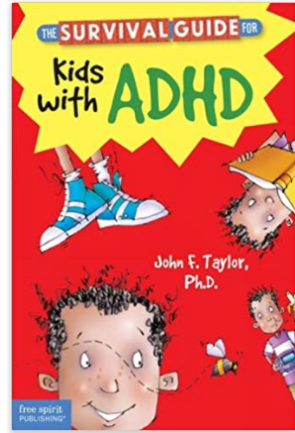
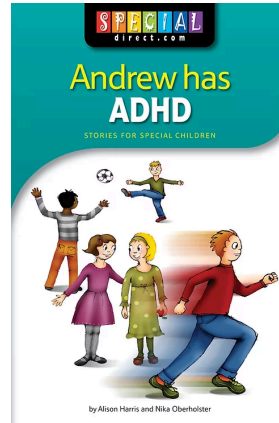
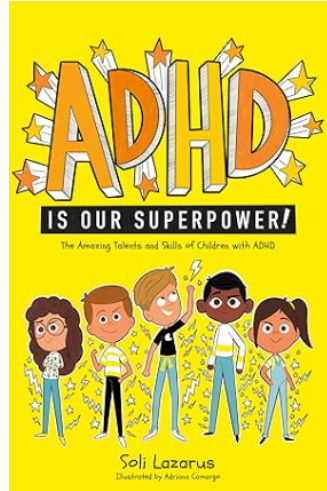


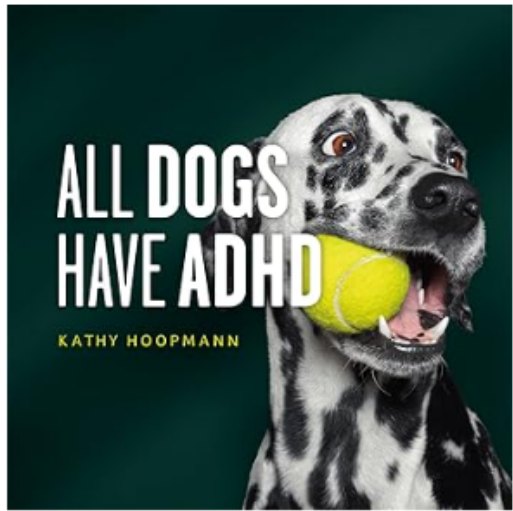
## Special Educational Needs and Disabilities Library Catalogue 2026-2027

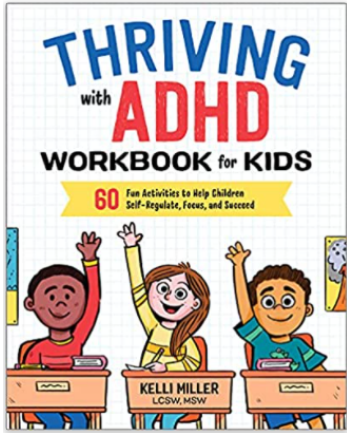


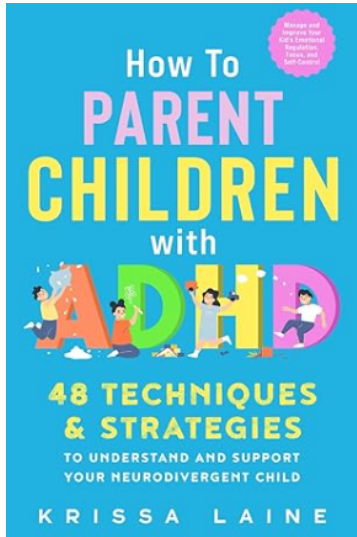
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                     |
| <b>Book Name: The Survival Guide for Kids with ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Date Published:</b> September 2013                                               |
| <b>Author:</b> John Taylor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>This book plays an important role in helping children with ADHD learn practical strategies for managing everyday life. This guide includes: what ADHD means - and what it doesn't mean; ways to make each day go better at home, at school and with friends; how to deal with strong feelings like anger, worry and sadness; the lowdown on medicines and information on foods that may help manage ADHD.</p> <p>It includes straightforward advice presented in a down-to-earth style with illustrations and quizzes to make it child-friendly.</p> |                                                                                     |

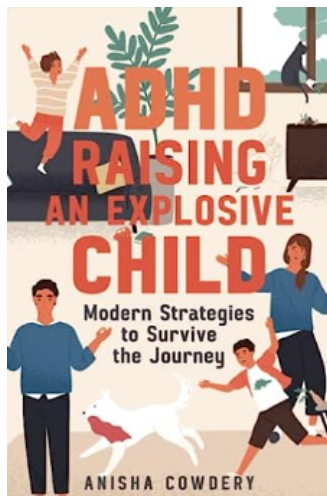
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                      |
| <b>Book Name: Andrew has ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Date Published:</b> 2012                                                          |
| <b>Author:</b> Alison Harris & Nika Oberholster                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: ADHD.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                      |

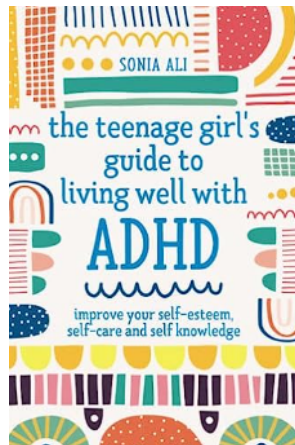
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                    |                                                                                    |
| <b>Book Name: ADHD is Our Superpower</b>                                                                                                                                                                                                                                                                                                              | <b>Date Published: 2021</b>                                                        |
| <b>Author: Soli Lazarus</b>                                                                                                                                                                                                                                                                                                                           |  |
| <p>If you have ADHD you might struggle with things like concentrating in school, or sitting still, or remembering lots of instructions. But ADHD is also a superpower.</p> <p>In this book you will meet different girls and boys with ADHD who can do amazing things. You might recognise some of these strengths as things that you can do too!</p> |                                                                                    |

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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                      |
| <b>Book Name: All Dogs Have ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Date Published: 2020</b>                                                          |
| <b>Author: Kathy Hoopmann</b>                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| <p>This book takes an inspiring and affectionate look at ADHD through images from the canine world! Charming colour photographs of dogs bring to life familiar ADHD characteristics such as being restless and excitable, getting easily distracted and acting on impulse.</p> <p>It combines humour with understanding to reflect the difficulties and joys of raising a child with ADHD and celebrates what it means to be considered 'different'.</p> |                                                                                      |

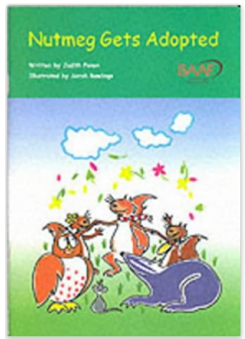
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                    |
| <b>Book Name:</b> Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus and Succeed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Date Published:</b> June 2018                                                   |
| <b>Author:</b> Kelli Miller                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| <p>With the right tools children can learn to think positively about their ADHD and see it as a special asset. This book is filled with easy exercises to help your child with the many facets of ADHD, from self-control and organisation to getting tasks done and making friends so they can flourish at home, school and beyond.</p> <p>Children will learn to reframe the way they think about ADHD as they discover their own unique talents. With fun activities that engage busy minds, this workbook offers a strength-based approach to help children to gain a better understanding of themselves, their ADHD and the simple things they can do to feel more confident and in control.</p> |                                                                                    |

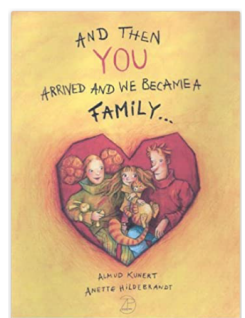
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                      |
| <b>Book Name:</b> How to Parent Children with ADHD                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Date Published:</b> 2024                                                          |
| <b>Author:</b> Krissa Laine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>Discover the transformative approach to parenting a child with ADHD. This comprehensive guide is not just a book; it's a lifeline for parents feeling overwhelmed by the unique challenges of raising a neurodivergent child.</p> <p>Transitioning from frustration to fulfillment, this guide equips you with tools and understanding necessary to nurture your child's strengths and address their challenges. It's not just about managing behaviours; it's about embracing a new perspective and fostering a loving, supportive environment where your child can thrive.</p> |                                                                                      |

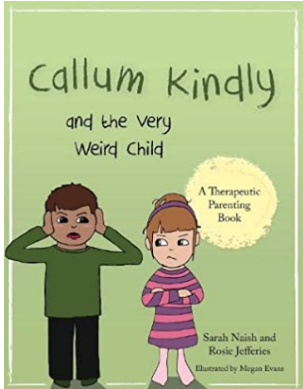
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                    |
| <b>Book Name: ADHD Raising an Explosive Child: Modern Strategies to Survive the Journey</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Date Published: 2022</b>                                                        |
| <b>Author: Anisha Cowdery</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <p>We have been flooded with information on ADHD, but often the information is difficult to digest, outdated, and not very practical. Mums and families need to know how to deal with those situations when our children have an outburst and everything goes out of control. How do we comfort and contain them, and ourselves? How many times do we feel it is too much for us and have a sense of helplessness and loneliness?</p> <p>This is a self-help book that provides reliable information and practical strategies in bite-sized chunks that are easy to understand and implement. If you want to learn about alternative strategies, mobile applications, and proven quick fixes for ADHD, this book is the answer.</p> |                                                                                    |

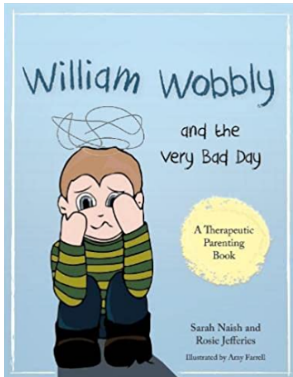
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| <b>Theme: ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                      |
| <b>Book Name: The Teenage Girl's Guide to Living Well with ADHD</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Date Published: 2022</b>                                                          |
| <b>Author: Sonia Ali</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>This is a must read for any teenage girl with ADHD, dealing with a huge range of issues such as organisation, self-esteem, relationships and schoolwork, showing that ADHD can bring skills as well as challenges.</p> <p>The chapters are full of tips, tricks and life hacks so you can better manage your time, harness your creativity, energy and enthusiasm, and make more time for fun!</p> <p>Reflection activities and quizzes will help you better understand yourself and learn strategies on how to manage the intense emotions of rejection. You'll learn the fundamentals of great self-care and how to look beyond school.</p> |                                                                                      |

