

Parent Wellbeing Lending Library

Author	Title	Area of support	Information
Brown, Laurie and Marc	Dinosaurs Divorce	Divorce (4 – 7 Years)	"Dinosaurs Divorce" will help you understand-a comprehensive guide for changing families, helps readers understand what divorce means, why it happens, and how to best cope with everyone's feelings
James, Simon	Leon and Bob	Emotions (5 – 7 Years)	Bob is Leon's best friend. He shares Leon's room. Everywhere Leon goes, Bob goes too. Then one day a boy moves in next door. But when Leon goes to ask his new neighbour to go to the park with him, he discovers Bob has gone...
Ironside, Virginia	The Huge Bag of Worries	Emotions (3 – 8 Years)	Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? The Huge Bag of Worries was written by Virginia Ironside, one of Britain's leading agony aunts, and has sold 140k copies to date. A compelling picture book which can be used as a spring board into what worries children today.
Gravett, Emily	Little Mouse's Big Book of Fears	Emotions – Fear (3 – 6 Years)	Young children will identify with the little mouse who uses the pages of this book to document his fears - from loud noises and the dark, to being sucked down the plughole. Packed with details and surprise treats including flaps, nibbled holes and even a hilarious fold-out map
Moses, Brian	I feel sad	Emotions - Sad (6 – 11 years)	Young children experience many confusing emotions in their early years and <i>I feel Sad</i> looks at sadness, in light-hearted but ultimately reassuring way. This picture book examines how and why people feel sad, illustrates scenarios of people feeling sad and upset, and the best way to deal with it with age-appropriate content. This book contains notes for parents with suggestions of ways to help children deal with being sad.
Butterfield, Moira and Sterling, Holly	Everybody feels scared	Emotions – Scared (4 - 7 years)	Did you feel scared on your first day of school? Have you ever felt nervous talking in class? Did your heart beat really fast? Read about Omar and Chloe, and what they did when they felt scared. With a mix of stories, questions for the reader, and advice, this book focuses on why children may feel a certain way and how they can deal with those feelings. With fun, engaging illustrations the book reassures young readers, providing them with a vocabulary to express and understand their feelings as they grow up and encounter different situations.

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Gliori, Debi	Tell Me Something Happy Before I Go To Sleep	Emotions - worries (2 – 3 Years)	Little bunny Willa is scared to go to sleep, just in case she has a bad dream. She asks her older brother Willoughby for help. Wise Willoughby knows that she just needs to think of all happy things that will be waiting for her in the morning.
Gloiori, Debi	No Matter What	Emotions – Worries (5 Years +)	<i>Small said, "I'm a grim and grumpy little Small and nobody loves me at all." "Oh Small," said Large. "Grumpy or not, I'll always love you no matter what. "When Small is in a big bad mood, it's up to Large to help. But what if Small were a grizzly bear, or a scary crocodile - would Large still love him? Of course!</i> A heartfelt story about the unconditional love each parent feels for their child.
McCloud, Carol	Have you filled a bucket today?	Friendship Feelings (4 – 9 Years)	This heart-warming book has become a classic, selling over a million copies, and is listed as one of the top children's books that encourage kindness towards others. It encourages positive behaviour by using the concrete concept of an 'invisible bucket' that holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings. This book focuses on how our social interactions positively or negatively affect others.
Bonwill, Ann and Marlow, Layn	Bug and Bear	Friendship (5 years)	Bear just isn't in the mood to play with Bug. She lumbers off to her cave for a nap but Bug buzzes after her as he thinks they are playing 'chase'! Bad-tempered Bear gets increasingly huffy and then Bear snaps. She tells Bug to go away and finally she gets to have her nap. But Bear feels bad for being mean so she comes back out of her cave to look for Bug. A story that celebrates the resilience of real friendship.
MacDonald, Amy	Little Beaver and The Echo	Friendship (4 – 8 Years)	Little Beaver lives all alone by the edge of a pond. He doesn't have any friends. One day, when he starts to cry, he hears someone else crying too. Could he have found a friend at last? So begins his touching quest for a friend.
Burringham, John	Granpa	Friendship – family, friends & social issues (5 - 7 Years)	Granpa nurses his granddaughter's dolls, mistakes her strawberry-flavoured pretend ice-cream for chocolate, takes her tobogganing in the snow, and falls in with her imaginary plans to captain a ship to Africa, like all good Granpa's should. It is a friendship that children who read this book will long remember.
Wild, Margaret and Brooks, Ron	Fox	Friendship – feelings (9 – 12 Years)	Dog is blind in one eye and cannot see. Magpie has a burned wing and cannot fly. But together the two make a perfect whole. Until Fox comes around and coaxes Magpie away from Dog.

