

# help llaw mewn llyfr

**Detholiad o  
lyfrau ar gyfer plant  
a phobl ifanc a'u  
teuluoedd  
a all helpu mewn  
sefyllfaoedd  
arbennig neu  
anodd**

**A range of books for children and young people and their families that may help in special or difficult situations**

helping  
hand books

Gwasanaeth Llyfrgell Gwynedd Library Service



## Sut a lle i gael y llyfr cywir

Mae yna lyfrau ar gyfer pob math o sefyllfaoedd, ac yn aml, gellir cyflwyno problem neu bwnc anodd i blant ifanc trwy gyfrwng llyfr. Dim ond esiamplau a roddir isod o'r math o lyfrau sydd ar gael gan **Wasanaeth Llyfrgell Gwynedd**.

Gallwch ddod yn aelod o'r llyfrgell a benthg llyfrau yn rhad ac am ddim.

I fenthg unrhyw un o'r teitlau hyn **am ddim**, neu i wneud cais am lyfr ar bwnc arbennig ar gyfer oedran penodol, gallwch

- e-bostio **[llyfrgell@gwynedd.gov.uk](mailto:llyfrgell@gwynedd.gov.uk)**
- archebu trwy'n catalog **[capitadiscovery.co.uk/gwynedd](http://capitadiscovery.co.uk/gwynedd)**
- gysylltu â'ch llyfrgell leol

Rhestr llawn ar ein tudalennau gwe –

**[www.gwynedd.gov.uk/llyfrgell](http://www.gwynedd.gov.uk/llyfrgell)**>Gwasanaeth i Blant a Phobl Ifanc

## How to get the right book

There are books on all types of situations, and often, a difficult problem or subject can be introduced to young children through the medium of a book. Below are just a few examples of the types of books available from

**Gwynedd Library Service.**

You can become a member of the library and borrow books completely free of charge.

To borrow any of these books **free**, or request a book on a specific subject for a particular age group, you can

- e-mail **[llyfrgell@gwynedd.gov.uk](mailto:llyfrgell@gwynedd.gov.uk)**
- order through our catalogue - **[capitadiscovery.co.uk/gwynedd](http://capitadiscovery.co.uk/gwynedd)**
- contact your local library

Complete list on our website

**[www.gwynedd.gov.uk/library](http://www.gwynedd.gov.uk/library)**> Children and Young People's Services

## I gael y gorau o'r llyfrau

- Dewiswch y llyfr a darllenwch o ymlaen llaw
- Dewiswch amser a lleoliad tawel
- Gwnewch yn siŵr fod eich plentyn wedi ymlacio yn gyntaf ac yn barod i setlo lawr i wrando. Gallwch ddarllen ychydig o straeon arferol i gychwyn, neu sgwrsio am bethau cyffredinol gyda'ch gilydd.
- Darllenwch y llyfr fel stori yn gyntaf, ac yna os yw eich plentyn yn barod, darllenwch y llyfr eto yn araf, gan esbonio fel rydych yn mynd yn eich blaen ac ateb cwestiynau eich plentyn mor onest ag y gallwch.
- Os nad yw eich plentyn yn dangos diddordeb, yn anhapus neu'n elyniaethus i'r stori, efallai nad dyma'r amser neu'r llyfr cywir. Efallai, fodd bynnag, y bydd eich plentyn yn uniaethu llawer gyda'r sefyllfa arbennig yn y stori ac eisiau dod yn ôl ati dro ar ôl tro.
- Gallwch gyfeirio mewn sgwrs at broblemau'r cymeriadau yn y stori a thrafod hynny gyda'ch plentyn mewn ffordd llai uniongyrchol a llai bygythiol.
- Os yw eich plentyn yn anhapus neu yn poeni am rywbeth, gall darllen am rywun sy'n mynd drwy rywbeth tebyg fod yn gysur mawr iddo ef neu hi.

## To get the best from the books

- Choose the right book and read it beforehand.
- Choose a quiet time and location.
- Make sure your child is relaxed first, and ready to settle down and listen.
- You can read a couple of usual stories beforehand, or chat about things in general together.
- Read the book as a story first of all, and then, if your child is ready, read the book again slowly, explaining as you go and trying to answer any questions as honestly as you can.
- If your child is disinterested, is unhappy or even hostile towards the story, perhaps this isn't the right time or this isn't the right book. However, your child may identify a lot with the particular situation in the book and will want to return to it time and time again.
- Chat with your child about the character's problems or difficulties. This can be a more indirect and non-threatening way of talking about problems.
- If a child is worried or unhappy about something, reading about someone who's going through a similar experience can be a great comfort.

**Profiadau Plentyndod**

**Childhood Experiences**

- 5 **Babi Newydd yn y Teulu** • New baby in the family
- 5 **Cychwyn Ysgol** • Starting School
- 6 **Symud Tŷ** • Moving House
- 6 **Colli Dant** • Losing a Tooth
- 7 **Defnyddio Dwmi** • Using a Dummy
- 7 **Dod Allan o Glytiau** • Potty Training

**Ofnau, Teimladau ac Ymddygiad**

**Fears, Feelings and Behaviour**

- 8 **Methu Cysgu** • Difficulty Sleeping
- 9 **Ofnau a Theimladau** • Fears and Feelings
- 10 **Bwlio** • Bullying

**Iechyd a Lles**

**Health and Wellbeing**

- 11 **Mynd i'r Ysbyty neu at y Deintydd** •  
Going to Hospital or to the Dentist
- 12 **Bwyta'n Iach** • Healthy Eating
- 12 **Cadw'n Iach** • Keeping Healthy
- 12 **Bod Yn Fi Fy Hun** • Being Myself
- 14 **Rhywioldeb** • Sexuality
- 14 **Cadw'n Ddiogel** • Keeping Safe
- 15 **Tyfu i Fyny** • Growing Up
- 16 **Hunan Barch** • Self-Esteem

