



# LEABHAR LIOM

*A collection of books specially selected to help support children, young adults, their families & support workers*

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Supported by the Government of Ireland and Dormant Accounts Fund



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the dormant  
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**LEABHAR LIOM** is a collection of books that aims to support children, young adults and families who experience difficult situations in their lives.

Reading and books play a vital role in nurturing resilience, in encouraging high self-esteem and in building empathy. Reading can help children and young adults develop their emotional literacy to enable them to recognise and appropriately express emotions.

Leabhar Liom has been developed in response to a need for suitable reading material where children and young adults can see themselves reflected in the books they read and can identify with characters who share similar feelings and experiences.

It is our hope that this collection will provide support, comfort and inspiration but above all will give a positive message to those who feel isolated, fearful or anxious.

The Leabhar Liom collection of books is available to support workers, who in collaboration with the family, can identify the best books to borrow for the family at that time. A selection of books will then be made available to the child, young adult and their family, through the services of their support worker.

Leabhar Liom has been developed by Tipperary County Council Library Service, with the advice of Tusla, Barnardos and Tipperary Children & Young People's Services Committee (CYPSC).

"We read to know we  
are not alone"

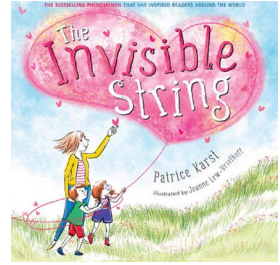
*William Nicholson*



**THE INVISIBLE STRING** (Karst, Patrice)

Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief. This title can be used alongside “You are Never Alone” by the same author.

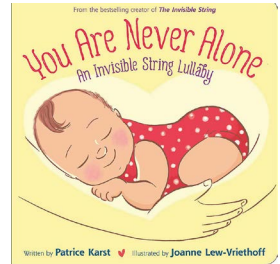
**Themes: Anxiety, Grief, Separation**



**YOU ARE NEVER ALONE** (Karst, Patrice)

Separation anxiety can begin in the earliest days, right out of the womb. This endearing rhyming verse focuses on milestone moments of separation as baby and toddler, always returning to a reunion between separations that establishes a pattern of consistency and security that will last a lifetime.

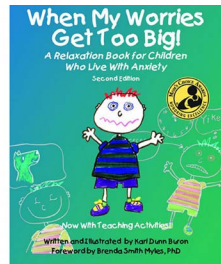
**Themes: Anxiety**



**WHEN MY WORRIES GET TOO BIG** (Buron, Kari Dunn)

Engaging and easy to read, this illustrated children’s book is filled with opportunities for children to participate in developing their own self-calming strategies. Please photocopy the activity pages so the book can be reused.

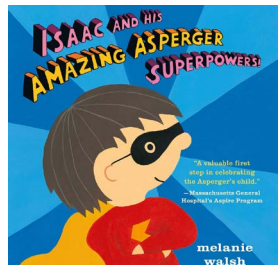
**Themes: Anxiety, Mindfulness, Stress**



**ISAAC AND HIS AMAZING ASPERGER SUPERPOWERS** (Walsh, Melanie)

A ground-breaking picture book, which explains Asperger’s Syndrome in a simple, gentle and positive way to very young children. Meet Isaac. He’s a superhero! Inside this book he’ll tell you all about what it’s like to have his Asperger superpowers.

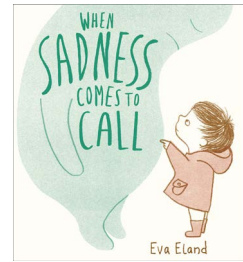
**Themes: Autism**



**WHEN SADNESS COMES TO CALL** (*Eland, Eva*)

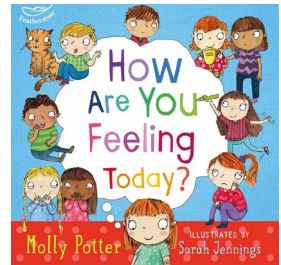
Both gentle and profound, this poignant picture book helps children to recognise and understand difficult emotions and shows them various ways to acknowledge and manage sadness.

**Themes: Depression, Feelings, Grief, Mindfulness**

**HOW ARE YOU FEELING TODAY?** (*Potter, Molly*)

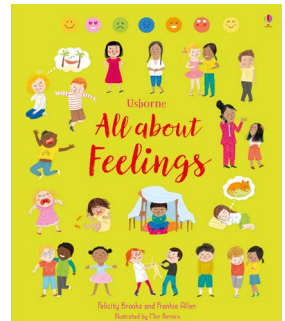
A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book suggest more ideas for parents to use with their child and other strategies to try out together. Please photocopy the activity pages so the book can be reused.

**Themes: Anger, Anxiety, Feelings, Mindfulness**

**ALL ABOUT FEELINGS** (*Brooks, Felicity*)

How are you feeling today? This lively engaging exploration of emotions helps young children to answer this important question. Topics include learning to describe feelings, how your feelings can change and being kind to yourself. There are helpful notes for grown-ups at the back too.

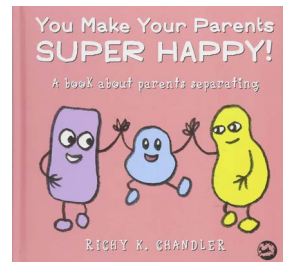
**Themes: Anger, Anxiety, Feelings, Mindfulness**

**YOU MAKE YOUR PARENTS SUPER HAPPY**

(*Chandler, Richy*)

Getting to the heart of what children need to hear during the confusing time of divorce/separation this story lets children know that they are loved and safe and that this will not change even when their family does.

