

Read To Succeed - Books to Help Families

Section 1			
What's the book about?	Who's the book for?	Title and author	Brief summary of the book
Parenting			
Parenting- infancy	Parents	<p>The Social Baby: Understanding Babies' Communication from Birth</p> <p>Lynne Murray & Liz Andrews</p>	<p>This book uses 100s of photos of very small babies with their carers to illustrate the ways that babies try to communicate from birth. A very accessible and interesting book for parents trying to understand their newborn. Useful chapters on attachment and separation, helping parents to think about things like sleeping arrangements for their baby.</p>
Parenting pre school children	Parents	<p>New Toddler Taming: A Parents' Guide To The First Four Years</p> <p>Dr. Christopher Green & Roger Roberts</p>	<p>This book offers practical advice on a variety of aspects of parenting, from sleeping problems and tantrums, to up to date information on childhood eating habits, sibling rivalry, and techniques for discipline. A light-hearted, informative and easy to read book.</p>
Parenting children aged 2- 8	Parents and professionals	<p>The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years</p> <p>Carolyn Webster-Stratton</p>	<p>A book about positive parenting strategies; beginning with establishing a good relationship through play and going on to outline ways of shaping behaviour through praise, ignoring, and logical consequences and lastly time out. Quite easy to read, broken down into short chapters with cartoons and a helpful summary of the key points at the end of each chapter.</p>

Parenting children from birth to late adolescence	Parents	<p>Can You Help Me? A Guide for Parents</p> <p>A. Brafman</p>	<p>Brafman, an experienced psychotherapist working with children and families, offers helpful discussion on questions and problems commonly encountered by parents. It is less directive than some other books on parenting, and this is done in the hope that his style of thinking about the problems and a number of possible causes and solutions, will help parents decide how best to deal with their own situations</p>
Parenting - Understanding social and emotional development	Parents	<p>Understanding Your Baby Sophie Boswell</p> <p>Understanding Your One-Year Old Sarah Jones</p> <p>Understanding Your 2-Year-Old Lisa Miller</p> <p>Understanding Your Three-Year Old Louise Emanuel</p> <p>Understanding 4-5-Year-Olds Lesley Maroni</p> <p>Understanding 6-7-Year-Olds Corinne Aves</p> <p>Understanding 8-9 Year Olds Biddy Youell</p> <p>Understanding 10-11 Year Olds</p>	<p>This is a series of books written by psychotherapists to help parents understand their child's social and emotional development. They are short and quite easy to read. The books think about the child as part of the family, friendship groups and school, thinking about the challenges each stage of development brings. The books use lots of stories about children and families to illustrate the points that are being made. The books consider the different roles of mothers, fathers, grandparents /extended family at different stages of development. They also think about the impact of life events - e.g. death, bullying, friendship problems, and family break up - at the different stages of development and offer advice for parents in supporting their child through these things.</p>

Rebecca Bergese			
Understanding 12-14 Year Olds Margot Waddell			
Growing Up			
Growing Up - New Baby	For parents to read with children aged 3 and above	Hi New Baby Robie H Harris	Suitable to read with toddlers to prepare them for the arrival of a new sibling. Colourful and simple, it thinks about the different feelings the children might have about the new arrival and them no longer being the baby of the family.
Growing Up - Where do babies come from?	For parents to read with children aged 5 and above	How Did I Begin Brita Granstrom and Mick Manning	Warmly written with lovely cartoon illustrations this book covers the baby's journey from conception to birth.
Growing Up - Where do babies come from?	For parents to read with or children to read themselves from about age 8	Mummy Laid An Egg Babette Cole	Humorously and reassuringly written picture book depicting children telling their parents about how babies are made.
Growing Up - Where do babies come from?	For older children aged about 10 and above	Let's Talk About Sex Robie H Harris	An open and reassuring book offering a simple explanation of sex, families, puberty and growing up. It also covers sexual health, the law and sexual orientation. Lots of cartoons and written in a humorous, informative style.
Puberty	For Girls and Boys	Hair In Funny Places Babette Cole	A light hearted picture based book exploring what happens to boys and girls bodies when 'Mr and Mrs Hormone' come to visit!
Puberty	For Girls	Puberty Girl Shushann Movessian	A positive and empowering book for girls about the physical and emotional changes around puberty. Quite explicit and detailed,

			with lots of pictures, cartoons, and helpful advice
Puberty	For Boys	Puberty Boy Geoff Price	A positive and empowering book for boys about the physical and emotional changes around puberty. Quite explicit and detailed, with lots of pictures, cartoons, and helpful advice
Self Esteem and Managing Feelings			
Normal Childhood Worries	Children's Book (aged 4 - 9)	The Huge Bag of Worries Virginia Ironside	Funny and reassuring book about a little girl who has lots of things on her mind. Useful for children who get a bit bogged down by everyday
Self-Esteem	Children (aged 8 - 12)	The 7 day Self Esteem Super-Booster J. Alexander	This is a short book containing a wealth of really wise, helpful but fun ideas for boosting children's self-esteem. The book is full of jokey illustrations, with quizzes, flow charts and daily task giving a positive fresh approach to developing self-esteem
Self Esteem	Guide for children (aged 8 - 13)	Stick Up for Yourself: Every Kid's Guide to Personal Power & Self-Esteem Gersten Kaufman	This is a fun self-help guide for children aged 8 to 13 which deals with issues like responsibility, making choices, ownership of feelings and positive thinking. It is an easy to read friendly book filled with very short stories which children can relate to. This book encourages respect for others alongside problem solving allowing children to explore their feelings and how to deal with them.
Managing Feelings	Managing Anger - children (aged 5 - 12)	A Volcano in My Tummy: Helping Children to Handle Anger: a Resource Book for Parents,	This easy to read book offers activities and ideas to help children understand and