**Teuluoedd**

**Families**

- 16 **Aelodau'r Teulu** • Members of the Family
- 16 **Gwahanu ac Ysgaru** • Divorce and Separation
- 17 **Llysdeuluoedd** • Step families
- 17 **Mabwysiadu a Maethu** • Fostering and Adoption

**Profiadau Anodd**

**Difficult Experiences**

- 18 **Salwch Difrifol** • Serious Illness
- 18 **Colli Rhywun Annwyl** • Losing Someone Special

## Babi Newydd yn y Teulu • New Baby in the Family

## Chwaer rydw i eisiau • I Want a Sister

Tony Ross

Cawn hanes y Dywysoges Fach yn dysgu derbyn a charu ei brawd bach, er mai chwaer fach roedd hi eisiau. *We see how the Little Princess learns to accept and love her little brother, even though she really wanted a sister.*

## 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!!

## Silly Baby • Marie-Louise Fitzpatrick

Beth has a new baby brother. He cries, he poos, 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.

## Henry Helps with the Baby • Beth Bracken

Henry is a good helper! He can even help with his new baby sister. Involving older siblings with their new brother or sister is key to helping them accept a new addition to their family.

## What's In There? • Robie Harris

A fun and friendly look at how babies grow - from conception to birth. This book will reassure children that a new arrival in the family is an amazing and wonderful thing!

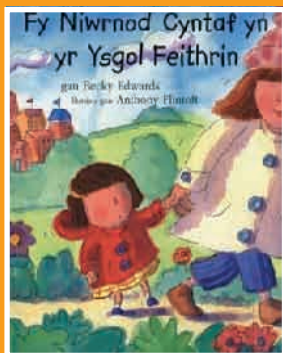
## Cychwyn Ysgol • Starting School

Diwrnod Cyntaf George yn yr Ysgol Feithrin  
George's First Day at Playschool • Mark Baker

Tydi Peppa ddim eisiau i George fynd i'r ysgol efo hi. Ond pan mae ei ffrindiau i gyd eisiau brawd bach fel hi, a fydd hi'n newid ei meddwl?

*It's George's first day at playgroup, and Peppa doesn't really want him there. But when all of her friends want a little brother too, will Peppa change her mind?*





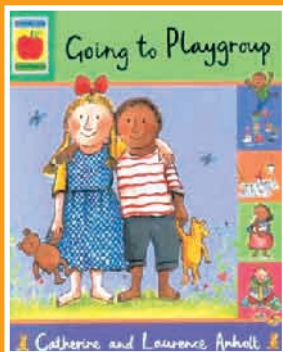
## Fy Niwrnod Cyntaf yn yr Ysgol Feithrin

Becky Edwards

Mae un ferch fach yn poeni am ei diwrnod cyntaf yn yr ysgol feithrin ac mae hi eisiau ei mam. Ond tybed a fydd hi'n mwynhau gludo a pheintio a chwarae gyda'r offerynnau cerdd?

## Lulu Loves Nursery • Camilla Reid

Lulu doesn't want to say goodbye to mummy and what if she doesn't make any friends on her first day at nursery? A book about being a little bit brave.



## Going to Playgroup

Catherine and Laurence Anholt

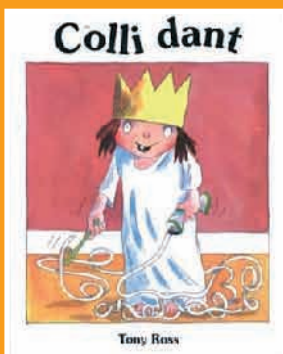
Too small to go to school, too big to stay at home all day. Tom and Anna discover all the fun things there are to do at playgroup.

## Symud Tŷ • Moving House

### Symud Tŷ • Moving House • Anne Civardi

Stori ddifyr gyda darluniau lliwgar am deulu ifanc yn symud i fyw i gartref newydd.

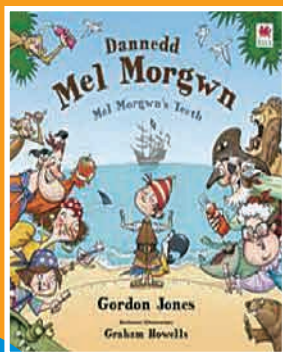
*Explaining to a young child what will happen when their family moves house is not easy, but this book can help them understand.*



## Colli Dant • Losing a Tooth

### Colli Dant • I Want My Tooth • Tony Ross

Stori ddoniol gyda lluniau lliwgar a bywiog yn adrodd hanes tywysoges fach yn colli un o'i dannedd gan anfon pawb yn y castell i chwilio amdano. *The Little Princess has all her teeth - but her friends all seem to be developing gaps in their mouths. Then she finds a gap herself! No more sweets! But more importantly, where is that tooth? The dentist says she'll grow a new one, but she wants hers back - now!*



### Dannedd Mel Morgwn • Gordon Jones

Môr-leidr ifanc sy'n gwrthod glanhau ei ddannedd a bwyta'n iach yw Mel Morgwn, er holl ymdrechion pob un aelod o'r teulu a'i athrawes ddosbarth.



**Wibble Wobble My Loose Tooth** • Miriam Moss  
If you have a wobbly tooth, or if you want one, this bright, funny story is just for you!

