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oddi wrth Gwasanaeth Llyfrgell Gwynedd

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

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Ionawr – January 2022

* - llyfrau stori a llun/picture books

PROFIADAU CYNTAF | FIRST EXPERIENCES

There's A House Inside My Mummy Board - Giles Andreae

A funny and tender board book story about waiting for a new brother or sister to arrive.

Y Monstyr Bach – Lee Carr

Mae Rhys eisiau chwarae efo mam ond yn gyntaf, rhaid i'w chwaer fach, Meg, fynd i gysgu. Ond dyw Meg ddim eisiau cysgu. Mae hi'n tynnu gwallt Rhys, yn taflu ei theganau ac yna mae blew yn tyfu drosti! Y monstyr bach!

***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.

***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.

***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 Want a Sister! – Tony Ross**

In the Little Princess series, the little princess discovers she can't always get what she wants!

***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.

***My Wobbly Tooth Must Not Ever NEVER Fall Out – Lauren Child**

It's Lola's first ever wobbly tooth and she's determined to hang on to it – until she finds out about the tooth fairy!

* **Wibble Wobbly My Loose Tooth** – Miriam Moss, Joanna Mockler.
William has a wobbly tooth, just what he always wanted.

* **Llew a'r Dant Coll – Anni Llŷn**

Mae Llew wedi colli dant ac mae e a Cyw, Jangl, Bolgi, Plwmp a Deryn i gyd yn aros yn eiddgar am y dylwythen deg drwy'r nos

* **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

* **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!

Watcyn y Wombat: Amser Poti – Eva Papoušková (also available in English as George the Wombat)

Llyfr doniol â lluniau tyner, sy'n helpu i gyflwyno hyfforddiant poti i blant ifanc trwy gymeriad Watcyn the Wombat. *A tender, humorous picture book helping to introduce potty training to young children through the character of George the Wombat*

Mynd i'r Ysgol– Anne Civardi (also available in English as Going to School)

Mae'r gyfres hon yn cyflwyno plant i sefyllfaoedd newydd mewn ffordd ddiddorol a chyfeillgar. *A series which presents new situations to young children in a friendly way.*

* **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.

***Gafr Yn Mynd I'r Cylch Meithrin / Goat Goes to Playgroup - Julia Donaldson (dwyieithog/bilingual)**

Daw'r ffrindiau i'r Cylch Meithrin ac mae hi'n amser hwyl a chwerthin. *There's a commotion as Goat and the other animals go to playgroup.*

***Diwrnod Cyntaf George yn yr Ysgol Feithrin (Cyfres Peppa Pinc)**

Mae Peppa a'i brawd bach George yn mynd i'r ysgol feithrin.

***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. Roshaurh tells about his first day at school.

***See You later Mum! – Jennifer Northway**

William is excited about his first day at nursery

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.

I Want My Dummy – Tony Ross

Wherever the King, Queen and palace staff hide the princess' dummy, she always finds it, even in the strangest of places. Will she ever give it up?

Gwydion A'r Sioe Gwrthod Mynd i'r Gwely – Mark Sperring (also available in English as Max and the Won't Go to Bed Show) . Edwards

Stori am fachgen bach sy'n gwneud popeth posib i osgoi mynd i'w gwely.

FI YW FI | I AM ME

Mae'n lawn Bod yn Wahanol / It's Okay to Be Different – Todd Parr (dwyieithog/bilingual)

Dyma lyfr sy'n dathlu gwahaniaethau rhwng un plentyn a'r llall. Mae'n ein dysgu i dderbyn pawb fel y maen nhw a meithrin hunan-hyder. *It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format.*

Arbennig – Jessica Dunrod (also available in English as Outstanding)

Gelli di wneud unrhyw beth rwyf ti'n rhoi dy fryd arno – rwyf ti'n glyfar, yn ddewr ac yn gryf! Llyfr i rymuso'r genhedlaeth nesaf o arweinwyr benywaidd y byd. Why can't your daughter aspire to be an engineer or a judge? A range of dual language versions to support language learning and multilingualism from a younger age.

