

## Healthy Reading Collection for Children

Life can be full of things that can upset us or make us feel anxious. Some of the books listed here suggest ways to help boost confidence and help cope with difficult feelings and experiences. As well as information books there are also stories that deal with issues that can affect children. Reading about other people's experiences can help us explore feelings and emotions and can often help us to understand our own.

The collection is targeted at children (aged 4–11) but includes a wide range of reading levels to support less confident readers, and to encourage children to read together with their families and carers.

The titles are available for anyone to borrow free from their local library and are just a selection of what is available. See all titles and more information at:

[www.elament.org.uk/self-help-resources/healthy-reading/](http://www.elament.org.uk/self-help-resources/healthy-reading/)

The books have been chosen by health professionals and co-produced with children and families. The book selection includes recommendations from The Reading Agency, NHS Lanarkshire and public libraries.

### Bookbug Sessions

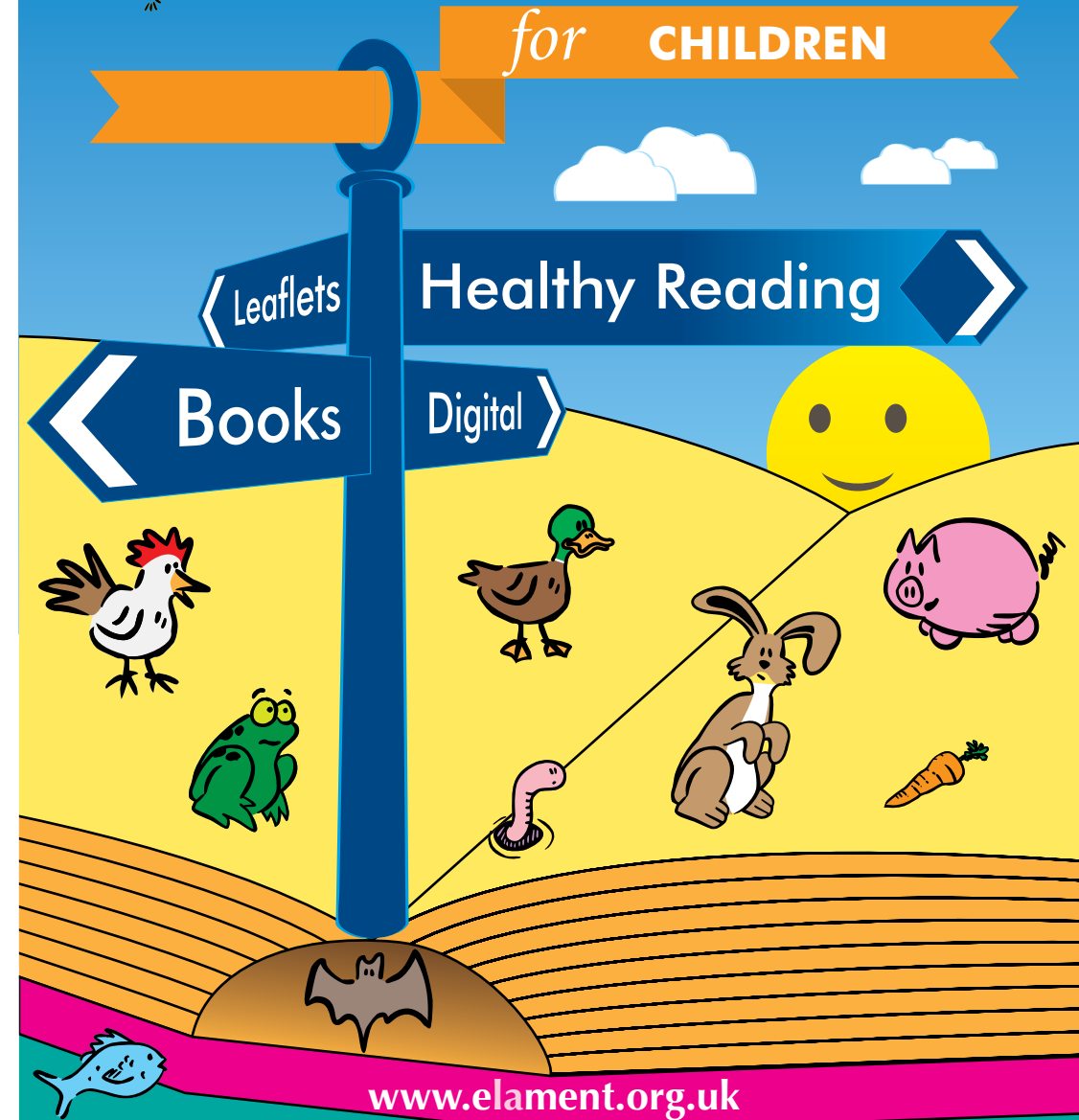
These are free events for children aged 0–5 years and their mums, dads and carers. Sessions last around 30 minutes and include songs, rhymes and a story. Ask at any library about your local Bookbug Session.