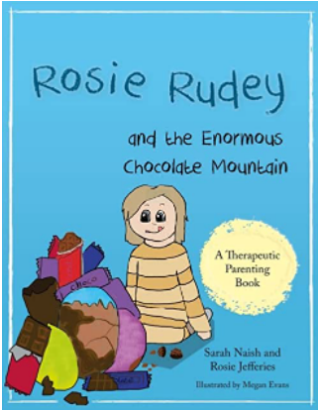


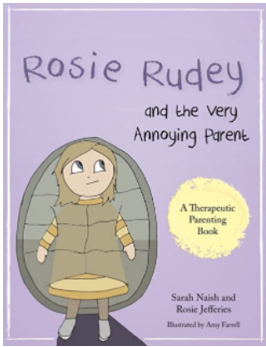
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| <b>Theme: Adoption</b>                                                                                                                                                                                                                                             |                                                                                     |
| <b>Book Name: Nutmeg Gets Adopted</b>                                                                                                                                                                                                                              | <b>Date Published:</b> September 2001                                               |
| <b>Author:</b> Judith Foxon                                                                                                                                                                                                                                        |  |
| <p>Nutmeg Gets Adopted tells the story of three squirrels who are moved into a foster family and then to a new Mum and Dad who adopt them. It is intended to be read to or with children by their own social worker, their current carers or adoptive parents.</p> |                                                                                     |

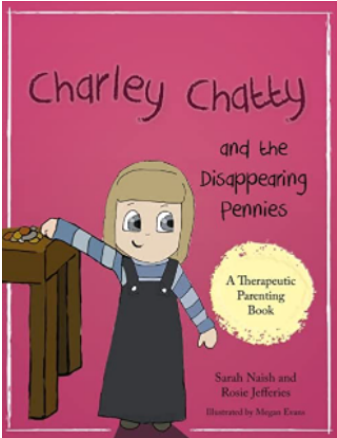
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| <b>Theme: Adoption</b>                                                                                                                                                                                                                                                                                                                                                                             |                                                                                      |
| <b>Book Name: And Then You Arrived and We Became a Family</b>                                                                                                                                                                                                                                                                                                                                      | <b>Date Published:</b> December 2004                                                 |
| <b>Author:</b> Anette Hildebrandt                                                                                                                                                                                                                                                                                                                                                                  |  |
| <p>"Tell me again how I came to you!" pleads little Lisa and gets her life story book with the heart. The story of how Lisa came to Mum and Dad a long, long time ago, is a very special story. It is her story and it is the story of her family because her Mum and Dad adopted Lisa.</p> <p>An affectionate book, which tells of the special situation of adoption in a very sensitive way.</p> |                                                                                      |

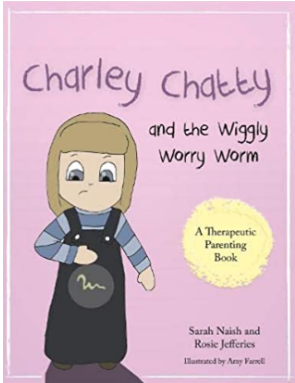
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                    |
| <b>Book Name: Callum Kindly and the Very Weird Child</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Date Published: 2017</b>                                                        |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Callum Kindly is a kind and caring boy who lives alone with his Mum. That is, until Katie Careful comes to stay with them. Callum thinks Katie is a very weird child!</p> <p>Katie manages to get in the way whenever Callum wants to speak to his Mum or have snuggle time. She cries and sulks on his birthday and she steals his toy car. Luckily, his Mum can explain to him how Katie's difficulties when she was growing up means she acts differently now.</p> |                                                                                    |

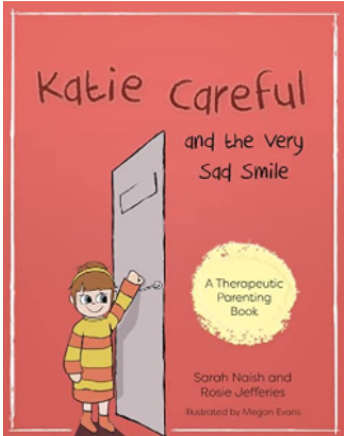
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                      |
| <b>Book Name: William Wobbly and the Very Bad Day</b>                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Date Published: 2017</b>                                                          |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until...</p> <p>Something happened to William Wobbly when he was very little, which makes it hard for him to understand or control his feelings. Luckily, his new Mum is here to help with his wobbly feelings.</p> |                                                                                      |

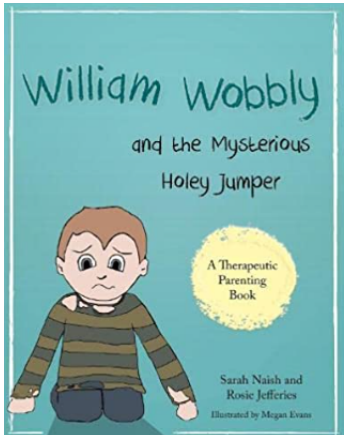
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                    |
| <b>Book Name: Rosie Rudey and the Enormous Chocolate Mountain</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Date Published: 2018</b>                                                        |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Rosie Rudey loves chocolate. It's her very favourite food, and it helps fill the empty feelings in her tummy. When her stupid siblings annoy her, Rosie wants nothing more than to eat lots and lots of chocolate.</p> <p>One day, Rosie takes all of her family's chocolate and forms her own enormous chocolate mountain. She thinks it is beautiful and it takes away all of her fuzzy feelings. But then, suddenly, there's no chocolate left! And now Rosie is going to throw up. Luckily, Mum understands why Rosie acts this way.</p> |                                                                                    |

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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                           |                                                                                       |
| <b>Book Name: Rosie Rudey and the Very Annoying Parent</b>                                                                                                                                                                                                                                                                 | <b>Date Published: 2017</b>                                                           |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                           |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Rosie did not have an easy childhood, which has made her build a hard shell around herself so no one can get in. Luckily, her new Mum knows just how to help soften Rosie's hard exterior.</p> |                                                                                       |

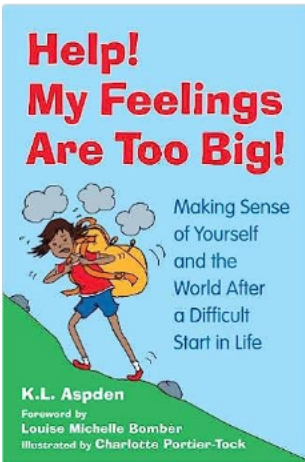
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                    |
| <b>Book Name: Charley Chatty and the Disappearing Pennies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Date Published: 2018</b>                                                        |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Charley Chatty likes shiny things, especially shiny pennies. Sometimes Charley thinks her siblings get more than her so she likes to keep the pennies safe in her pocket.</p> <p>Charley spots some pennies lying around the house, and puts them in her piggy bank. But she gets very nervous when her Dad starts looking for the missing pennies. Luckily, Charley's Dad is good at working out what might have happened and helps Charley to put it all right again.</p> |                                                                                    |

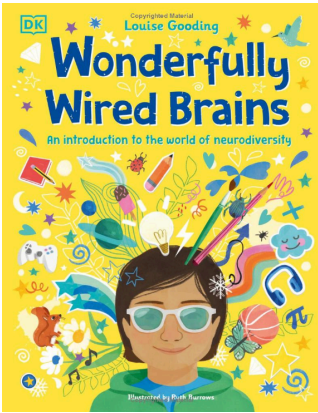
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                  |                                                                                      |
| <b>Book Name: Charley Chatty and the Wiggly Worry Worm</b>                                                                                                                                                                                                                                                                                                        | <b>Date Published: 2017</b>                                                          |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                  |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Sometimes, Charley's imagination takes over and she tells stories about things that didn't really happen. She doesn't mean to but she likes how it makes her feel important and the wiggly worry worm inside her tummy goes away.</p> |                                                                                      |

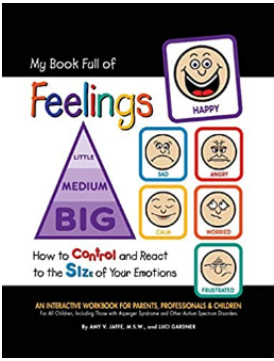
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                    |
| <b>Book Name: Katie Careful and the Very Sad Smile</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Date Published: 2018</b>                                                        |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Katie Careful has just moved in with her siblings and their new parents. Even if she's sad or scared, she smiles and smiles to try to hide her wobbly feelings.</p> <p>She clings on to her Mum's leg and won't let go and she even follows her to the toilet, banging on the door to remind her that she's there. Luckily, her Mum understands why Katie acts this way.</p> |                                                                                    |

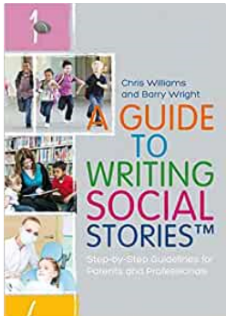
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                      |
| <b>Book Name: William Wobbly and the Mysterious Holey Jumper</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Date Published: 2017</b>                                                          |
| <b>Author: Sarah Naish &amp; Rosie Jefferies</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>William Wobbly is having lots of wobbly feelings one morning, but his Mum is too busy to notice.</p> <p>William Wobbly's worries worsen when he notices changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his Mum is there to help him cope when he's afraid.</p> |                                                                                      |



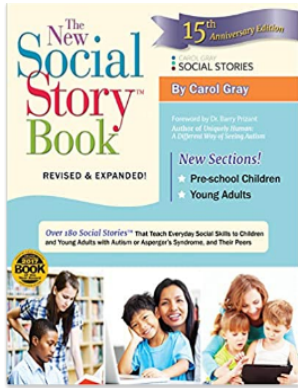
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| <b>Theme: Adoption/Fostering</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                    |
| <b>Book Name: Help! My Feelings are Too Big!</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Date Published: 2019</b>                                                        |
| <b>Author: K. L. Aspden</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <p>Emotions can be complicated at the best of times. If something goes wrong at the beginning of someone's life things can be painful and confusing. This book will help explain that there are always good reasons why a person feels the way they do.</p> <p>Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety and are overcoming early trauma. It is an invaluable tool for anyone supporting children with extreme emotions or attachment issues.</p> |                                                                                    |

