

## dlr Libraries' Healthy Reading Scheme-Child and Family List

Problem	Books that can help	Author	Age	Comment
ADD/ADHD	Joey Pigza Loses Control	Jack Gantos	10+	Amusing novel from the point of view of a hyper active boy 9-11 yrs
	Parenting the ADD Child	David Pentecost	0+	A guide for parents on raising an ADD child based on the author's professional experience
Adoption/Fostering	Next Steps in Parenting the Child Who Hurts	Caroline Archer	Parents	Accessible guide on caring for a fostered or adopted child
	My Parents Picked Me!	Pat Thomas	5+	Addresses the worries and fears children may have about adoption and fostering
Anger	The Explosive Child	Ross W. Greene	5 to 16	Guide for parents on how to understand and help easily frustrated children
Asberger's Syndrome	Freaks, Geeks and Asperger Syndrome	Luke Jackson	Teens	Written by a thirteen-year-old boy about his personal experiences of living with Asberger's Syndrome
	All Cats Have Asperger Syndrome	Kathy Hoopmann	4 to 8	Photographs are used in a unique but effective way to explain Asberger's Syndrome
	Asperger Syndrome: A Guide for Parents and Professionals	Tony Attwood	Parents	Easy-to-read, practical advice, comprehensive information covering psychological and physical effects of Asperger's syndrome
Autism	Al Capone Does my Shirts	Gennifer Choldenko	12+	The story of Moose Flanagan and his family's move to Alcatraz in 1935, including his severely autistic sister Nat
Bereavement	Finding a Way Through When Someone Close Has Died	Pat Mood	6 to 16	Written by bereaved children, offers helpful advice and coping strategies
	Beyond the Rough Rock: Supporting a Child Who has Been Bereaved Through Suicide	Diana Crossley	Parents	Approaches in helping children understand and cope with the loss of someone
	Great Answers to Difficult Questions About Death	Linda Goldman	Parents	Easy-to-read case-study guide, provides age-appropriate answers to questions children may have about death

	Her Mother's Face	Roddy Doyle	4 to 10	A young girl fears that she has forgotten what her late mother looked like
Bullying	Bullying - A Parents Guide	Jennifer Thomson	Parents	Guide for parents on how to recognise bullying and help their children cope
	How to Handle Bullies, Teasers and other Meanies	Kate Cohen-Posey	8 to 14+	Easy-to-read, practical advice on how to deal with bullying
	Is It Because?	Tony Ross	4 to 7	Simple tale explaining some of the motives behind bullying
Cancer	Cancer	Kirsten Lamb	Teens	Factual book about how cancer occurs, types of cancer, treatments available and effects it may have on families
Child Development	The Science of Parenting	Margot Sunderland	Parents	A practical guide to parenting based on scientific studies on child development
	The Social Baby	Lynne Murray & Liz Andrews	Parents	Informative guide on understanding and communicating with newborn babies, includes use of pictures
Conflict	Is It Right to Fight?	Pat Thomas	4 to 7	Addresses the issue of both verbal and physical arguments in the home
	I'm Sorry	Sam McBratney	3 to 7	Two toddlers test their friendship with their first argument
Depression	Coping With Depression in Young People	Carol Fitzpatrick & John Sharry	12 to 18	Easy-to-read, explains symptoms and types of depression, explains treatments available and how parents can help
	So Young, So Sad, So Listen	Philip Graham & Carol Hughes	Parents	Identifies signs of depression in children and helps explain its possible causes
Down's Syndrome	Victoria's Day	M. de Fatima Campos	5+	Illustrates how Down's Syndrome children are similar to their classmates and enjoy the same activities
Drugs	Go Ask Alice	Anonymous	Teens	When a teenager girl is served a drink spiked with LSD, she finds it takes the edge off her loneliness and self-hate. But as she continues to experiment with drugs her life begins to unravel
Dyslexia	Dyslexia	Althea	6+	Easy-to-read book for children explaining the various effects of dyslexia on daily life