Caregivers and Teachers	manage angry feelings.
Elaine Whitehouse & Warwick Pudney	

Section 2			
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Bullying			
Bullying	Young People (8+), parents and teachers	Bullies, Bigmouths & So-called Friends J. Alexander	This book is written in a cartoon style with a mix of fun exercises and quizzes. There are lots of ideas and helpful advice to help children manage bullies and build friendship skills. There are lots of ideas and activities to build children's self-esteem.
Bullying	Parents, teachers and professionals	The Anti Bullying Handbook Keith Sullivan	This book offers a guide to the development and implementation of an effective school anti-bullying program.
Divorce			
Divorce	Parents guide	Help Your Children Cope With Your Divorce: A Relate Guide Paula Hall	Clear advice and guidance on how to minimise the impact of parental relationship breakdown on children. Includes explanations of age specific issues, checklists and case studies. Very helpful.
Divorce	Children's book (aged 3 - 7)	Dinosaurs Divorce: A Guide for changing families Laurene Krasny Brown & Mark Brown	This book is simply written with lots of pictures to help younger children understand the process of divorce and how families change. The book also thinks about how children feel about their parents

			divorcing and what might be helpful for them.
Divorce	Children's book (aged 4+)	Two Of Everything Babette Cole	A humorous and helpful picture book about parents divorcing and how the children feel and adapt to the changes in their lives.
Bereavement			
Bereavement	Children (aged 5 - 9)	Badgers Parting Gifts Susan Varley	A picture book suitable for children aged between 5 -9. The story is about Badger, who knows that he is dying and wants to prepare his friends so that they won't be too sad. When Badger has died, his friends think about the things that they have learned from Badger and ways that he has helped them. A moving book, most suitable for parents to read with children.
Bereavement	For Young People (12+)	Out of the Blue: Making memories last when someone has died Julie Stokes and Di Stubbs	Written by the people who run Winston's Wish, this book offers personal experiences and thoughts of you have experienced someone they love dying. It is filled with a variety of activities for young people to engage in to help them cope with bereavement in a more creative way. Lots of references and additional resources.
Bereavement	For parents supporting children	As Big As It Gets. Supporting a child when a parent is seriously ill Lynne Murray and Liz Andrews	Provides support for parents who are experiencing ill health. Initially the book describes the importance of honestly and

			the emotions and thoughts which may be expected from a child after talking to them about a serious illness. The second half of the book provides practical ways to support children and offers a variety of activities for the parent and child to do together.
Bereavement	Parents, teachers, professionals	Children, Bereavement and Trauma Paul Barnard, Ian Morland & Julie Nagy	This is a useful book for parents, teachers and health professionals. It advocates a model of practise centred on listening to children and thinking carefully about support networks. There is a leaflet written by children about what helped them following bereavements. There are ideas for working with children with learning disabilities and useful contacts and ideas for reading materials for children at different ages.
Bereavement (Suicide)	Parents	Bereaved by Suicide Patrick Shannon	Aimed at adults, this book highlights a variety of emotions which may be encountered if experiencing bereavement by suicide, and tries to put these into some perspective. Offers valuable information for adults concerning children's feelings, and guidance about what may help with grief.
Sensory Regulation			
Sensory Regulation	Parents	The Out of Synch Child Carol Stock Kranowitz	A very informative book detailing how to recognize and cope with sensory processing disorders in children. It contains good descriptions of how difficulties in each of the sensory systems present, when compared to a typically developing child. Activity suggestions and

			strategies are also included.
Sensory Regulation	Parents	Too Loud, Too Bright, Too Fast, Too Tight: What to Do if You Are Sensory Defensive in an Over stimulating World Sharon Heller	This is a very useful book in helping to understand and cope with sensory defensiveness in children and adults. Written by a developmental psychologist who has sensory defensiveness, it explains in detail, strong reactions to certain stimuli and how they affect everyday functioning. Heller offers advice and ideas on overcoming the difficulties of sensory defensiveness and includes anecdotes from her own experience and other people she has helped.