**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!

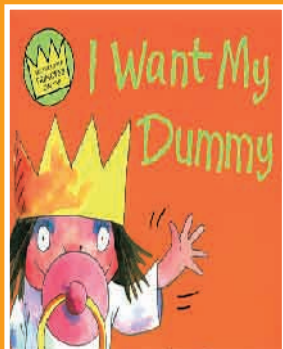
**Defnyddio Dwmi • Using a Dummy**

**Y Dwmi Dwm Olaf Un** • Jill Murphy

Tydi Maelon ddim am roi'r gorau i'w ddwmi-dwm, dim nes y bydd ef ei hun yn barod i wneud hynny!

**I Want My Dummy** • Tony Ross

The Little Princess refuses to believe she is too grown-up for a dummy. But when her cousin tells her she looks stupid the Princess is quick to find a new owner for the dummy!



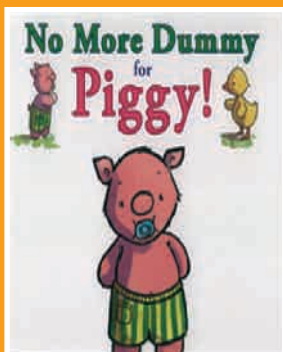
**No More Dummy for Piggy!** • Bernette Ford

A sweet and playful story about giving up a dummy.

**Dod Allan o Glytiau • Potty Training**

**On Your Potty** • Virginia Miller

A board book about a little bear learning to come out of nappies.



**Poti Pedr y Môr Leidr • Pirate Pete's Potty**

Andrea Pinnington

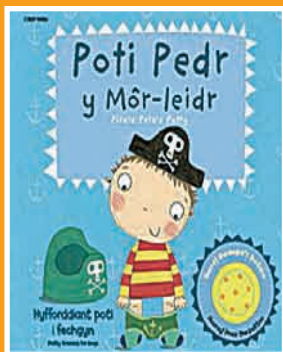
Llyfr bwrdd am fôr-leidr ifanc yn dysgu defnyddio'r poti. A board book about a young pirate learning to use the potty.

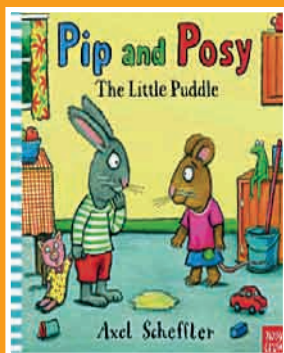
**Poti'r Dywysoges Poli • Princess Polly's Potty**

Andrea Pinnington

Dilynwch Poli wrth iddi newid ei chlwt am ddillad isaf hogan fawr a dechrau defnyddio'r poti.

Follow Princess Polly as she swaps her nappy for big girl pants and begins to use the potty.





## Pip and Posy – The Little Puddle

*Axel Scheffler*

Pip and Posy are having such fun playing that Pip forgets he needs a wee. Soon there is a little puddle on the floor. Oh dear!

Ofnau, Teimladau ac Ymddygiad

Fears, Feelings and Behaviour

Methu Cysgu • Difficulty Sleeping



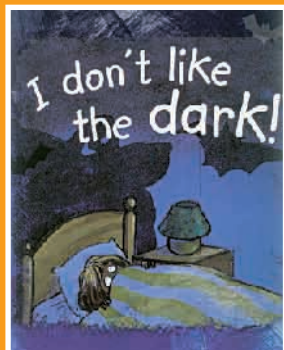
## Casi a'r Sowldiwr Sws • Marian Rose

Mae Casi'n meddwl bod rhywbeth o dan ei gwely, felly mae Taid yn gadael Soldiwr Sws bach dewr i'w gwarchod trwy'r nos.

## Na! Dwi ddim eisiau mynd i'r gwely!

*Tony Ross*

Tydi'r dywysoges fach ddim eisiau mynd i'r gwely. A pham ddylai hi pan nad yw wedi blino?



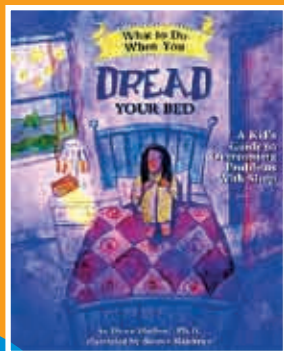
## I Don't Like the Dark • Ann De Bode

Kate is afraid of the dark, but she feels better after being brave and telling her aunt about her fears.

## I am NOT sleepy and I WILL NOT go to bed!

*Lauren Child*

Charlie sometimes has to try and get his little sister Lola to go to bed. This is a hard job because Lola likes to stay up late.

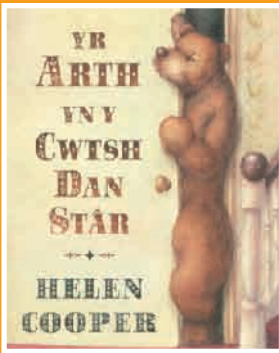


## What To Do When You Dread Your Bed

*Dawn Huebner*

If you're a child who dreads your bed, and you're convinced that nothing short of magic will make night-time easier, this book is for you. It guides children and their parents through cognitive-behavioural techniques used to treat problems with sleep, ensuring children fall asleep and stay asleep!





## Yr Arth yn y Cwtsh Dan Stâr

**The Bear Under the Stairs** • Helen Cooper

Mae William yn ofni'r tywyllwch, a'r arth sy'n byw yn y twll dan stâr. Stori sy'n dangos y gall ofnau gael eu concro. *William is afraid of the dark, and the bear that lives under the stairs. A story showing how fears can be conquered.*

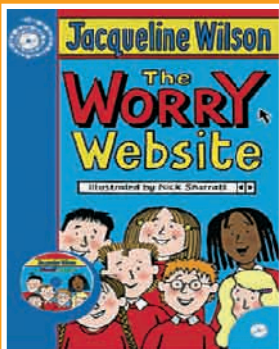


## The Huge Bag of Worries

Wherever Jenny goes, her worries follow her – in a big blue bag! Jenny decides they will have to go, but who will help her?

