

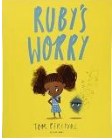
Mental Health and Wellbeing Book List

Cloud Boy by Marcia Williams



A superb book for upper KS2 examining the emotions Angie experiences during her best-friend Harry's terminal illness, including grief, anger, happiness and boredom. The lesson that all her feelings are valid is transferable to anyone experiencing stressful life events. 9-11 years.

Ruby's Worry by Tom Percival



This is a picture book that belongs in all school libraries or classrooms... about how important it is to tell someone if you have a worry. So much discussion can be had around this book, which is beautifully illustrated and uses colour brilliantly to reflect Ruby's mood. Such an important book, both as a very basic introduction to mental health (talk and tell) and as a book with diverse characters. This book has sparked meaningful class discussions, supporting pupils to understand that 'it's okay to not be okay'. KS1 and KS2

All The Things that Could Go Wrong by Stewart Foster



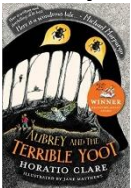
Some books you read a few pages or some chapters and park it for the day. Other books, you get so into the story that you just keep turning the pages and lose track of time. This book is the latter. This is about a bully and his victim (who also suffers from OCD) and their points of view on their respective lives at school. 9-11 years.

How Not to Lose It: Mental Health Sorted by Anna Williamson & Sophie Beer

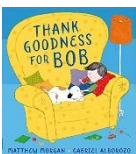


A brilliant resource for UKS2 children to dip into – probably most useful in the transition to secondary school. Anna Williamson is a trained therapist and Childline counsellor. She has packed her mental health guide with support and guidance perfectly pitched in a chatty, informal style which is both practical and reassuring, without being overwhelming. The information is presented honestly and openly which will hopefully encourage questions and discussions. Sophie Beer's illustrations and the bright colours used throughout make this appealing to pick up and explore. I think this book is spot on in its approach to supporting children to develop strong emotional well-being, resilience and belief in themselves. 9-11 years.

Aubrey and the Terrible Yoot by Horatio Clare

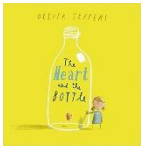


A brilliant book, the first in a series, published by Firefly Press in 2017. The compelling title features Aubrey, a "rambunctious child", an adventurer and determined discoverer. 'The Terrible Yoot' refers to dad's depression; he becomes sad, pale, confused and rather lost – "Sometimes he seemed so wispy he might have been made of mist." Horatio Clare writes openly and honestly about Jim's battles and Aubrey's responses to what he witnesses. There is plenty of humour, plenty of adventure and some remarkably adept description. All in all, a very grounded and relatable story. 8-11 years.



Thank Goodness for Bob by Matthew Morgan & Gabriel Alborozo

Max worries a lot. He worries about what is around him, what has happened and what might happen. His dog Bob, however, is much more relaxed. Bob teaches Max that the best way to deal with worries is to share them with a friend. This is a gentle story that shows that everybody worries at times and introduces the idea of talking about fears as a coping mechanism. A wonderful book for opening conversations about fears and anxieties with children 3-6 years.



The Heart and the Bottle by Oliver Jeffers

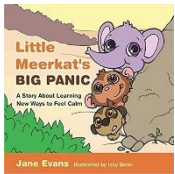
This book touches on depression and loss but also looks at the power of imagination and love. It sparks great conversations of loss and sadness. A wonderful soulful story capturing a little girl's loss and path through bereavement, complimented by beautiful illustrations. One to be shared while being mindful of those who may have experienced similar loss and who are perhaps struggling to talk about it or see any light afterwards. 5-8 years.

The Mystery of the Colour Thief by Ewa Jozefkowicz

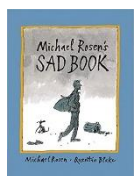


An authentically-told story that poignantly portrays life during dark times for twelve-year-old Izzy. After a traumatic car accident, Izzy's mum is in a coma in hospital and Izzy struggles to keep up good relationships with family and friends. While Izzy tries to act bravely and hold everything inside, something even darker is happening inside her mind. Sometimes emotions become so tangled that they are too difficult to put into words and what I liked about this book is how the author weaves into the plot a number of ways of visually representing some of the associated feelings, like the painted mural on Izzy's bedroom wall whose colours fade one by one. Powerful emotional experiences are handled in a compassionate way, characters are authentically nuanced and the plot is compelling. Recommended for 9-11 years for opening up important conversations about mental health.