Section 3			
What's the book about?	Who's the book for?	Title and author	Brief summary of the book
Dyspraxia			
Dyspraxia	Young People (Aged 14+) and parents / teachers	Caged in Chaos: A Dyspraxic Guide to Breaking Free Victoria Biggs	Written by Victoria Biggs when she was 16 years old, this book describes with humour how normal adolescent problems are compounded by the lack of coordination, social awkwardness, disorganisation and poor short term memory that accompany Dyspraxia. The book contains lots of helpful strategies to help young people function more effectively at home and school.
Autism and Aspergers Syndrome			
Autism	Book for families of	Why does Chris do that?	The book offers an understanding of the

	children with autism	Tony Attwood	behaviour associated with autism and explanations of these. The book also provides useful advice in managing unusual behaviour in children, and adults.
Autism	Fiction	The Curious Incident of The Dog In the Night-Time Mark Haddon	A novel written in the voice of a man on the autistic spectrum. Gives a very good insight into autistic thinking and behaviour. Suitable for late teens and adults.
Aspergers Syndrome	Guide for parents/professionals	Asperger Syndrome: A Guide for Parents and Professionals Tony Attwood	This book gives an overview of what it means to have Aspergers Syndrome, thinking about the strengths and capacities of children and young people as well as offering helpful advice on tackling areas of difficulty. Particularly helpful for parents and teachers.
Aspergers Syndrome	Older children / teenagers	Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence Luke Jackson	Written in a warm and humorous style, Luke offers his thoughts and insights on growing up with Aspergers Syndrome. He covers a range of topics from fascinations and fixations, through sensory issues, dating, friendships, bullying and school.
ADHD			
ADHD/ADD	Parents Guide	Understanding Attention Deficit Disorder: A Parent's Guide to Attention Deficit Hyperactivity Disorder in Children Dr Christopher Green & Dr Kit Chee	Written by paediatricians with expertise in ADHD this book offers a helpful guide for parents about the nature of ADHD through childhood into adulthood. There are sections on treatment options as well as helpful chapters on managing behaviour and improving performance at home and at school

ADHD	Child/Young Persons guide (8+)	Putting on the Brakes: Understanding and taking control of your ADD or ADHD Patricia Quinn & Judith Stern	This book is written in a positive way, providing practical ideas, activities and insights which are designed to help children manage their attention deficit disorder. It has sections on friendship, school and homework, managing and expressing feelings and using strengths and skills to improve their general health and well being.
Eating Disorders			
Eating Disorder	Book for young people (12+) and parents	Mealtimes and Milestones: A Teenagers Diary of Moving on from Anorexia Constance Barter	Written in the format of a diary, the book describes a teenage girl's personal battle with anorexia. The book is aimed at teenagers and provides a valuable insight into the illness as well as inspiring others to seek help in overcoming the illness.
Anorexia	Aimed at parents and friends	Anorexia Nervosa: A Survival Guide for families, friends and sufferers Janet Treasure	This book is divided into sections for parents, other carers and the young person with anorexia, offering a tool box of helpful ideas and advice.
Depression			
Depression	Cognitive Behaviour Therapy for young people (12+)	Getting through Depression with CBT: A Young person's guide Dr Louise Dalton & Dr Alice Farrington	A guide book for young people with depression which deals with different types of low mood as well as providing a step by step guide offering advice on managing depression based on Cognitive Behavioural therapy (CBT).
Anxiety			

Anxiety	Children's Book (7+)	Mr Worry: A Story about OCD Holly Niner	A picture book that tells the story of a boy with Obsessive Compulsive Disorder and the help he gets from a therapist in learning to take control of his worrying thought and ideas, and how his family help him with this.
Anxiety	Primary aged children (7 - 12)	Cool Cats, Calm Kids: Relaxation & Stress Management for Young People Mary Williams	A practical, humorous stress management guide for children. Probably helps if the child likes cats because there are lots of cat analogies!
Anxiety / Depression	Self-help books for young people (12+)	Getting through anxiety with CBT: A young person's guide Ben Gurney-Smith & Claudia Herbert	Short, helpful books that looks at feeling anxious and sad and the link up between how a person thinks, feels and behaves. Offers useful activities to help young people sort out and change the way they think about themselves
Anxiety	Cognitive Behaviour Therapy for young people (12+)	Overcoming Anxiety: A Self-Help guide using Cognitive Behavioural Techniques Helen Kennerley	A guide book for young people with anxiety which deals with different types of anxiety as well as providing a step by step guide offering advice on managing anxiety based on Cognitive Behavioural therapy (CBT).
Psychosis			
Psychosis	Support/advice for young people (12+)	Your guide to Schizophrenia Dr Adrienne Reveley	The book provides an easy to read guide for young people with schizophrenia to help them understand their illness, discover advice and allow them to make informed choices. The book begins with explaining what schizophrenia is, but also what isn't, before moving to discuss treatments and helpful facts and myths sections, this book

offers a friendly guide allowing people to regain control of their illness.

Tourettes Syndrome

Tourettes	Parents Guide	Children with Tourettes Syndrome: A Parent's Guide Tracy Marsh	Written for parents, this book offers a huge amount of information about Tourettes, from diagnosis and treatment through strategies for managing at home and in social situations. Useful section on education and how to make sure that the education plan is right for each child.
Tourettes	Young People	Busy Body: My Life with Tourettes Syndrome Nick Bloss	Insightful and thoughtful biography of a young man who has Tourettes Syndrome. Humorously written it gives helpful insight into life for a child growing up with Tourettes along with helpful ideas and strategies for managing some of the difficult times.