## Have you got a secret?

Secrets can be fun to keep.... if the secret makes you and everybody else happy. These secrets are very nice. But if you have a secret that doesn't feel right – a secret that makes you sad or scared – that's when you need to talk to somebody you trust so they can help you.

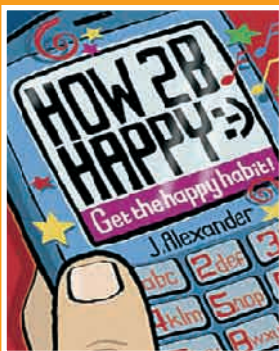


## Too Shy for Show and Tell

Sam is a quiet little boy who hates speaking in front of class. Just thinking about it makes his stomach hurt. Sam must find a way to conquer his fear.

## The Worry Website

The Worry Website is Mr Speed the class teacher's idea. His primary school pupils can write their worries down anonymously and then get help with solving them from their classmates. 8+

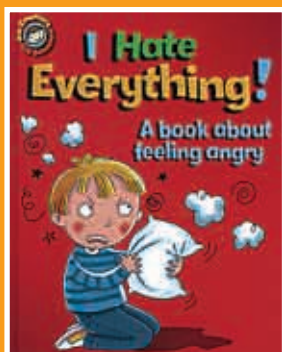


## Keep your Cool

How to deal with life's worries and stresses and issues such as bullying, family strife, exam panic and what it means to be you. Filled with lots of practical activities providing support and guidance, this book will keep you cool, calm and collected in the modern world.

## How 2B Happy

A self-help book which offers practical, down-to-earth advice and helps you explore your feelings and develop a positive outlook.



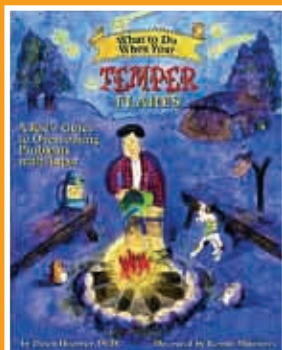
## **I Hate Everything** • Sue Graves

This story helps young children deal with anger. A fictional story is backed up by suggestions for activities and ideas to talk about, while a wordless storyboard encourages children to tell their own story.

## **What to do when your Temper Flares**

*Dawn Huebner*

Contains anger management strategies every child needs to know. Using examples, lively illustrations and step-by-step instructions it guides children and their parents through cognitive-behavioural techniques used to treat problems like anger.



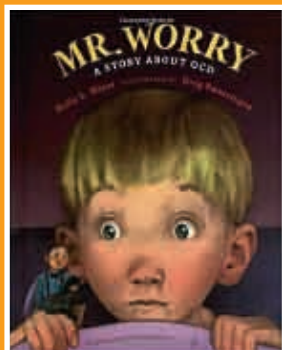
## **Mr Worry • A story about OCD** • Holly Niner

In this story, cognitive behaviour therapy (CBT) helps children unlearn the compulsions they have developed. It is an aid to allowing the child to regain control of his or her mind so that he or she can go on with the business of being a child.

## **Up and Down the Worry Hill**

*Aureen Pinto Wagner*

A children's book about Obsessive-Compulsive Disorder and its treatment. Here the author uses the powerful real-life metaphor of the Worry Hill to describe OCD and its treatment clearly and simply through the eyes of a child.



## **What to do when your brain gets stuck**

*Dawn Huebner*

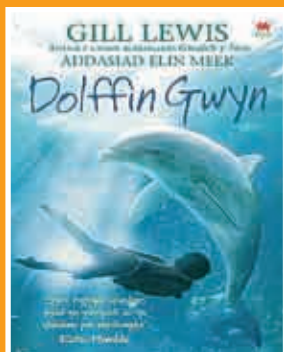
A child's guide to overcoming OCD. With engaging examples, activities, and step-by-step instructions, it helps children master the skills needed to break free from OCD's sticky thoughts and urges, and live happier lives.



## **Bwlio • Bullying**

## **Paid bod mor gas, Bwni Mawr!** • Steve Smallman

Mae un gwningen fawr greulon yn creu helynt ofnadwy i weddill anifeiliaid bach y goedwig ac yn gwneud eu bywydau'n boen. Ond mae un gwningen fach yn penderfynu sefyll yn gadarn yn ei erbyn.

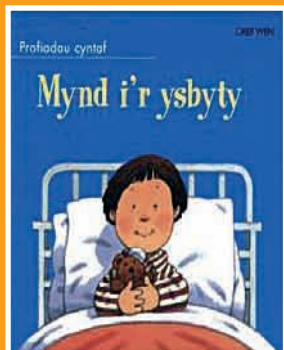


## Leave Me Alone • Kes Gray

A young boy struggles to stand up to his bully until his friends show him that eight loud voices are stronger than one! Brilliantly told by award-winning author Kes Gray, a difficult subject is treated with a wonderfully light touch.

## Dolffin Gwyn • Gill Lewis

Mae Kara yn chwilio am noddfa wrth forio yn llong ei thad oherwydd iddi gael ei bwlio yn yr ysgol am ei bod yn dioddef o ddyslecsia. Ar ben hynny mae'n poeni'n fawr am ddiflaniad ei mam. Nofel i blant cynradd/uwchradd.



## Bullies, Cyberbullies and Frenemies

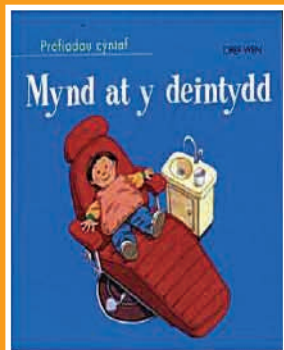
Michele Elliott

Are there practical things you can do to stop being bullied - at home, at school and online? This essential guide will tell you what bullying is, where it happens and what you can do about it.

