



**yourgoodself**

Cork's Positive  
Self Help Programme

# List of Resources for Children & Families



## Your Good Self List of Resources for Children & Families

Adoption (for children)	My Parents Picked Me, A First Look At Adoption	Pat Thomas & Lesley Harker	Book for children explaining adoption, different types of families & explores questions adopted children may have. Aimed at children 4 – 8 years.
Adoption (for children)	We Belong Together	Todd Parr	A colourful book about adoption & families. The authors state that this book should be read with someone you love.
Adoption (for children)	Little Lucy's Family	Eleanor Gormally	A helpful book to discuss foreign adoption with children. Raises issues including fantasy about biological parents, ethnicity & loyalty.
Bereavement (for children)	Finding a Way Through When Someone Close Dies	Pat Mood & Lesley Whittaker	Workbook for children & teenagers who have experienced the death of someone close to them. Discusses feelings & provides tips on how to cope. Also helpful for adults in relation to how to support children going through a bereavement.
Bereavement (for children)	The Day The Sea Went Out & Never Came Back	Margot Sunderland	A story for children who have lost someone they love. Helps to explain the pain of grieving & captures the feelings that come with the loss of a loved one along with hope for new beginnings & recognising memories are special treasures. Compassionate, moving and accessible with strong emotions. Needs to be read with a supportive adult.
Bereavement (for children)	I Miss You: A First Look at Death	Pat Thomas	Exploring some of the feelings and thoughts that can arise following the death of a loved one. Focus here is on death of a grandparent. Discusses the soul joining the other soul after a person dies and acceptance of death while remembering.
Bullying	Bully Blocking, Six Secrets to Help Children Deal with Teasing & Bullying	Evelyn M. Field	Comprehensive book on bullying, its effects & what parents can do to help their children deal with bullies. Offers practical tips to build children's self-esteem & how to deal with bullies.

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Bullying (for children)	Bullies, Bigmouths & So-Called Friends	J. Alexander	Book for young people aged 8 – 12 years. Filled with puzzles, quizzes, personal stories & tips on how to deal with bullies.
Dyslexia (for children)	It's Called Dyslexia	Jennifer Moore-Mallinos	Aimed at children aged 5 – 10 years. Story about a child who finds out she has Dyslexia. Talk about difficulties she has at school as well as how she can overcome these difficulties. Useful section in the back for parents & suggested activities.
Families (for children)	Snow Flakes	Cerrie Burnell & Laura Ellen Anderson	A helpful picture book for adopted & fostered children with the message that everyone is different & everyone is perfect...just like a snowflake.
Families (for children)	Belonging Doesn't Mean Forgetting	Shelia Byrne & Leigh Chambers	A detailed book on being in a foster family. Defines key concepts & common questions. A comprehensive read that would need the support of a carer/adult.
Fatherhood	The New Father: A Dad's Guide To the First Year	Armin A Brott	Aimed at fathers & how their role changes in the first year of their child's life. Each chapter focuses on what's going on for the baby, their partner & the father. Useful tips & insight into the role of becoming a father.
Feelings (for children)	I'm Not Happy	Sue Graves & Desideria Guicciardini	A book about feelings like "happy" & "sad". Provides a starting point for discussing a child's feelings & behaviours in relation to themselves & other people.
Feelings (for children)	All Kinds Of Feelings	Emma Brownjohn	Short lift the flap book that is helpful to teach children that there are lots of different feelings & that their feelings are OK. Useful starting point to encourage children to talk about their feelings.
Feelings (for children)	A Volcano in my Tummy	Eliane Whitehouse & Warwick Pudney	A book of exercises to do with children looking at the emotion of anger. Fun activities, useful metaphors and helpful stories. Useful for families to do together but suitable also for the classroom.