Dy Wallt yw Dy Goron – Jessica Dunrod (also available in English as Your Hair is Your Crown)

Mae Hope yn dysgu bod pethau hudol yn digwydd pan fydd ei gwallt Affro hyfryd yn mynd yn wlyb ac yn gollwng ei gyrlau. *Hope discovers that magical things happen when her beautiful Afro hair gets wet and her curls are unleashed.*

Frockodile – Jeanne Willis

Cliff the croc wants to wear a dress - but will his father approve? A funny story about inclusion.

Drwy fy Llygaid I – Jon Roberts (also available in English as Through the Eyes of Me)

Croeso i fyd Kya. Bydd y disgrifiad tyner hwn o fyd Kya yn bedair oed yn helpu pawb i ddeall awtistiaeth yn well. *An insight to the world of a child with autism. Readers will meet 4-year-old Kya who loves to run, read, look at and rip up stickers.*

This Is Me! I am who I'm meant to be! – Amy Pflueger

A book about a boy called Abel who is autistic. A great introduction to children and the wider family to understand ASD and why autistic children do some of the things they do.

Different- A Great Thing to Be! – Heather Avis

Macy is a girl who's a lot like you and me, but she's also quite different, which is a great thing to be. Macy, who has Down's, finds her place in the world, bringing beauty and laughter wherever she goes.

Gyda'n Gilydd / Together We Can – Caryl Hart (dwyieithog/bilingual)

Mae'r stori hon yn dathlu amrywiaeth a chynhwysedd, tra'n tanlinellu pa mor bwysig yw undod yn y byd. *This book celebrates diversity and inclusivity throughout, and highlights how important togetherness is in our world.*

Aspergers

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.

***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

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 aim 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 their 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.

Anabledd | Disability

*** Ringo the Flamingo** – Neil Griffiths

Picture book about Ringo who was born unable to fly but still turns out to be a hero.

***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.

Edrychwch Beth Fedra i Wneud! - Jon Roberts (also available in English as See What I Can Do!)

Mae pob plentyn yn wahanol. Mae gan rai wahaniaethau y gallwch eu gweld, ac mae gan eraill wahaniaethau nad ydyn nhw mor amlwg efallai. *Every child is different. Some differences are visible while others are not as evident. A variety of conditions, including autism, dyslexia, dyspraxia, dyscalculia, ADHD, Down's Syndrome, cystic fibrosis, muscular dystrophy, cerebral palsy, spina bifida, epilepsy and asthma are introduced for young readers.*

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 Auntie 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+

Nam Golwg | Visual Impairment

*** 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.

***Peppa's First Glasses**

Peppa is sure she needs glasses, just like her friend Pedro 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.

Hunan-Werth | 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.

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+

Loneliness and making friends – Sarah Leveté

A book for children 6+ to deal with the ups and downs of relationships.

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.

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.

Ofnau, Teimladau a Chadw'n Ddiogel | Worries, Feelings and Staying Safe

***The Huge Bag of Worries – Virginia Ironside**

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A reassuring book for dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

***Paid â Phoeni/Don't Worry, Hugless Douglas – David Melling (dwyieithog/bilingual)**

Mae gan Douglas broblem fawr, ond mae o'n gwybod ei fod yn gallu dibynnu ar Dad. Llyfr gwych sy'n annog plant i beidio â phoeni – mae damweiniau yn digwydd weithiau! *Where do you go with a BIG worry? A great story to encourage your children not to worry and to teach them that accidents do happen.*

***I Can't Find You Mum – Ann de Bode**

Whilst out shopping, Jessie decides to hide from her mum as she looks at yet more clothes. But when Jessie leaves her hiding space, there's no sign of Mum! What is the best thing to do in this situation?

***Chicken Clicking – Jeanne Willis**

One night, Chick hopped into the farmer's house to browse the internet on his computer. She just can't stop clicking! And then she meets a 'friend' online and goes to meet him (without telling Mum or Dad) but this 'friend' turns out to be a fox with hungry intentions! A book with an important lesson about online safety for children.