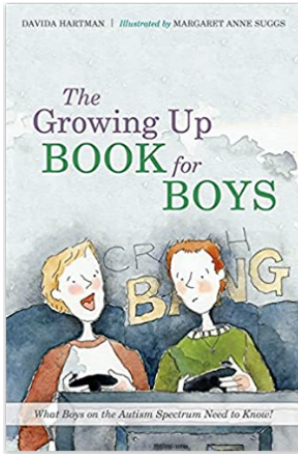
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| <b>Theme: Neurodiversity</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                      |
| <b>Book Name: Wonderfully Wired Brains: An Introduction to the World of Neurodiversity</b>                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Date Published: 2023</b>                                                          |
| <b>Author: Louise Gooding</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| <p>An informative and inclusive children's guide to neurodiversity for those not in the know and to inspire children who are neurodivergent.</p> <p>Our brains are unique in the way they function, work, and think. Neurodiversity is still a relatively 'new' concept that can be tricky to understand, but this book is here to help! This inspirational book written by neurodiverse author Louise Gooding challenges misconceptions and shows how neurodivergent brains work a little differently.</p> |                                                                                      |

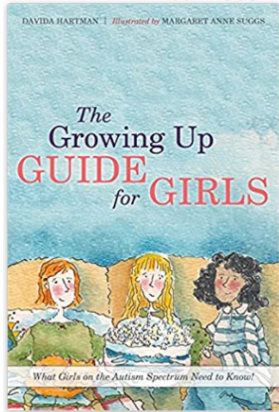
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                        |                                                                                     |
| <b>Book Name: My Book Full of Feelings</b>                                                                                                                                                                                                                                                                                                                                  | <b>Date Published:</b> February 2006                                                |
| <b>Author:</b> Amy V. Jaffe & Luci Gardner<br><p>This book will help teach children to identify, access the intensity of and respond appropriately to their emotions. This book is fully interactive and uses a dry-erase marker so that unique situations and solutions can be added and changed with a wipe of a paper towel, as the child masters a skill and grows.</p> |  |

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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                        |                                                                                      |
| <b>Book Name: A Guide to Writing Social Stories</b>                                                                                                                                                                                                                                                                         | <b>Date Published:</b> October 2016                                                  |
| <b>Author:</b> Chris Williams & Barry Wright<br><p>Developed with the input of parents and professionals, and informed by new social stories research, this is a comprehensive, clear step-by-step guide to writing personalised social stories that give children social information, creating many benefits for them.</p> |  |

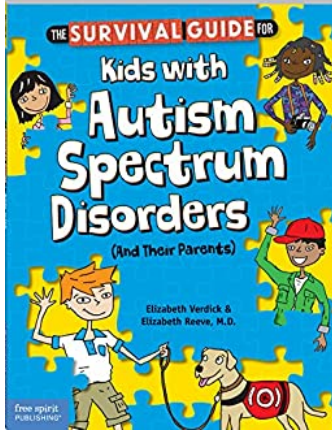
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                     |                                                                                      |
| <b>Book Name: Social Situation Stories</b>                                                                                                                                                                                                                                                                                                                                               | <b>Date Published:</b> 2010                                                          |
| <b>Author:</b> Alison Harris<br><p>A collection of 48 social situation stories for teaching social and life skills to children with Autism and related disabilities. Written by a Paediatric Occupational Therapist, these lively stories will engage children and help teach them basic skills as well as making them more comfortable in dealing with and reacting to social cues.</p> |  |

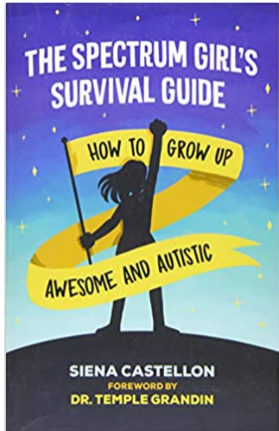
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                     |                                                                                    |
| <b>Book Name: The New Social Story Book</b>                                                                                                                                                                                                                                                                              | <b>Date Published:</b> October 2015                                                |
| <b>Author:</b> Carol Gray                                                                                                                                                                                                                                                                                                |  |
| <p>This book provides advice and examples of how to safely and meaningfully use and apply social stories to help some people with autism understand certain social situations. In terms of teaching children about emotions, this book is brilliant as it dedicates a whole chapter to explaining what feelings are.</p> |                                                                                    |

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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                      |
| <b>Book Name: The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!</b>                                                                                                                                                                                                                                                                                                                                                                     | <b>Date Published:</b> March 2015                                                    |
| <b>Author:</b> Davida Hartman                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <p>This book tells you all you need to know about puberty and adolescence. It explains the facts behind growth spurts, body changes and mood swings of adolescence for boys aged 9-14 on the autism spectrum.</p> <p>This book is full of advice on what makes a real friend, how to keep spots away and how to stay safe online. Most importantly, it explains that everybody is amazing and unique and encourages boys with autism to celebrate differences.</p> |                                                                                      |

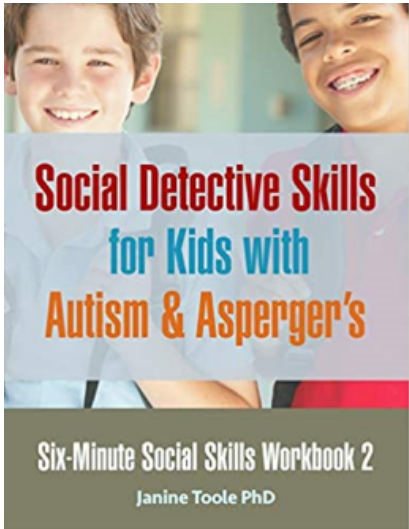
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                    |
| <b>Book Name: The Growing Up Book for Girls: What Girls on the Autism Spectrum Need to Know!</b>                                                                                                                                                                                                                                                                                                                                                             | <b>Date Published:</b> March 2015                                                  |
| <b>Author:</b> Davida Hartman                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
| <p>This book tells you all you need to know about puberty and adolescence. It explains the facts about body changes such as growing hair in new places, periods, wearing a bra and keeping spots away.</p> <p>This book is full of advice on what makes a real friend, how to keep spots away and how to stay safe online. Most importantly, it explains that everybody is amazing and unique and encourages girls with autism to celebrate differences.</p> |                                                                                    |

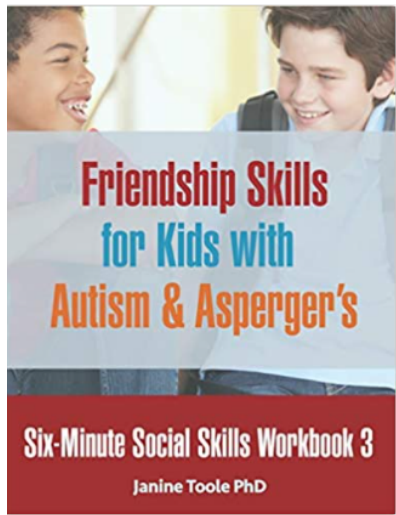
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                      |
| <b>Book Name: All Cats are on the Autism Spectrum</b>                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Date Published:</b> 2021                                                          |
| <b>Author:</b> Kathy Hoopmann                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| <p>This book takes a playful look at the world of autism and these fun feline friends will strike a chord with all those who are familiar with typical autistic traits, bringing to life common characteristics such as sensory sensitivities, social issues and communication difficulties.</p> <p>Touching, humorous and insightful, this book evokes all the joys and challenges of being on the autism spectrum, leaving the reader with a sense of dignity and individuality.</p> |                                                                                      |

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| <b>Theme: Autism</b>                                                                                                                                                                                                             |                                                                                    |
| <b>Book Name: The Survival Guide for Kids with Autism Spectrum Disorders (&amp; Their Parents)</b>                                                                                                                               | <b>Date Published:</b> May 2012                                                    |
| <b>Author:</b> Elizabeth Verdick & Elizabeth Reeve                                                                                                                                                                               |  |
| <p>This positive, straightforward book offers kids with Autism Spectrum Disorders their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day.</p> |                                                                                    |

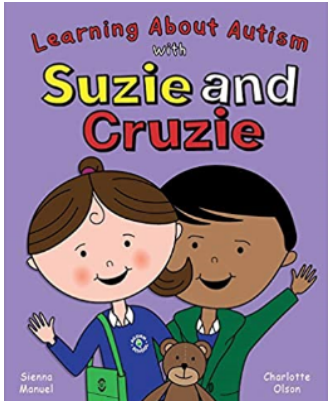
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                      |
| <b>Book Name: The Spectrum Girl's Survival Guide: How to Grow Up Awesome &amp; Autistic</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Date Published:</b> March 2020                                                    |
| <b>Author:</b> Siena Castellon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>This is an essential go-to guide, which gives you all the advice and tools you'll need to help you flourish and achieve. It discusses the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads. Full of practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying. This book gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.</p> |                                                                                      |

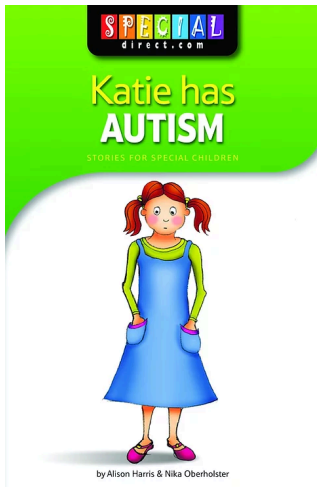


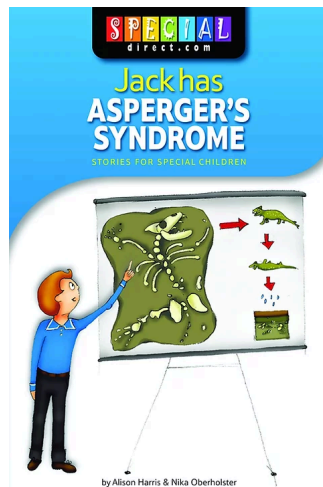
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                    |
| <b>Book Name: Social Detective Skills for Kids with Autism &amp; Asperger's</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Date Published:</b> November 2017                                               |
| <b>Author:</b> Janine Toole                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
| <p>This series is designed for busy parents and professionals who need easy to use and effective materials for working with learners who have Autism, Asperger's and similar social skill challenges. Using this book will help develop the skills to:</p> <ul style="list-style-type: none"> <li>• Determine the social expectations of any situation</li> <li>• Engage successfully in a variety of social situations</li> <li>• Deal with conflicting social expectations</li> <li>• React appropriately when there is a problem</li> </ul> |                                                                                    |

