

help llaw mewn llyfr

Gall y llyfr iawn
helpu mewn sefyllfa
arbennig neu anodd
– detholiad ar gyfer
pawb sy'n gweithio
gyda phlant a'u
teuluoedd

The right book
can help in difficult or
special circumstances
– a booklist for all
who work with
children and their
families

helping hand books

Gwasanaeth Llyfrgell Gwynedd Library Service



Cynlluniwyd y llyfryn hwn ar gyfer pawb sy'n gweithio gyda phlant a phobl ifanc - yn cynnwys gweithwyr iechyd proffesiynol, athrawon a gweithwyr cymdeithasol.

Mae llyfrau yn gallu bod yn gymorth a chysur mawr. Mae'n werthfawr gallu darllen am rywun sydd yn mynd trwy brofiad tebyg i'r un rydych chi yn mynd trwyddo. Mae llyfrau hefyd yn gallu rhoi gwybodaeth a chynghor er mwyn galluogi pobl i helpu eu hunain.

I fenthyg unrhyw lyfr, cysylltwch â **llyfrgell@gwynedd.gov.uk**

Rhestr llawn ar ein tudalennau gwe

gwynedd.gov.uk/llyfrgell>Gwasanaeth i Blant a Phobl Ifanc

This booklet is designed for everyone who works with children and young people and their families – including health professionals, teachers and social workers.

Books can be a great help and comfort. It's good to read a story about someone who is going through a similar event or experience to the one that you are also experiencing. Books can also give information and advice and enable people to help themselves.

To borrow any book, contact

llyfrgell@gwynedd.gov.uk

Full list on our web pages

gwynedd.gov.uk/library>Children and Young People's Services

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Alzheimer's & Dementia

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 picture book about the experience of dementia.

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. A picture book about the experience of dementia.

Iselder • Depression

Why are you So Sad? • Beth Andrews

A book for children about parental depression.

Hunan Niwed • Self-Harm

What's the Harm? • Lois Arnold & Anne Magill

A book for young people who sometimes hurt themselves or for friends who are worried about someone who self-harms.

Self-Harm: the Path to Recovery

Dr Kate Middleton, Sara Garive

This accessible and practical book assesses the causes of self-harm and shows the way to recovery by using case histories and personal stories.

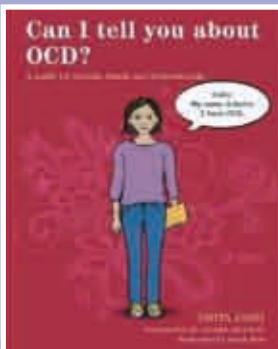
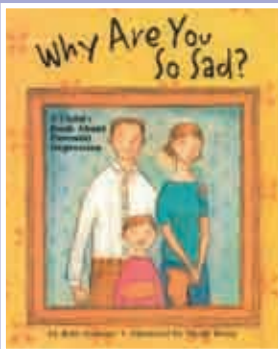
The Self-Harm Help Book • Lois Arnold & Anne Magill

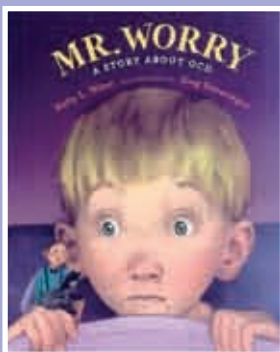
Contains many self-help ideas and exercises which have all been found helpful by those with personal experience of the journey through self-harm.

OCD

Can I Tell You about OCD? • Amita Jassi

Describing the essentials for children and affected adolescents – also a must read for parents and professionals.





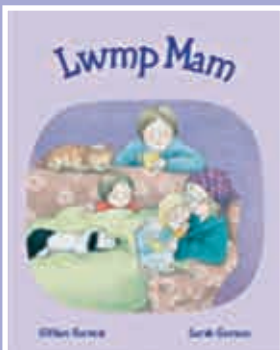
Mr Worry • Holly Niner

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.