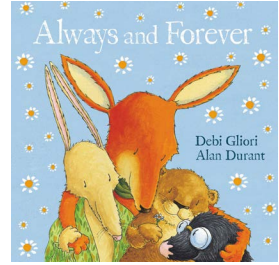
**Themes: Divorce, Separation**



## **ALWAYS AND FOREVER** (*Durant, Alan*)

Many small children will be faced with the death of someone they love and this charming picture story might help them to come to terms with it. Explains death so sensitively.

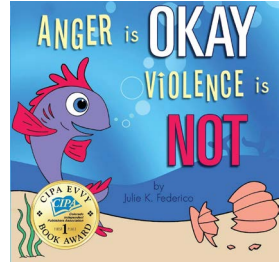
**Themes: Grief**



## **ANGER is OKAY Violence is NOT** (*Julie, Federico*)

Clear language and child-friendly art invite a direct, straightforward examination of when anger is appropriate and how to safely express it through art, physical activity, tears. What's not OK is hitting, biting, throwing and hurting.

**Themes: Anger**



## **DO NOT TOUCH ME THERE** (*Chambers, Kacy C*)

This book clearly emphasises a child's power and right to say "no". It teaches children about privacy and their bodies in a unique and memorable way.

**Themes: Body Safety**

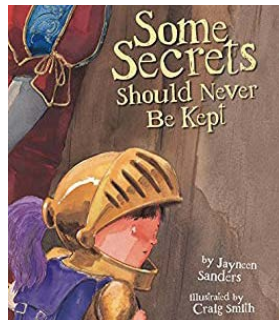


## **SOME SECRETS SHOULD NEVER BE KEPT**

(*Sanders, Jaynen*)

This book is an invaluable tool for parents, caregivers, teachers and healthcare professionals to broach the subject of safe and unsafe touch in a non-threatening and age-appropriate way. The comprehensive notes and discussion questions at the back of the book support both the reader and the child when discussing the story.

**Themes: Body Safety**



**BIG TREE IS SICK** (*Slosse, Nathalie*)

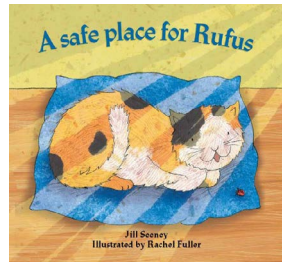
Helps children who have to deal with a parent who is very ill and maybe is going to die. The illustrations are very useful in explaining to children what is happening. Also included are activities to help children cope.

**Themes: Grief, Illness**

**A SAFE PLACE FOR RUFUS** (*Seeney, Jill*)

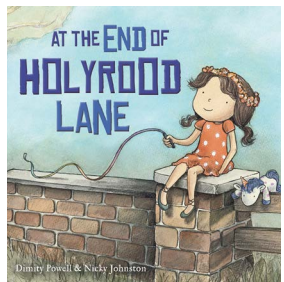
This colourful picture book for young children explores the importance of feeling safe and banishing fears, particularly for adopted and fostered children.

**Themes: Adoption, Feelings, Fostering**

**AT THE END OF HOLYROOD LANE** (*Powell, Dimity*)

Provides a sensitive glimpse into one aspect of domestic violence and how it can affect young lives. It is a tale of anxiety shown through the eyes of a small child with an intense dislike for thunderstorms - a fear shared by many young children.

**Themes: Anxiety, Domestic Violence, Stress**

**THE COLOUR MONSTER** (*Llenas, Anna*)

One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour.

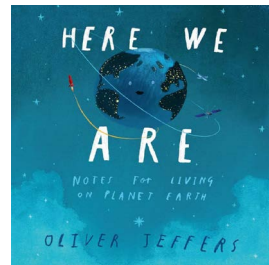
**Themes: Feelings**



## HERE WE ARE *(Jeffers, Oliver)*

Jeffers creates such an awe and wonder about our world, touching on both the natural and manmade features within it. Most significantly, it teaches about respect and tolerance, when all too often these important skills are overlooked.

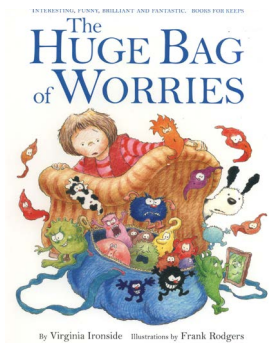
**Themes: Families, Respect**



## THE HUGE BAG OF WORRIES *(Ironsides, Virginia)*

The perfect book to soothe worries during stressful times. Wherever Jenny goes, her worries follow her. They are with her all the time - at school, at home, and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

**Themes: Anxiety, Stress**



## THE MAGIC MOMENT *(Breslin, Niall)*

A useful story for helping children to use mindfulness to cope with stressful situations. The Magic Moment helps children return to the present moment and is a must for parents or anyone working with children who wants to help them feel the fear and jump in anyway.

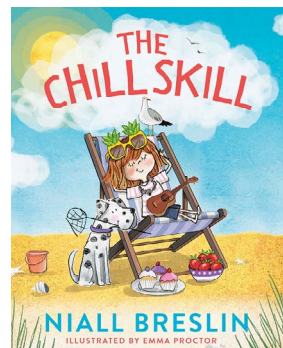
**Themes: Anxiety, Mindfulness, Stress**



## THE CHILL SKILL *(Breslin, Niall)*

This book helps children manage anger when things don't go their way, with another really useful mindfulness tool from Bressie.

**Themes: Anger, Mindfulness, Yoga**

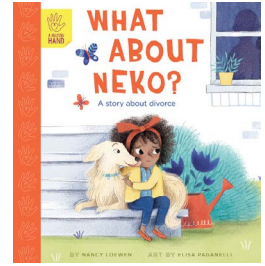




**WHAT ABOUT NEKO?** *(Loewen, Nancy)*

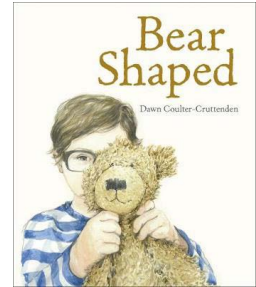
Becca's parents are getting a divorce. She's sad and confused, but more importantly, what will happen to Neko, their family dog? Explores the issue of divorce through a sensitive story to which children can relate.