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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                      |
| <b>Book Name: Friendship Skills for Kids with Autism &amp; Asperger's</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Date Published:</b> July 2018                                                     |
| <b>Author:</b> Janine Toole                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
| <p>This series is designed for busy parents and professionals who need easy to use and effective materials for working with learners who have Autism, Asperger's and similar social skill challenges. Using this book will help children to learn:</p> <ul style="list-style-type: none"> <li>• What a friend is... how to recognize what friendship looks like</li> <li>• How to show friendship with your body, actions and words</li> <li>• How to build a friendship through sharing activities and interests</li> <li>• What to do when things go wrong so you can get your friendship back on track</li> <li>• How to recognize and deal with false friends</li> </ul> |                                                                                      |

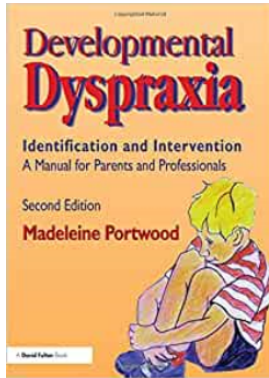


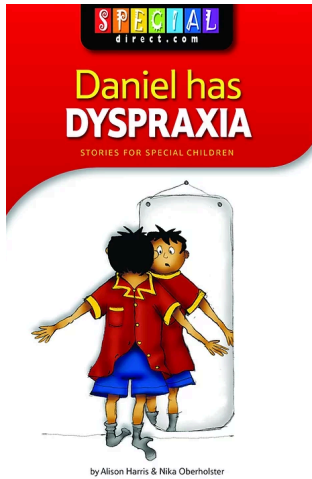
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| <b>Theme: Autism</b>                                                                               |                                                                                    |
| <b>Book Name: Learning about Autism with Suzie &amp; Cruzie</b>                                    | <b>Date Published:</b> May 2018                                                    |
| <b>Author:</b> Sienna Manuel & Charlotte Olson                                                     |  |
| This is a story book about Suzie and Cruzie who go to school and meet new friends who have Autism. |                                                                                    |

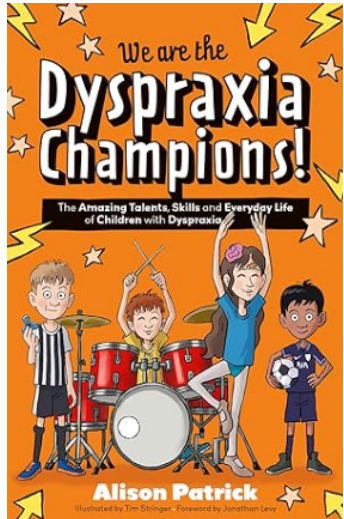
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| <b>Theme: Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                      |
| <b>Book Name: Katie has Autism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Date Published:</b> 2010                                                          |
| <b>Author:</b> Alison Harris & Nika Oberholster                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: autism.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                      |

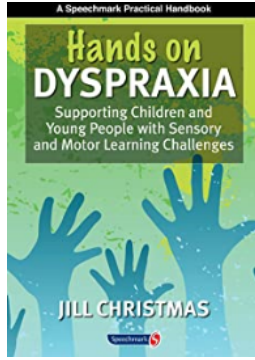
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| <b>Theme: Asperger's Syndrome</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                    |
| <b>Book Name: Jack has Asperger's Syndrome</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Date Published: 2010</b>                                                        |
| <b>Author:</b> Alison Harris & Nika Oberholster<br><br>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: Asperger's syndrome.<br><br>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.<br><br>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential. |  |

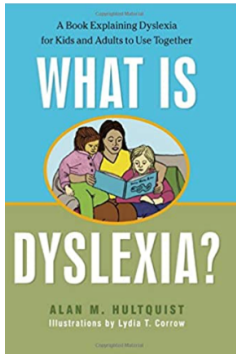
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| <b>Theme: Communication Difficulties</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                      |
| <b>Book Name: Charlotte has Communication Difficulties</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Date Published: May 2012</b>                                                      |
| <b>Author:</b> Alison Harris & Sarah Davis<br><br>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: communication difficulties.<br><br>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.<br><br>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential. |  |

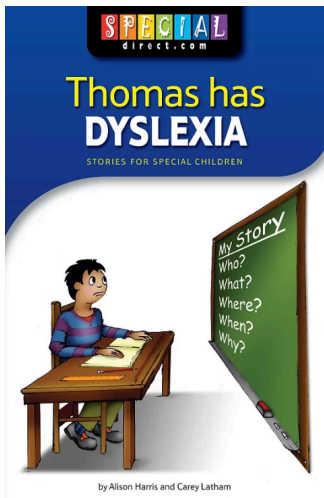
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| <b>Theme: Developmental Coordination Difficulties/Dyspraxia</b>                                       |                                                                                     |
| <b>Book Name: Developmental Dyspraxia</b>                                                             | <b>Date Published: 1999</b>                                                         |
| <b>Author: Madeleine Portwood</b>                                                                     |  |
| <p>This manual helps to support parents and professionals when supporting a child with dyspraxia.</p> |                                                                                     |

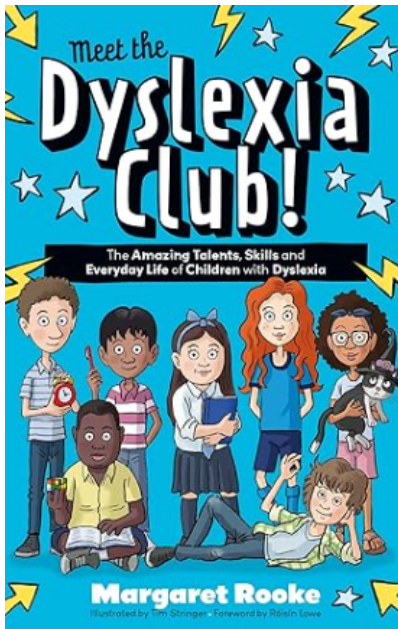
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| <b>Theme: Dyspraxia</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                     |
| <b>Book Name: Daniel has Dyspraxia</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Date Published: 2010</b>                                                         |
| <b>Author: Alison Harris &amp; Nika Oberholster</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: dyspraxia.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                     |

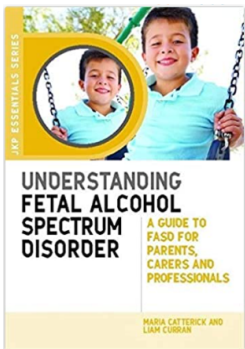
| Theme: Developmental Coordination Difficulties/Dyspraxia                                                                                                                                                                                                                                                                                                                                                                 |                                                                                    |
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| <b>Book Name:</b> We are the Dyspraxia Champions!                                                                                                                                                                                                                                                                                                                                                                        | <b>Date Published:</b> 2025                                                        |
| <b>Author:</b> Alison Patrick                                                                                                                                                                                                                                                                                                                                                                                            |  |
| <p>If you're dyspraxic, you might struggle with things like balance, being messy or breaking things, or even spatial awareness. This book shows how you can help yourself and how adults can help you.</p> <p>You will meet different dyspraxic children who can do amazing things. They will also let you know how grown-ups can help. You might recognise some of their strengths as things that you can do too...</p> |                                                                                    |

| Theme: Developmental Coordination Difficulties/Dyspraxia                                                                                                        |                                                                                       |
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| <b>Book Name:</b> Hands on Dyspraxia                                                                                                                            | <b>Date Published:</b> May 2009                                                       |
| <b>Author:</b> Jill Christmas                                                                                                                                   |  |
| <p>A practical guide for parents, teachers and professionals, offering an understanding of dyspraxia, its underlying causes, strategies and helpful advice.</p> |                                                                                       |

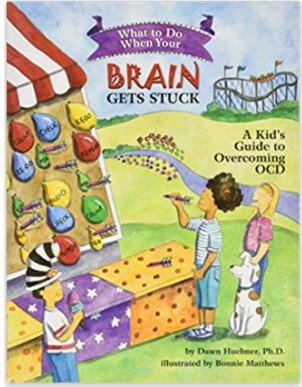
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| <b>Theme: Dyslexia</b>                                                                                                                                                                                                            |                                                                                     |
| <b>Book Name: What is Dyslexia?</b>                                                                                                                                                                                               | <b>Date Published:</b> March 2008                                                   |
| <b>Author:</b> Alan Hultquist                                                                                                                                                                                                     |  |
| <p>Children with dyslexia can be left 'out of the loop' when it comes to discussions about the reasons for their struggles at school. What is Dyslexia? Is designed to help adults explain dyslexia to children aged 8 to 11.</p> |                                                                                     |

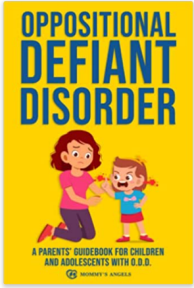
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| <b>Theme: Dyslexia</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                     |
| <b>Book Name: Thomas has Dyslexia</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Date Published:</b> May 2012                                                     |
| <b>Author:</b> Alison Harris & Carey Latham                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: dyslexia.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                     |