Iechyd a Lles • Health and Wellbeing

Salwch Difrifol • Serious Illness

As Big as it Gets • Winston's Wish

A tool kit to support a child when there is serious illness in the family.



Lwmp Mam • Mummy's Lump

Gillian Forrest

Stori i gysuro teuluoedd efo plant ifanc sydd angen siarad am ganser y fron. Mae'n trafod y diagnosis, mynd i'r ysbyty, triniaethau a cholli gwallt. Cyhoeddwyd gan Gofal Canser y Fron.

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 Secret C • Julie Stokes

A guide to help adults explain to children what's going on.



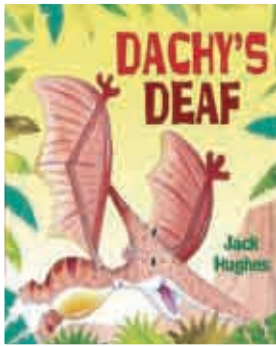
Clywed a Gweld • Hearing and Sight

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 a new pair of glasses, she is able to see everything clearly for the first time.

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.



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?

Glendid Personol • Personal Hygiene



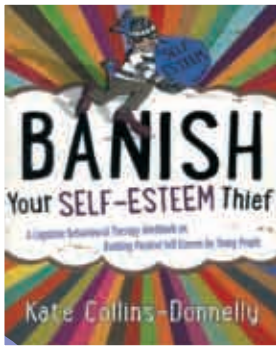
Whiffy Wilson: the wolf who wouldn't wash

Caryl Hart

There once was a wolf called Wilson who never brushed his hair or washed his paws or face. But someone persuades him to change his grubby ways!

Golcha Dy Ddwylo • Tony Ross (Tywysoges Fach)

Hanes tywysoges fach yn dysgu am bwysigrwydd glanweithdra cyn bwyta bwyd.



Hunan Barch • Self-esteem

The 7 Day Self Esteem Super Booster

Jenny Alexander

A book to help children build up their confidence bit by bit, with the help of tasks and activities.

Banish your self-esteem thief

Kate Collins-Donnelly

A cognitive behavioural therapy workbook on building positive self-esteem for young people.



I'm Gonna Like Me

Jamie Lee Curtis

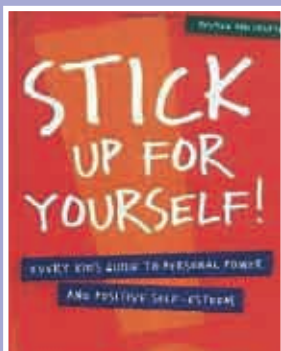
Shows children that the key to feeling good is liking yourself because you are you.

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+



Self-Esteem and Being You

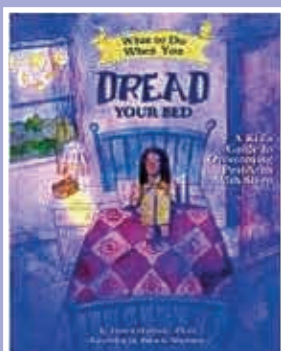
Anita Naik

A Teen Life Confidential guide, full of tips on how to think positively about your friendships, family, your body and your life.

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.

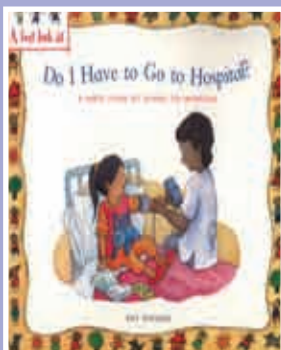


Ofnau a Phoendod **Anxieties and Worries**

What to do when you Dread your Bed

Dawn Huebner

Guides children and parents through cognitive-behavioural techniques used to treat problems with sleep.



Do I Have to Go to Hospital? • Pat Thomas

Helps young children understand that sometimes when they are very sick it is best to go to a hospital.