## Iechyd a Lles Health and Wellbeing

### Mynd i'r Ysbyty neu at y Deintydd

### Going to the Hospital or to the Dentist



## Mynd i'r Ysbyty • Anne Civardi

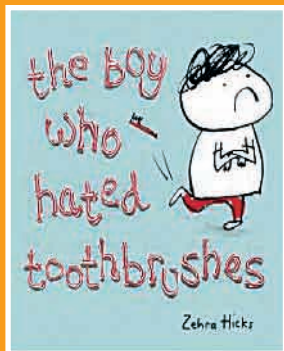
Stori ddifyr gyda darluniau lliwgar am fachgen ifanc yn mynd i'r ysbyty am y tro cyntaf.

## Mynd at y Deintydd • Anne Civardi

Stori liwgar am efeilliaid yn ymweld â'r deintydd am y tro cyntaf.

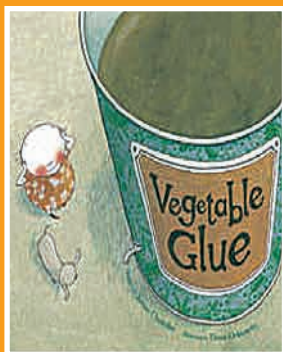
## Sometimes • Rebecca Elliott

Toby knows his sister Clemmie is very brave. When she has to go to hospital, they both have to help each other face their fears. Together they make hospital a much better place.



## The Boy Who Hated Toothbrushes • Zehra Kicks

Billy hates toothbrushes. He never cleans his teeth. But Billy's never seen a Funtastic Toothsparkler before. There are so many cool things he can do with it! But the big question is, will one of them be brushing his teeth?



## Bwytan iach • Healthy Eating

### Fyddda i byth BYTHOEDD yn bwyta tomato I will not ever NEVER eat a tomato

Lauren Child

Cawn weld sut mae Cai yn llwyddo i berswadio ei chwaer fach i drio gwahanol fwydydd.

*This story tackles fussy eaters in a fun way. Lola does not eat a lot of things, so one day Charlie plays a good trick on her to get her to eat her supper.*

### Lola'r Lindys Barus • Project Ilyfrau 3D

Nid yw'n syniad da bwyta gormod o bethau melys os ydych eisiau osgoi poen bol!

### Vegetable Glue • Susan Chandler

If things start falling off your body, it's time to reach for the vegetable glue!



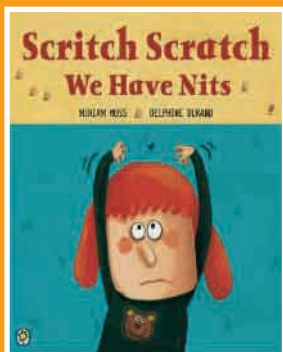
## Cadw'n iach • Keeping Healthy

### Golcha Dy Ddwyllo • Tony Ross

Mae'r Dywysoges Fach wrth ei bodd yn baeddu ei dwyllo, ond sgwn i beth fydd yn ei pherswadio hi i'w golchi nhw?

### Scratch Scratch • Miriam Moss

One day a tiny insect, no bigger than a freckle, climbs into Miss Calypso's classroom. Nobody notices until Polly scratches, Joshua scratches and soon the whole class is scratching and scratching! A story about headlice.



### Whiffy Wilson the wolf who wouldn't wash

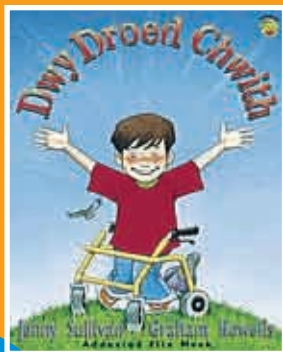
Caryl Hart

Whiffy Wilson isn't keen on clean. He only has time for grime! So will anyone be able to persuade him to change his grubby ways for something far less stinky?

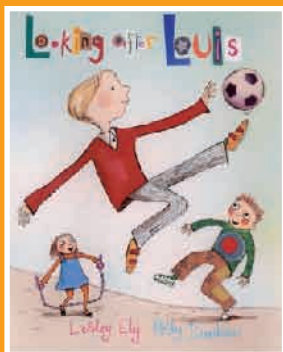
## Bod yn Fi Fy Hun • Being Myself

### Dwy Droed Chwith • Jenny Sullivan

Mae Bryn yn defnyddio ffram gerdded i'w helpu i gerdded. Daw diwrnod y trip ac mae Bryn yn benderfynol o wneud y mwyaf o'r diwrnod arbennig yma!





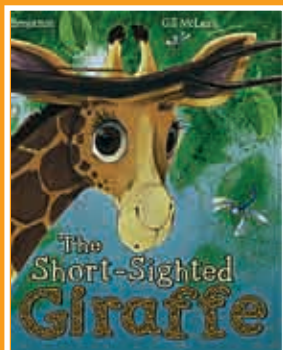


## Looking After Louis • Lesley Ely

*This introduction to the issue of autism shows how – through imagination, kindness, and a special game of football – Louis' classmates find a way to join him in his world. Then they can include Louis in theirs.*

## Zack Has Asthma • Jillian Powell

*Zack shows us how he, his family and friends deal with day to day situations.*



## What About Me?

*Athanasia Koutsis & Gerda De Clercq*

The autism survival guide for kids is intended principally for brothers and sisters of a child who has autism, but can also provide valuable insights into autism for all primary age children, many of whom may know a child in their school or extended family with autism.

