



List of Resources for Children & Families



Your Good Self List of Resources for Children & Families

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Topic	Title	Author	Review
Adoption (for children)	My Parents Picked Me, A First Look at Adoption	Pat Thomas and Lesley Harker	Aimed at children aged 4-8yrs. Book for children explaining adoption, different types of families and explores questions adopted children may have.
Bereavement (for children)	Finding a Way Through When Someone Close has Died	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.
Bullying	Bully Blocking, Six Secrets to Help Children Deal with Teasing and 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 (children)	Bullies, Bigmouths and So-called Friends	J. Alexander	Book for young people aged 8-14yrs. Filled with puzzles, quizzes, personal stories and tips on how to deal with bullies.
Dyslexia (for children)	It's Called Dyslexia	Jennifer Moore-Mallinos	Aimed at children aged 5-10 yrs. Story about a child who finds out she has dyslexia. Talks about difficulties she has at school as well as how she can overcome these difficulties. Useful section in the back of the book for parents & suggested activities.
Fatherhood	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. Each chapter focuses on what's going on for the baby, their partner & the father. Useful tips & insight into the role of becoming a father.
Feelings (for children)	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 all feelings are okay. Lists different feelings (e.g. happy, sad, & angry) but does not go into detail. Useful starting point to encourage children to talk about feelings.
Infancy	Touchpoints: Birth to Three – Your Child's Emotional and Behavioural Development	T.Berry Brazelton	Excellent book covering a wide array of topics from sleep to play. Pays particular attention to early social & emotional development. Reviewed by Infant Mental Health Specialist.

Your Good Self List of Resources for Children & Families

Infancy	Your Baby is Speaking to You: A Visual Guide to the Amazing Behaviours of Your Newborn and Growing Baby	Kevin Nugent	Unique & extraordinary book, that looks at getting to know & understand your baby as an individual & yourself as a parent or caregiver. Beautiful descriptions & visual images show how a parent & baby get to know & communicate with each other & establish that all important first relationship. This timely masterpiece explains that all baby's behaviour has meaning. A must have book for every parent or caregiver. Reviewed by Infant Mental Health Specialist.
Organisation/Attention	Smart But Scattered	Peg Dawson & Richard Guare	Offers practical advice on how to help your child improve their organisational skills, attention and problem solving skills. Helpful charts provided in the book to use at home to help deal with common problems, improve their independence and establish good daily routines.
Parenting	Touchpoints: Three to Six. Your Child's Emotional and Behavioural Development	T.Berry Brazelton	Helpful book covering lots of challenges that parents face with their children from grief to illness. Detailed & uses lots of examples throughout.
Parenting	Parenting is Child's Play	David Coleman	Focus on 0-6yrs. 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 communications & promotes playful parenting. Useful chapter summaries.
Parenting	The Incredible Years – A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years	Carolyn Webster-Stratton	Handy comprehensive book, dealing with lots of topics from play to setting limits. Good ideas on how to teach children to manage their feelings. Has very useful short chapters at the back on a variety of common difficulties (e.g. bedtimes). Also has a chapter on working with schools. Written by a Clinical Psychologist who has designed internationally renowned parenting & school programmes.

Your Good Self List of Resources for Children & Families

Parenting	Parenting from the Inside Out	Daniel Siegal & Mary Hartzell	A comprehensive book looking at how relationships affect brain development in children. Encourages parents to think about their own childhood experiences & their child's inner world. Contains ideas on how to promote positive parent-child relationships & research on various aspects of parenting. A challenging & detailed read.
Rules (for children)	But Why Can't I?	Sue Graves	Aimed at children aged 4-8yrs. Book about a child who doesn't like rules. Tries to develop awareness of why we have rules and consequences of not following them.
Self- Esteem (for teenagers)	The 7 Habits of Highly Effective Teens	Sean Covey	An interesting read for any teenager who would like to learn more about themselves & who would like some guidance for how to face life's challenges. Contains sections on how to feel good about yourself & how to achieve your goals.
Separation (for teenagers)	When Parents Split, Support, Information and Encouragement for Teenagers	Glynis Good	Book aimed at adolescents to help them deal with parents' separation. Also suitable for parents who are separating. Useful tips, exercises, personal experiences of other adolescents and list of Irish support services at the back of the book.
Separation & Divorce	When Parents Separate: Helping Your Children Cope	John Sharry & Eugene Donohoe	Short booklet for parents to help them & their children cope with parental separation/divorce. Provides practical advice & suggestions. Has a list of Irish support services at the back of the book.
Sibling Rivalry (for children)	The Resolving Sibling Rivalry Book	Fiona McAuslen & Peter Nicholson	Aimed at children aged 6-12 yrs. Story about a brother & sister who regularly have fights & how this impacts on friends & family. Talks through practical ideas & strategies on how to work through & resolve sibling conflict.
Siblings	Raising Happy Brothers and 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.

