



## Worries and Fears

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

## Sadness

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

## Sleep

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

## Siblings

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

## Divorce

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

## Bullying

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

## Confidence and self esteem

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

## Anger

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

## Parents

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

## Bereavement

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

## Growing up

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