**Themes: Divorce**

**BEAR SHAPED** *(Coulter-Cruttenden, Dawn)*

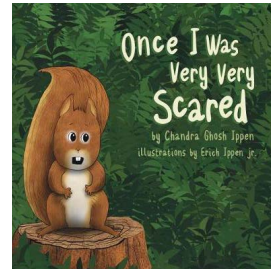
This story of a missing toy bear and the goodwill and generosity that spring from a young child's plea is an uplifting read. A beautiful story of love, loss, and moving forward, inspired by the true story of Jack and his beloved Bear.

**Themes: Feelings, Grief**

**ONCE I WAS VERY VERY SCARED** *(Ghosh Ippen, Chandra)*

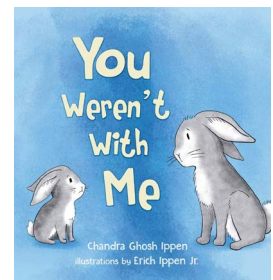
A little squirrel announces that he was once very, very scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. They get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings.

**Themes: Anxiety, Feelings, Stress**

**YOU WEREN'T WITH ME** *(Ghosh Ippen, Chandra)*

Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit's love. This story was designed to help parents and children talk about difficult separations, reconnect, and find their way back to each other.

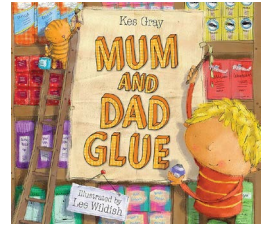
**Themes: Separation**



**MUM AND DAD GLUE** (Gray, Kes)

This comforting, reassuring picture book will help young children come to terms with divorce and separation.

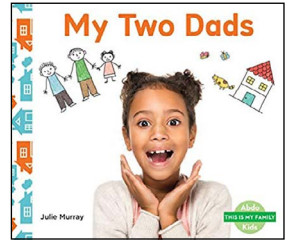
**Themes: Divorce, Separation**



**MY TWO DADS: THIS IS MY FAMILY** (Murray, Julie)

Families come in all shapes and sizes. This series makes sure that all kinds of families are represented. A simple text introduces a family and is followed by fun, everyday activities and interactions experienced by all types of families.

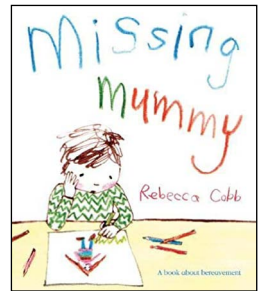
**Themes: Families**



**MISSING MUMMY: A BOOK ABOUT BEREAVEMENT** (Cobb, Rebecca)

This book deals with the loss of a parent from a child's point of view. Perfectly pitched text and evocative artwork explore the many emotions a bereaved child may experience, from anger to guilt and from sadness to bewilderment.

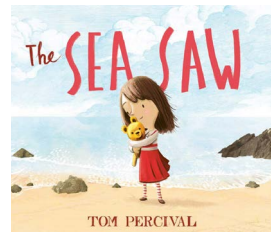
**Themes: Grief**



**THE SEA SAW** (Percival, Tom)

When Sofia loses her beloved teddy after a day at the beach, she is heartbroken. But the sea saw it all, and maybe, just maybe, it can bring Sofia and her teddy back together. However long it may take...

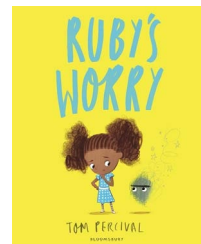
**Themes: Grief, Feelings**



**RUBY'S WORRY** (Percival, Tom)

Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

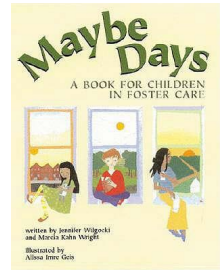
**Themes: Anxiety, Feelings**



**MAYBE DAYS** (*Wilgocki, Jennifer*)

A straight forward look at the issues of foster care, the questions that children ask, and the feelings that they confront. The book also explains in children's terms the responsibilities of everyone involved - parents, social workers, lawyers and judges.

**Themes: Adoption, Fostering**

**PICNIC IN THE PARK** (*Griffiths, Joe*)

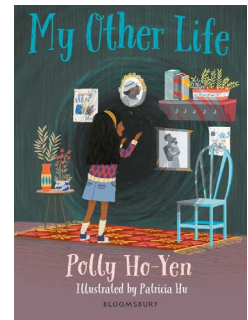
Introduces children to a range of family structures, including two- and one-parent families; adoptive and foster families; gay and lesbian families; and step-families. It also shows a diverse range of adults and children. Please photocopy the activity pages so the book can be reused.

**Themes: Families**

**MY OTHER LIFE** (*Ho-Yen, Polly*)

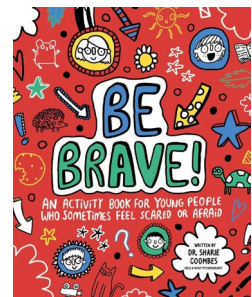
This chapter book is a great representation of childhood asthma, which lots of children will be able to relate to. It's a great way to discuss chronic illness both with children who experience it, and those who don't.

**Themes: Disability, Illness**

**BE BRAVE** (*Coombes, Sharie*)

The encouraging and simple activities and exercises tackle phobias and feelings of fear. Children will enjoy using their creativity to work out why they feel scared and how to put fear back in its place through writing, colouring, doodling and drawing.