Your Good Self List of Resources for Children & Families

Single Parent	The Single Parent's Handbook	Rachel Morris	First half focuses on various issues for parents themselves e.g. new relationships, family life, social life & work life. Second half focuses on children at different developmental stages – how to deal with separation, discipline, & positive parenting strategies. Easy to read with personal experiences, vignettes, & summarised tips included.
Sleep	Good Night, Sleep Tight: Gentle, Proven Solutions to Help Your Child Go to Sleep Well and Wake Up Happy	Kim West	Book on developing good sleep habits. Suitable for parents of children aged 0-5yrs. Contains useful chapters on soothing techniques & the early developmental tasks of newborns. Has helpful tips for parents about infancy & toddlerhood.
Worry & Anxiety (for children)	The Huge Bag of Worries	Virginia Ironside	An amusing story book for kids that tells the tale of Jenny who has too many worries. Lots of children relate to Jenny's struggle. The 'bag of worry' technique described helps many children to sort out who can help them with their worries. A 'must' for any kid with small or big worries.
Worry & Anxiety (for children)	What to Do When You Worry Too Much – A Kid's Guide to Overcoming Anxiety	Dawn Hueber	Book on how to overcome anxiety for parents & children (aged 6-12yrs) to read together. Explains anxiety & contains tips on how to overcome worries & keep them away with drawing & writing exercises.
Worry/Anxiety	Helping Your Anxious Child-A Step by Step Guide	Ronald Rappee	Comprehensive guide for parents on what anxiety is & how to help children challenge their fears. Includes parent & child activities. Looks at ways to tackle anxious thoughts for children & relaxation techniques

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Online Resources for Children and Families

Disclaimer

The information listed below has been compiled from many sources that are not controlled by the Health Service Executive or Cork County Library and Cork City Libraries. While all reasonable care has been taken in the compilation and publication of the contents of this list, the Health Service Executive and Cork County Library and Cork City Libraries do not assume legal or other liability for any inaccuracy, mistake, mis-statement or any other error of whatsoever nature contained herein and hereby formally disclaims liability in respect of such aforesaid matters.

Topic	Website	Review
Depression	www.depressioninteenagers.com	Interactive Scottish website, game type format looking at what depression is & how to get help. Colourful graphics.
	www.moodgym.anu.edu.au	Interactive programme including games. Looks at ways to cope with depression & anxiety in teenagers
Drugs	www.drugs.ie	Provides information, support & counselling in relation to drugs, substance misuse, alcohol misuse, or addiction. Provides list of contacts & supports available in your local area.
Infancy	www.zerotothree.org	An organization dedicated to children's early experiences. Many free downloads are available on child development.
Mental Health	www.headsup.ie	A mental health promotion project aimed primarily at 15-24 year olds. Factsheets available on a range of mental health issues. Free text service to get information on support services.
Parenting	www.understandingchildhood.net	Valuable website for parents. UK based website created by child psychologists. Contains free, downloadable leaflets for families. Easy to navigate. Provides a range of information leaflets on child (from birth to 18) & parent topics.
	www.nd.gov/dhs/services/childcare/info/10-things.html	This website provides access to a series of videos called "10 Things Every Child Needs". Each short video takes you through a different element needed to help your child develop well, from positive touch & interaction, to music & reading together.
	www.ispcc.ie	Information on services provided to children & parents; mentoring & support line; tips on keeping children safe from violence, bullying etc. & other parenting advice.

Your Good Self List of Resources for Children & Families

	www.familylives.org.uk	Practical advice on parenting & family life, providing support, downloads, & discussion forums. For families with children of all ages.
Sexual Health	www.sexualhealthcentre.com	Provides information on a range of services in relation to sexual health issues. These include peer support through education & telephone helpline services; personal support & counselling to people with HIV & their families & non- directive three option pregnancy counselling.
Stress	www.stressandanxietyinteenagers.com	Interactive Scottish website, game type format working through different topics like recognizing stress, relaxation techniques & getting help. Interesting & colourful graphics, as well as links to other resources.
Teenagers	www.spunout.ie	Colourful website with lots of links & information on topics like drug use, assertiveness & bullying.
	www.barnardos.ie/resources-advice/young-people/teen-help.html	Section in Barnardo's website aimed at young people giving information on a wide range of topics. Provides links to helpful websites.
	www.kyss.ie/mise	Kinsale Youth Support Services – information on a range of mental health issues affecting young people. Useful support services, websites & telephone numbers provided.
	www.teenissues.co.uk	General & specific information for teenagers regarding health; sex; school; mental health; suicide; self harm; arguing with your parents; disappointing grades, etc.
	www.reachout.com	Youth Mental Health Ireland - good website re: adolescent issues; Facebook; cyber bullying; sexual matters; technology; relationships & blogs.
	www.headstrong.ie	National Centre for Youth Mental Health – general website, proving service for Irish youths.
	www.pesklygnats.com	Free CBT workbook & computer game on-line (aimed at 11 – 15 years).



This is a sample of materials available in participating libraries.
All books have been reviewed by HSE Psychologists & Infant Mental Health Specialists.

If this doesn't help, talk to your G.P. or the person who told you about
this programme and they will help you to get further assistance.

**For more information and details
about participating libraries, check out:**

Cork County Library: www.corkcoco.ie/library

Cork City Libraries: www.corkcitylibraries.ie

HSE South Cork Primary Care Psychology Services

email: yourgoodself@hse.ie **www:** www.hse.ie/yourgoodself