Little Meerkat's Big Panic by Jane Evans



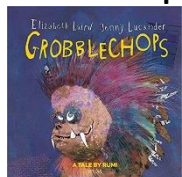
This is a book about what happens to our brain when we panic. The story is told using different animals to represent different parts of the brain and it cleverly incorporates interactive elements that put an emphasis on using vocabulary to name and describe feelings. Little Meerkat is sent into a very big panic when he falls asleep and forgets to look out for his friends, who then disappear. Through the character of Meerkat, the book offers a number of strategies that children can use to calm their body and brain when they feel overcome by stress, panic or anxiety. 2-6 years.



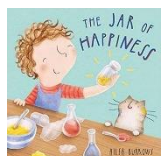
Michael Rosen's Sad Book by Michael Rosen & Quentin Blake

Although mostly about grieving, Michael Rosen's Sad Book also explores sadness generally. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain. A beautiful, truly human text with perfectly matched illustrations by Quentin Blake. 5-7 years.

Gobblechops by Elizabeth Laird & Jenny Lucander

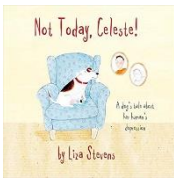


A retelling of a tale by Rumi, an ancient Persian poet. On one level this is the story of a boy who is too scared to go to bed because of the monster under the bed. The boy's dad gently encourages him to make friends with the monster so he won't be scared of it anymore. In the story, the boy and his dad also discover that fighting the monster doesn't get them anywhere. With universal messages of acknowledging and making friends with your fears, and that trying to fight what we are scared of is rarely the answer, this will resonate with children (and adults) of all ages. It might also help children deal with their anxiety over making new friends. 6-8 years.



The Jar of Happiness by Ailsa Burrows

A lovely, gentle story about finding your happiness with family and friends. Is there a recipe for happiness? Meg certainly thinks so. She collects all the necessary ingredients in a jar, which she uses to cheer up her friends and family when they're feeling low. But what happens when her special jar mysteriously disappears? Will Meg feel sad forever more, or will she find other ways to be happy? 3-7 years.



Not Today, Celeste by Liza Stevens

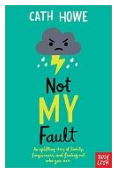
This is a story about living with somebody suffering from depression, told through the eyes of a dog called Celeste. Celeste is confused and sad when 'something different' seems to come over her owner, Rupert. Celeste learns that Rupert's feelings are poorly and that it is not Celeste's own fault or responsibility. This is a sensitive picture book with beautiful illustrations and a compassionately told story that speaks of real issues faced by those living with family members with depression. 3-7 years.

Ish by Peter H. Reynolds

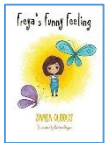


Drawing is what Ramon does. It's what makes him happy. But in one split second, all that changes. A single remark by Ramon's older brother, Leon, turns Ramon's carefree sketches into joyless struggles. Luckily for Ramon, though, his little sister, Marisol, sees the world differently and she opens his eyes to something a lot more valuable than getting things exactly right...This teaches us all to be less perfectionist; it's perfectly ok to be good-ish at something. The enjoyment and satisfaction is in the doing. 4-7 years.