Going Up! – the no-worries guide to secondary school

Jenny Alexander

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



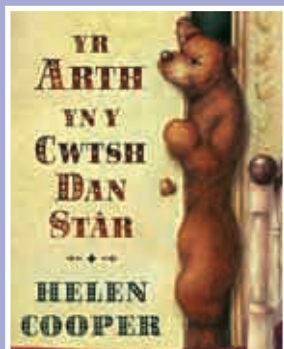
The Huge Bag of Worries

Virginia Ironside

Wherever Jenny goes, her worries follow her – in a big blue bag! Jenny decides they will have to go, but who will help her? A story in picture book format about dealing with worries suitable for a wide age range.

I Don't Like the Dark

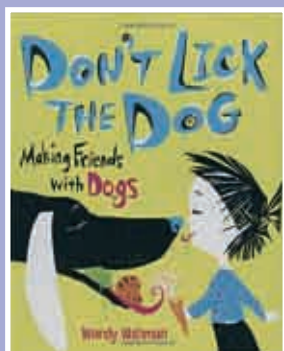
Part of a series about difficult or frightening new experiences. Kate is afraid of the dark, and is going to stay at her cousin Sophie's. How will she cope?



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.



Yr Arth yn y Cwtsh dan Stâr

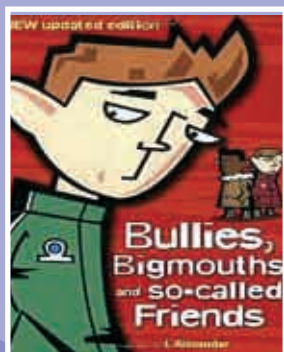
Helen Cooper

Mae Wiliam ofn y tywyllwch, a'r arth sy'n byw yn y cwtsh dan stâr. Stori sy'n dangos sut y gall ofnau gael eu concro.
(Ar gael hefyd yn Saesneg)

Don't Lick the Dog: Making friends with dogs

Wendy Wahman

Many children are scared of animals. A picture book aimed at young children to understand how best to safely interact with dogs.



Bullies, Bigmouths and So-called Friends

Jenny Alexander

Helps you build your own defences and self-esteem and is full of practical advice.



Ymddygiad a Theimladau

Feelings and Behaviours

Bwni Bach yn Mynd i'r Ysgol

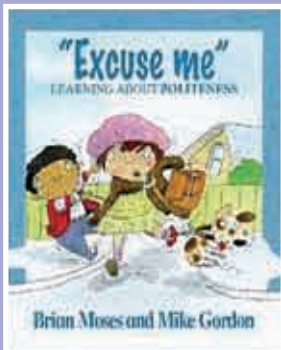
Harry Horse

Cawn glywed sut mae Bwni bach yn dysgu bod rhannu ac ymddwyn yn dda yn ei wneud yn llawer hapusach yn y pen draw.

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.



I Don't Care! Learning about Respect

I'll Do It! Taking Responsibility

It Wasn't Me! Learning about Honesty

Excuse Me: Learning about Politeness

Brian Moses

A series that deals with children's behaviour around everyday situations. Aimed at young children.

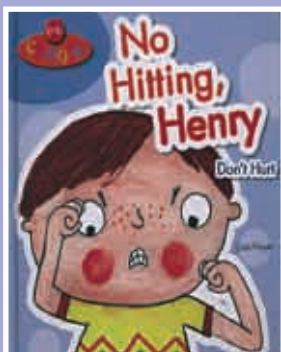


Angry Arthur • Hiawyn Oram

A picture book depiction of the deep frustrated rage every child feels from time to time.

I Feel Angry • Brian Moses & Mike Gordon

A picture book that examines different emotions in an amusing but reassuring way.