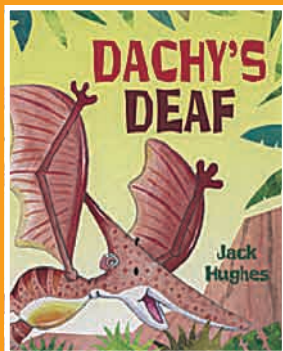
## The Short-Sighted Giraffe • A.H. Benjamin

Giraffe can't see further than her own nose, but when the animals make her a pair of glasses she thinks she looks silly in them and refuses to put them on. Can her friends make her see sense?



## Victoria's Day • Maria de Fatima Campos

Victoria was born with Down's Syndrome. Here we follow a day in her life.



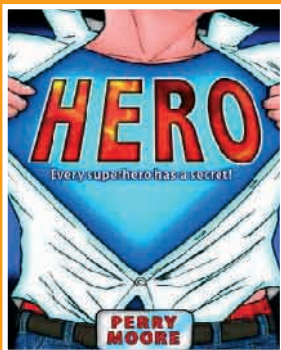
## Dachy's Deaf • Jack Hughes

Dachy 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?

## Steggie's Stammer • Jack Hughes

Steggie has a stammer and sometimes it takes her a bit longer than the others to get her words out. Endorsed by the British Stammering Association, this gentle book tells the tale of Steggie the dinosaur and how her friends help her cope with her stammering.





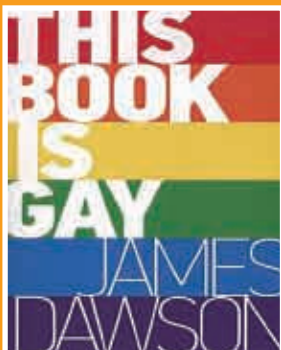
### **Hero** • Perry Moore

Thom Creed is your average, everyday teenager. Except that he's prone to seizures. And he's gay. He's the son of an ex-superhero who is shunned by the League as well as nearly every member of society. In this novel the author has created a work of fiction that will bring support to many a young person struggling with identity and relationship issues.

### **This is a Book for Parents of Gay Kids**

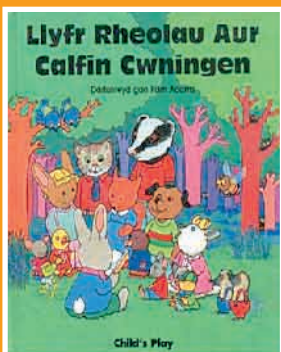
*Dannielle Owens-Reid and Kristin Russo*

Written in an accessible Q&A format, here, finally, is the go-to resource for parents hoping to understand and communicate with their gay child.



### **This Book is Gay** • James Dawson

Feel like a boy or a girl on the inside ... you're just you, right? Human beings are a complicated bunch and not one of us should be labelled wrongly, just because we don't fit somebody else's idea of normal.

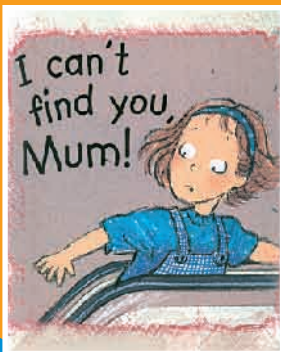


### **Cadw'n Ddiogel** • Keeping Safe

### **Llyfr Rheolau Aur Calfin Cwningen**

*Pam Adams*

Llyfr lliwgar hwyliog gyda thegan bach ar ffurf cwningen i ddysgu plant bach i gymryd gofal wrth ddelio â dieithriaid.

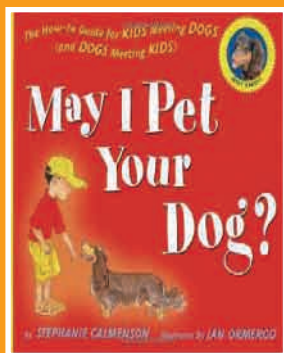


### **I Can't Find You Mum** • Anne de Bode

Whilst out shopping with her mum, Jessie decides to hide while her mum 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?

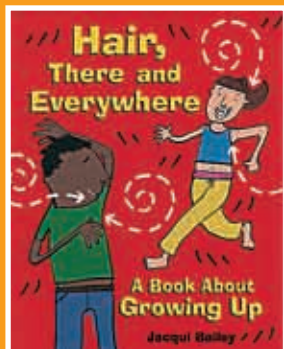
### **Look Out: Out and About** • Claire Llewelyn

Personal safety for young children.



## May I Pet Your Dog? • Stephanie Calmenson

What's the best way to meet a dog and make friends? In this book, a dachshund named Harry shows you. Combining expertise and common sense, with an eye to both safety and fun, Harry's advice begins with one simple rule – always ask the owner: "May I pet your dog?"



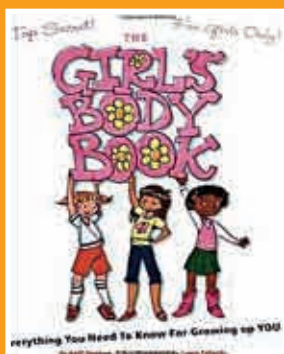
## Don't Lick the Dog? • Wendy Wahman

Making friends with dogs. This book helps children and their parents understand how best to safely interact with dogs.

## Tyfu i Fyny • Growing Up

## Who Has What? • Robie Harris

This book will reassure children that whether they have a girl's body or a boy's body, their bodies are truly amazing - and totally wonderful!