Not My Fault by Cath Howe

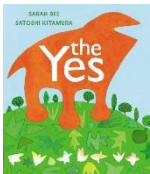


A story about two siblings (Maya and Rose) who no longer talk to each other after an accident in the playground, told through alternating chapters from the perspective of each sister. One sister's narrative will resonate with anyone who has felt a build-up of unspoken anger, resentment or a desire for revenge, while the other's will be relatable to readers who have ever struggled to speak the right words to influence a situation or relationship that feels beyond their control or who have borne the weight of unfounded guilt. Many young readers will easily empathise with both perspectives. UKS2



Freya's Funny Feeling by Samia Quddus & Rahima Begum

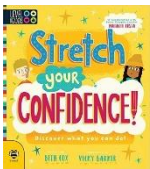
This book is a must for any environment involving children. It helps the reader deal with any situation where a child might feel uneasy or nervous. Beautiful illustrations and the perfect storyline. Freya is just charming and very relatable. 4-8 years.



The Yes by Sarah Bee and Satoshi Kitamura

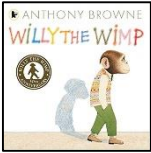
The Yes is a powerful picture book that cleverly illustrates the power of a positive attitude. All "the nos" teem and seethe and pick and nip, but The Yes ignores them and carries on with what it wants to do. All children I have read this book to have responded strongly to it. Some have seen "the nos" as external negative influences, some have seen them as internal negative thoughts. All though have internalised the message that it is important not to let negative messages take over and dominate. A useful book for exploring self-belief and self-doubt. 5-8 years.

Stretch Your Confidence by Beth Cox & Vicky Barker



Confidence is like a muscle, and everyone's confidence can benefit from a bit of coaching and stretching sometimes. This accessible book feels like a hybrid between a children's non-fiction text and an activity book, walking young readers through different strategies and tasks that empower them to cope with change, embrace mistakes and deal with the ups and downs of life. KS2.

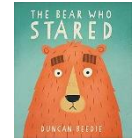
Friendship and Anti-Bullying Book List



Willy the Wimp by Anthony Browne

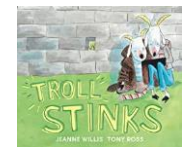
Willy is a gentle kind of chimp but also a target for a group of bullies, who have nicknamed him 'Willy the Wimp'. One day Willy notices an advert in his comic and pursues it to start bodybuilding. Soon the changes he makes to his appearance gives him the confidence to stand up to the bullies. This is a very humorous story and one that leaves readers with much to discuss regarding the extent to which they agree with Willy's response to his bullies. 5-7 years.

The Bear Who Stared by Duncan Beedie



There once was a bear who liked to stare... and stare... and STARE. Bear doesn't mean to be rude, he's just curious but too shy to say anything. But nobody likes being stared at and it soon gets Bear into trouble. Luckily a goggly-eyed frog helps Bear realise that sometimes a smile is all you need to turn a stare into a friendly hello. This humorous book about a socially awkward bear is great for showing children how they could try to make friends. 3-5 years

Troll Stinks! By Jeanne Willis & Tony Ross



This is a great choice of book for exploring the topic of cyberbullying with young children. Billy the Goat and his friend Cyril are playing with a phone when they decide to send mean messages to the troll living under the bridge. Soon the two friends discover that their online actions have had a big impact on troll's feelings and that their messages were not such a fun idea after all. 4-9 years.

You're a Rude Pig, Bertie! by Claudia Boldt



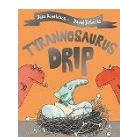
Bertie is the most vain, rude and outspoken pig you'll ever meet. He can't help offending his friends and pretty soon he doesn't have any left. But a beautiful bunny and a disastrous party all lead Bertie to a startling realization, and a change of heart...Bertie, the rude pig, is a good example of how unkind behaviour can drive away friends – and what you need to do to put things right. 3-6 years.

Something Else by Kathryn Cave



A simple story, about a small creature who does his best to join in with the others. But he's different. No matter how he tries, he just doesn't belong. Then Something turns up and wants to be friends. But Something Else isn't sure he's like him at all...Something Else tries to be like everyone else. But everything he does shows how different he is. Then one night, something shows up. Has Something Else finally met someone just like himself? 3-6 years.

Tyrannosaurus Drip by Julia Donaldson & David Roberts



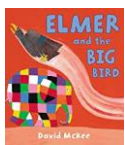
Tyrannosaurus Drip, a little peace-loving vegetarian dinosaur, never fits in with his adopted family of fierce Tyrannosauruses. After putting up with lots of bullying from the other dinosaurs, Drip runs away to find a place where he really belongs and soon he finds the inspiration to stand up to the bullies. 3-6 years.

