

The Maple Unit Reading List

Category	For	Title	Author	Summary
Adolescence	Child	Blame my Brain	Morgan, Nicola	A comprehensive guide to the biological mysteries that lie behind teenage behaviour. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders and the reasons behind addiction or depression.
Adolescence	Child	Go Ask Alice	Anonymous	Go Ask Alice is a 1971 fiction book about a teenage girl who develops a drug habit at age 15 and runs away from home on a journey of self-destructive escapism. Attributed to "Anonymous", the book is in diary form, and was originally presented as being the edited "real diary" of the unnamed teenage protagonist.
Adolescence	Child	The Creative Journal for Teens, Making Friends with Yourself	Lucia Capacchione	For ages 12-18. Dedicated to the memory of Anne Frank, this book helps teenagers express their true feelings and thoughts in the safe, non-judgmental atmosphere of personal journal-keeping. The growing pains of adolescence are acknowledged through self-expression in words and pictures. This journal method strengthens self-identity and confidence while improving written communication and artistic skills.
Adolescence	Parent	Understanding 12-14 year olds	Margot Waddell	For ages 12-14. This book offers helpful advice to parents whose children have reached the turbulent teenage years. From conflict management to issues of bullying, stealing and smoking, it guides parents as their children alternate between maturity and immaturity and develop their own identity.
Adolescence (stress)	Child	The Teenage Guide to Stress	Morgan, Nicola	Covers the external stresses of teenage life: the pressures of exams, relationships, fears created by new knowledge of the world, body changes, the internet and cyber-bullying. The Teenage Guide to Stress puts everything into perspective and shows young people that they are not alone and that there is help, whether their worries are small or big.
Adoption	Child	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	Child	Little Lucy's Family	Eleanor Gormally	A helpful book to discuss foreign adoption with children. Raises issues including fantasy about biological parents, ethnicity & loyalty.
Adoption	Child	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	Parent	Next Steps in Parenting the Child Who Hurts	Caroline Archer	For ages 0-18. A "must have" book for both adoptive parents and for those professionals who help adoptive families forge new family ties...the author, herself an adoptive parent, addresses a wide variety of very complex topics with a marked sensitivity to the varying needs of children who may have had a wide range of early life experiences.
Adoption / Fostering	Parent & Child	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.
Adoption / Fostering	Child	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.
Anxiety & Worry	Child	What To Do When You Worry Too Much: A Kid's Guide To Anxiety 6+	Dawn Huebner 2005	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. Effective anxiety management strategies are presented in a format easily accessible to children and parents.
Anxiety & Worry	Parent	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.

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Anxiety & Worry	Parent	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.
Anxiety & Worry	Child	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.
Anxiety & Worry	Child	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.
Anxiety & Worry	Child	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
Anxiety & Worry	Child	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.
Autism	Child	I am Special: Introducing Children and Young People to their Autistic Spectrum Disorder (ages 10+)	Peter Vermeulen 2008.	For ages 10+. A well written workbook for children with autism. It is easy to read and provides a nuanced approach to facilitate understanding of autism. Autism is explained as a disability of the brain that negatively affects the way the person with autism interacts and communicates with other people. It explains that autism impedes the flexibility and fluency of the person's thoughts and actions.
Autism & Anxiety	Child	When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety (age 5-9)	Kari Dunn Buron 2004.	'Child friendly format. Suitable for young primary school children with a diagnosis of an autistic spectrum disorder who experience anxiety when faced with transitions'.
Bereavement	Parent	Helping Children Cope With the Loss Of A Loved One	William C. Kroen 1996	Astutely written book about how children of varying ages deal with the death of a loved one and how to support them.
Bereavement	Child	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.
Bereavement	Child	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	Child	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. (ages 6-16)
Bereavement (Suicide)	Parent	Beyond the Rough Rock: Supporting a Child who has been Bereaved by Suicide	Diana Crossley & Julie Stokes, 2008	'This book is helpful for parents and professionals in supporting children bereaved by suicide'.
Bullying	Parent	Bully-proof kids: Practical tools to help your child grow up confident, resilient and strong	Stella O'Malley	Offers concrete strategies to empower children and teenagers to deal confidently with bullying and dominant characters.

