



Worries and Fears

Huge bag of worries by Virginia Ironside	Recommended for age 0-5 years	ISBN - 9780340903179 (published – 2011)
The teenage guide to stress by Nicola Morgan	Recommended for age 13 – 18 years	ISBN – 9781406353143 (published – 2014)
Overcoming your child's fears and worries by Cathy Cresswell	Recommended for parents / guardian	ISBN - 9781845290863 (published – 2007)

Sadness

I had a black dog by Matthew Johnstone	Recommended for age 13 – 18 years	ISBN - 9781845295899 (published – 2007)
Living with a black dog by Matthew Johnstone	Recommended for parents / guardian	ISBN - 9781845297435 (published – 2009)
So sad, so young, so listen by Philip J. Graham	Recommended for parents / guardian	ISBN - 9781904671237 (published – 2005)

Sleep

Can't you sleep little bear by Martin Waddell (available in Welsh)	Recommended for age 0 - 5 years	ISBN – 9781406353037 (published – 2013)
The sleep book for tired parents by Rebecca Huntley	Recommended for parents / guardian	ISBN - 9780285637030 (Rev.Edition published – 2004)

Siblings

Small by Jessica Meserve	Recommended for 0-5 years	ISBN - 9781842706091 (published – 2007)
Get out of my life: the best selling guide to the new teenager by Tony Wolf and Suzanne Franks	Recommended for 13 – 18 years	ISBN – 9781781253311 (published – 2014)
Raising happy brothers and sisters by Jan Parker	Recommended for parents / guardian	ISBN – 9780340834756 (published – 2004)

Divorce

Mum and Dad Glue by Kes Gray	Recommended for age 0-5 years	ISBN – 9780340957110 (published – 2010)
Children, feelings and divorce by Heather Smith	Recommended for parents / guardian	ISBN – 9781853434341 (published – 1999)
Stepfamilies: surviving and thriving in a new family by Suzie Hayman	Recommended for parents / guardian	ISBN – 9780743276016 (published – 2006)

Bullying

Blue cheese and stinky feet by Catherine Depino	Recommended for age 5 – 11 years	ISBN – 9781591471127 (published – 2004)
The teenage guide to stress by Nicola Morgan	Recommended for age 13 – 18 years	ISBN – 9781406353143 (published – 2014)
Bullying – a parent’s guide by Jenifer Thompson	Recommended for parents / guardian	ISBN - 978-1861442161 (published – 2013)

Confidence and self esteem

I want your moo by Marcella Weiner	Recommended for age 0-5 years	ISBN – 9781433805523 (published – 2009)
Self esteem for boys by Elizabeth Hartley- Brewer	Recommended for age 13 – 18 years	ISBN – 9780091855871 (published 2000)
Self esteem for girls by Elizabeth Hartley- Brewer	Recommended for age 13 – 18 years	ISBN – 9780091855864 (published 2000)
Confident children by Gael Lindenfield	Recommended for parents / guardian	ISBN – 9780722539569 (published 2000)

Anger

Starving the anger gremlin by Kate Collings-Donnelly	Recommended for age 5- 11 years	ISBN – 9781849052863 (published – 2012)
Taming the dragon in your child by Meg Eastman	Recommended for parents/guardian	ISBN – 0471594059 (published 1994)
The explosive child by Dr Ross Greene	Recommended for parents/guardian	ISBN – 9780062270450 (published – 2014)

Parents

The parenting puzzle by Candida Hunt	Recommended for parents / guardian	ISBN – 9780954470906 (published 2003)
Raising happy children by Jan Parker	Recommended for parents / guardian	ISBN - 978-0340734643 (published 2004)
Understanding 12 – 14 years olds by Margot Waddle	Recommended for parents / guardian	ISBN - 978-1843103677 (published 2005)

Bereavement

The cat mummy by Jaqueline Wilson	Recommended for age 5-11 years / 11-14 years	ISBN – 9780440868576 (published 2009)
Badgers parting gift by Susan Varley	Recommended for age 5-11 years	ISBN – 9781849395144 (published 2013)
Finding a way through when someone has died by Pat Mood	Recommended for parents / guardian	ISBN – 9781853029202 (published 2001)

Growing up

What's happening to me (girls) by Susan Meredith	Recommended for age 13-18 years	ISBN – 9780746069950 (published 2006)
What's happening to me (boys) by Alex Firth	Recommended for age 13-18 years	ISBN – 9780746076637 (published 2013)
Ages and stages by Charles. E. Schaefer	Recommended for parents / guardian	ISBN – 9780471370871 (published 2000)