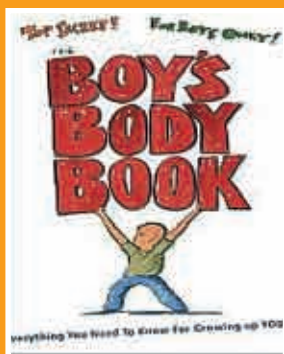


## Hair, There and Everywhere • Jacqui Bailey

A book about growing up. Answers all those awkward questions about the changes that happen to you and your body during puberty – and why they happen!

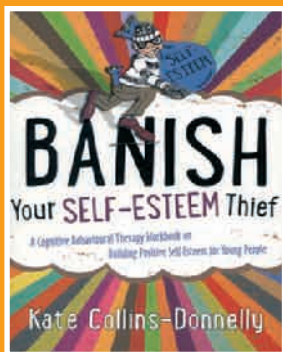
## The Girl's Body Book • Kelli Dunham

This book answers all the important questions about becoming a woman that girls are sometimes too embarrassed to ask.



## The Boy's Body Book • Kelli Dunham

Boys have questions. As they reach adolescence, everything changes: their bodies, their feelings, and their relationships. But even if they won't say what's on their mind, they still want straight answers. The Boy's Body Book has them.



## Hunan-barch • Self-esteem

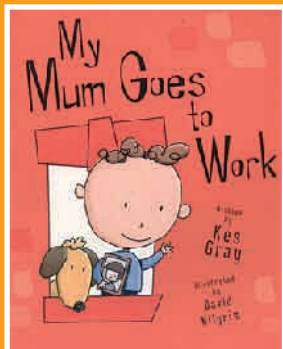
### **I'm Gonna Like Me** • Jamie Lee Curtis

A humorous story encouraging children to like themselves for being themselves, and boosting their self-esteem.

### **Banish Your Self-Esteem Thief**

*Kate Commings-Donnelly*

Look out – the Self-Esteem Thief is on the prowl! But the good news is you can banish him for good and this workbook will show you how. Suitable for young people aged 10+ to use on their own or with an adult.

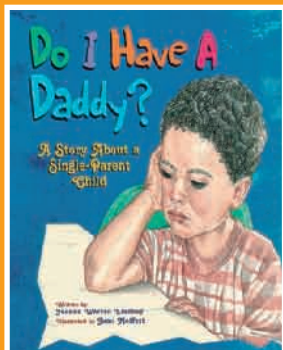


## Teuluoedd • Families

### **Aelodau'r Teulu • Family Members**

### **My Mum Goes to Work** • Kes Gray

A reassuring story about a small child whose mother goes out to work.



### **Do I Have a Daddy?** • Jeanne Warren Lindsay

A story about a child who lives with one parent. Includes a special section for single parents.

### **The Illustrated Mum** • Jacqueline Wilson

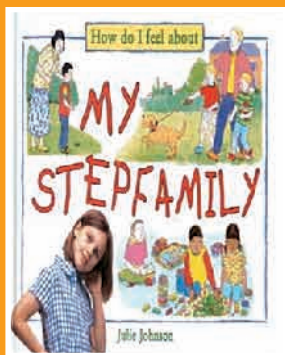
A novel about Dolphin, her sister Star and their heavily tattooed single mum, Marigold. The two sisters have to cope with their mother's mental illness at the same time as coming to terms with the discovery of their own fathers. 11+



## Gwahanu ac Ysgaru • Separation and Divorce

### **Mum and Dad Glue** • Kes Gray

A little boy searches for a pot of 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.



## Living with Mum and living with Dad

Melanie Walsh

This simple, warm, lift-the-flap book is a reassuring representation of separation for very young children. The author is sympathetic to the changes in routine that are familiar to many children who live with separate parents and are loved by both.

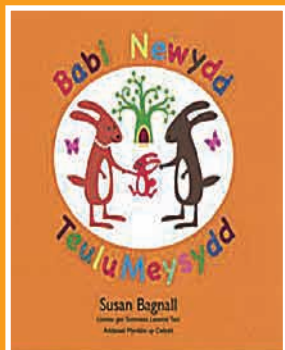
### Llysdeuluoedd • Stepfamilies

#### My Stepfamily • Julie Johnson

Illustrated throughout with questions & answers, encouraging children to explore their feelings and to talk about how they cope with their stepfamily.

#### How Can I Deal with My Stepfamily? • Sally Hewitt

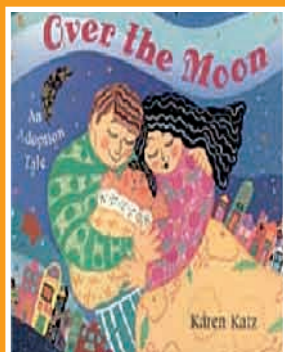
Sometimes you can sort out a problem on your own, but sometimes you need to ask for help. This book helps young children make this decision and adapt to life in a stepfamily.



### Mabwysiadu a Maethu • Adoption and Fostering

#### Babi Newydd Teulu Meysydd • Susan Bagnall

Mae Siôn a Siân Meysydd yn byw yn Rhosydd Lôn Felen. Mae bywyd yn hyfryd, ond un cwmwl bach sydd: dim bwni bach bywiog i lenwi pob dydd. Dyma stori ar odl am fabwysiadu. Mae'n cynnwys adran ar wahân i helpu rhieni a phlant.



#### Over the Moon • Karen Katz

A magical, reassuring story of one adoptive family's beginnings, told in words and pictures just right for the youngest children.

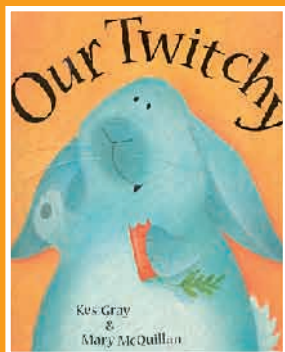
#### Our Twitchy • Kes Gray

In this humorous and touching story about adoption, Milfoil the cow and Sedge the horse decide to tell Twitchy they are not his real mum and dad, even though they all eat carrots and live in a burrow just like an ordinary rabbit family.