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Bullying	Parent	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.
Bullying	Child	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.
Bullying	Parent	Bullying: A Parents' Guide	Jennifer Thompson. 2005	An educational guide to help parents prevent and deal with bullying sensitively. Ages 5-16
Bullying	Parent & Child	How to Handle Bullies, Teasers and other Meanies Age 8-12	Kate Cohen-Posie 2008	Useful and simple. Nice techniques and responses to help kids deal with a bully. Child-friendly.
Depression	Parent	Coping with Depression in Young People	Carol Fitzpatrick & John Sharry 2004	For ages 12-18. 'Comprehensive and clearly written. Irish authors explain the development and treatment of depression in young people. Helpful list of supports'.
Dyslexia	Child	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.
Eating	Parent	How To Get Your Kids To Eat...But Not Too Much	Ellyn Smith {Satter} 1987	Helps parents manage their child's eating. Warm, friendly and supportive.
Feelings	Parent & Child	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.
Feelings	Child	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	Child	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	Parent & Child	So Young, So Sad, So Listen	Philip Graham & Carol Hughes	For ages 12-16+. Illustrated by cartoons, this book is intended to help parents and teachers of depressed children and teenagers. Young people themselves will also find it useful. As should school nurses, social workers, health visitors, family doctors and anyone who works with children.
Feelings	Parent	Taming the Dragon in Your Child	Meg Eastman	For ages 1-16+. Provides parents with realistic, healthy and positive ways to understand and diffuse situations that trigger their child's tantrums, flare-ups, sulks and arguments. Shows parents how to recognize and break their own anger patterns which their children may be imitating.
Feelings	Child	The Angry; Lonely; Sad; Jealous; Afraid; Hurt series of books	Janine Amos	For ages 6-12+. Helpful series on emotions for children. Each story shows children how to recognize the feeling and what they can do to feel better.
Friendship	Child	A Niffleloo 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	Child	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	Child	Scaredy Squirrel Makes a Friend	Melanie Watts	This book is for little children who worry about going out & making new friends.

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Individuality	Child	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.
Individuality	Child	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.
Infancy	Parent	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.
Infancy	Parent	Infancy Touchpoints: Birth to Three – Your Child's	T. Berry Brazelton	Excellent book covering a wide array of topics from sleep to play. Pays particular attention to early social & emotional development.
Infancy	Parent	What Every Parent Needs to Know: The Incredible Effects of Love, Nurture and Play on your Child's Development	Margot Sunderland, 2007	'Clearly written book on a child's development, why they behave the way they do and how to engage with them'.
Infancy	Parent	New Toddler Taming	Dr Christopher Greene	For ages 0-4. Offers support to parents for when their child changes suddenly into a bellowing, tantrum prone, heel drumming, carpet biting toddler. The book calms fear of 'abnormal' bad behaviour, points out the inevitable strains of bringing up children and offers invaluable practical advice on all fronts from sleep problems and tantrums to potty training.
Loss and Separation	Child	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.
Mindfulness	Child	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	Child	Stress Reduction Workbook for Teenagers: Mindfulness Skills to Help Deal with Stress	Gina Biegel	For Teenagers. 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	Parent	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	Parent	Effective Parenting: A Simple Guide for a Happy Home	Patricia FitzPatrick	Approachable, realistic and entertaining. Effective Parenting aims to assist parents and carers to create an environment which supports the development of emotionally intelligent, self-disciplined, socially conscious and resilient children. Using real-life scenarios, the author illustrates the skills and techniques which empower parents to meet everyday challenges most effectively. Raising happy and healthy children creates and maintains a positive and nurturing atmosphere in our homes. But lessons learned on this journey reap benefits not just for our immediate families, schools and communities but ensure a better future for us all.
Parenting	Parent	Parent Power – Bringing Up Responsible Children and Teenagers	John Sharry 2002	Good general guide covering key principles of parenting 4-18 year olds. Easy to read.
Parenting	Parent	Parents and Digital Technology	Haymand, S. and Coleman, J.	This book is an indispensable guide for parents who may feel they are struggling to keep up, addressing the issues that young people and their families face in the world of modern technology.