***Pryder Glain – Tom Perciva (also available in English as Ruby's Worry)**

Roedd Glain yn ferch hapus erioed, nes iddi un diwrnod ddarganfod Pryder. I ddechrau, nid yw'r pryder yn un mawr, ond yna mae'n dechrau tyfu a gwneud i Glain deimlo'n drist. *Ruby had always been happy, until one day she came across 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 makes Ruby sad.*

Mae gan Bawb Ofidiau / Everybody Worries – Jon Burgerman (dwyieithog/bilingual)

Llyfr sy'n sôn am ddelio gyda gofidiau, ond mae'n dda gallu rhannu y pethau sydd yn ein poeni. *Everybody worries - and that's okay! Sharing our worries helps us feel better and brings us together.*

Cefin y Coala Carcus / The Koala Who Could – Rachel Bright (dwyieithog/bilingual)

Mae Cefin y Coala yn hoffi pethau fel y maen nhw, heb ddim newid! Ond daw Cefin i ddyysgu sut i fwynhau profiad newydd. Dyma stori doniol ar gyfer unrhyw un sy'n teimlo pryder.

Meet Kevin the Koala who likes things as they are, and dislikes change. But Kevin comes to learn how to enjoy new experiences. A funny story for anyone who is worried or anxious.

Cled y Cwmwl Unig / Cyril the Lonely Cloud – Tim Hopgood (dwyieithog/bilingual)

Does neb yn hapus i weld Cled y cwmwl. Caiff ei feio'n gyson am ddifetha diwrnod rhywun. Ymunwch â Cled wrth iddo deithio ymhell ac agos yn chwilio am wên gyfeillgar. Stori am empathi. *It is sad but true that no one is ever pleased to see Cyril the cloud. He's always being blamed for ruining everyone's fun. A book about empathy.*

Cwmwl Cai – Nia Parry

Weithiau mae Cai yn hapus ac yn llon a thro arall mae fel petai yna gwmwl mawr du yn ei ddilyn i bob man. Mae Cai yn fachgen bach sy'n cael ambell i bwl tywyll di-obaith lle mae o dan straen. Mae llawer o blant bach fel Cai yn y byd. Mae'r llyfr hwn yn normaleiddio'r teimladau dwys yma ac yn cynnig syniadau ymarferol i blant a'u gofalwyr am ffyrdd i godi'r cwmwl a chodi ysbryd.

Tiger Has a Tantrum - A book about feeling angry - Sue Graves

Tiger is in a terrible mood. He has been angry with everyone all day. The story offers a gentle way in to discuss this difficult emotion. At the end of the story there are notes with suggestions of ways to help children deal with anger.

Weithiau Dwi'n Gandryll / Sometimes I am Furious - Timothy Knapman (dwyieithog/bilingual)

Llyfr doniol sy'n hawdd uniaethu ag o ar gyfer plant ifanc (a'u teuluoedd) am deimladau cryfion a sut i ddelio â nhw. A funny, friendly and relatable book for young children (and their families) about big emotions and how to handle them.

Orion and the Dark Paperback – Emma Yarlett

Orion is scared of A LOT of things, but most of all he's scared of the dark. So one night Dark decides to take Orion on an adventure.

There's a Monster under my Bed! - by Dean Cooper

The book is designed to be a very fun and enjoyable read while also helping young children understand not to fear the unknown. It also helps them understand others point of view, to talk about their fears and to overcome them. It also teaches children to make friends with those that are different from them.

Bod Yn Gwrtais / Good Manners – Bodhi Hunter (dwyieithog/bilingual)

Ymunwch gydag anifeiliaid hoffus y stori hon er mwyn dysgu pryd i ddweud, 'Diolch', 'Os gwelwch yn dda', 'Mae'n ddrwg gen i', a dod i wybod sut mae bod yn glên a chwrtais. *Join the animals of this story to learn how, when and why to say 'Thanks', 'Please' and 'I'm sorry', and to find out how to be polite.*

Gwiwerod Gwirion Bost / The Squirrels who Squabbled – Rachel Bright (dwyieithog/bilingual)

Stori ddoniol ar fydr ac odl am ddwy wiwer farus sy'n gorfod dysgu rhannu. *An amusing story on rhyme and rhyme about two greedy squirrels who have to learn to share.*

Y Dyn Dweud Drefn – Lleucu Lynch

Mae'r Dyn Dweud Drefn yn hoffi cwyno am bawb a phopeth nes i gi bach annwyl ddod i'w fywyd a'i orfodi i feddwl am bethau eraill.

