best at.

***It was you Blue Kangaroo** – Emma Chichester Clark

Lily and Blue Kangaroo are inseparable. Wherever Lily goes, Blue Kangaroo goes too. But Lily is not always fair and blames Blue Kangaroo when she is naughty. One day, Lily is very bad indeed and Blue Kangaroo is taken away until he learns to behave...

***Look What I've Got** – Anthony Browne

Jeremy seems to have everything, but he won't share anything with Sam. Could it be, though, that Sam is in possession of something far more valuable?

Mae'n Iawn Bod yn Wahanol – Todd Parr

Mae'n iawn bod yn wahanol. Beth sy'n wahanol amdanat TI? Mae'n iawn colli dant neu dri...Mae'n iawn gofyn am help...mae'n iawn dod yn olaf...Ti yw Ti.

No Hitting Henry – Lisa Regan

Like all children, Henry sometimes gets angry when things don't go his way, and sometimes he hirts too. He has lots of choices to make – but which are the GENTLE ones?

Starving the Anger Gremlin – Kate Collins-Donnelly

A cognitive behavioural therapy workbook on anger management for young people.

Teimlo'n Gengfigennus – Sally Hewitt

Cyfres yn sôn am sefyllfaoedd a phrofiadau chyfarwydd i blant.

Telling the Truth, Feeling Angry, Feeling Scared , Being Friends, –Althea- A series of books aimed at children of 7+ that explore, in a simple and accessible way, a wide range of feelings, and in which children talk about how they cope with difficult emotions and situations.

***The Tiger Who Was Angry** – Rachel Elliot

The Jungle Race is a serious event for Tiger. When the other animals don't train properly, he shouts at them. Rhino soon falls behind in the race, but will Tiger overcome his anger to help his best friend?

There's a Boy in the Girls' Bathroom – Louis Sachar

Bradley Chalkers is the only boy in the class who has never been given a gold star. He doesn't do his homework, tells lies and is rude to everybody until a new school counsellor appreciates Bradley and gives him the confidence to change. 9+

Today I Feel Silly & other moods that make my day – Jamie Lee Curtis

Helps children explore and identify ever changing moods.

The Bad Good Manners Book – Babette Cole -A funny picture book about good behaviour, and a small lesson on the importance of trying your best! Suitable for 10+

The Polar Bear Son: an Inuit Tale – Lydia Dabcovich -An old woman rescues a polar bear cub and saves him again when the villagers threaten to harm him. A story about friendship.

***The Truth according to Arthur** – Tim Hopgood

Today Arthur did something wrong and he knows his Mum will ask him about it. Will he tell the truth? Or will he try to cover it up? What would you do? A book about lying and how telling the truth is sometimes the best thing to do.4+

***Two Monsters** – David McKee -A fable about the silliness of arguing.

Weithiau dwi'n teimlo'n Heulog – Gillian Shields

Ymunwch gyda phedwar ffrind hoffus wrth iddyn nhw rannu teimladau sy'n lliwio bywyd pob plentyn – hapus, digalon, dewr neu bach!
What to do when your Anger Flares – Dawn Huebner
A children's guide to overcoming problems with anger aimed at 8+. Uses CBT techniques.
You're Special Too – Alexandra Parsons -Aimed at children of 7+ and looks at what we do and how it affects people and places around us. It deals with issues of responsibility and behaviour towards others.
My Mixed Emotions – Learn to love your feelings