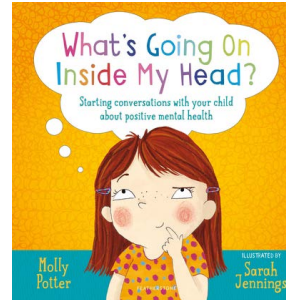
**Themes: Anxiety, Feelings, Mindfulness**



## WHAT'S GOING ON INSIDE MY HEAD? (Potter, Molly)

By talking about positive self-image, emotional intelligence, relationships and mindfulness this book will help children develop healthy habits and good coping strategies from the start. Presented in a warm, child-friendly but no-nonsense way, it will help establish solid foundations for every child's current and future well being.

**Themes: Mental health, Mindfulness, Self-esteem**



## YOGA FOR KIDS (Hoffman, Susannah)

40 flash cards that teach children about relaxation, meditation, and peace - while having fun at the same time. They can stretch into tree pose, learn how to make a mindfulness jar, and find out why and how we should stretch through a series of fun yoga poses and sequences.

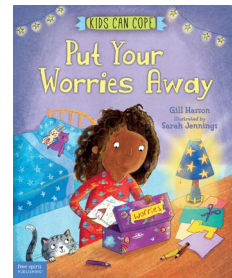
**Themes: Mindfulness, Stress, Yoga**



## PUT YOUR WORRIES AWAY (Hasson, Gill)

Dealing with the issue of anxiety this book is written in a way that's easily digestible for children, with plenty of age appropriate examples and words to describe these feelings.

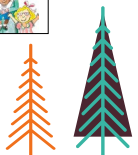
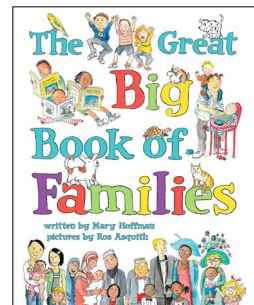
**Themes: Anxiety, Stress**



## THE GREAT BIG BOOK OF FAMILIES (Hoffman, Mary)

There are many kinds of families - from a mum and dad or single parent to two mums or two dads, from a mixed-race family, to children with different mums and dads. This is a fresh look through children's eyes at today's wide variety of family life.

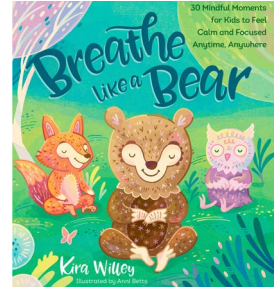
**Themes: Families, Respect**



### BREATHE LIKE A BEAR (Willey, Kira)

This book is a beautifully illustrated collection of breathing exercises and movements designed to teach kids techniques for managing their bodies, breath, and emotions. These fun and kid-friendly techniques will help kids feel calm and focused, while improving their self-awareness.

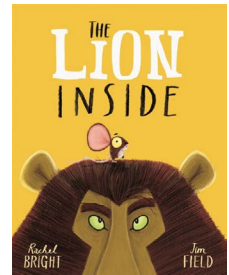
**Themes: Anxiety, Mindfulness, Yoga**



### THE LION INSIDE (Bright, Rachel)

Fed up of being ignored by the other animals, Mouse wishes he could roar like Lion. But, as he discovers, even the biggest, bossiest people are scared sometimes and even the smallest creatures can have the heart of a lion! A story about confidence and self-esteem.

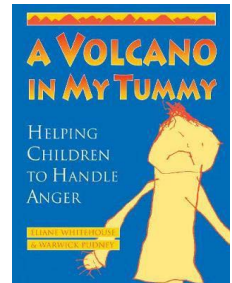
**Themes: Self-esteem**



### A VOLCANO IN MY TUMMY: HELPING CHILDREN TO HANDLE ANGER (Whitehouse, Elaine & Pudney, Warwick)

This book offers new and creative approaches to help children learn to handle their anger so that they can lead successful, healthy, happy, and non-violent lives. Full of stories, exercises, and easy-to-use games designed to encourage children to see their anger and to deal with it constructively. Please photocopy the activity pages so the book can be reused.

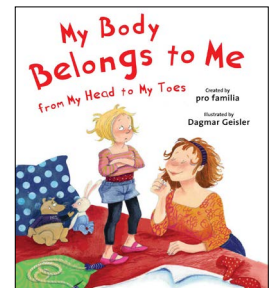
**Themes: Anger**



### MY BODY BELONGS TO ME FROM MY HEAD TO MY TOES

This book is an educational tool to help instill confidence in children when it comes to their bodies. The narrator gives readers tips about what they can say or do to avoid unwanted physical contact, or how to tell the right people in the event it has already occurred.

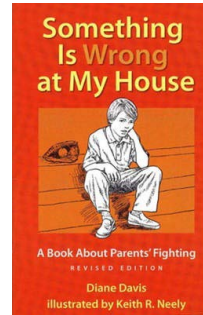
**Themes: Body safety**



## **SOMETHING IS WRONG AT MY HOUSE: A BOOK ABOUT PARENT'S FIGHTING** *(Davis, Diane)*

Based on a true story showing how a boy in a violent household finds ways to express common feelings of fear, anger and hopelessness, to care for himself and obtain help from outside the home. Two sets of text, one for older children and another for the very young.

**Themes: Domestic violence**

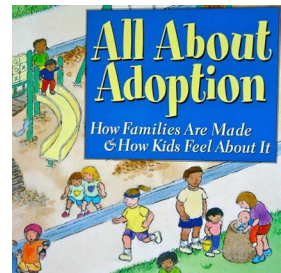


## **ALL ABOUT ADOPTION: HOW FAMILIES ARE MADE AND HOW KIDS FEEL ABOUT IT**

*(Nemiroff, Marc & Annunziata, Jane)*

Topics include why children are given up for adoption and why adoptive parents want to adopt. It also helps children understand feelings of sadness, anger, curiosity about the birth parents, fears about abandonment, worries about fitting in and being teased, and feelings about being different.