# Healthy Reading Collection



for **CHILDREN**



Healthy Reading webpage:

[www.elament.org.uk/self-help-resources/healthy-reading.aspx](http://www.elament.org.uk/self-help-resources/healthy-reading.aspx)

Culture NL library catalogue: <https://libraries.culturenl.co.uk>

SLL&C library catalogue: [www.sllclibrary.co.uk](http://www.sllclibrary.co.uk)

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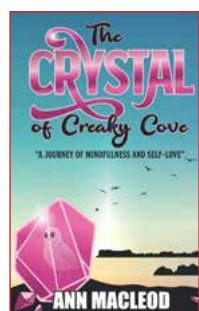
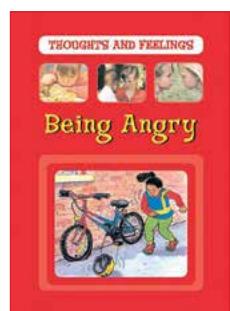
[www.elament.org.uk](http://www.elament.org.uk)

## Dealing with tough times: getting through a tough time

<b>The boy who built a wall around himself</b>	Redford, Ali	9781849056830	4+
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## Dealing with tough times: tough times at home

<b>The colour thief: a family's story of depression</b>	Peters, Andrew	9780750280532	5+
<b>The wise mouse</b>	Ironside, Virginia	9780954512309	4+
<b>Up and down mum</b>	Macon, Summer	9781786283399	3+



## Dealing with tough times: when someone dies

<b>Clownfish</b>	Durant, Alan	9781406374629	10+
<b>If all the world were...</b>	Coelho, Joseph	9781786036513	5+
<b>Michael Rosen's sad book</b>	Rosen, Michael	9781406317848	5+
<b>Mum's jumper</b>	Perkin, Jayde	9781911496137	4+

## Feelings

<b>Being angry</b>	Johnson, Julie	9780749675011	5+
<b>Exploring emotions: a mindfulness guide to dealing with emotions</b>	Christelis, Paul	9781445157276	5+
<b>Feeling angry!</b>	Douglass, Katie	9781526300140	5+
<b>How are you feeling today?</b>	Potter, Molly	9781472906090	0+
<b>Sometimes I feel sad</b>	Alexander, Tom	9781785924934	5+
<b>The crystal of creaky cove: a journey of mindfulness and self love</b>	Macleod, Ann	9781072459033	5+

## Healthy Minds

<b>How not to lose it: mental health sorted</b>	Williamson, Anna	9781407193144	9+
<b>Self-esteem and mental health</b>	Claybourne, Anna	9781445149806	9+

## Living well with a condition: Attention Deficit Hyperactivity Disorder (ADHD)

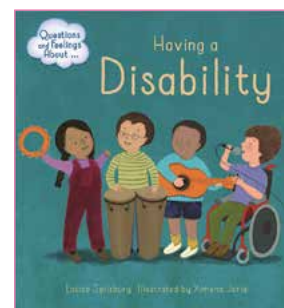
<b>What's going on inside my head?</b>	Potter, Molly	9781472959232	9+
<b>Can I tell you about ADHD?</b>	Yarney, Susan	9781849053594	7+
<b>Check mates</b>	Foster, Stewart	9781471172236	9+

## Living well with a condition: Autism Spectrum Disorders

<b>Autism</b>	Spilsbury, Louise	9781445156590	5+
<b>M is for autism</b>	Martin, Vicky	9781849056847	9+

## Living well with a condition: Having a disability

<b>Having a disability</b>	Spilsbury, Louise	9781445156613	5+
<b>Double Felix</b>	Harris, Sally	9781999903305	7+



## The World around you: at home

<b>Grandad's hat</b>	Elliott, Matt	9780993528002	0+
<b>How are babies made</b>	Smith, Alastair	0746025025	3+
<b>The illustrated mum</b>	Wilson, Jaqueline	9780440867814	9+
<b>There's a house inside Mummy</b>	Andreae, Giles	1841210684	0+
<b>When Grandma came to stay</b>	Elliott, Matt	9780993528019	0+

## The World around you: at school

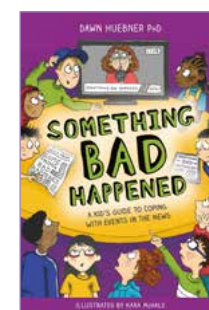
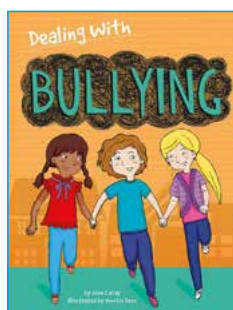
<b>Accidental trouble magnet</b>	Mian, Zanib	9781444951226	6+
<b>Dealing with bullying</b>	Lacey, Jane	9781445157498	7+
<b>Ella on the outside</b>	Howe, Cath	9781788000338	8+
<b>The illustrated guide to dyslexia and its amazing people</b>	Power, Kate	9781785923302	7+

## The World around you: in the news

<b>Something bad happened: a kid's guide to coping with events in the news</b>	Huebner, Dawn	9781787750746	6+
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## The World around you: online

<b>Goldilocks: a hashtag cautionary tale</b>	Willis, Jeanne	9781783447176	3+
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## Worries

<b>All birds have anxiety</b>	Hoopmann, Kathy	9781785921827	6+
<b>Gobblechops</b>	Laird, Elizabeth	9781910328415	5+
<b>Me and my fear</b>	Sanna, Francesca	9781911171539	5+
<b>Outsmarting worry</b>	Huebner, Dawn	9781785927829	9+
<b>Ruby's worry</b>	Percival, Tom	9781408892152	0+
<b>The huge bag of worries</b>	Ironside, Virginia	9780340903179	0+
<b>Worries</b>	Christelis, Paul	9781445163956	5+
<b>Worry angels</b>	Brahmachari, Sita	9781781126950	8+