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Parenting	Parent	Raising Emotionally Healthy Children	Paul Gilligan	This book explores how parents can connect with their children and become more emotionally healthy adults.
Parenting	Parent	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. Focuses on what's going on for the baby, the father & their partner. Useful tips & insight into becoming a father.
Parenting	Parent	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	Parent	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	Parent	Touchpoints: Three to Six. Your Child's Emotional & Behavioural Development	T. Berry Brazelton	For ages 3-6. Helpful book covering lots of challenges that parents face with their children from grief to illness. Many examples throughout.
Parenting	Parent	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.
Parenting	Parent	How to Talk So Kids Will Listen & Listen So Kids Will Talk	Adele Faber & Elaine Mazlish	For ages 2-12. 'Very enjoyable and easy to understand. Frequent use of cartoons to help understand the author's messages'. A brilliant book written with practical and easy-to-use suggestions on how to talk to your child in different situations. The authors use real-life situations to pinpoint how handling the conversation in different ways can have a negative or positive outcome.
Parenting	Parent	Positive Parenting	John Sharry, 2008	'Very concise and written in a bullet point fashion. Covers aspects of discipline very well'.
Parenting	Parent	Parent's Handbook: Systematic Training for Effective Parenting (STEP)	Donald Dinkmeyer	For ages 6-12. Guides parents through understanding yourself and your child, understanding beliefs and feelings, encouraging your child and yourself, developing the courage to be imperfect, listening and talking to your child, helping children cooperate, and using discipline that makes sense.
Parenting	Parent	The Rough Guide to Pregnancy and Birth	Kaz Cooke	Gives you the up-to-date lowdown on pregnancy, birth and coping when you first get home. This is a week by week guide to what's happening to you and the baby, from choosing where to give birth, coping with nausea and understanding the tests you will need, to breastfeeding for the first time and adapting to life with a newborn. born
Parenting	Parent	Parenting the ADD Child: Can't Do? Won't Do? Practical Strategies for Managing Behaviour Problems in Children with ADD and ADHD	David Pentecost	For ages 3-12. Parenting the ADD Child brings together for the first time a variety of tried and tested methods in a unique, comprehensive and accessible format that will not be found elsewhere. It goes beyond the identification of the symptoms to tackle the changes parents can make, ensuring that behaviour problems associated with ADD and ADHD are managed and reduced.
Parenting	Parent	Raising Happy Children	Jan Parker	For ages 0-11. Supportive, informative and honest, it draws not only from the hands-on experience of its authors, but from a wide range of practical experts in their field. Shows understanding of the pressures and stresses on parents, while teaching them the much-needed practical skills.
Parenting	Parent	The Parenting Puzzle: How To Get The Best Out Of Family Life	Candiada Hunt	For ages 4-18. Focusing as much on the emotional well-being of the parent as on the needs of the child, this non-prescriptive guide is based on the Nurturing Programme, a ten-week course that encourages parents and carers to enjoy bringing up children and get the best out of family life.
Parenting (Siblings)	Parent	How to Get Your Children to Live Together So You Can Too	Adele Faber & Elaine Mazlish, 2004	Anecdote-based and very readable. Covers all aspects of sibling rivalry'. The book is written by two very likeable authors who at every turn use their own experiences and mistakes to illustrate points. The authors use of their own personal stories really makes the parent feel that they are on a journey with them and that the journey includes mistakes.