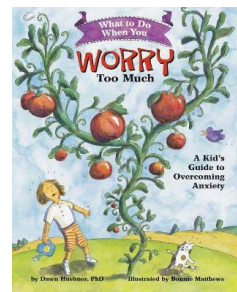
**Themes: Adoption**



## **WHAT TO DO WHEN YOU WORRY TOO MUCH: A KID'S GUIDE TO OVERCOMING ANXIETY** *(Huebner, Dawn)*

An interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Please photocopy the activity pages so the book can be reused.

**Themes: Anxiety**

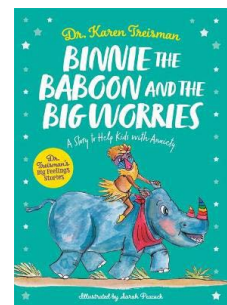


## **BINNIE THE BABOON AND THE BIG WORRIES: A STORY TO HELP KIDS WITH ANXIETY**

*(Treisman, Karen)*

This story will help children aged 5-10 and the adults around them to understand why they feel anxious. It describes what children can do to help reduce these feelings and become their very own worry wizards and worry warriors.

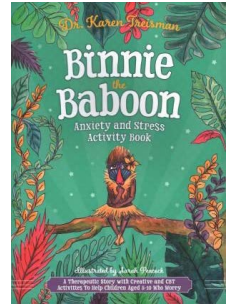
**Themes: Anxiety, Feelings**



**BINNIE THE BABOON ANXIETY AND STRESS  
ACTIVITY BOOK: A Therapeutic Story with Creative and  
CBT Activities to help Children Aged 5-10 Who Worry**  
(Treisman, Karen)

This activity book provides a feast of ideas for understanding, noticing and managing anxiety and stress when it becomes troubling whilst also helping children to know that these worries are normal and can be managed. This resource will increase children's resilience. Please photocopy the activity pages so the book can be reused.

**Themes: Anxiety, Feelings**



**CLEO THE CROCODILE'S NEW HOME: A STORY TO HELP  
KIDS AFTER TRAUMA** (Treisman, Karen)

Cleo has to leave the swamp to find a new home - he's scared and snaps and snarls to keep the other animals away from him so that they can't hurt him. This story has been written to help children who have experienced trauma to begin conversations around feelings like hurt, anger and trust.

**Themes: Anger, Anxiety, Feelings**

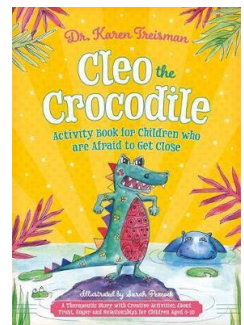


**CLEO THE CROCODILE ACTIVITY BOOK FOR CHILDREN  
WHO ARE AFRAID TO GET CLOSE:**  
**A Therapeutic Story with Creative Activities About  
Trust, Anger, and Relationships for Children aged 5-10**  
(Treisman, Karen)

This activity book combines a colourfully illustrated therapeutic story about Cleo the Crocodile to help start and enrich conversations, which is followed by a wealth of creative activities and photocopiable worksheets for children to explore issues relating to attachment, relationships, rejection, anger, trust and much more.

Please photocopy the activity pages so the book can be reused.

**Themes: Anger, Anxiety, Feelings**



## THE BIG BAD WOLF IN MY HOUSE

*(Fontaine, Valerie)*

A young girl describes what it's like when her mom's new friend comes to stay - a moving story about domestic violence that ends on a hopeful note.

**Themes: Domestic violence**

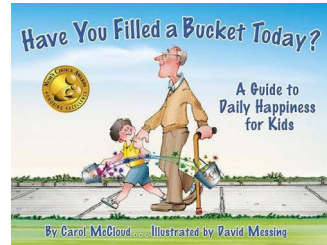


## HAVE YOU FILLED A BUCKET TODAY? A GUIDE TO DAILY HAPPINESS FOR KIDS

*(McCloud, Carol)*

This title 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.

**Themes: Bullying, Respect**

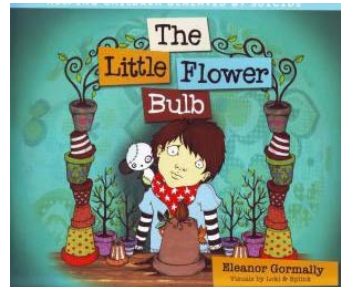


## THE LITTLE FLOWER BULB: HELPING CHILDREN BEREAVED BY SUICIDE

*(Gormally, Eleanor)*

This tells the story of how Jamie comes to deal with the death of his father. Suitable for children aged 3-10, this beautifully illustrated book will be helpful for parents when talking to children bereaved by the suicide of a close relative.

**Themes: Grief, Suicide**

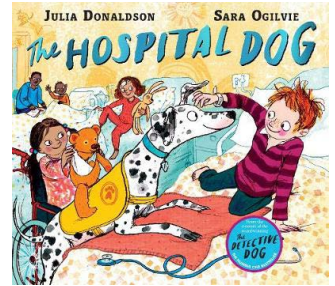




**THE HOSPITAL DOG** (*Donaldson, Julia*)

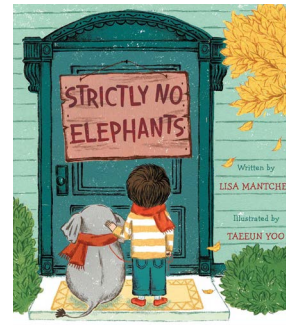
Dot loves visiting the children of Wallaby Ward; from a crying baby to a bored teenager – a pat, a stroke and a cuddle with Dot cheers everyone up. But the work of the hospital dog doesn't stop there and when one of her patients is in trouble, it's up to Dot to save the day!

