

Fostering

Maybe days - reassures children in foster care that their feelings are normal and tries to help them cope with uncertainty. **4-10 years**

Glasses

Luna and the big blur – explores the feelings a child has about wearing glasses and realising how helpful and positive they can be. **4-8 years**

Parental depression

Why are you so sad? – explains parental depression and its treatment and reassures children that they can cope and feel better. **3-8 years**

Sadness

I feel sad - gives children many different reasons why they may feel sad and how they can make other people feel sad. **3-7 years**

The boy who didn't want to be sad – explores why running away from things that makes you sad is not the key to happiness, but embracing them. **4- 8 years**

Self-esteem

I want your moo - helps children learn to accept their own personality and overcome low self-esteem with lively rhymes. **4-8 years**

Shyness

I don't know why I guess I'm shy - shows children that shy feelings don't have to get in the way of having fun and making friends. **4-8 years**

I'm shy - talks about different things that can make a child feel shy and what can help to deal with it. **3-7 years**

Sibling Illness

What about me? When siblings get sick - deals with the complicated feelings the well child experiences when a sibling is ill. **4-8 years**

Trauma

A terrible thing happened – gently helps children who have witnessed any kind of violent or traumatic episode. **4-8 years**

Please tick the book list and complete the address form:

For Parent/ Carer:

Name of child: _____ Date of birth: _____

Address: _____

Postcode: _____ Tel no.: _____

Borrower details are treated as strictly confidential information.

For professionals (e.g. Health Visitor, School Nurse, GP, teacher, Social Worker etc)

Name: _____

Job Title: _____

Organisation: _____



Books to guide
children through life

Read Me Well

Do you know a child coping with a difficult issue such as bullying, death, anger, shyness, divorce or illness in the family?

Read Me Well is a special collection of books chosen and approved by health professionals so that families can help themselves and their children to cope with difficult situations. The books are aimed at ages two to teenage. They are intended to be read to and with younger children, to encourage discussion of the subject. Older children can also be read to, or read alone, whichever they prefer.

Please tick the books you wish to borrow and take this form to Chelmsley Wood or Solihull Library to collect. If you are not a library member it is free to join.

The age ranges in this form are only a guide – please complete the form if you feel the book may be suitable for a child outside the age ranges.

For more information visit: www.solihull.gov.uk/readmewell

Adoption

All about adoption - explores adoption and the feelings children can experience as they grow up. **4-8 years**

Alzheimer's Disease

Striped shirts and flowered pants – explains the signs of Alzheimer's disease to children. **4-10 years**

Anger

Josh's Smiley Faces – explores what happens when a child feels angry and using a chart to manage anger. **3-6 years**

I feel angry - explains the emotion of anger and gives basic yet effective ways to control it. **3-7 years**

Anxiety and Worries

The huge bag of worries - looks at how worries can grow over time and how they can be shared and tackled when told to another person. **6-9 years**

What to do when you worry too much - an self-help book designed to tackle worries and generalised anxiety. **6-12 years**

When Fuzzy was afraid of big and loud things – explores how to cope with loud sounds and being frightened. **3-7 years**

When Fuzzy was afraid of losing his mother – explores how to cope with separation anxiety. **3-7 years**

When Lizzy was afraid of trying new things – explores being afraid of failing when trying new things and how to manage this. **3-7 years**

Attention Deficit Disorder (ADD)

or Attention Deficit Hyperactivity Disorder (ADHD)

Putting on the Brakes - All you need to know about attention deficit disorder, with or without hyperactivity.

The Autism Acceptance Book – explores autism and the value of children with autism to develop acceptance and integration. **All ages**

My brother is different –describes the behaviours that children with autism may display and how this may impact on other children. **3-7 years**

Bullying

Blue cheese breath and stinky feet – explores the feelings associated with bullying and how to tackle it. **6-12 years**

Cancer

The secret C - helps families who are affected by cancer exploring the illness, procedures and emotions connected with it. **All Ages**

Death

Always and forever – explores how to cope with the death of a close friend (with woodland animals) and how memories can help. **5-11 years**

I miss you - explores death for younger children to help them come to terms with death and their feelings. **4-7 years**

Samantha Jane's missing smile - guides families through the feelings, and thoughts that children experience when a parent dies. **4-8 years**

Saying goodbye to Daddy - explores a child's fears and confusion following a sudden death and the changes that follow it. **6-11 years**

When dinosaurs die - A straight-forward introduction to death, customs associated with death and the emotions people can feel **3-7 years**

Diabetes

The dinosaur tamer - contains many different short stories about many different aspects of diabetes and living with it. **8-13 years**

Divorce

Ginny Morris and Dad's new girlfriend – discusses the feelings around a new parent's partner and adjusting to the change. **8-12 years**

Ginny Morris and Mom's house Dad's house – explores the experiences and solves problems of a child in joint custody. **8-12 years**

I don't want to talk about it – explores a child's reaction to her parent's divorce and how she begins to accept life afterwards. **4-8 years**

Was it the chocolate pudding? – explores how a child may feel they are to blame for their parent's divorce and how to tackle this. **2-6 years**

What can I do? – describes how a child tries to fix her parent's divorce, realising that she can't but that she can help herself feel better. **8-12 years**