	Brian has Dyslexia	Jenny Leigh	5+	Worried that he is stupid because of his trouble with spellings, Brian Bear learns about dyslexia
Dyspraxia	Stephen Harris in Trouble	Tim Nichol	10+	Told from the perspective of a ten-year-old boy, this book illustrates daily life for those with dyspraxia
	Understanding Dyspraxia: A guide for parents and teachers	Maureen Boone	Parents	Explains dyspraxia in a positive manner, offering information on available interventions
Eating Disorders	Pumpkin Pie	Jean Ure	12+	In a bid to be noticed within her family, Polly decides to lose weight
	Overcoming Anorexia Nervosa, a self-help guide using cognitive behavioural techniques	Christopher Freeman	13+	Self-help guide using cognitive behavioural therapy, for sufferers and their families
Loneliness	Gorilla	Anthony Browne	4 to 7	A lonely girl has an adventure with an unlikely friend
Mental illness	My Mum's From Planet Pluto	Gwyneth Rees	10+	When Daniel's mother stops taking her medication he begins to understand her illness better
New Baby	Za-Za's Baby Brother	Lucy Cousins	2+	Za-za's life changes when his baby brother is born
Parenting	The Incredible Years	Carolyn Webster-Stratton	Parents	Accessible guide promoting a positive approach to parenting
	STEP: Parenting Young Children	D. Dinkmeyer, G.D. McKay	Parents	Easy-to-read guide on understanding and raising children, gives scenarios and possible solutions, offers ways to effectively communicate with young children
	STEP: Parenting Teenagers	D. Dinkmeyer, G.D. McKay	Parents	Easy-to-read guide on understanding and raising teenagers, gives scenarios and possible solutions, offers ways to effectively communicate with teens
	Parenting is Child's Play	David Coleman	Parents	Handbook on parenting, examples given from author's own experiences, addresses issues from tantrums to childcare
Peer Pressure	Bad Girls	Jacqueline Wilson	10+	When Mandy is rejected by her friends she makes a new friend in the older Tanya, but before long finds herself led astray
Pregnancy and Birth	The Rough Guide to Pregnancy and Birth	Kaz Cooke	Parents	Witty, easy-to-read, week-by-week guide to changes in both mother and baby during pregnancy

	The Expectant Father	Betty Parsons	Parents	Written by an ante-natal instructor, this book gives information for fathers-to-be and answers common queries and concerns
	Megan	Mary Hooper	Teens	When Megan discovers she might be pregnant her possible options need to be explored and decisions have to be made
	Dear Nobody	Berlie Doherty	Teens	Told from both the girl and boy's perspective, this insightful story addresses the difficulties faced after an unplanned pregnancy
Separation and Divorce	Mum and Dad Glue	Kes Gray	4 to 7	A little boy struggles to find the right glue to stick his family back together
	The Suitcase Kid	Jacqueline Wilson	10+	Andrea learns to cope with divorced parents and all it ensues including arguments, step-siblings and two new homes
	When Parents Separate: Helping Your Children Cope	John Sharry, Peter Reid & Eugene Donohoe	Parents	Practical guide, suggests ways parents can help children to adjust to family break-ups
	When mum and dad split up	Lesley Ely	8+	Coping strategies for children who are experiencing family break-ups
Self-Esteem	Stick up For Yourself	Gershen Kaufman, Lev Raphael & Pamela Espeland	8 to 12	Promotes self-esteem, shows different ways that children can positively stick up for themselves in school and at home
	Confident Teens	Gael Lindenfield	Teens	Comprehensive guide, easy-to-read, offers tips and anecdotal advice
	Confident Children	Gael Lindenfield	0+	Information on how to build confidence in children, includes practical exercises
Sexual health	Staying Safe: A Teen's Guide to Sexually Transmitted Diseases	Miranda & William hunter	Teens	Fact book on STD's, how to recognise, treat and prevent them
	Sexually Transmitted Diseases	Jo Whelan	Teens	Fact book on STD's, how to recognise, treat and prevent them
Sibling Rivalry	You're All My Favourites	Sam McBratney	2+	Mummy and Daddy bear show their three babies that they are all loved equally

	Siblings Without Rivalry	Adele Faber	Parents	A guide for parents on how to avoid jealousy and competitiveness between siblings
Teenagers	The Rose That Grew From Concrete	Tupac Shakur	Teens	A book of poems written by the late musician
	Blame my Brain	Nicola Morgan	Teens	A factual book explaining the changes that the human brain undergoes during adolescence
	How to Talk so Teens will Listen and Listen so Teens will Talk	Adele Faber, Elaine Mazlish	Teens	The result of workshops with adults and teens, this handbook illustrates effective communication skills in the home
Teen Suicide	Self-harm and suicide	Jillian Powell	Teens	Easy-to-read guide for children and adults, including coping skills and prevention
Worries & Fears	The Huge Bag of Worries	Virginia Ironside	4 to 8	Jenny is being followed everywhere by her worries until she eventually decides enough is enough!
	Helping Your Anxious Child	Ronald M. Rapee	Parents	A step-by-step guide to helping parents alleviate their child's anxiety and fears, ranging from social anxiety to panic disorder