***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.

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?

***Fox Makes Friends** – Adam Relf

With a little help from Squirrel and rabbit, Fox discovers that making friends is easier than he thought.

I Feel Frightened – Brian Moses & Mike Gordon

A picture book that examines different emotions in a reassuring way.

***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.

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.

***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 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

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.

***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.

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.

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.

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.

***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?

***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+

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.

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

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

***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?

IECHYD | HEALTH

Cadw'n Iach | Keeping Healthy

***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?

Open Wide...What's Inside – Alex Rushworth

Dentist Alex Rushworth reveals the revolting truth that will have children everywhere running for their toothbrush.

***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.

Why Must I Brush My Teeth? – Jackie Gaff

Explains to young children the importance of taking care of your teeth.

***Scritch Scratch** – Miriam Moss

A very itchy story about nits.

* **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?

***Owain a Dan Dannedd – Ian Whybrow (also available in English as Harry and the Dinosaurs Say Raahh!)**

Mae'n rhaid i Owain ymweld â'r deintydd a rhaid i'w ddeionosoriaid ddod gydag ef, ond a fyddan nhw'n ymddwyn yn iawn? *Harry's dinosaurs are acting strangely. They're hiding all over the house and refusing to come out. Could it be because today's the day of Harry's dentist appointment?*

***Eat Your Greens, Goldilocks: A Story About Eating Healthily: A Story About Healthy Eating**– Steve Smallman

The three bears play host to a very fussy eater. Goldilocks only likes things 'just so', and she hates eating vegetables! But the bears are determined to give her a healthy meal.

***Golcha dy Dwylo – Tony Ross (also available in English as I Don't Want to Wash my Hands!)**

Mae'r Dywysoges Fach yn mwynhau baeddu ei dwylo, ond sgwn i beth fydd yn ei pherswadio i'w golchi nhw? *The Little Princess loves getting her hands dirty, but the trouble is, she hates washing them until she learns about germs.*

***Whiffy Wilson: The Wolf who wouldn't Wash – Caryl Hart**

Make sure you hold your nose! This wolf would rather live in next door's shed than take a bath! A humorous book to help teach children about the importance of personal hygiene and staying clean.

Iechyd Meddwl | Mental Health

***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+

Why Are you So Sad? - Beth Andrews

An interactive book for children about parental depression.

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.

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

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+

Starving the Anxiety Gremlin – Kate Collins-Donnelly
A cognitive behavioural therapy workbook on anxiety management for children aged 5-9 years/

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.

Cyflyrau Iechyd | Health Conditions

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+

***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?

***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?.

The Itchy-saurus: The dino with an itch that can't be scratched - Rosie Wellesley
Something is stirring in the dinosaur jungle – it’s Itchy-saurus. His itchy, scratchy skin is making him bad-tempered. Can Doc Bill (the Platypus) help Itchy to calm down – perhaps with some lovely soothing cream?

Salwch Difrifol | Serious Illness

As Big as it Gets – Winston’s Wish
Toolkit to support a child when there is serious illness in the family.(Cancer)

Lwmp Mam /Mummy’s Lump – Gillian Forest (ar gael hefyd yn Gymraeg fel Lwmp Mam)
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. *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.*

***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 Coultrick
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.

The Perfect Shelter – Clare Welsh
When one sister gets ill, the other feels sad, angry, sometimes overwhelmed – but eventually they make another perfect shelter somewhere new in this hope-filled book.

Coronavirus and Covid : A book for children about the pandemic – Elizabeth Jenner
This book provides clear explanations about COVID-19 and its effects - both from a health perspective and the impact it has on a family's day-to-day life.

Salwch Difrifol | Serious Illness - 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+

Mam-Gu a Fi – Jessica Shepherd (also available in English as Grandma)

Mae Osian yn meddwl y byd o Mam-gu, ond pan mae Mam-gu'n dechrau cael trafferth i ofalu amdani ei hun oherwydd dementia, mae hi'n gorfod symud i fyw mewn cartref arbennig. *A lovely book about a grandma who has dementia, and how her grandson Oscar learns to understand the condition, her behaviour and her need to live in a care home.*

TEULUOEDD | FAMILIES

***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.

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.