Is it Because? By Tony Ross



This book tells the story of a boy who is the victim of an unpleasant bully. The boy questions why the bully might be picking on him, with a repeated refrain of 'Is it because....?'. After much questioning, the boy decides that he is not the one at fault after all and begins to realise that the bully is unhappy and jealous. This is a picture book that cleverly uses rhyme and visual humour to approach the complex topic of bullying in an accessible way. 4-6 years.

Elmer and the Big Bird by David McKee



Elmer the Elephant knows what it feels like to be different! When Elmer notices that there are suddenly no birds around anymore, he begins to wonder what is happening. When he finds them in a cave hiding from a fierce bully, Elmer sets about to help the birds stand up to the bullying. 3-5 years.

How to Be a Lion by Ed Vere



Leonard the lion, who is gentle and kind, is different to the other lions he meets. He likes to talk about poetry and philosophy with his like-minded friend Marianne the duck. When Leonard encounters a group of bullies in the park, they threaten to chomp Marianne before turning on Leonard for not being fierce enough. Leonard and Marianne work together to communicate to the bullies that there is more than one way to be a lion. 3-6 years.

All The Things That Could Go Wrong by Stewart Foster



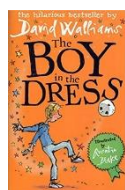
An absorbing story about bullying and friendship crafted with the right balance of warmth and tension to engage readers in upper KS2. The narrative alternates between the viewpoints of teenagers Alex and Dan. Daily life is a struggle for Alex, plagued by worries caused by his OCD and living in fear of the awful bullying at school. Dan's life is not straightforward either. Since his older brother left home, everything in Dan's world feels different. Dan plays out his frustrations at school, messing around in class and finding easy targets at school to bully with his friends. As time goes by, the boys end up working together on a raft-building project and a new empathy begins to develop as their relationship grows. A highly recommended story for KS2. 9-11 years.

Max and The Millions by Ross Montgomery



An action-packed adventure, imaginatively written with echoes of The Borrowers and Gulliver's Travels. Ten-year-old Max is singled out for being deaf by a despicable Headmaster who is evil enough to rival the Trunchbull. In order to solve a mystery at his boarding school, Max forms a friendship with another boy - overcoming their challenges and dispelling some assumptions about deafness along the way. The gaggle of five-year-old girls brings humour and slapstick to this heart-warming story. An excellent discussion opener for themes of bullying, friendships, difference and equality: *"They were from two different species and they had never spoken the same language, but they were friends. And sometimes that's all you need to achieve the impossible."* 9-11 years.

The Boy in the Dress by David Walliams



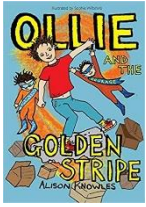
12-year-old Dennis lives with his older brother John and their Dad. Dennis misses his mother, who has left them. When Dennis experiments with dressing in girls' clothes and even goes to school in a dress, he is taunted and teased by the other children and expelled by the Head Teacher. Playing in a football match wearing a dress, rather than his usual football kit, gets him seen in a different light and his story turns a corner. A light-hearted story exploring family relationships, freedom of choice and tolerance of difference. 8-12 years.

Wonder by R.J. Palacio



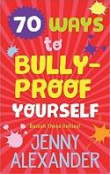
August Pullman (Auggie) has a severe facial deformity and is home-educated until the age of 10, when he begins to attend school. The story is not just told from Auggie's perspective, but also through the eyes of his family and friends - following his fears and challenges as he comes to terms with other children's reactions to his appearance. It's an emotional journey and a superb book to start discussions about accepting people for who they are, empathy and the importance of friendships. 9-11 years.