**Themes:** Illness

**STRICTLY NO ELEPHANTS** (*Mantchev, Lisa*)

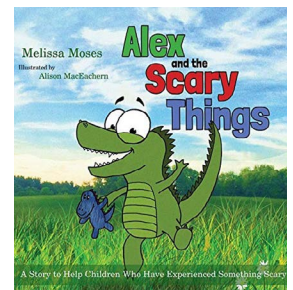
The local Pet Club won't admit a boy's tiny pet elephant, so he finds a solution—one that involves all kinds of unusual animals. *Strictly No Elephants* is heralded as a pitch-perfect book about inclusion.

**Themes:** Respect

**ALEX AND THE SCARY THINGS: A STORY TO HELP CHILDREN WHO HAVE EXPERIENCED SOMETHING SCARY** (*Moses, Melissa*)

By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them.

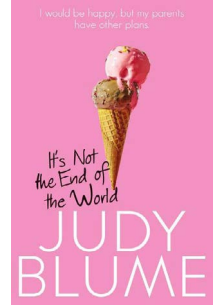
**Themes:** Feelings



**IT'S NOT THE END OF THE WORLD** (*Blume, Judy*)

This is a classic children's novel which deals with the emotions, feelings and turmoil families experience during divorce/separation.

**Themes: Divorce, Separation**



**WORRY ANGELS** (*Bramachari, Sita*)

A beautiful story about friendship, anxiety and multiculturalism.

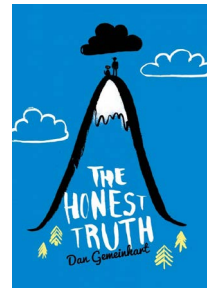
**Themes: Anxiety, Racism**



**THE HONEST TRUTH** (*Gemeinhart, Dan*)

A story of a young boy battling with cancer and how he deals with all the constraints on his life.

**Themes: Disability, Illness**

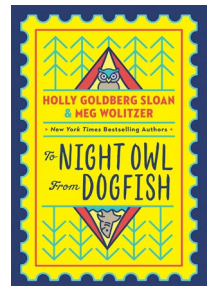


**TO NIGHT OWL FROM DOGFISH**

(*Goldberg Sloan, Holly*)

This is a story of friendship between two young girls both being raised by gay single Dads.

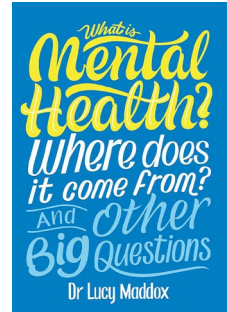
**Themes: Families**



**WHAT IS MENTAL HEALTH?** (*Maddox, Lucy*)

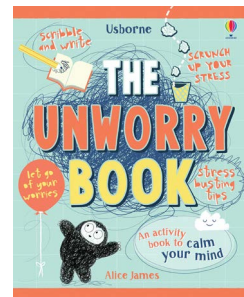
This book explains what mental health is, considering how it relates to lots of different experiences, from how we manage really big feelings, to how we get on with each other, how we make choices and how we handle stressful situations.

**Themes: Mental health**

**THE UNWORRY BOOK** (*James, Alice*)

We all worry. This write-in book is an un-worry toolkit full of things to calm you down and places to put your worries. Activities include creating a worry box, making a mood grid and mindfulness exercises such as colouring, doodling and mazes. Please photocopy activity pages so the book can be reused.

**Themes: Anxiety**

**THE STORY OF TRACY BEAKER** (*Wilson, Jacqueline*)

Tracy is ten years old. She lives in a Children's Home but would like a real home one day, with a real family. Meet Tracy, follow her story and share her hopes for the future in this beautifully observed, touching and often very funny tale.

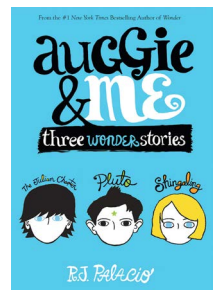
**Themes: Adoption, Fostering**

**AUGGIE AND ME: THREE WONDER STORIES**

(*Palacio, R.J.*)

AUGGIE & ME is a new side to the WONDER story by the same author. Three new chapters from three different characters - bully Julian, oldest friend Christopher and classmate Charlotte - giving an insight into how Auggie has touched their own lives. Thought-provoking, surprising, infuriating, heart-breaking and heart warming.

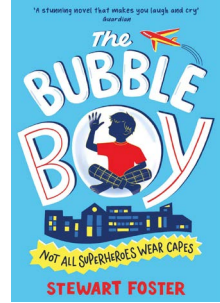
**Themes: Disability**



**THE BUBBLE BOY** (Foster, Stewart)

Almost entirely set in one hospital room as the main character Joe is room-bound due to health, the author skilfully engages us in Joe's life, worries, hopes and fears. The ending is not entirely happy.

**Themes: Grief, Illness**



**I'M 12 YEARS OLD AND I SAVED THE WORLD**

(Brantley, D.K)

The book's goal is to comfort those whose family is struggling, while helping all readers become more empathetic.

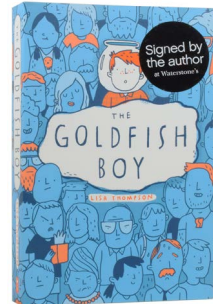
**Themes: Divorce**



**THE GOLDFISH BOY** (Thompson, Lisa)

This carefully judged, poignant story should help those with OCD. Clever plotting with heart and humour and a strong message about the value of family, friends and facing fears.

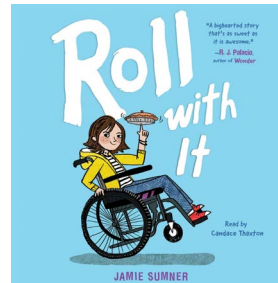
**Themes: Disability, Mental health**



**ROLL WITH IT** (Sumner, Jamie)

Ellie's a fighter. She has cerebral palsy and is in a wheelchair, but she doesn't let that stop her. She has her goals and dreams and she keeps going.