Bullying/Bwlio

Avenger – Pete Johnson
Gareth's world falls apart when new boy Jake turns the whole class against him. A story about friendship, revenge and forgiveness. 8+
Bullies, Bigmouths and so-called friends – Jenny Alexander
This book will show you how to build up your own defences against bullying. A book for the top primary/lower secondary age-group.
Bullies, Cyberbullies and Frenemies – Michele Eliot
A Teen Life Confidential guide on dealing with all sorts of bullying. There are tips on how to assert yourself and develop your self-esteem.
A Bully Picked on Me – Elizabeth O'Loughlin
A picture book to initiate an open and honest discussion of the issues involved, and which encourages children to find their own way of coping with the trauma involved.
Bully Blocking – Evelyn M. Field
A guide for adults containing sections on understanding why bullying happens, and a section containing practical advice for parents and schools to support those who are being bullied.
***Betsan a'r Bwlis** – Jac Jones
Mae Betsan yn dysgu sefyll i fyny tros hi ei hun.
Blue Cheese Breath and Stinky Feet – Catherine DePino
A short chapter book suitable for children 7+ about a boy who gets bullied at school. He is relieved when he tells his parents, and they all come up with a plan to deal with the bullies.
Bullying – Pete Sanders
Topic book for children.
Cookie – Jacqueline Wilson
Beauty thinks her name is silly. The girls at school call her Ugly, and she and her mother live in fear of her short-tempered and violent father. When her birthday party goes wrong, Beauty and her mum leave home, but where can they go and how will they cope on their own? 8+
Don't Pick On Me – Rosemary Stones
Clear advice for children and their parents on why bullying happens and how to handle it.
Giraffe is Left Out: a book about Feeling Bullied – Sue Graves
Giraffe isn't happy. He hasn't been invited to Leopard's birthday party, but Giraffe also knows he hasn't been very friendly to him at school. With lively illustrations, this story gives children the opportunity to explore feelings and behaviours.
Help! I'm being bullied – Dr Emily Lovegrove

A book for parents and carers
Hen Fwli Mawr – Toni Goffe - Llyfr sy'n esbonio bwlio, pam eich bod yn bwlio a sut i ddelio gyda bwlis.
I Feel Bullied – Jen Green
An introduction to the subject of bullying for young children.
***Is it Because?** – Tony Ross
A story about what bullying means
*** It's Always Me They're After** – Ann De Bode, Rein Broere
A picture-book story about Peter, a boy bullied at his new school. The story tells of how the bullying starts and stops, and how a friendship develops between Peter and the bully.
***Leave Me Alone** – Kes Gray
A young boy struggles to stand up to his bully until his friends show him that eight loud voices are stronger than one!
***Paid Bod Mor Gas, Bwni Mawr –** Steve Smallman – Hanes pedair cwningen fach yn cael eu bwlio gan y Bwni Mawr cas, a sut y maent yn ei drechu yn y diwedd.
Stop Picking On Me – Pat Thomas
Talking about Bullying – Nicola Edwards
Information and discussion book.
70 ways to Bully Proof yourself – Jenny Alexander

Racism/Hiliaeth

Dealing with Racism - Jen Green, Watts
The Skin I'm In – Pat Thomas
A first look at racism.

TYFU AC ADDYSG RHYW/GROWING UP AND SEX EDUCATION

***Baby on Board – Kes Gray**
There's a baby growing inside Mum's tum. At one month he's just a blob. Watch him grow as the pages grow too! A picture book about preparing for the arrival of a new brother or sister for children 3+.
The Boys' Body Book – Kelli Dunham
Growing up isn't as easy as it looks. This book is here to help with topics such as body changes, changing emotions, friends and family.
***The Bump** – Mij Kelly & Nicholas Allan
A story in rhyme about mum when she found out that she was expecting a baby and what happened next. An introduction to the 9 months before birth for young children.
Everything you ever wanted to ask about Willies and other boys' bits – Tricia Kreitman
A clear and approachable guide for boys.
The Girls' Body Book – Kelli Dunham
Growing up can be exciting and scary but this book is here to help. All about body changes, school, friends and mean girls!
Girls Only! – Vic Parker
Everything you need to know about periods and other growing-up stuff.
Going Up! – the no-worries guide to secondary school – Jenny Alexander

Covers making new friends, getting on with the older kids and staying on top of homework.

Growing up for Girls – Felicity Brooks
The essential guide to help you through your teens – from exams to healthy eating, mood swings to STIs..

Have you Started Yet? – Ruth Thomson
This book explains exactly what periods are, why they happen and how they will affect you.

Hair in Funny Places – Babette Cole
A picture book format for older children about Mr and Mrs Hormone and what growing up means in body changes for girls and boys.

Hair, There and Everywhere – Jacqui Bailey
Answers all those awkward questions about the changes that happen to you and your body during puberty.

Hello Baby – Jenni Overend
A picture book about a family that awaits the home birth of their new baby brother.