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Parenting (Teenagers)	Parent	Parenting Teenagers: a guide to solving problems, building relationships and creating harmony in the family	Sharry, Dr John	For ages 12-18. Advocating a balanced approach to parenting, Parenting Teenagers sets out a step-by-step guide that shows you how to stay supportively involved in your teenagers' lives, while also setting rules and teaching responsibility. Emphasising a positive approach that builds on your strengths as a parent, this book will not only help you solve discipline problems and reduce conflict, but also have more satisfying and enjoyable relationships with your teenagers.
Parenting (Teenagers)	Parent	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.
Parenting (Teenagers)	Parent	Parenting is Child's Play: The Teenage Years	David Coleman	For ages 12-18. 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 (Teenagers)	Parent	STEP: Parenting Teenagers	D. Dinkmeyer, G.D. McKay et al., 1998	'Very simple, attractive book. Holds parents by the hand providing systematic training. Parenting teenagers'.
Parenting (Teenagers)	Parent	How to Talk so Teens will Listen	Adele Faber	For ages 12-18. Packed with practical, accessible advice and guidelines, both parents and teens will learn how to; Engage cooperation, Take appropriate action, Avoid lectures, Express feelings and understand each other, Work out solutions together
Parenting (Teenagers)	Parent	Raising Teenagers: 52 Brilliant Ideas for High Performance Parenting	Lynn Huggins-Cooper	For ages 12-18. Reveals some tried and tested ideas and techniques to both pre-empt problems and deal with flashpoints. The road-tested ideas in this book will help parents overcome just about any issue.
Parenting (Young Child)	Parent	Parenting is Child's Play	David Coleman	For ages 0-11. 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 (Young Child)	Parent	The Incredible Years: A Trouble Shooting Guide for Parents of Children aged 2 – 8 years	Carolyn Webster-Stratton	For ages 2-8. 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. Covers relationship-building, discipline, managing one's own feelings, common behaviour problems.
Parenting (Young Child)	Parent	Parenting Young Children: Systematic Training for Effective Parenting (STEP) of Children Under Six	Donald Dinkmeyer	For ages 0-6. Gives parents the tools to tackle the special challenges of parenting infants, toddlers, and preschoolers. Packed with real-life examples and practical guidance for parents and families on such issues as anger, bedtime, bullies, crying, discipline, fears, lying, nightmares, social development, tantrums and much more.
Positive Mental Health	Child	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.
Self-esteem	Child	Banish Your Self-Esteem: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People	Collins-Donnelly, Kate	For ages 13-18. Build confidence and self-esteem with this fun and effective workbook for young people.
Self-esteem	Parent	Confident Children	Gael Lindenfield	For ages 0-16. A parent's guide to helping children feel good about themselves.
Self-esteem	Parent & Child	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.
Self-esteem	Child	The 7 Habits of Highly Effective Teenagers	Sean Covey	An interesting read for any teenager who would like to learn more about themselves & for guidance with life's challenges.

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Self-esteem	Child	Stick Up For Yourself	Gershen Kaufman et al.	For ages 8-12. Discusses problems facing young people such as making choices, learning about and liking yourself, and solving problems.
Separation & Divorce	Parent	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. Based on research into what is best parenting practice during a separation, this book offers practical advice on how parents can help themselves and their children during this difficult time. It aims to build on parenting strengths, giving suggestions on how parents can improve their own and their children's coping.
Separation & Divorce	Parent	Childrens, Feelings and Divorce	Heather Smith	For ages 0-18. This book has a positive approach and should be essential reading for anyone with children who are facing a divorce. Contains a unique feature chapter where the author addresses children and their concerns about their divorcing parents.
Separation & Divorce	Parent & Child	Dinosaurs Divorce – A Guide for Changing Families	Laurene Krasny Brown & Marc Brown	For ages 2-8. With simple, direct text and illustrations of dinosaurs, this book aims to help young children and their families to deal with the confusion, misconceptions and anxieties which can arise from divorce. It encourages young readers to acknowledge and express their own fears and feelings, and suggests ways of handling the new situations and difficulties that divorce brings.
Separation & Divorce	Child	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	Parent	When Parents Separate, Helping Children Cope	John Sharry	For ages 0-18. 'Very simply written and easy to read. Aimed at parents but child-focused. Deals with parents' problems and how they impact on children too'. Teaches you to minimize stress during initial breakups and ultimate separation, explain divorce so children don't blame themselves, protect children from parental hostilities, and navigate conflicts of loyalty and alliance.
Separation & Divorce (Teenagers)	Child	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.
Siblings	Parent	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. This down-to-earth, practical book takes the best and latest research - along with practical experience - to help us manage these difficult relationships
Siblings	Child	The New Baby	Anna Civard & 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.
Sleep	Parent	Good night, Sleep Tight: Gentle Proven Solutions to Help Your Child Go to Sleep Well & Wake Up Happy	Kim West	For ages 0-5. A book on developing good sleep habits. It explores the ways parents can teach their infants and toddlers the indispensable skill of falling and staying asleep.
Sleep	Child	What To Do When You Dread Bed (6+)	Dawn Huebner, 2008.	For ages 6+. 'Clearly written and structured to be understood by a child. Explores Cognitive Behavioural Therapy (CBT) methods in a fun and child-friendly way. Written with a child reader in mind, this book is clearly written and structured in an easy-to-understand way. It is interesting and informative'.

Resources: The South Dublin Healthy Reading Scheme

www.hse.ie/eng/services/list/2/primarycare/yourgoodself/childlist15.pdf

www.hse.ie/eng/services/list/4/mental-health-services/powerofwords/

www.librariesireland.ie/healthy-ireland/healthy-ireland-book-list

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