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Friendship (for children)	Duck Duck Goose	Tad Hills	A fun book teaching young children about sharing the lime light, coping with competition & turn taking. For 4 – 8 years approx.
Friendship (for children)	A Nifflenoo Called Nevermind	Margot Sunderland	A playful book teaching children to name their emotions & stand up for themselves. Useful for shy or bullied children of primary school age. Should be read with a supportive adult.
Friendship (for children)	Scaredy Squirrel Makes a Friend	Melanie Watts	This book is for little children who worry about going out & making new friends.
Individuality (for children)	The Crocodile Who Didn't Like Water	Gemma Merino	This crocodile is different to all other crocodiles. This worries him until he discovers how great it is to be different.
Individuality (for children)	A Pea Called Mildred	Margot Sunderland	A book about pursuing your hopes & dreams. Mildred the Pea learns that not everyone has to be the same & that it is OK to be different.
Infancy	Touchpoints: Birth to Three – Your Child's Emotional & Behavioural Development	T. Berry Brazelton	Excellent book covering a wide array of topics from sleep to play. Pays particular attention to early social & emotional development.
Infancy	Your Baby is Speaking to You: A Visual Guide to the Amazing Behaviours of Your Newborn & Growing Baby	Kevin Nugent	Unique & extraordinary book that looks at getting to know & understand yourself as a parent or caregiver. This masterpiece explains that all baby's behaviour has meaning. An important read for every parent or caregiver.
Loss and Separation	The Invisible String	Patrice Karst & Geoff Stevenson	A beautiful book explaining love & connectedness between children & those that care for them. A wonderful metaphor to explain to children in times when they have to be apart from their caregiver.

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Mindfulness (for children)	Sitting Still Like A Frog	Eline Snel	Aimed at children 5 & older. This book is an excellent resource for parents interested in supporting their child in using mindfulness to understand & manage their feelings, develop greater concentration, patience, trust & knowledge of their body & its messages. Accompanied by a CD.
Mindfulness (for teenagers)	Stress Reduction Workbook for Teenagers: Mindfulness Skills to Help Deal with Stress	Gina Biegel	A readable & practical book introducing mindfulness into everyday teenage life. Teaching techniques, providing case examples & considering common teen issues. Excellent starting place to learning mindfulness.
Organisation & Attention	Smart but Scattered	Peg Dawson & Richard Guare	Offers practical advice on how to help your child improve their organisational skills, attention & problem solving. Helpful charts provided to use at home to help deal with common problems, improve independence & establish good daily routines.
Parenting	Touchpoints: Three to Six. Your Child's Emotional & Behavioural Development	T. Berry Brazelton	Helpful book covering lots of challenges that parents face with their children from grief to illness. Many examples throughout.
Parenting	Parenting is Child's Play	David Coleman	Focus on 0 – 6 years. Written by a clinical psychologist this book gives helpful information on areas such as sleep, toilet training, eating habits & other parenting challenges. Looks at the importance of understanding your child's communication & promotes playful parenting.
Parenting	The Incredible Years: A Trouble Shooting Guide for Parents of Children aged 2 – 8 years	Carolyn Webster-Stratton	Comprehensive book dealing with lots of topics from play to setting limits. Good ideas on how to teach children to manage feelings. Written by a clinical psychologist who has designed internationally renowned parent & school programmes.



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Parenting	Parenting from the Inside Out	Daniel Siegal & Mary Hartzell	A comprehensive book looking at how relationship affects brain development in children. Encourages parents to think about their own childhood experiences & their child's inner world. A challenging & detailed read.
Parenting	Raising Boys / Raising Girls	Steve Biddulph	Two practical guides on parenting males or females considering normal development & looking at common presenting issues in either gender. Helpful advice about stages of development & biology.
Parenting	Parenting is Child's Play: The Teenage Years	David Coleman	A comprehensive and accessible book with information about the tasks of adolescence and the tasks of parenthood in this developmental phase. Full of information about difficult topics and areas of conflict while also providing useful information on maintaining connection and communication.
Parenting	Later! A Guide To Parenting a Young Adult	Gill Hines & Alison Baverstock	This practical guide for parents for young adults (16 – 23 years approx), addressing issues such as how to support growing independence while maintaining a positive parent-child relationships.
Positive Mental Health (for children)	Have You Filled your Bucket Today? A Guide to Daily Happiness for Kids	Carol McCloud & David Messing	This book encourages positive behaviours such as kindness, appreciation & love as the building blocks for happiness.
Positive Mental Health (for teenagers)	The Teenage Guide To Stress	Nicola Morgan	A practical and normalising stress guide for adolescents (and parents). Non-judgmental and informative. List of resources provided for online support and further information (content targeted largely at UK)
Self Esteem (for children)	Ruby & the Rubbish Bin	Margot Sunderland	A story about how a young girl overcomes low self-esteem following criticism at school & bullying by peers. Needs to be read with a supportive adult.