Ollie and the Golden Stripe by Alison Knowles



This is a book for children who are working on developing empathy. The Captain is disappointed when Ollie feels like laughing at his clumsy classmate Adam, and decides that it's time to introduce him to one of the four super superpowers, Empathy. Empathy transports Ollie into Adam's shoes and teaches him how to understand and share Adam's feelings. But with Empathy comes great responsibility, and the chance for Ollie to return to the library to earn his first Captain's stripe. Can Ollie use his superpowers to win the golden stripe and help Adam to overcome bullies? 7-11 years.

70 Ways to Bully-Proof Yourself by Jenny Alexander



This is a helpful guide written in an informal, child-friendly style that helps pupils to understand how common – and unacceptable - bullying is, what it might look like in different situations and the most appropriate ways to respond to it. The book includes some real-life stories, quick quizzes and ideas for activities to help readers think through the topic of bullying. Suitable for children in KS2.

SEND Book List

Blue Bottle Mystery - The Graphic Novel by Rachael Smith & Kathy Hoopmann

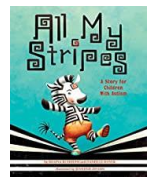


This graphic novel tells the story of the hero Ben, a boy with Asperger Syndrome (AS). When Ben and his friend Andy find an old bottle in the school yard, little do they know of the surprises about to be unleashed in their lives. Bound up with this exciting mystery is the story of how Ben is diagnosed with AS and how he and his family deal with the problems and joys that come along with it. 8-12 years

Double Felix by Sally Harris & Maria Serrano



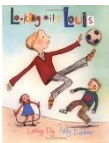
Felix is an eleven-year-old boy living with OCD. Felix does things in twos, from skipping on every second step to tapping door handles twice. When a new girl starts in school called Charlie Pye, it soon becomes clear that she hasn't grown up with rules governing her like Felix. Can Felix cope with someone who has no order to their life? This is a relevant and thought-provoking novel suitable for KS2.



All My Stripes: A Story for Children with Autism by Shaina Rudolph and Danielle Royer

Zane the zebra has autism, and he is worried that his friends and classmates will make fun of his stripes, which make him different. As Zane learns that having autism is one of the many things that actually makes him special, young readers will relate to Zane and realize that they, too, have plenty to be proud of. 5-8 years.

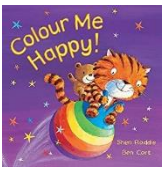
Looking after Louis by Lesley Ely



An unnamed little girl narrates this charming children's picture about her classmate, Louis. Louis has autism, and the little girl uses her imagination, kindness, and Louis's favorite sport, to include him in their games and classroom community. The book has been especially praised for its realistic view of autistic children in the classroom. 5-8 years.

Feelings and Emotions Book List

Colour Me Happy by Roddie Shen and Ben Cort



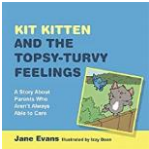
This host of vibrant colours and humorous illustrations help toddlers explore and learn to express a range of emotions. Small children will fall in love with the adorable kitten as they turn the pages of this colourful book. Encourages children to explore and understand their feelings with simple, rhythmic text – perfect for even very young children and a joy to read aloud. 3-5 years

Billy Bramble and the Great Big Cook Off by Sally Donovan



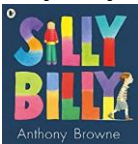
Billy Bramble is a boy who feels like he finds life much tougher than everybody else. However hard he tries, he always seems to struggle with almost everything and the adults in his life do not appear to know how to help him. Together with his imaginary dog, Billy battles with some very big feelings of anger and confusion about why he finds himself so 'full of badness'. When a Great Big Cook-Off is announced at school, Billy begins a journey to conquer more than just a school cookery challenge. This is an exceptional novel that will resonate with anyone who has felt overwhelmed by feelings of vulnerability in a world that does not seem to understand them. Perfect for every KS2 class's book corner. 8-12 years.

Kit Kitten and the Topsy-Turvy Feelings by Jane Evans



Kit Kitten and the Topsy-Turvy Feelings is a therapeutic storybook about a kitten whose parent isn't always able to care for them. To help support Kit Kitten, Kindly Cat comes to and helps Kit to identify the feelings that are mixed up inside. This book serves as a helpful tool for children who live in homes where things are chaotic and parents or carers are distracted and emotionally unavailable to them. 3-6 years.