How are Babies Made? – Alastair Smith
A simple lift the flap book that tells you how babies are made and how they grow. 5+

How Did I Begin? – Mick Manning
A warm friendly introduction to the facts of life for young children. 6+

Let's Talk about Sex – Robie H. Harris
A book that tells pre-teens and teenagers what they need to know about sex and growing up. Contains informative, responsible and accessible text.

Let's Talk about Where Babies Come From – Robie H. Harris
Comprehensive text that answers the many questions most children have about babies, bodies, love, sex, reproduction and families.

Made with Love; how babies are made – Kate Petty
A straighforward explanation for young children about how babies are made, based on questions and answers.

Mae Gen i Gyfrinach – Annie Kubler -Llyfr i blant ar ble y daw babis.

Me, Myself and I – Louise Spilsbury
All about sex and puberty for tenagers.

My Birth – Caryn Jenner
Simple but explicit information about the facts of life for children aged 7+.

My Mum's Having a Baby – Dori Hillestad Butler

My New Baby! – Stella Gurney
A board book that reflects real life. Meet Jack and his new baby and let's talk about how you and your child are feeling about yours.

Our New Baby Inside! – Mick Manning
This engaging book uses half-page flaps to reveal how a baby grows inside it's mother's tummy. Prefect to share with young children.

Periods – Charlotte Owen -What everyone needs to know about this important stage in a girl's life. Recommended by Brook Advisory Centres, and contains a short chapter on adolescence and sex.

Sex – Anita Naik -Periods and puberty, crushes and contraception, health and harassment. A straightforward and direct information book for both girls and boys.

Talking Together – **about sex and relationships -** Lesley Kerr-Edwards & Lorna Scott
A practical resource for schools and parents working with young people with learning disabilities.

Talking Together – about growing up - Lesley Kerr-Edwards & Lorna Scott
A practical resource for schools and parents working with young people with learning disabilities. CD included.
***The Best, Best Baby!** – Georgie Birkett
A big sister learns that although her baby brother can be very annoying, he's still the best, best baby that a sister ever had! A picture book that strikes the right balance between naught humour, sibling rivalry and affection.
***There's a House Inside My Mummy** – Giles Andreae
We're Going To Have a Baby - Dominique De Saint Mars & Serge Block
Instructive book which tells in comic strip form, the story of a family which is expecting a baby.
What's Happening to Ellie? – Kate E. Reynolds
A book about puberty for girls and young women with autism and related conditions.
What's Happening to Me? (Girls) & What's Happening to Me? (Boys) – Susan Meredith
A non-fiction book that describes exactly what will happen to your body during puberty in a straightforward, easy to understand way.
Relationships Whiz – growing up is complicated! Get all the facts and figures that go along with your interests and hobbies.
What's In There? – Robie H. Harris
All about before you were born. Suitable for children 6+.
Where Willy Went – Nicholas Allan
Willy was a little sperm. Find out what happens in the Great Swimming Race! A funny story about the facts of life.
Who has What? – Robie H. Harris
All about girls' bodies and boys' bodies for younger children.
Wŷ Mam – Babette Cole
Llyfr doniol gyda chartwns yn dangos sut mae babis yn cael eu cenhedlu a'u geni.

RHYWIOLDEB/SEXUALITY

Can I Tell you about Gender Diversity? – C J Atkinson
A guide for friends, family and professionals. Meet Kit, a 12 year old undergoing medical transition as he talks about gender and the different ways it can be explored.
This Book is Gay – James Dawson
This Is a Book For Parents of Gay Kids – Dannielle Owens
Hero – Perry Moore
A novel for teenagers about struggling to belong
The Art of Being Normal – Lisa Williamson
David wants to be a girl. And Leo wants to be invisible. A novel about two boys and two secrets.
***Frockodile** – Jeanne Willis – Cliff loves his new outfit – Heels, Pearls and a Sparkly Dress! But what will his motorbike-riding, leather –jacket-wearing dad think of him?