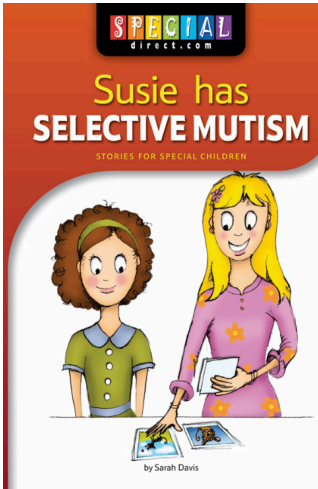
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| <b>Theme: Dyslexia</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                    |
| <b>Book Name: Meet the Dyslexia Club!</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Date Published: 2025</b>                                                        |
| <b>Author: Margaret Rooke</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
| <p>If you're dyslexic, you might struggle with reading, spelling, writing neatly or staying focused when people give you instructions. This book shows how you can help yourself and how adults can help you.</p> <p>You will meet a group of dyslexic children who talk about their lives, what their school days are like and what they are great at. They will also let you know how grown-ups can help. You might recognise some of their strengths as things that you can do too...</p> |                                                                                    |

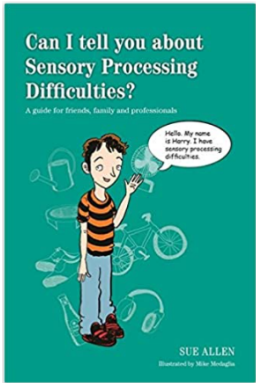
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| <b>Theme: Foetal Alcohol Spectrum Disorder</b>                                                                                                                                                                                                                                              |                                                                                       |
| <b>Book Name: Understanding Foetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers and Professionals</b>                                                                                                                                                                     | <b>Date Published: September 2014</b>                                                 |
| <b>Author: Maria Catterick &amp; Liam Curran</b>                                                                                                                                                                                                                                            |  |
| <p>This book describes how alcohol can harm the foetus and disrupt development. It explains how FASD affects individuals at different stages of their lives. It also provides advice for parents or carers about how children, young people and adults with FASD can be best supported.</p> |                                                                                       |

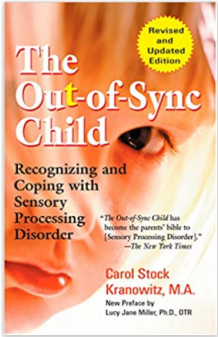


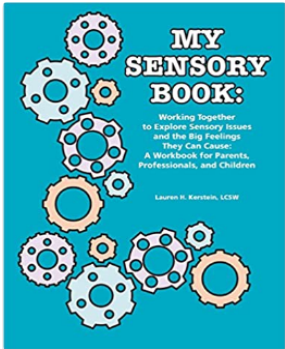
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| <b>Theme: Obsessive Compulsive Disorder</b>                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                    |
| <b>Book Name: What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD</b>                                                                                                                                                                                                                                                                                                                                                                                      | <b>Date Published:</b> June 2007                                                   |
| <b>Author:</b> Dawn Hueber                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
| <p>This story guides children and their parents through the cognitive behavioural techniques used to treat Obsessive Compulsive Disorder; revealing OCD in a whole new light. Engaging examples, activities and step-by-step instructions help children master the skills needed to break free from the sticky thoughts and urges of OCD, and live happier lives. This is the complete resource for educating, motivating and empowering children to work towards change.</p> |                                                                                    |

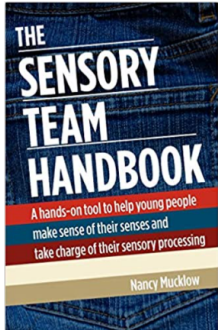
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| <b>Theme: Oppositional Defiant Disorder</b>                                                                                                                                                                                |                                                                                       |
| <b>Book Name: Oppositional Defiant Disorder: A Parent's Guidebook for Children and Adolescents with O.D.D</b>                                                                                                              | <b>Date Published:</b> February 2020                                                  |
| <b>Author:</b> Mommy's Angels                                                                                                                                                                                              |  |
| <p>This book lists and describes O.D.D symptoms in detail but most importantly, this book provides strategies and solutions for this behaviour so that it can help your child and build positive family communication.</p> |                                                                                       |

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| <b>Theme: Selective Mutism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                    |
| <b>Book Name: Susie has Selective Mutism</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Date Published: 2013</b>                                                        |
| <b>Author: Sarah Davis</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: selective mutism.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                    |

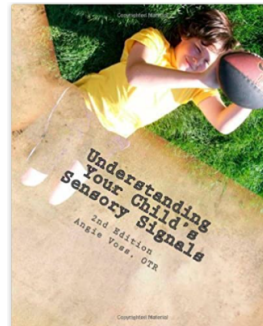
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                       |
| <b>Book Name: Can I Tell You About Sensory Processing Difficulties?</b>                                                                                                                                                                                                                                                                                                                                                                     | <b>Date Published: October 2014</b>                                                   |
| <b>Author: Sue Allen</b>                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
| <p>This book is a valuable resource for children with sensory processing difficulties and for adults who support them. Concepts are explained using day to day examples that children can easily relate to, and the book is full of practical ideas to try. Most importantly, the book offers a positive picture of living with sensory processing difficulties and will help to demystify this condition for both children and adults.</p> |                                                                                       |

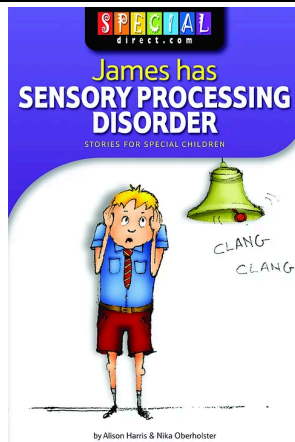
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                      |                                                                                     |
| <b>Book Name: The Out-of-Sync Child: Recognising and Coping with Sensory Processing Disorder</b>                                                                                                                                           | <b>Date Published:</b> September 2005                                               |
| <b>Author:</b> Carol Stock Kranowitz                                                                                                                                                                                                       |  |
| <p>This groundbreaking book explains Sensory Processing Disorder (SPD) and presents a drug free approach that offers hope for parents. The Out-of-Sync Child offers comprehensive and clear information for parents and professionals.</p> |                                                                                     |

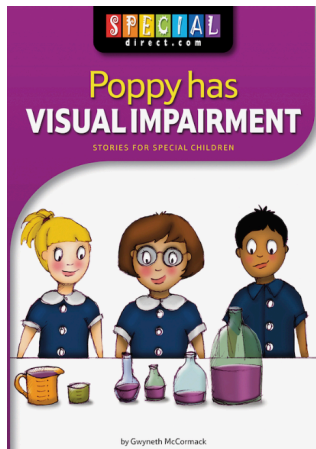
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                                 |                                                                                     |
| <b>Book Name: My Sensory Book</b>                                                                                                                                                                                                                     | <b>Date Published:</b> October 2008                                                 |
| <b>Author:</b> Lauren Kerstein                                                                                                                                                                                                                        |  |
| <p>This fun and interactive workbook helps children identify their own sensory profiles and develop a personal toolbox of strategies. It's easy to read and filled with practical suggestions for helping children who have sensory difficulties.</p> |                                                                                     |

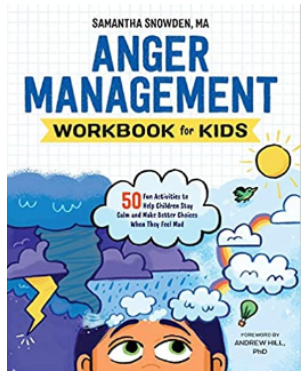
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                                     |                                                                                       |
| <b>Book Name: The Sensory Team Handbook</b>                                                                                                                                                                                                               | <b>Date Published:</b> 2009                                                           |
| <b>Author:</b> Nancy Mucklow                                                                                                                                                                                                                              |  |
| <p>The Sensory Team Handbook is the first book on sensory processing written for pre-teens and young teens. Upbeat, humorous and hands-on, each chapter is stuffed with comics, cartoons, diagrams, quizzes, trivia and question and answer sections.</p> |                                                                                       |

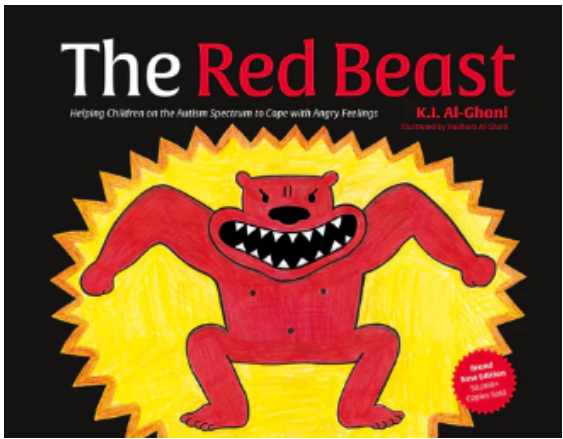
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                    |
| <b>Book Name: Matilda has Touch Sensitivity</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Date Published: 2010</b>                                                        |
| <b>Author:</b> Alison Harris & Nika Oberholster                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: sensory difficulties.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                    |
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                       |
| <b>Book Name: Understanding Your Child's Sensory Signals</b>                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Date Published: September 2011</b>                                                 |
| <b>Author:</b> Angie Voss                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <p>When there is a greater understanding of a child's sensory needs and differences, a transformation and shift in how one perceives these challenges can have a powerful effect on behaviour, development and quality of life for a child. This book will empower you to be that voice for your child and more importantly discover the tools and strategies that work and quite possibly make the biggest impact in your child's development and future!</p> |                                                                                       |
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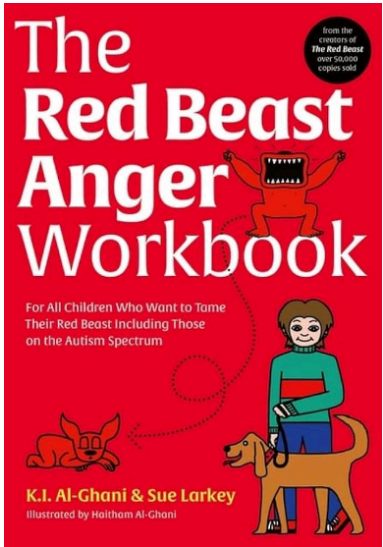
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| <b>Theme: Sensory</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                    |
| <b>Book Name: James has Sensory Processing Disorder</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Date Published: 2010</b>                                                        |
| <b>Author: Alison Harris &amp; Nika Oberholster</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: sensory processing disorder.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                    |