The Family Book – Todd Parr

The Family Book celebrates the love we feel for our families and all the different varieties they come in.

Who's in My Family? All About Our Families – Robie Harris

Join Nellie and Gus and their family for a day at the zoo in this humorous, engaging story that makes it clear that whoever is in your family, it is perfectly normal — and totally wonderful.

The Great Big Book of Families – Mary Hoffman

Explores and celebrates different aspects of modern family life.

And Tango makes three – Justin Richardson

Based on the true story of two male penguins living at the Central Park Zoo who became a family. Roy and Silo were two male penguins who were inseparable and wanted a family. The zookeepers gave the penguins an egg, and the two hatched baby Tango. A beautiful, poignant story to show that a family is a family, no matter what it looks like.

Mommy, Mama, and Me – Leslea Newman

From hide-and-seek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together. A story about a two mum family.

Sut Alla i Greu Enfys?/How Do You Make a Rainbow?– Caroline Crowe (dwyieithog/bilingual)

Mae'r llyfr hwn yn dathlu'r cariad, y positifrwydd a'r berthynas werthfawr rhwng taid a'i wyres. *Stuck inside on a cloudy day, a little girl asks her grandad to help her paint a rainbow on the sky. But as Grandad tells her, rainbows aren't painted on the sky, they grow out of kindness, hope, and helping other people.*

Pobol Drws Nesaf – Manon Steffan Ros

Stori annwyl a doniol sy'n ein dysgu i beidio â beirniadu rhywun sy'n edrych ac yn ymddwyn braidd yn wahanol i ni, a bod rhaid parchu pawb.

Aeth Mam-gu i'r Farchnad | My Granny Went to Market – Stella Blackstone

Dewch i hedfan i bedwar ban byd gyda Mam-gu, a helpwch hi i gyfrif o un i ddeg ar ei thaith siopa fythgofiadwy. Taith hudol sy'n ein dysgu i werthfawrogi amrywiaeth. *Come and fly to all corners of the world with granny, and help her count from one to ten on her amazing shopping spree. A magical journey which teaches us to value diversity.*

Gwahanu ac ysgaru | Parental separation and divorce

***A New Room for William – Sally Grindley**

Deals sensitively with marriage break up.

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 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.

Mabwysiadu a maethu | Adoption and fostering

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.

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 neglects them. (6-9)

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.

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.

***Babi Newydd Teulu Meysydd– Susan Bagnall (also available in English as The Teazles' Baby Bunny)**

Stori am fabwysiadu lle mae Siôn a Siân Meysydd yn mabwysiadu cwningen fach. Mae'n cynnwys adran i helpu rhieni a phlant i drin a thrafod. *This children's book for adopters tells the story of the Teazle rabbits and their adoption of a baby bunny.*

Over the Moon – Karen Katz

This is a reassuring story of one adoptive family's beginnings, told with pictures and words that are perfect for young children. Intercountry adoption.

Newidiadau Corff ac Addysg Rhyw | Body Changes 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.

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.

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 straightforward explanation for young children about how babies are made, based on questions and answers.

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.

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.

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 in There?: All About Before You Were Born Hardcover Robie Harris
Gus and Nellie have had some exciting news: there's going to be a new baby in their family! With charming informative words and pictures, here is the ideal book to help young children understand the way a baby develops inside a woman's body, and how it is born.

Let's Talk About the Birds and the Bees: Starting conversations about the facts of life - Molly Potter

This book uses clear, easy to understand language to answer complex questions about sex and relationships, and covers all manner of tricky subjects from puberty to consent with accuracy and honesty.

Who Has What? All About Girls' Bodies and Boys' Bodies – Robie Harris
Join siblings Nellie and Gus on a day out at the beach as they ask questions and figure out the similarities and differences between boys and girls in a humorous and honest way.