Silly Billy by Anthony Browne



Billy worries obsessively about everything until Grandma suggests that worry dolls might help him to cope better. This book takes a sensitive and gentle approach to dealing with childhood anxiety. Many of Browne's other books are also good for supporting discussion around emotions. 4-6 years

Hello Happy! and No Worries! in association with Child and Family Psychotherapist Sharie Coombes



These are activity books aimed at young people who might feel sad, angry or worried. I use these books a lot with children who could do with some TLC. They love the activities, which include drawing what makes them happy, sad and mad, so they can discuss these things later. 7 + years

Bob's Blue Period by Marion Deuchars



Bob's best friend Bat has to go away for a while and Bob feels so sad that he paints everything in blue. However, his other friends get together to show that there are many other beautiful colours in the world and Bob starts to feel better. A perfect book about expressing emotions and how to feel better when you're "blue". 4-7 years.



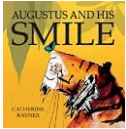
The Huge Bag of Worries by Virginia Ironside and Frank Rodgers

Jenny carries a huge bag of worries with her wherever she goes and is desperate for someone to help her. This book shows children that a problem shared is a problem halved. 3-5 years



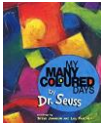
Happy, Sad, Feeling Glad by Yasmeen Ismail

This is part picture book and part activity book. Children are asked to help draw illustrations of things that might make the animal characters feel happy, thereby reinforcing their own stores of good memories. 4-7 years.



Augustus and His Smile by Catherine Rayner

Augustus the tiger has lost his smile and is feeling sad. However, as he starts looking for it, he gradually discovers that joy can be found in all sorts of everyday situations. 5-7 years.



My Many Coloured Days by Dr Seuss

This title explores the different moods and emotions a person can feel on any given day and helps children understand how common those moods are and how to identify them. 3-6 years

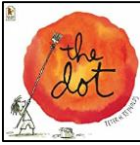


The Colour Monster by Anna Llenas

A fun, bright pop-up book about a monster who explores colour through his emotions. The story of a sweet little monster who wants help from his friend to understand the feelings he experiences. 3-6 years.

Resilience Book List

The Dot by Peter H. Reynolds



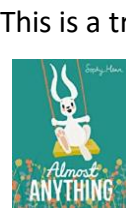
The story of a little girl whose art teacher helps her to develop a 'can do' attitude. Vashti is sure that she can't draw, but when the teacher puts Vashti's simple dot picture on display, Vashti begins to think of what else she might be able to draw too if she is only willing to give it a try. 4-7 years.

Your Fantastic Elastic Brain by JoAnn Deak & Sarah Ackerley



Your Fantastic, Elastic Brain is a book all about understanding how our amazing brains work. A superb book for introducing the idea of growth mindset, this brightly illustrated text helps to explain how our brains grow and stretch when we face new experiences and learn from our mistakes. 4-8 years.

Almost Anything by Sophie Henn



This is a truly charming picture book with an empowering message about the power of self-belief, perfect for EYFS and KS1. At the beginning of the story, George the rabbit sits on a tree stump watching his woodland friends busy doing all sorts of clever and fun activities like painting, roller-skating, knitting and dancing. Believing that he can't do anything like that, George leaves himself with no option but to sit and watch. That is, until a wise old bear observes George's no-can-do attitude and decides to help him to cultivate some important self-belief.

This is an endearing picture book that encourages young readers to have the confidence to try new things using the 'magic' of a positive attitude from within themselves. 3-6 years.