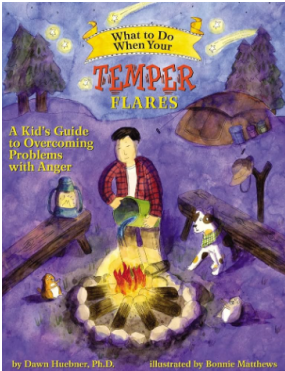
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| <b>Theme: Visual Impairment</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                      |
| <b>Book Name: Poppy has Visual Impairment</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Date Published: 2012</b>                                                          |
| <b>Author: Gwyneth McCormack</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: visual impairment.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p> |                                                                                      |

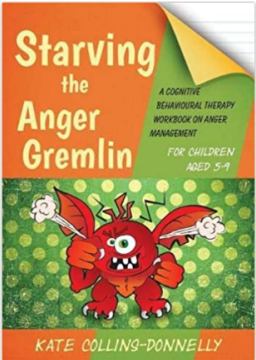
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| <b>Theme: Emotions - Anger</b>                                                                                                                                                                                                                                    |                                                                                    |
| <b>Book Name: Anger Management Workbook for Kids</b>                                                                                                                                                                                                              | <b>Date Published:</b> November 2018                                               |
| <b>Author:</b> Samantha Snowden                                                                                                                                                                                                                                   |  |
| <p>The Anger Management Workbook for Kids offers fun, interactive activities to help you learn more about yourself and your emotions. Filled with 50 fun activities that teach you real strategies for dealing with anger at home, at school or with friends.</p> |                                                                                    |

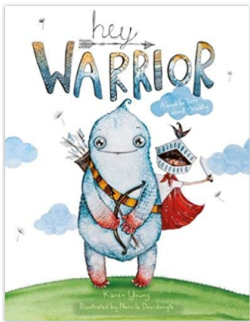
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| <b>Theme: Emotions - Anger</b>                                                                                                                                                                                                                                               |                                                                                      |
| <b>Book Name: The Red Beast</b>                                                                                                                                                                                                                                              | <b>Date Published:</b> 2022                                                          |
| <b>Author:</b> K. I. Al-Ghani                                                                                                                                                                                                                                                |  |
| <p>Deep inside everyone, a Red Beast lies sleeping. When it is asleep, the Red Beast is quite small, but when it wakes up, it begins to grow and grow.</p>                                                                                                                   |                                                                                      |
| <p>This is the story of a Red Beast that was awakened.</p> <p>This is an accessible and fun way to talk about anger, using useful tips about how to 'tame the Red Beast' and guidance for parents on how anger affects children who struggle to regulate their emotions.</p> |                                                                                      |



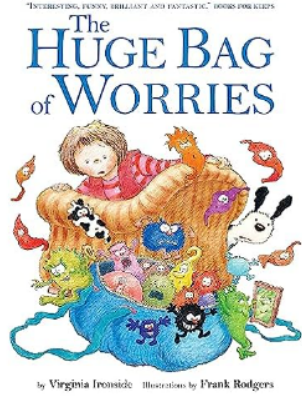
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| <b>Theme: Emotions - Anger</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                    |
| <b>Book Name: The Red Beast Anger Workbook</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Date Published: 2023</b>                                                        |
| <b>Author: K. I. Al-Ghani &amp; Sue Larkey</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>This illustrated and interactive workbook will help children find ways to calm their Red Beast and learn strategies to prevent it from waking in the first place. Full of practical activities and illustrated examples, it supports the development of emotional and sensory regulation and provides coping mechanisms for children who experience intense emotional flooding.</p> <p>It includes a helpful introduction for adults on the science of self-regulation and a wide range of activities to help children explore their anger.</p> |                                                                                    |

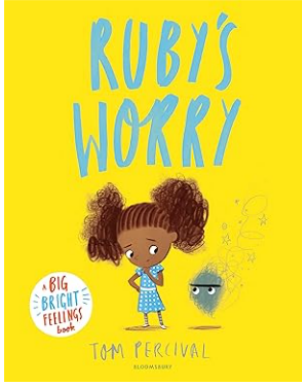
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| <b>Theme: Emotions - Anger</b>                                                                                                                                                                                                                                                                         |                                                                                      |
| <b>Book Name: What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger</b>                                                                                                                                                                                                  | <b>Date Published: September 2008</b>                                                |
| <b>Author: Dawn Huebner</b>                                                                                                                                                                                                                                                                            |  |
| <p>Did you know that anger is like fire? It starts with a spark, igniting us with energy and purpose. But it can also blaze out of control, causing lots of problems.</p> <p>If you're a kid whose temper quickly flares, a kid whose anger gets too big, too hot, too fast, this book is for you.</p> |                                                                                      |

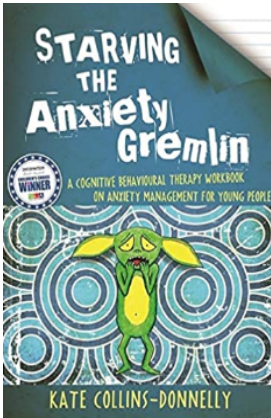
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| <b>Theme: Emotions - Anger</b>                                                                                                                                                                                                                                                                                                                                         |                                                                                     |
| <b>Book Name: Starving the Anger Gremlin for Children Aged 5-9</b>                                                                                                                                                                                                                                                                                                     | <b>Date Published:</b> September 2014                                               |
| <b>Author:</b> Katie Collins-Donnelly                                                                                                                                                                                                                                                                                                                                  |  |
| Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their anger gremlins for good! Packed full of stories, puzzles, quizzes and colouring, drawing and writing games, this excellent resource is for children aged 5 to 9 years. |                                                                                     |

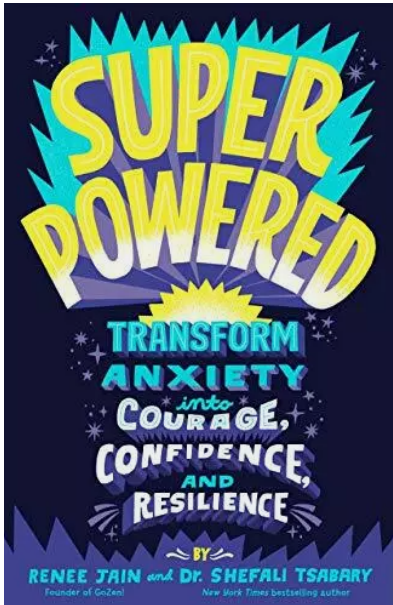
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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                   |                                                                                      |
| <b>Book Name: Hey Warrior</b>                                                                                                                                                                      | <b>Date Published:</b> September 2018                                                |
| <b>Author:</b> Karen Young                                                                                                                                                                         |  |
| Children can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. |                                                                                      |

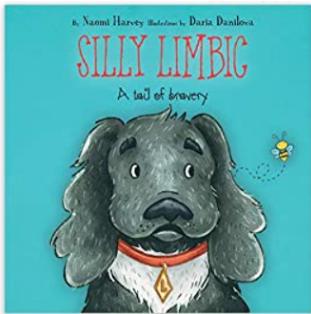
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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                                                                                                                                                              |                                                                                       |
| <b>Book Name: Helping Your Child with Fears &amp; Worries: A Self-Help Guide for Parents</b>                                                                                                                                                                                                                                                  | <b>Date Published:</b> 2019                                                           |
| <b>Author:</b> Cathy Creswell & Lucy Willetts                                                                                                                                                                                                                                                                                                 |  |
| Written by two of the UK's foremost experts on childhood anxiety, this extremely useful guide will enable you to understand what is causing your child's worries and carry out step-by-step practical strategies to help him or her to overcome them, including addressing specific fears and phobias as well as general anxiety and worrying |                                                                                       |

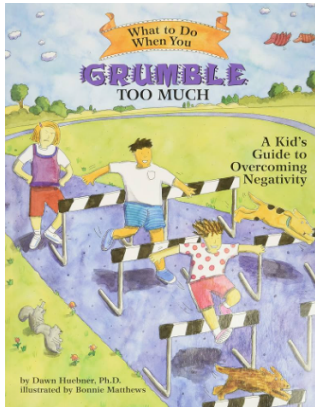
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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                    |
| <b>Book Name: The Huge Bag of Worries</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Date Published: 1996</b>                                                        |
| <b>Author: Virginia Ironside</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.</p> <p>The perfect book to soothe worries during stressful times.</p> <p>Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?</p> <p>A funny and reassuring look at dealing with worries and anxiety, to be used as a springboard into important conversations with your child.</p> |                                                                                    |
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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                                                                                   |                                                                                      |
| <b>Book Name: Ruby's Worry</b>                                                                                                                                                                                                                                     | <b>Date Published: 2018</b>                                                          |
| <b>Author: Tom Percival</b>                                                                                                                                                                                                                                        |  |
| <p>A reassuring and sensitive book - the perfect springboard for talking to children about sharing their hidden worries no matter how big or small they may be.</p> <p>Ruby had always been happy, perfectly happy... until one day... she discovered a worry.</p> |                                                                                      |
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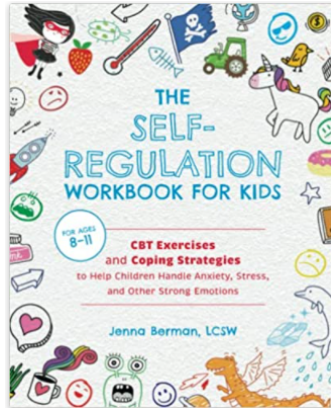
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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                     |
| <b>Book Name: Starving the Anxiety Gremlin</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Date Published:</b> November 2018                                                |
| <b>Author:</b> Katie Collins-Donnelly                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
| <p>This is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive-compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real-life stories, and can be used by young people aged 10+ either on their own or with a parent.</p> |                                                                                     |