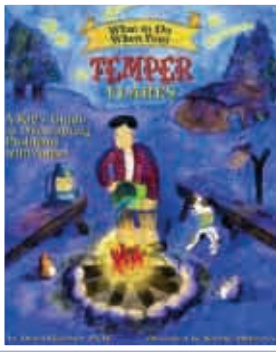
I Hate Everything! – A book about feeling angry

Sue Graves

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

No Hitting Henry • Lisa Regan

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



Starving the Anger Gremlin

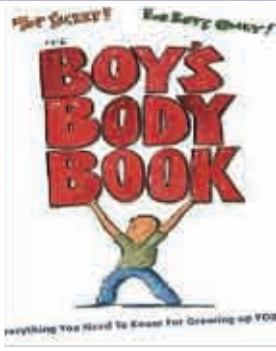
Kate Collins-Donnelly

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

What to do when your Temper Flares

Dawn Huebner

A children's guide to overcoming problems with anger aimed at 8+. Uses CBT techniques.

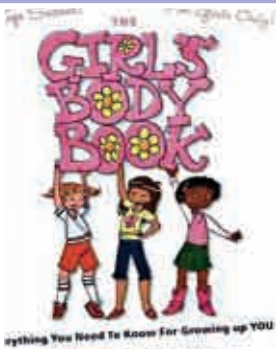


Tyfu I Fyny ac Addysg Rhyw

Growing Up and Body Changes

The Boy's Body Book • Kelli Dunham

An easy to read book for boys 9-12, which talks about body changes and emotions, and staying healthy.



The Girl's Body Book • Kelli Dunham

Advice packed book which is readable and reassuring and deals with issues such as school pressures, out-of-control feelings, mean girls and stressful situations.

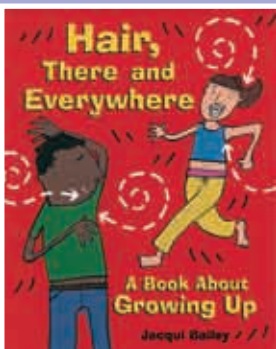
Have you Started Yet? • Ruth Thomson

This book explains exactly what periods are, why they happen and how they will affect you.

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.

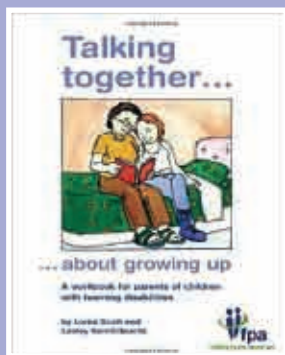


Hair, There and Everywhere • Jacqui Bailey

Answers all those awkward questions about the changes that happen to you and your body during puberty.

Who has What? • Robie H. Harris

All about girls' bodies and boys' bodies for younger children.



Talking Together – about sex and relationships

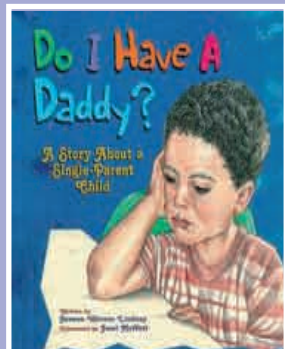
Lesley Kerr-Edwards & Lorna Scott

A practical resource for parents and professionals working with young people with learning disabilities.

Talking Together – about growing up

Lesley Kerr-Edwards & Lorna Scott

A practical resource for parents and professionals working with young people with learning disabilities. CD included.



Materion Teuluol Family Matters

Do I Have a Daddy?:

A Story about a Single-Parent Child • Jeanne Warren

Erik feels bad when his friend, Jennifer, taunts him that he doesn't have a daddy. A useful resource for single parent families with a special section at the back for adults.

This is My Family

• Pat Thomas

A first look at same sex parents for very young children.



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.

A New Room for William

• Sally Grindley

William is not happy about his new room. This story deals sensitively with marriage break up and moving house.



Where Has Daddy Gone?

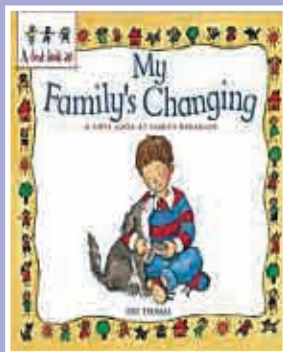
• Trudy Osman

When parents separate, children are often left confused and distressed. This is the story of one little boy whose father leaves the home.