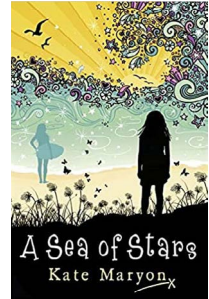
**Themes: Disability, Illness**



**A SEA OF STARS** (*Maryon, Kate*)

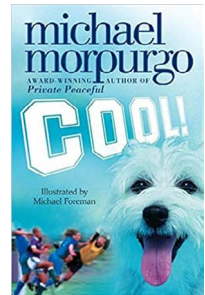
An insightful portrayal of a family dealing with adoption, loss and change.

**Themes: Adoption**

**COOL!** (*Morpugo, Michael*)

The inspiring story of a boy in a coma after a car accident. Robbie is paralysed but we can hear all that goes on his mind.

**Themes: Disability, Illness**

**THE BOY AT THE BACK OF THE CLASS** (*Rauf, Onjali*)

A child's perspective on the refugee crisis. Ahmet is a Syrian refugee finding it very difficult to adapt to his new life. It bravely tackles the difficult issue of refugees and shows us how children can sometimes get it so much better than adults.

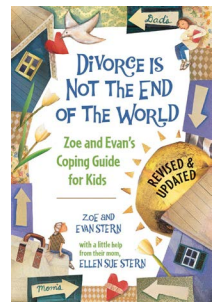
**Themes: Immigration, Racism, Respect**

**DIVORCE IS NOT THE END OF THE WORLD**

(*Stern, Zoe and Evan*)

Zoe and Evan Stern decided to share their experience of when their parents divorced in this practical guide for kids. They write about topics like guilt, anger, fear, adjusting to different rules in different houses, dealing with special occasions like birthdays, adapting to stepparents and blended families, and much more. Please photocopy activity pages so the book can be reused.

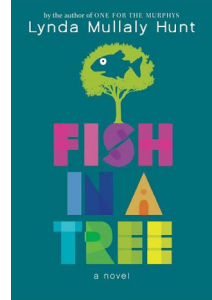
**Themes: Divorce**



**FISH IN A TREE** (*Mullaly Hunt, Lynda*)

An emotionally-charged, uplifting novel that will speak to anyone who has ever thought there was something wrong with them because they didn't fit in. Everybody is smart in different ways. But if you judge a fish by its ability to climb a tree, it will live its life believing it is stupid.

**Themes: Disability**

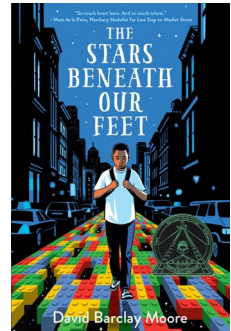


**THE STARS BENEATH OUR FEET**

(*Moore, David Barclay*)

David Barclay Moore paints a powerful portrait of a boy teetering on the edge—of adolescence, of grief, of violence—and shows how Lolly's inventive spirit helps him build a life with firm foundations and open doors.

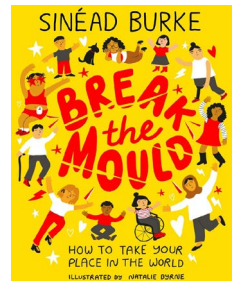
**Themes: Bullying**



**BREAK THE MOULD: HOW TO TAKE YOUR PLACE IN THE WORLD** (*Burke, Sinéad*)

This book is about the power of being different and discovering things you love about yourself, to using your voice to be an ally to others, and finding your place in the world.

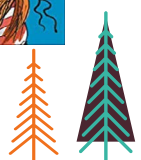
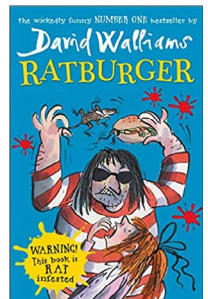
**Themes: Disability, Mental health, Racism, Self-esteem**



**RATBURGER** (*Walliams, David*)

A story of a little girl called Zoe, who has an awful stepmother and the school bully Tina Trotts makes her life a misery – mainly by flobbering on her head.

**Themes: Families**

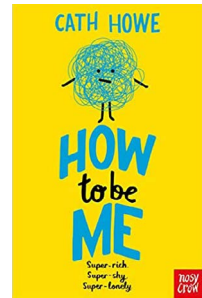


## HOW TO BE ME

(Howe, Cath)

Filled with empathy and insight, and sensitively touching on issues including grief, anxiety, loneliness with great understanding and an incredible lightness of touch, 'How to be Me' is a kind, heart-warming, and uplifting story.

**Themes: Families, Grief**

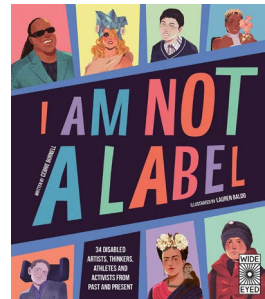


## I AM NOT A LABEL

(Burnell, Cerrie)

These short biographies tell the stories of people who have faced unique challenges which have not stopped them from becoming leading figures in their field, be it sport, art, or the world of music. Challenge your preconceptions of disability and mental health with the eye-opening stories of these remarkable people.

**Themes: Disability, Mental health, Respect**



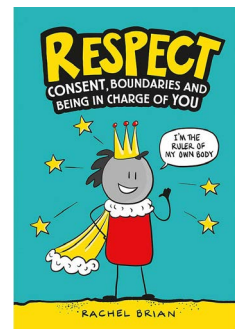
## RESPECT, CONSENT, BOUNDARIES AND BEING IN CHARGE OF YOU

(Brian, Rachel)

Consent is a big, tricky topic to talk about but this book with its comic strip format pulls it off in a way that's fun, accessible and uplifting.