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Self Esteem (for teenagers)	The 7 Habits of Highly Effective Teenagers	Sean Covey	An interesting read for any teenager who would lie to learn more about themselves & for guidance with life's challenges.
Separation & Divorce (for children)	Living with Mum & Living with Dad	Melanie Walsh	This is a lovely book with interactive flip up pictures. The book shows how children who live in two difference houses are still loved very much.
Separation & Divorce (for teenagers)	When Parents Split, Support, Information & Encouragement for Teenagers	Glynis Good	Book aimed at adolescents to help them deal with parent's separation. Useful tips, exercises & personal experiences.
Separation & Divorce	Parenting When Separated: Helping Your Child Cope & Thrive	John Sharry	A practical & thought provoking book about parenting when separated. Written within the Irish context with useful information & services included.
siblings	The New Baby	Anna Civardi & Stephen Cartwright	A short story for young children about the preparation & arrival of a new baby in the family including getting the nursery ready, mum's stay at hospital, being cared for by grandparents & mum breastfeeding.
siblings	Raising Happy Brothers & Sisters	Jan Parker & Jan Stimpson	Looks at a variety of topics from dealing with the arrival of a new baby, conflict between siblings & promoting positive relationships between siblings.
Single Parenting	The Single Parent's Handbook	Rachel Morris	Explains issues for parents themselves in the first half, then children at different developmental stages. Easy to read with personal experiences, vignettes & summarised tips.
Sleep	Good night, Sleep Tight: Gentle Proven Solutions to Help Your Child Go to Sleep Well & Wake Up Happy	Kim West	A book on developing good sleep habits. Suitable for parents of children aged 0 – 5 years.

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Worry & Anxiety (for children)	The Huge Bag Of Worries	Virginia Ironside	An amusing story book for children that describes how worries can affect children, the need for support & how to start to address worries. A must for any child with small or big worries.
Worry & Anxiety (for children)	What To Do When You Worry Too Much: a Kid's Guide to Overcoming Anxiety	Dawn Hueber	A book on how to overcome anxiety for children aged 6 – 12 years to read with their parents/ supportive adult. Explains anxiety & how to overcome worry through strategies, including drawing & writing exercises.
Worry & Anxiety (for children)	Willy & The Wobbly House	Margot Sunderland	A story to promote discussion with a child with anxieties &/or obsessions. The story reveals that he or she need not put up with feeling anxious & presents simple strategies for dealing with anxiety, & that they are not alone.
Worry & Anxiety (for children)	Scaredy Squirrel	Melanie Watt	A funny picture book that looks at fears/phobias & difficulty coping with the outside world. Great humour & colourful pictures means children & teenagers enjoy reading it.
Worry & Anxiety	Helping Your Anxious Child	Ronald Rapee & Ann Wignall	A comprehensive guide for parents on what anxiety is & how to help children challenge their fears. Includes parent & child activities & anxiety management strategies.
Worry & Anxiety	A Short Introduction to Helping Young People Manage Anxiety	Carol Fitzpatrick	A readable & helpful guide for parents describing anxiety in young people (10 – 18 years approx). Written by an Irish Psychiatrist with useful definition of terms, treatment options & Irish services.
Worry & Anxiety	Owl Babies	Martin Waddell	Owl Babies is a lovely story for young children about the anxiety that can arise when separated from a parent for a short time. The message in the book is that although a parent may leave, they will come back.



## Your Good Self List of Resources for Children & Families

### Online Resources for Children and Families

Disclaimer: The information listed below has been compiled from many sources that are not controlled by the Health Service Executive or Cork County Library and Cork City Libraries. While all reasonable care has been taken in the compilation and publication of the contents of this list, the Health Service Executive and Cork County Library and Cork City Libraries do not assume legal or other liability for any inaccuracy, mistake, mis-statement or any other error of whatsoever nature contained herein and hereby formally disclaims liability in respect of such aforesaid matters.