Living with Mum and Living with Dad

Melanie Walsh

A book about separation for very young children. Simple text and colourful pictures.



My Family's Changing: a first look at family break-up

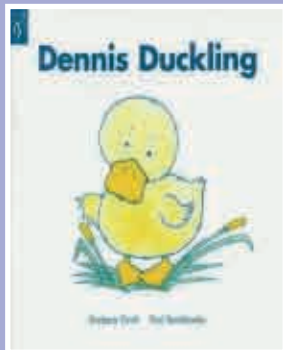
Pat Thomas

This picture book explores the issue of divorce in reassuringly simple terms.

Maethu a Mabwysiadu • Fostering and Adoption

Hoping for the Best • *Sheila Byrne (BAAP)*

Tells the story of an adoption that did not work out.



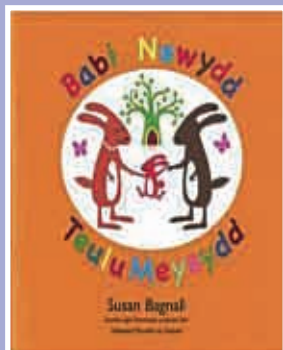
Dennis Duckling • *Barbara Orritt*

Dennis Duckling is going to be looked after by a new family. Find out what happens when he moves into his new home.

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*

Mae Siôn a Siân Meysydd yn byw dan yr onnen mewn twll wrth ei gwreiddiau. Mae bywyd yn hyfryd, ond un cwmwl bach sydd; dim bwni bach bywiog i lenwi pob dydd. Dyma stori ar odl am fabwysiadu.

Absenoldebau a Carchar

Absences & Prison

Dad's in Prison

Sandra Cain & Margaret Speed

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

When Dad was Away

Liz Weir

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



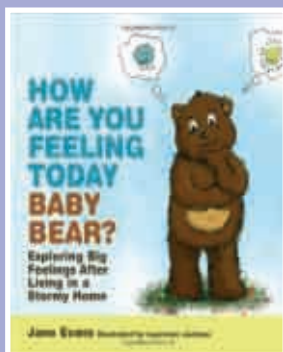
Trais, Trais Teuluol a Chamdrin

Violence, Domestic Violence and Abuse

How are you Feeling Today Baby Bear?

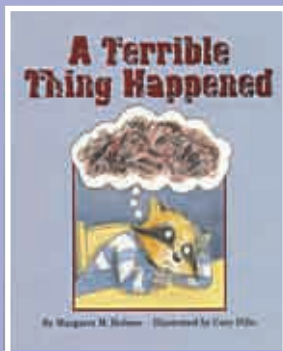
Jane Evans

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.



A Terrible Thing Happened • Margaret Holmes

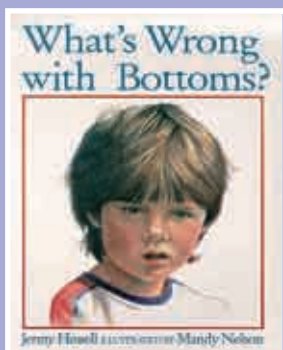
This gently told and illustrated story featuring animal characters is for children who have witnessed any kind of violent or traumatic episode including physical abuse, gang violence, accidents, murder, suicide and natural disasters such as floods or fire. American publication.



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 to feel bad about that.



What's Wrong with Bottoms?

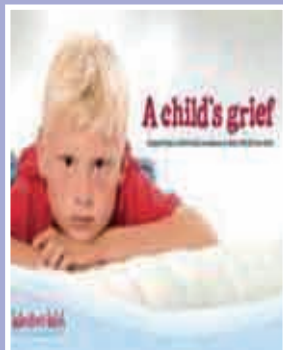
Jenny Hessel & Mandy Nelson

A young boy faces unwelcome advances from an uncle, and decides to tell mum.