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Church, Dianne	Operation Fix-it	Heart conditions – treatment for a heart condition (6 – 11 Years)	A large colourful story book about eight year old Tom's experience in hospital for a heart operation. The book prepares children for their hospital visit in an interesting and sometimes humorous way. The story provides a safe platform for discussion within the family about fears and potential problems by identifying them in characters in the story
Durant, Alan	Always and Forever	Loss and Bereavement (3 – 5 Years)	When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.
Velthuijs, Max	Frog and the Birdsong	Loss and Bereavement (3 – 5 Years)	One autumn day Frog discovers a blackbird lying motionless in the grass. Worried, he asks his friends what can be the matter. Very gently and simply, then animals begin to understand the meaning of death and the beauty of life in this moving story.
Allan, Nicholas	Heaven	Loss and Bereavement (3 – 5 Years)	Dill the dog knows his time is up so he packs his case and tells Lily, his owner, that he's off "up there". Dill explains to Lily what he thinks heaven is like: hundreds of lampposts to pee against, lots of whiffy things to smell and bones everywhere - with meat on them! But Lily completely disagrees. Luckily, they agree to disagree just in time for a fond, and very poignant, last goodbye.
Rosen, Michael	Sad Book	Loss and Bereavement (5 - & Years)	It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.
Wilhelm, Hans	I'll Always Love You	Loss and Bereavement (3 – 7 Years)	In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her.
Sunderland, Margot	The day the sea went out and never came back	Loss and Bereavement	<i>The Day the Sea Went Out and Never Came Back</i> is a story for children who have lost someone they love. Eric is a sand dragon who loves the sea very much. But one day, the sea goes out and does not come back. Eric waits and waits, but it does not come back. So he falls on the sand in terrible pain. It feels to him as if he has lost everything. After many bleak days, Eric sees a little wild flower. It is dying. Eric knows he must save it. He finds water. More and more flowers appear and so Eric starts to make a beautiful rock pool garden. And as he does, he finds the courage to feel the full pain of his loss, instead of closing his heart. He realises that his memories of his precious sea are like a special kind of treasure in his mind, a treasure he will never lose.

Parent Wellbeing Lending Library

Chichester Clark, Emma	Up in Heaven	Loss and Bereavement	Elderly Daisy can't keep up with Arthur any more, and then one day she wakes up to find herself in heaven! How marvellous - now she no longer feels tired or ill, and she can run as fast as she used to! But she worries about Arthur because he is so miserable, and so she sends him dreams to show him where she is, and how happy she is now. One of the questions children regularly ask is: 'Do dogs go to heaven?' This unusual book provides the dog's answer.
Catherine, Maria	Time Together – Me and Dad	Relationships (2 – 6 Years)	Snapshots of a father and child enjoying every day moments together. From reading a book to playing outside, these small moments are the ones that create big memories
MacGregor, Christopher and Yarlett, Emma	Mummy's Home	Separation and Deployment (3 -5 Years)	Written by Lieutenant Colonel Christopher this book helps to explain why parents sometimes have to go away and shows ways to help children cope. A soothing read-aloud with lots to explore in the pictures.
MacGregor, Christopher and Yarlett, Emma	My Daddy's Going Away	Separation and Deployment (3 – 5 Years)	Written by Lieutenant Colonel Christopher MacGregor and based on his own experiences of going away from home, this comforting book helps to explain why parents sometimes have to go away and shows ways to help children cope.
Linhart, Sandra Miller And Fox, Tahna Desmond	Daddy's Boots	Separation and Deployment	It's Boots' task to take Daddy where he's needed, but it's Daddy's job to explain why. Daddy is a soldier. Boots are preparing to take him away. If Bean can hide Boots, will Daddy be able to stay? Daddy explains the many jobs he's called to do, and how his work isn't that much different than the work other daddies do. Being deployed is a fact of life for serving people. Sometimes it means leaving little ones behind wondering why. Daddy's Boots is a loving description of a few quiet moments between a father and his child, as Daddy prepares to deploy for his job with the military.
Shaw, Claire	Sometimes: My Daddy's Gone Away with Work Sometimes: My Mummy's Gone Away with Work	Separation and Deployment	A beautifully written book aimed at helping children who are experiencing a parent being away from home. It subtly deals with the conflicting emotions that can arise and offers ideas that could help. There is a Daddy and a Mummy version – the same story adapted.
Catchpole, James	What Happened to You?	Disability Awareness (4-8 Years)	A funny story that helps children understand what it might feel like to be seen as different. The first ever book addressing how a disabled child might want to be spoken to. It helps children to understand what it might feel like to be seen as different.