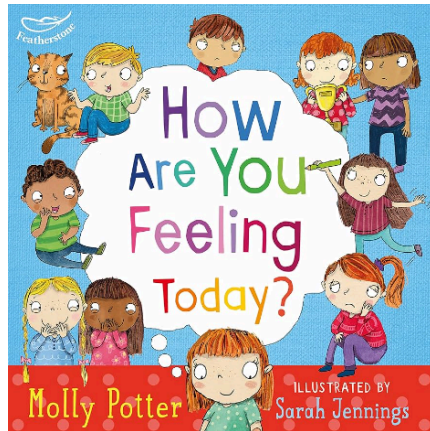
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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                      |
| <b>Book Name: Super Powered - Transform Anxiety into Courage, Confidence and Resilience</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Date Published:</b> 2020                                                          |
| <b>Author:</b> Renee Jain & Dr Shefali Tsabary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>Have you ever felt: Super worried? Totally stressed out? Completely overwhelmed? Then it's time to uncover your inner superpowers.</p> <p>As you struggle to deal with pressure from school, friends, grades and life in general, Renee Jain and Dr Shefali Tsabary will take you on a journey of self-discovery. You'll find secrets, science and more than a few mind-blowing facts to help you transform your anxiety into courage, your worry into confidence and your stress into resilience! Featuring real-life stories, interactive exercises and a ton of awesome illustrations, <i>superpowered</i> teaches you how to take back your power and make yourself whole again.</p> |                                                                                      |

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| <b>Theme: Emotions - Anxiety</b>                                                                                                                                                                                                                                                                                                                                                                                |                                                                                    |
| <b>Book Name: Silly Limbic: A Tail of Bravery</b>                                                                                                                                                                                                                                                                                                                                                               | <b>Date Published:</b> June 2018                                                   |
| <b>Author:</b> Naomi Harvey                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>A beautiful, funny and heartwarming tale of a boy and his invisible but ever-present best friend, Limbic the dog. This book is the perfect tool to help inspire minds to take charge of their feelings. The characters are based on the science of the brain and provide the perfect springboard to leap into conversations about children's worries and help them tame their very own inner guard dogs!</p> |                                                                                    |

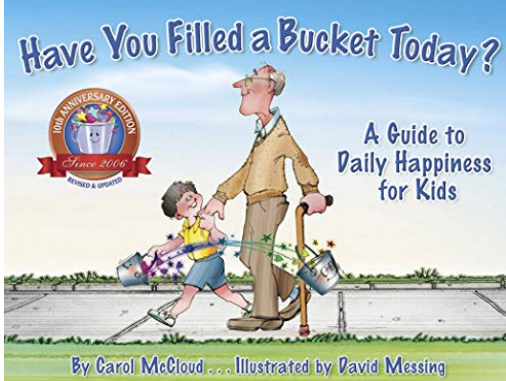
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| <b>Theme: Emotions - Negativity</b>                                                                                                                                                                                                                                   |                                                                                      |
| <b>Book Name: What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity</b>                                                                                                                                                                        | <b>Date Published:</b> 2007                                                          |
| <b>Author:</b> Dawn Huebner                                                                                                                                                                                                                                           |  |
| <p>Did you know that life is like an obstacle course? It's exciting and fun, but full of tricky spots to get through.</p> <p>If you're a kid who feels so frustrated by those tricky spots that it's hard to enjoy the good things in life, this book is for you.</p> |                                                                                      |

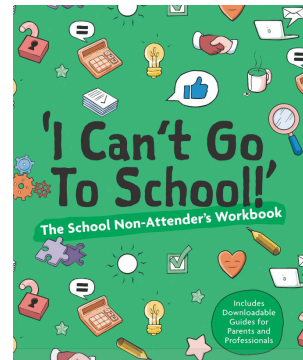


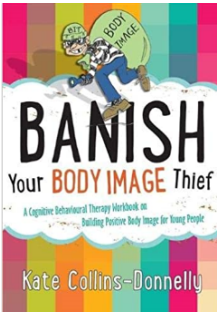
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| <b>Theme: Emotions - Self-Regulation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                    |
| <b>Book Name:</b> The Self-Regulation Workbook for Kids: CBT Exercises and Coping Strategies to Help Children Handle Anxiety, Stress and Other Strong Emotions                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Date Published:</b> November 2021                                               |
| <b>Author:</b> Jenna Berman                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <p>When children have difficulty self-regulating, it can make it harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. This book enables children to explore and express their feelings, guided by a relatable character and reinforced through interactive worksheets and proven exercises. The CBT based activities and advice in this workbook will empower children with concrete coping skills and techniques that they can return to each and every time they start to feel upset or stressed.</p> |                                                                                    |

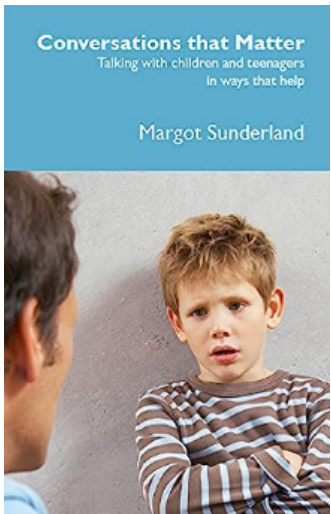
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| <b>Theme: Emotions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                      |
| <b>Book Name:</b> How Are You Feeling Today?                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Date Published:</b> 2014                                                          |
| <b>Author:</b> Molly Potter                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
| <p>Children have strong feelings, and they can't always handle them very well. Every parent knows what it's like to cope with an angry, hurt or wildly over-excited child. Perfect for sharing, <i>How Are You Feeling Today?</i> Is packed with fun, imaginative ways to help children understand and cope with emotions. This delightful book gives you the tools you and your child need to deal with those feelings - without it all ending in tears!</p> |                                                                                      |



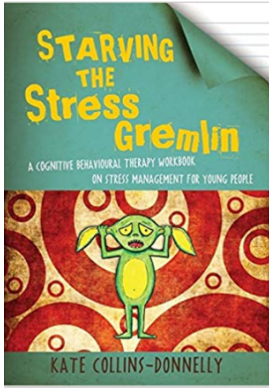
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| <b>Theme: Emotions</b>                                                                                                                                                                                                   |                                                                                    |
| <b>Book Name: Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids</b>                                                                                                                                    | <b>Date Published: 2014</b>                                                        |
| <b>Author: Carol McCloud</b>                                                                                                                                                                                             |  |
| Through sweet, simple prose and vivid illustrations, this heartwarming book encourages positive behaviour as children see how very easy and rewarding it is to express kindness, appreciation and love on a daily basis. |                                                                                    |

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| <b>Theme: Emotions</b>                                                                                                                                                                                                                                                                                                       |                                                                                      |
| <b>Book Name: I Can't Go to School</b>                                                                                                                                                                                                                                                                                       | <b>Date Published: 2023</b>                                                          |
| <b>Author: Suzy Rowland</b>                                                                                                                                                                                                                                                                                                  |  |
| If you think that going to school is tough - you're not wrong. Sometimes it can be difficult to describe what you are worried about or how you are struggling. By working through this book, we can explore some of the words you can express yourself and help your parents and teachers understand and support you better. |                                                                                      |

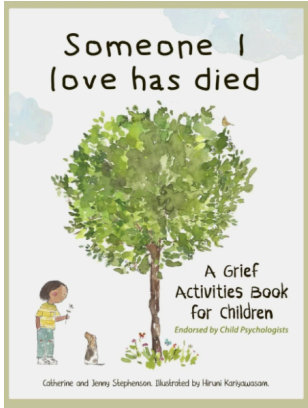
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| <b>Theme: Emotions - Body Image</b>                                                                                                                                                                                                                                                                                                                                      |                                                                                     |
| <b>Book Name: Banish Your Body Image Thief</b>                                                                                                                                                                                                                                                                                                                           | <b>Date Published:</b> April 2014                                                   |
| <b>Author:</b> Katie Collins-Donnelly                                                                                                                                                                                                                                                                                                                                    |  |
| <p>Using a host of activities and real-life stories, this imaginative workbook will look at what body image means, how it develops, the impact it can have and how all this applies to your own body image. This book is engaging, informative and easy to read. It is suitable for young people aged 10+ to work through on their own or with the help of a parent.</p> |                                                                                     |

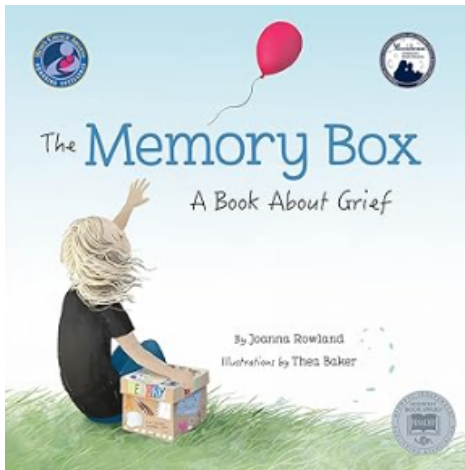
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| <b>Theme: Emotions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                     |
| <b>Book Name: Conversations that Matter: Talking with Children and Teenagers in Ways that Help</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Date Published:</b> 2023                                                         |
| <b>Author:</b> Margot Sunderland                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>So many children and young people in our society are hurting. Research shows that more children are depressed and anxious than ever before, with all the problems that creates at home, school and for society at large. Many adults really want to help. But we often lack the confidence to know how to do so in ways that will genuinely support the child or teenager to properly work through what is troubling them.</p> <p>All too often, books say what children and teenagers need in order to be well and happy, but don't actually provide the wherewithal to bring about such positive changes. In contrast, this book, packed with tools, techniques and a myriad of creative ideas for <i>what to do, how to be and what to say</i> is designed to be a vital support for adults to make those connections with children and teenagers that can change their lives for the better: to have conversations that genuinely matter.</p> |                                                                                     |

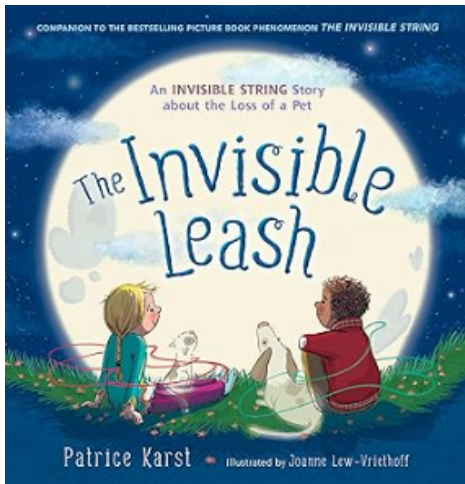
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| <b>Theme: Emotions</b>                                                                                                                                                                                                                      |                                                                                     |
| <b>Book Name: The Highly Sensitive Child: Helping our Children Thrive when the World Overwhelms Them</b>                                                                                                                                    | <b>Date Published:</b> December 2015                                                |
| <b>Author:</b> Elaine N. Aron                                                                                                                                                                                                               |  |
| 15-20% of children are highly sensitive – and they are often labelled as shy, introverted, fussy or faddy. The real story is very different though and this intelligent, practical book helps parents know how to best support their child. |                                                                                     |