BYWYD A MARWOLAETH/LIFE AND DEATH

Galar/Bereavement

***Always and Forever – Alan Durant**
In their hearts and their memories and their laughter, Fox was still there, always and forever. A moving story that explains death gently.
A Star For Bobby – Helen Keenor, Bosun
A book for pre-school children about losing a sibling, told through a story about a young baby bird that is born poorly and dies.
***A Story For Hippo –** Simon Puttock & Alison Bartlett
When Hippo dies, monkey is sad. A picture book.
***Badger's Parting Gifts** – Susan Varley
All the woodland animals remember their friend Badger who has passed away.
Beginning and Endings with Lifetimes in Between – Bryan Mellonie & Robert Ingpen, Belitha
A moving picture book with a simple message
***Come Back, Grandma** – Sue Limb
A small girl tries to come to terms with the death of her grandmother. Picture book format.
***Ffred** – Posy Simmonds
Mae Ffred, cath anwes Ceri a Huw wedi marw. Er eu bod yn drist, maent yn dod i wybod sut un oedd Ffred mewn gwirionedd, ac yn sylweddoli bod yr atgofion sydd ganddynt amdano yn hapus.(Ar gael hefyd yn Saesneg)
***Fred** – Posy Simmonds
Fred, Sophie and Nick's pet cat has died. Even though they are sad, they come to discover Fred had been living a double life, and memories they have of him are happy ones. (Also available in Welsh)
Goodbye Grandma – Melanie Walsh
When my mum told me that my grandma had died, I didn't know what she meant. She helped me understand and now I know how I can remember Grandma. For very young children.
***Grandma and Grandpa's Garden** – Neil Griffiths
Grandma passes away but the garden is a lovely reminder of her.
***Grandpa** – John Burningham
A picture book about a special bond between a little girl and her grandpa
***The Heart and the Bottle –** Oliver Jeffers
A moving tale about love and loss and a little girl who places her heart in a bottle to keep it in a safe place. A story about grief and acceptance and letting go.
Helping children Cope with the Loss of a Loved One – William Kroen
Advice aimed at grown-ups.
***Het Gynnes Tad-Cu** – Malachy Doyle
Stori am berthynas bachgen bach a'i daid a sut mae gwisgo het tad-cu yn ei atgoffa am yr holl amseroedd da gafodd y ddau gyda'i gilydd.
How Do I Deal with: When People Die – Sally Hewitt
Ice Lolly – Jean Ure
When Laurel's mum dies, she has to go and live with Uncle Mark and Auntie Ellen and her cousins. Laurel feels desperately out of place in her new home, so she freezes, like an ice lolly, so that no one will know how she's feeling. A novel for .9+
I Miss You: a first look at death – Pat Thomas
I Wish I Could Hold your hand – Dr Pat Palmer
Helps grieving children identify their feelings.
Let's talk about Death and Dying – P. Sanders

***Luna's Red Hat** – Emmi Smid
Luna's mum died one year ago and she still finds it difficult to understand why, and feels in some way, responsible. This storybook is designed to be read with children aged 6+ who have experienced the loss of a loved one by suicide. It includes a guide for parents and professionals.
Michael Rosen's Sad Book – Michael Rosen
What makes Michael Rosen sad is thinking about his son Eddie, who died. A picture book that is all about a personal response to being sad.
***Missing Mummy –** Rebecca Cobb
A book about bereavement for very young children.
Old Pig – Margaret Wild – A tender story about living, loving and letting go
Remembering …
A keepsake book for children to create to remember a special person. Contains a Remembering notes leaflet by Child Bereavement UK.
Remembering Mum – Ginny Perkins & Leon Morris
Sam and Eddy's mum died a year ago.
Remembering My Brother – Ginny Perkins
Greg's older brother Chris has died.
Sad isn't Bad – Michaelene Mundy
Saying Goodbye to a Brother or Sister – Nicola Edwards
This series aims to help children understand and manage the facts and feelings surrounding bereavement.
Saying Goodbye to a Grandparent – Nicola Edwards
Saying Goodbye to a Parent – Nicola Edwards
***Saying Goodbye to Hare** – Carol Lee
As young rabbit witnesses the life, illness, and death of his dear friend Hare, the story explores some of the feelings and questions children have at this time.5+
***The Fix-It Man –** Dimity Powell
The Fix-It Man is a poignant picture book that explores how a child can cope with the loss of a parent (in this case, the young girl's mother). Repairing damaged emotions is not as straightforward as gluing a broken kite back together or sewing up a torn toy. And grief affects all members of a family, with each responding in their own way to the loss. By sticking with her father, the young girl is able to strengthen her resilience and ability to cope with one of life's harshest experiences. The author was encouraged to seek publication for this story after receiving the endorsement of several grief counsellors who work with children and who recognised the need for a book such as this.
***The Memory Tree** – Britta Teckentrup
Fox had lived a long and happy life, but now he was tired. He looked at his beloved forest for one last time, closed his eyes and fell asleep forever. A celebration of life and the memories that live on when a loved one dies.
***The Scar** – Charlotte Moundlic
When mum dies, the little boy in this book knows she's never going to come back. How can he make sure he always remembers her?
The Truth about Leo – David Yelland
Leo's dad has changed. Since mum died, his drinking is worse and now he's a different person; someone Leo doesn't recognize. A novel for 11+
What Do You Know About Death and Dying – Pete Sanders & Steve Myers
Each topic in this series is explored from a personal and social perspective
What Does Dead Mean? – Caroline Jay and Jenni Thomas