Delio â Cholled Dealing With Loss

A Child's Grief - Winston's Wish

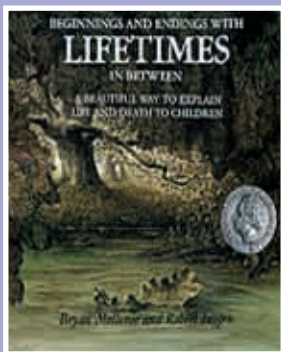
A booklet to support a child when someone in their family has died.



A Story for Hippo

Simon Puttock & Alison Bartlett

When Hippo dies, monkey is sad. A picture book dealing with death and loss.



Beginnings and Endings with Lifetimes in Between

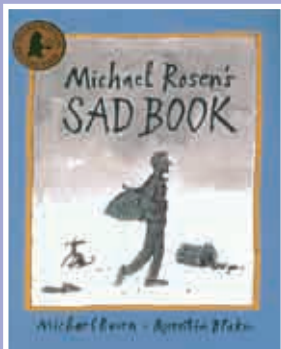
Bryan Mellonie & Robert Ingpen

A moving picture book with a simple message: everything that is living, one day has to die.

Come Back, Grandma

Sue Limb

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



Michael Rosen's Sad Book

Michael Rosen

What makes Michael Rosen sad is thinking about his son Eddie, who died. A picture book that is all about a personal response to being sad.

Missing Mummy

Rebecca Cobb

A little boy says goodbye to his mummy but isn't sure where she has gone. A book about bereavement for very young children.



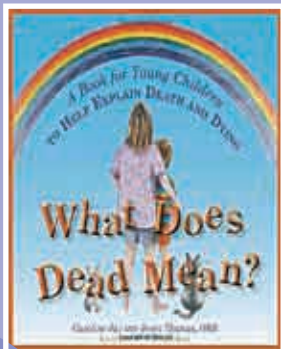
The Scar

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?

Y Goeden Gofio • Britta Teckentrup

Roedd Cadno wedi byw bywyd hir a hapus, ond roedd o 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 am rywun annwyl.



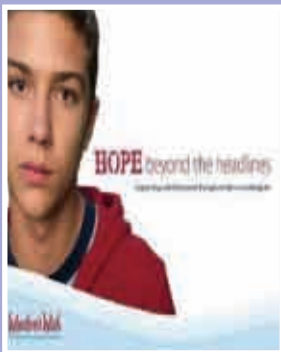
What Does Dead Mean?

Caroline Jay and Jenni Thomas

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

Helping Children Cope with the Loss of a Loved One • William Kroen

Advice aimed at grown-ups.



Hope Beyond the Headlines: Winston's Wish

A booklet to support a child bereaved through murder or manslaughter.

Good Grief; exploring feelings, loss and death with under 11's

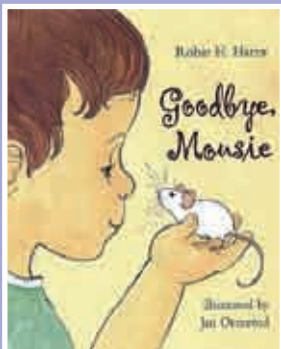
A teaching materials pack for educators and other professionals, which is of particular relevance to schools.

Marwolaeth anifail anwes • Death of a pet

I Miss My Pet

Pat Thomas

A first look at the death of a pet for very young children.



Goodbye Mousie

Robie H. Harris

A little boy is told that his pet mouse has died.

Ar gael hefyd...

Llyfrau ar gychwyn ysgol, defnyddio poti, mynd at y deintydd, babi newydd, cadw'n ddiogel, anableddau a chyflyrau a llawer mwy.

Catalog y Llyfrgell

capitadiscovery.co.uk/gwynedd

Also available...

Books on starting school, potty training, going to the dentist, new baby, staying safe, disabilities and conditions and many more.

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