Bears Don't Read by Emma Chichester Clark



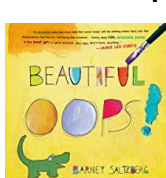
This is a story that will resonate with anyone who has experienced the feeling that the learning journey seems impossible. When George the Bear finds a book, he picks it up and longs to learn how to read it. But others quickly tell George how silly he is because 'bears don't read'. George will need a great deal of determination, resilience and a little help from a kind friend in order to overcome all the obstacles on the path to success. 3-5 years

The Dinosaur Who Lost Her Voice by Julie Ballard & Francesca Gambatesa



Dinosaur Milly Jo loves to sing and enjoys performing for her dinosaur friends. One night there is a terrible storm and a tree falls on Milly Jo's neck, causing her to lose her singing voice. Her friends rally round and realise that when she sang, it cheered them up. Can Milly Jo overcome her sadness and teach her friends how to sing? And will Milly Jo realise that she is still a valuable member of her group of friends with her own contribution to make? A vibrant picture book exploring themes of resilience and teamwork. 3-5 years.

Beautiful Oops! By Barney Salzberg



A well-loved engaging picture book, filled with interactive pop-ups and flaps. The story is about the tapping into the potential of things that appear to be mistakes, showing how torn paper or spilt paint can be approached with a positive attitude when you know that mistakes can be transformed to become something beautiful. Highly recommended for all primary children.

After the Fall by Dan Santat



We've all heard about Humpty Dumpty's catastrophic fall, but what about how he got back up again? In this humorous picture book, Humpty Dumpty recounts his brave and arduous journey back up to the top of the wall again. We like the way in which this cleverly illustrated story acknowledges that things go wrong sometimes but that it can be our individual response to such misfortune that often harvests resilience and hatches us into something stronger than ever before. 3-7 years.

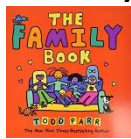
The Most Magnificent Thing by Ashley Spires



This encouraging picture book tells the story of a girl who works hard to invent a 'magnificent thing', tweaking and shaping her work as she tries to create something amazing. But when she fails to make her invention quite as magnificent as she had hoped, the girl becomes increasingly frustrated until she explodes in rage, declaring that she is "no good at this" and deciding to quit. Fortunately the girl's canine assistant helps her to process her frustration and begin to see how she can turn her disappointment into renewed enthusiasm for improving the invention. This is a popular story that encapsulates a very familiar aspect of the learning experience. 4-7 years.

Families, Relationships and Growing Up Book List

The Family Book by Todd Parr



Families come in all different shapes and sizes, but they are all rooted in love. Every family is different, and that's ok. Each is special, and each has a bedrock of love. So whether you've got two mums, two dads, a rumble-tumble of siblings, or are just a parent and child, the book demonstrates that it's still special. 3-6 years.

I Am Living in 2 Homes (I Am Book) by Garcelle Beauvais



Jay and Nia are the children of two worlds and two homes. Follow the twins from I Am Mixed as they both address the difficulties of having parents who are no longer together and discover the benefits of having two very different homes to explore and enjoy. 4-7 years.

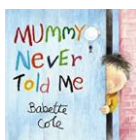
Mister Seahorse by Eric Carle



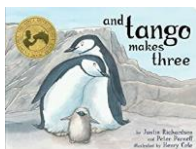
A stunning picture book from Eric Carle about Mister Seahorse and other 'male mothers', with special acetate pages that hide fish behind rocks and reeds. As he floats through the sea, Mister Seahorse meets a Mr Stickleback, Mr Tilapia, Mr Kurtus and many other fish fathers caring for their eggs and babies in the most surprising ways. 3-5 years

Mummy Never Told Me by Babette Cole

What are tummy buttons for, and how do they get there? What does the tooth fairy really look like? Why do grown-ups have hair in their ears and up their noses, but sometimes none on their heads? Why do Mummy and Daddy lock you out of their bedroom, and where do they go at night? Babette Cole explores these questions and many more with her wonderfully sharp text and riotously funny illustrations. 3-6 years.



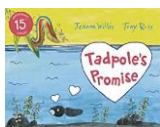
And Tango Makes Three by Justin Richardson, Peter Parnell



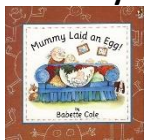
In the zoo there are all kinds of animal families. But Tango's family is not like any of the others. This illustrated children's book fictionalises the true story of two male penguins who became partners and raised a penguin chick in the Central Park Zoo. 3-6 years.