A book which tries to explain the many and varied questions a child may have on death and dying. 4+

What on earth do you do when someone dies? – Trevor Romain
Advice and comfort for children

What's happening -Death – Karen Bryant-Mole

When Dinosaurs Die: a guide to understanding Death – Laurie Krasny Brown
A comprehensive and sensitive guide for families dealing with the loss of loved ones, illustrated through dinosaur family characters.

When Uncle Bob Died – Althea
Uncle Bob wasn't old when he died but was ill. A starting point for discussing death

When People Die – James Lacey – Read Lola's story, and those of other children who have lost a friend or member of their family.

***Y Goeden Gofio – Britta Teckentrup**
Roedd Cadno wedi byw bywyd hir a hapus, ond roedd wedi blino erbyn hyn. Edrychodd ar ei goedwig annwyl am y tro olaf, a syrthio i gysgu am byth. Stori sy'n dathlu bywyd a'r atgofion sy'n parhau o golli rhywun annwyl.

Galar/Bereavement – Professional

A Child's Grief: Winston's Wish
A booklet to support a child when someone in their family has died.

After a Murder: A workbook for grieving kids
US Publication. Deals with children bereaved by a violent event.

Supporting Bereaved Children and Families – Cruse-Bereavement Care
A guide for parents and carers.

Caring for Bereaved Children - Cruse-Bereavement Care
A leaflet produced to help all who care for bereaved children

Good Grief ; exploring feelings, loss and death with under 11's
A teaching materials pack for educators and other professionals, which is of particular relevance to schools.

Helping Children Cope With Grief – Rosemary Wells
A book for everyone who is concerned about helping a child cope with grief.

Hope Beyond the Headlines: Winston's Wish
A booklet to support a child bereaved through murder or manslaughter.

Saying Goodbye: Helping families deal with pre and post-bereavement – Clare Selley
Offers in-depth advice and guidance for adults about how to help children and young people deal with an expected death in the family.

Someone has Died Suddenly
This book has a very simple goal – to help children recover from their grief following a sudden death of a loved one. Contains a guide for parents, carers and professionals to using the book.

Supporting Children through Grief and Loss – Anna Jacobs
Advice and helpful suggestions for schools and carers helping children through bereavement and loss.

Talking about Death and Bereavement in School – Ann Chadwick
Simple but important advice and guidance for school teachers and staff on what to do when a child is grieving.

Galar/Bereavement – marwolaeth anifail anwes/ death of a pet

Let's Talk About When Your Pet Dies – Marianne Johnston

I Miss My Pet – Pat Thomas
A first look at the death of a pet for very young children.

***I'll Always Love You –** Hans Wilhelm
A simple picture book about a boy and the loss of his dog.

***Goodbye Mousie** – Robie H. Harris
A little boy is told that his pet mouse has died.

***Goodbye Max** – Holly Keller
Max was Ben's dog but he was old, and one day he died.

***Missing Jack** – Rebecca Elliott
Toby's Cat, Jack, is the best ever. But Jack is getting old…Then Toby meets a crazy cat called Humphrey. A picture book about elderly cats, young cats, companionship, and overcoming grief.

***That Dog!** – Nanette Newman
That dog is called Barney and nothing could ever replace thet dog. But, as reluctant as he is, Ben discovers that there is room in his heart for two special dogs.