#### Tell me again about the night I was born

Jamie Lee Curtis

A little girl asks her parents to tell her again the story of the night of her birth, a story she knows by heart. This tale is a celebration of the love and joy a baby brings into the world.





## Salwch Difrifol • Serious Illness

**Lwmp Mam • Mummy's Lump** • Gillian Forrest

Stori ar gyfer pawb sydd angen siarad am ganser y fron, y driniaeth ar ei gyfer a sut y gall effeithio ar fywyd y teulu.

*This book provides a reassuring and realistic account which may dispel some of the fears young children have about cancer, the treatments which are given for it and how it affects family life.*

**Really and Truly** • Émilie Rivard

This book offers a moving insight into the loving relationship between Charlie and his Grandpa, despite the difficulties dementia brings.

**Grandma** • Jessica Shepherd

Oscar loves Grandma, and their time together is always lots of fun. As she becomes less able to look after herself, she has to go into a care home. This story, told in Oscar's own words, is a positive and practical tale about his experience as Grandma's health deteriorates. There is also a factual page about dementia to help children talk about their feelings and find new ways to enjoy the changing relationship.

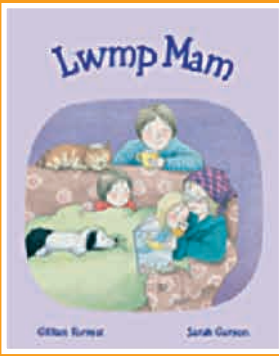
## Colli Rhywun Annwyl • Losing Someone Special

**Het Gynnes Tad-cu** • Malachy Doyle

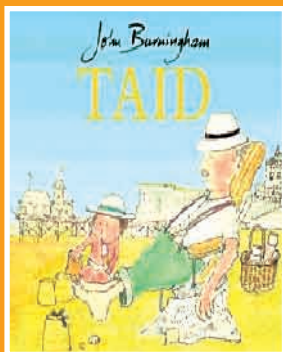
Dyma stori arbennig yn sôn am y berthynas glos sydd rhwng Tad-cu a Wil wrth iddynt droedio'r mynyddoedd law yn llaw yng nghanol oerni'r gaeaf. Het wla'n Tad-cu yw canolbwynt y stori, a'r het honno'n symbol o'r cariad rhyngddynt. Stori am gollod yw hon, ond mae hynny'n cael ei gyflwyno mewn modd cynnil a theimladawy.

**Y Goeden Gofio** • Britta Teckentrup

Roedd Cadno wedi byw bywyd hir a hapus. Stori sy'n dathlu bywyd a'r atgofion sy'n parhau wedi colli rhywun annwyl.

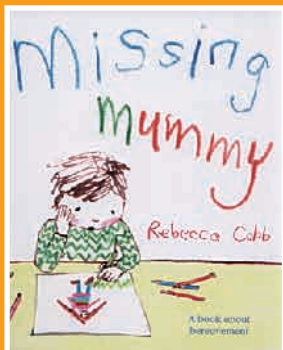






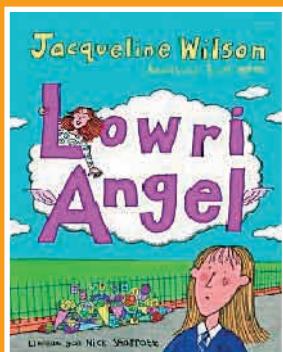
### **Taid • Granpa • John Burningham**

Dyna un annwyl yw Taid. Mae'n magu doliau ei wyres, yn smalio bwyta hufen iâ mefus a smalio mynd ar fordaith i Affrica. Bydd y plant sy'n darllen y llyfr yma yn cofio cyfeillgarwch y ddau am anser maith. *This special friendship between one small girl and her grandfather is captured in this gently humorous, touching story that will delight adults and children alike.*



### **Missing Mummy • Rebecca Cobb**

Missing Mummy is a sensitive, moving book which will help children and adults together share their feelings of grief on missing a very special person.



### **The Heart and the Bottle • Oliver Jeffers**

In this deeply moving story, the author deals with weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.

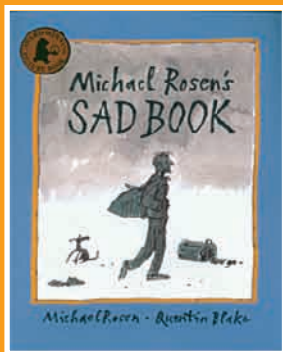
### **Lowri Angel • Vicky Angel • Jacqueline Wilson**

Stori am ferch yn dod i delerau â cholli ei ffrind gorau a fu farw mewn damwain car wrth i'r ddwy gerdded adref o'r ysgol.

*A story about a girl coming to terms with the sudden death of her best friend, Vicky, who was hit by a car as they walked home from school. 9+*

### **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.



### **A Child's Grief • Published by Winston's Wish**

This booklet is designed to be a helpful tool for adults who are supporting children through a bereavement. Practical suggestions and ideas for activities are offered as well as suggested further reading and where to find support.

### **What Does Dead Mean?**

Caroline Jay & Jenni Thomas

This is a book based on the many big questions that children often ask about death and dying. Suitable for children aged 4+.



[gwynedd.gov.uk/llyfrgell](http://gwynedd.gov.uk/llyfrgell)>Gwasanaeth i Blant a Phobl Ifanc  
[www.gwynedd.gov.uk/library](http://www.gwynedd.gov.uk/library)>Children and Young People's Services

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