It's My Body: A Book about Body Privacy for Young Children – Louise Spilsbury
This brightly coloured, illustrated title explains to children about body privacy and why private parts should be kept private. Children will learn that their body belongs to them and they can say 'no' if they don't want anyone to touch their body. It also covers the topic of secrets and when you shouldn't keep a secret.

Galar, Profedigaeth a Cholled | Grief, Bereavement and Loss

***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.

***Come Back, Grandma** – Sue Limb

A small girl tries to come to terms with the death of her grandmother. Picture book format.

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.

***Grandpa** – John Burningham

A picture book about a special bond between a little girl and her grandpa

***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.

***Siwmpwr Mam – Jayde Perkin (also available in English as Mum's Jumper)**

Efallai y bydd siwmpwr Mam yn ffordd i'w chadw'n agos. Dyma lyfr i helpu plant sy'n ymdopi â cholled. *Memories are like a jumper that you can cuddle and wear. And Mum's jumper might be a way to keep her close. An uplifting book for a child coping with loss.*

Llyfr Trist - Michael Rosen (also available in English as Sad Book)

Mae pethau trist ym mywydau pawb – falle fod gennyti ti rai y funud hon wrth i ti ddarllen hwn. Meddwl am ei fab Eddie a fu farw sy'n gwneud Michael Rosen yn fwyaf trist. *Being sad is a part of living. You may have sad feelings now. Thinking about his son Eddie, who died, makes Michael Rosen feel sad.*

***Dafydd a Dad – Manon Steffan Ros**

Stori annwyl am berthynas plentyn gyda'i dad prysur ond mae yma dinc o dristwch hefyd, gan nad yw mam o gwmpas.

Lifetimes: The Beautiful Way to Explain Death to Children - - Bryan Mellonie A pet . . . a friend . . . or a relative dies, and it must be explained to a child. This sensitive book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes

***Missing Mummy** – Rebecca Cobb

A book about bereavement for very young children.

***Tedi-Bêr y Sêr Dawn Coulter-Cruttenden (also available in English as Bear Shaped)**

Un diwrnod mae tedi Jac yn diflannu. Dyma stori am gariad a cholled. *One day, Jack's bear disappears. A story about love and loss.*

Grandad, I'll Always Remember You - Ann De Bode

A book to help when a grandparent dies.

***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.

***Y Goedden 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.

***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?

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

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.

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.

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.

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.

***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.

Goodbye Mousie – Robie Harris

One morning a boy finds that his pet, Mousie, won't wake up. The truth is Mousie has died. But talking about Mousie, burying Mousie in a special box, and saying good-bye helps this boy begin to feel better about the loss of his beloved pet.

Goodbye Mog – Judith Kerr

This is a beautiful story about a cat called Mog dying peacefully at home, of old age and of fatigue. But the cat's spirit lingers around to help the new family kitten adjust to the family.

PROFIADAU ANODD | DIFFICULT EXPERIENCES

Bwlio | Bullying

***Paid bod mor Gas, Bwni Mawr!– Steve Smallman (also available in English as Who's afraid of the Big Bad Bunny?)**

Mae un gwningen fawr greulon yn creu helynt i weddill anifeiliaid bach y goedwig, ond mae un gwningen fach yn penderfynu sefyll yn gadarn erbyn y bwlio. *One large cruel rabbit causes trouble for the small animals of the forest. But one little rabbit decides to take a firm stance to end the bullying.*

Tafod y Ddraig / The Dragon's Tongue – Mike Church (dwyieithog/bilingual)

Mae'n rhaid i'r bachgen yn y stori hon sefyll yn gadarn yn erbyn bwlio a darganfod ei lais a'i iaith ei hun. *A boy shakes off the shackles of bullying by finding his own voice.*

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.

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.

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.

*** 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!

Hiliaeth | Racism

Dealing with Racism - Jen Green, Watts

The Skin I'm In – Pat Thomas

A first look at racism.

Troseddu a Charchar | Crime and 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 publication.

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 through a difficult time of separation.

Trais a Thrais yn y Cartref | Violence and 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

Topic book.

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 young people. Sections on alcohol and drug dependency, mental health, domestic violence etc.

Camdrin | Abuse

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 Hessel & 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.