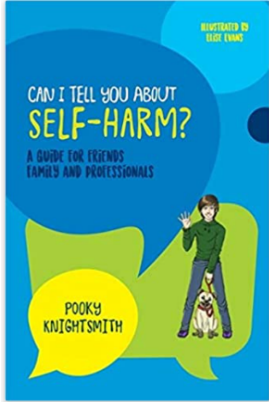
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| <b>Theme: Emotions - Stress</b>                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                       |
| <b>Book Name: Starving the Stress Gremlin</b>                                                                                                                                                                                                                                                                                                                                                                                        | <b>Date Published:</b> February 2013                                                  |
| <b>Author:</b> Katie Collins-Donnelly                                                                                                                                                                                                                                                                                                                                                                                                |  |
| This book shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles. Engaging and fun activities as well as real-life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their stress gremlin! |                                                                                       |

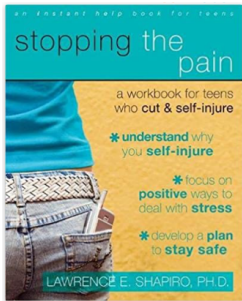
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| <b>Theme: Emotions</b>                                                                                                                                                                                                                |                                                                                    |
| <b>Book Name: The Invisible String</b>                                                                                                                                                                                                | <b>Date Published: 2000</b>                                                        |
| <b>Author: Patrice Karst</b>                                                                                                                                                                                                          |  |
| <p>This joyful contemporary classic book for all ages has helped comfort and heal countless readers by easing separation anxiety, loneliness and loss, while exploring the intangible yet unbreakable connections between us all.</p> |                                                                                    |

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| <b>Theme: Emotions - Bereavement</b>                                                                                                                                                                                                                                                                                                                                                           |                                                                                     |
| <b>Book Name: Someone I Love Has Died</b>                                                                                                                                                                                                                                                                                                                                                      | <b>Date Published: 2024</b>                                                         |
| <b>Author: Catherine &amp; Jenny Stephenson</b>                                                                                                                                                                                                                                                                                                                                                |  |
| <p>Losing a loved one can leave a child feeling lost and confused. <i>Someone I Love Has Died</i> offers a gentle guide to help them navigate their emotions during this challenging time.</p> <p>Filled with simple activities and soothing illustrations, this book provides a safe space for children to express their feelings, remember their loved one, and find moments of comfort.</p> |                                                                                     |

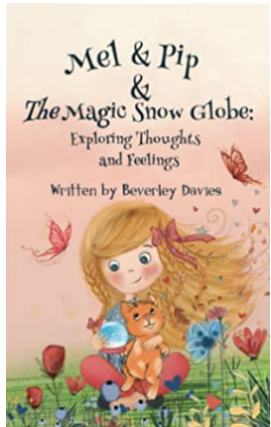
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| <b>Theme: Emotions - Bereavement</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                    |
| <b>Book Name: A Memory Box</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Date Published: 2017</b>                                                        |
| <b>Author: Joanna Rowland</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process.</p> <p>Heartfelt and comforting, <i>The Memory Box</i> will help children and adults talk about this very difficult topic together. The unique point of view allows the reader to imagine the loss of anyone they have loved: a friend, family member or even a pet.</p> |                                                                                    |

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| <b>Theme: Emotions - Loss of a Pet</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                      |
| <b>Book Name: The Invisible Leash</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Date Published: 2021</b>                                                          |
| <b>Author: Patrice Karst</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
| <p>Here's the very best news ever: when our pets aren't with us anymore, an invisible leash connects our hearts to each other - forever.</p> <p>That's what Zack's friend Emily tells him after his dog Jojo dies. Zack doesn't believe it. But on an enlightening journey through their neighbourhood - and through his grief - he comes to feel the comforting tug of the invisible leash. And it feels like love.</p> <p>This is a tender story about permanent loss that also celebrates the joy that animals give us in this life and beyond.</p> |                                                                                      |

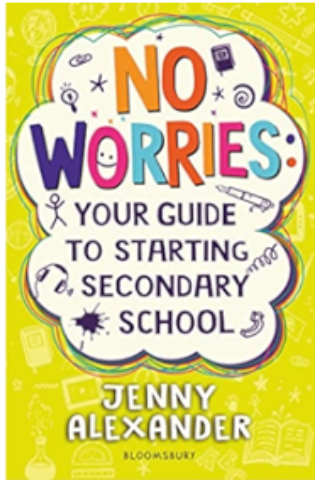
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| <b>Theme: Emotions - Self-Harm</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                     |
| <b>Book Name: Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Date Published:</b> January 2018                                                 |
| <b>Author:</b> Pooky Knightsmith                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| <p>This book describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars. This concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as counselling, distraction and friends and family.</p> |                                                                                     |

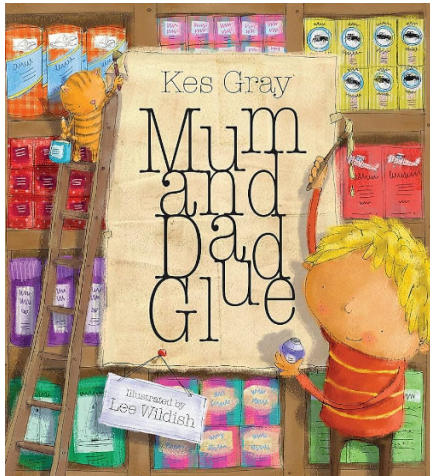
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| <b>Theme: Emotions - Self-Harm</b>                                                                                                                                                                                                                                                                                                                |                                                                                       |
| <b>Book Name: Stopping the Pain: A Workbook for Teens who Cut and Self-Injure</b>                                                                                                                                                                                                                                                                 | <b>Date Published:</b> March 2008                                                     |
| <b>Author:</b> Lawrence E. Shapiro                                                                                                                                                                                                                                                                                                                |  |
| <p>This comprehensive workbook helps teens who self-injure explore the reasons behind their need to hurt themselves and sets forth positive ways to deal with the issues of stress and control. The activities in this workbook provide teens with safe, effective alternatives to self-injury and helps them develop a plan to stay healthy.</p> |                                                                                       |

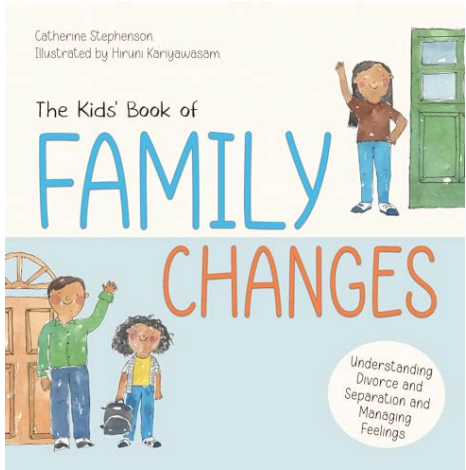


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| <b>Theme: Emotions</b>                                                                                                                                                                                                                                                         |                                                                                     |
| <b>Book Name: Mel and Pip and The Magic Snow Globe: Exploring Thoughts and Feelings</b>                                                                                                                                                                                        | <b>Date Published:</b> January 2022                                                 |
| <b>Author:</b> Beverley Davies                                                                                                                                                                                                                                                 |  |
| Mel explores her thoughts, feelings, and behaviours in this collection of 8 fun and thought-provoking short stories. Each will have children (and some adults) learning about their own reactions, and to recognise the links between their thoughts, feelings and behaviours. |                                                                                     |

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| <b>Theme: Emotions - Mindfulness</b>                                                                                                                                                                                                                                                                                              |                                                                                      |
| <b>Book Name: Sitting Still Like a Frog; Mindfulness Exercises for Kids (and Their Parents)</b>                                                                                                                                                                                                                                   | <b>Date Published:</b> January 2013                                                  |
| <b>Author:</b> Beverley Davies                                                                                                                                                                                                                                                                                                    |  |
| This book is an introduction to simple mindfulness meditation for children and their parents. It includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The accompanying audio CD has guided meditations. |                                                                                      |

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| <b>Theme: Emotions - Transition</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                    |
| <b>Book Name: No Worries - Your Guide to Starting Secondary School</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Date Published: 2020</b>                                                        |
| <b>Author: Jenny Alexander</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p>Going up to secondary school is a big adventure. You're probably feeling excited... but a little bit nervous too. That's normal - nerves are nature's way of making you prepare. All sorts of questions might be buzzing around in your head: What if I don't fit in? What if I get lost? Where will I keep all my things? What if the teachers are really horrible? How will I cope without my friends?</p> <p>This book will answer all these questions and many more. With checklists, quizzes and top tips, No Worries will give you the confidence to settle in quickly and make the most of your new school from day one.</p> |                                                                                    |

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| <b>Theme: Family Changes - Parent Separation</b>                                                                                                                                                     |                                                                                      |
| <b>Book Name: Mum and Dad Glue</b>                                                                                                                                                                   | <b>Date Published: 2009</b>                                                          |
| <b>Author: Kes Gray</b>                                                                                                                                                                              |  |
| <p>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.</p> |                                                                                      |

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| <b>Theme: Family Changes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                    |
| <b>Book Name: The Kid's Book of Family Changes</b>                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Date Published: 2009</b>                                                        |
| <b>Author: Catherine Stephenson</b>                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>Whether parents are living separately or going through a breakup, this book offers comfort and practical tools to support children and help them cope.</p> <p>It gently helps children understand the changes and helps them to identify their feelings.</p> <p>The activities, focusing on communication, building coping strategies and resilience, providing support for children and helping open up important conversations about how children are feeling.</p> |                                                                                    |