Tadpole's Promise by Jeanne Willis

Where the willow tree meets the water, a tadpole met a caterpillar. They gazed into each other's tiny eyes, and fell in love. 'I love everything about you,' said the caterpillar. 'Promise you'll never change.' And foolishly the tadpole promised... But we all know that tadpoles don't stay the same, and neither do caterpillars. Will they still be able to love each other? 3-6 years



'Mummy Laid An Egg' Babette Cole



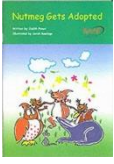
Just how are babies made? Erm Well. . . they're delivered by dinosaurs squigged out of tubes and found under stones! In this story the kids put their embarrassed parents straight and dispel the myths surrounding baby-making, growth and birth. Babette Cole careers through the facts of life with her no-nonsense text and funny illustration. 5-7 years.

'Hair In Funny Places' Babette Cole



Girls and boys are always curious and sometimes even alarmed by the behaviour of their bodies as they grow up. Puberty being a particularly unsettling time, Babette Cole has made this the subject of the fifth title in her bestselling series of 'family dilemmas'. It is the behaviour of Mr and Mrs Hormone (wonderfully depicted) which is responsible for and plays havoc with the physical and emotional states of girls and boys throughout puberty. 7-10 years

'Nutmeg Gets Adopted' Judith Foxon and Sarah Rawlings



This classic children's book has helped many adopted children to understand their situation and what has happened to them. It sensitively explores the adoption process, from a child's point of view.

Nutmeg gets Adopted tells the story of three squirrels who have to leave their birth parents, are moved into a foster family, and then to a new mum and dad who adopt them.

'What's Happening To Me?' (Girls' Edition) Susan Meredith



A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters, such as buying your first bra. Bright, original colour illustrations and diagrams reveal everything young girls need to know about the changes they will experience as they approach puberty. The stunning artwork is accompanied by witty, yet

clear and informative factual text that helps to demystify this often confusing and tricky subject. 9-11 years

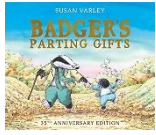


'What's Happening To Me?' (Boys' Edition) Alex Frith

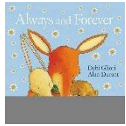
A sensitive, detailed and informative guide to male puberty, this book will prove invaluable for both young boys and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters. 9-11 years.

Bereavement and Loss Book List

Badger's Parting Gifts by Susan Varley



Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. 3+



Always and Forever Alan Durant

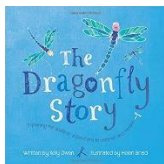
When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories. 3+

The Invisible String Joanne Lew-Vriethoff



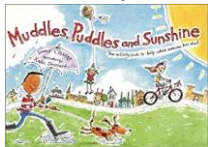
Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heart-warming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love. 4-7 years.

The Dragonfly Story Kelly Owen



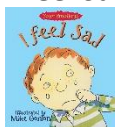
This beautifully illustrated story is an adaptation of the fable of the transformation of the dragonfly. This fable has been long used to explain death and the hope of heaven. This version opens with two siblings talking about missing their sister and wondering where she had gone now that she had died. The mother then tells them the dragonfly story. Using the experience of the death of her eldest child, the author, Kelly Owen, has retold the fable in simple terms to encourage children and families to talk about death and what happens when we die. The book does not shy away from the subject of death, but aims to explain it in a real and loving way. 4-8 Years

Muddles, Puddles and Sunshine Winston's Wish



Muddles, Puddles and Sunshine offers practical and sensitive support for bereaved children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear. This book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief, whilst finding a balance between remembering and having fun. This book is a useful companion in the present, and will become an invaluable keepsake in the years to come. 5+years

I Feel Sad Brian Moses



Young children experience many confusing emotions in their early years and *I feel Sad* looks at sadness, in light-hearted but ultimately reassuring way. This picture book examines how and why people feel sad, illustrates scenarios of people feeling sad and upset, and the best way to deal with it with age-appropriate content. 6-11 years