Worry & Anxiety	Website	Review
Depression	<a href="http://www.depressioninteenagers.com">www.depressioninteenagers.com</a>	Interactive Scottish website, game type format looking at what depression is & how to get help. Colourful graphics.
	<a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a>	Interactive programme including games. Looks at ways to cope with depression & anxiety in teenagers.
Drugs	<a href="http://www.drugs.ie">www.drugs.ie</a>	Provides information, support & counselling in relation to drugs, substance misuse, alcohol misuse, or addiction. Provides list of contacts & supports available in your local area.
Infancy	<a href="http://www.zerotothree.org">www.zerotothree.org</a>	An organization dedicated to children's early experiences. Many free downloads are available on child development.
Parenting	<a href="http://www.understandingchildhood.net">www.understandingchildhood.net</a>	Valuable website for parents. UK based website created by child psychologists. Contains free, downloadable leaflets for families. Easy to navigate. Provides a range of information leaflets on child (from birth to 18) & parent topics.
	<a href="http://www.nd.gov/dhs/services/childcare/info/10-things.html">www.nd.gov/dhs/services/childcare/info/10-things.html</a>	This website provides access to a series of videos called "10 Things Every Child Needs". Each short video takes you through a different element needed to help your child develop well, from positive touch & interaction, to music & reading together.



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Worry & Anxiety	Website	Review
Parenting	<a href="http://www.ispcc.ie">www.ispcc.ie</a>	Information on services provided to children & parents; mentoring & support line; tips on keeping children safe from violence, bullying etc. & other parenting advice.
	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	Practical advice on parenting & family life, providing support, downloads, & discussion forums. For families with children of all ages.
	<a href="http://www.onefamily.ie">www.onefamily.ie</a>	Dublin based service, but it provides useful information relevant to parents who have separated and people parenting alone. Also provides a helpline and free on-line parenting course. Parent mentoring is offered in Cork area.
Sexual Health	<a href="http://www.sexualhealthcentre.com">www.sexualhealthcentre.com</a>	Provides information on a range of services in relation to sexual health issues. These include peer support through education & telephone helpline services; personal support & counselling to people with HIV & their families & non- directive three option pregnancy counselling.
Stress	<a href="http://www.stressandanxietyinteenagers.com">www.stressandanxietyinteenagers.com</a>	Interactive Scottish website, game type format working through different topics like recognizing stress, relaxation techniques & getting help. Interesting & colourful graphics, as well as links to other resources.
Teenagers	<a href="http://www.spunout.ie">www.spunout.ie</a>	Colourful website with lots of links & information on topics like drug use, assertiveness & bullying.
	<a href="http://www.barnardos.ie/resources-advice/young-people/teen-help.html">www.barnardos.ie/resources-advice/young-people/teen-help.html</a>	Section in Barnardo's website aimed at young people giving information on a wide range of topics. Provides links to helpful websites.

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Worry & Anxiety	Website	Review
Teenagers	<a href="http://www.kyss.ie/mise">www.kyss.ie/mise</a>	Kinsale Youth Support Services – information on a range of mental health issues affecting young people. Useful support services, websites & telephone numbers provided.
	<a href="http://www.teenissues.co.uk">www.teenissues.co.uk</a>	General & specific information for teenagers regarding health; sex; school; mental health; suicide; self harm; arguing with your parents; disappointing grades, etc.
	<a href="http://www.reachout.com">www.reachout.com</a>	Youth Mental Health Ireland - good website re: adolescent issues; Facebook; cyber bullying; sexual matters; technology; relationships & blogs.
	<a href="http://www.headstrong.ie">www.headstrong.ie</a>	National Centre for Youth Mental Health – general website, proving service for Irish youths.

## Useful Application for phones

Emotional Regulation	Breathe, Think, Do with Sesame	An app for 2-5 year-olds aimed at improving emotional self-regulation and problem-solving skills. Uses short games, e.g. help the monster to calm down or solve everyday challenges. Available in English and Spanish.
Emotional Regulation	The Big Moving Adventure (Sesame Street)	Games for children aged 2-5 yrs to help them deal with the practical and emotional tasks involved in moving home and making new friends.
Parental Separation/Divorce	Sesame Street: Divorce	This app provides parents and caregivers with tools to help children ages 2-8 cope with the many transitions related to divorce or separation, with interactive tools using age appropriate language.
Anxiety	Mindshift	For teens and young adults, this app looks at how to stop anxiety and fear from controlling your life by identifying alternative ways of thinking. Special sections on exam anxiety, social anxiety and several more.



This is a sample of materials available in participating libraries. All books have been reviewed by HSE Psychologists & Infant Mental Health Specialists.

If this doesn't help, talk to your G.P. or the person who told you about this programme and they will help you to get further assistance.

**For more information and details  
about participating libraries, check out:**

**Cork County Library:** [www.corkcoco.ie/library](http://www.corkcoco.ie/library)

**Cork City Libraries:** [www.corkcitylibraries.ie](http://www.corkcitylibraries.ie)

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