A much-needed book that should be in every home and classroom.

**Themes: Body safety, Respect**

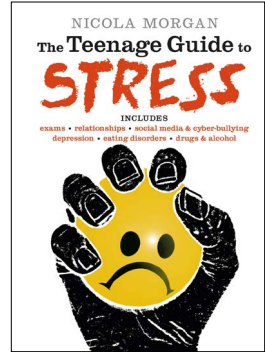


**TEENAGE GUIDE TO STRESS**

*(Morgan, Nicola)*

This book explains the biology behind stress and crucially, a huge range of strategies and suggestions to deal with it and prevent negative symptoms. A list of useful resources completes this wide-ranging, reassuring, eye-opening and comprehensive guide for young people, empowering them to take control of their mental health.

**Themes: Mental health, Stress, Suicide**



**BLACK FLAMINGO**

*(Atta, Dean)*

A deeply moving story of love, self belief and identity told in verse.

**Themes: Feelings, Racism**

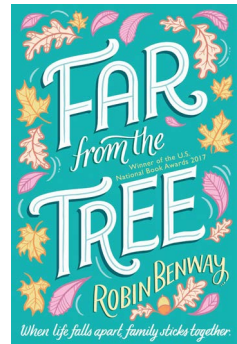


**FAR FROM THE TREE**

*(Benway, Robin)*

Not often covered in YA books - adoption, teen pregnancy, alcoholism, family feuds, divorce, race, family relationships and friendships - these interlinking topics are covered in a thoughtful and respectful way.

**Themes: Divorce, Domestic violence, Separation**

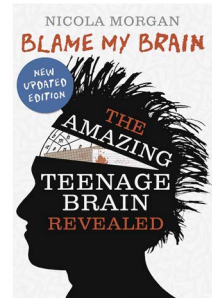




**BLAME MY BRAIN***(Morgan, Nicola)*

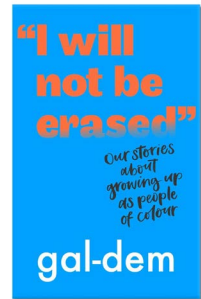
During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions.

**Themes: Mental health**

**I WILL NOT BE ERASED***(Gal-Dem)*

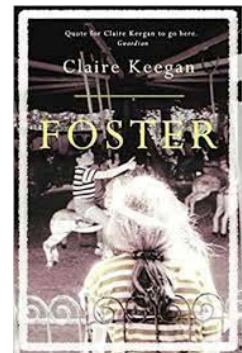
The book documents the experiences of many successful women who are 'speaking' to their younger selves. While some of it can feel a bit sad or difficult, ultimately, it's a book about hope, determination and self-belief – and not just for women of colour, but for anyone who feels 'different'.

**Themes: Disability, Mental health, Respect**

**FOSTER***(Keegan, Claire)*

A small girl is sent to live with foster parents where she finds a warmth and affection she has not known before and slowly begins to blossom in their care. And then a secret is revealed and suddenly, she realizes how fragile her idyll is.

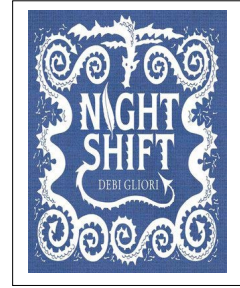
**Themes: Adoption, Fostering**



## **NIGHT SHIFT** (Gliori, Debi)

Night Shift is a short (32 pages) picture book (for adults) dealing with the topic of depression.

**Themes: Depression**



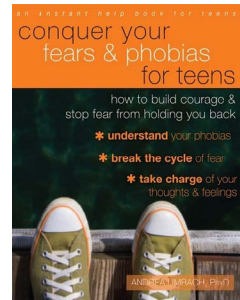
## **CONQUER YOUR FEARS AND PHOBIAS FOR TEENS**

(Umbach, Andrea)

Practical skills for coping with the thoughts, emotions, physical sensations, and behaviours that accompany phobias with useful strategies to handle the things and situations that cause feelings of fear and anxiety. This book provides evidence-based help for dealing with a number of phobias.

Please photocopy the activity pages so the book can be reused.

**Themes: Mental health**

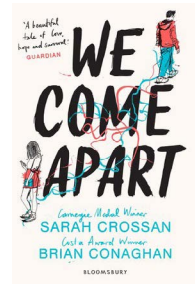


## **WE COME APART**

(Crossan, Sarah)

Deals with racism, immigration and family issues in verse format.

**Themes: Families, Immigration, Racism**

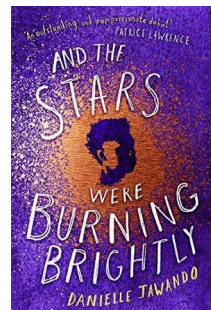


## **AND THE STARS WERE BURNING BRIGHTLY**

(Jawando, Danielle)

Addresses issues relating to mental health, especially young male mental health, suicide and suicide prevention. Essential reading for anybody working with young adults.

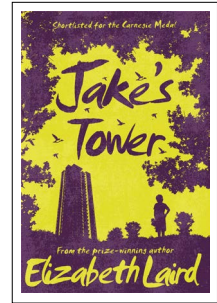
**Themes: Grief, Mental health, Suicide**



**JAKE'S TOWER** (*Laird, Elizabeth*)

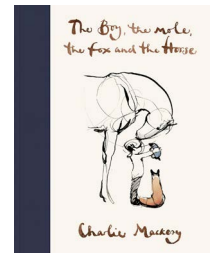
A novel about a teenage boy named Jake who suffers abuse from his violent step father.

**Themes: Domestic violence**

**THE BOY, THE MOLE, THE FOX, THE HORSE AND ME** (*Mackesy, George*)

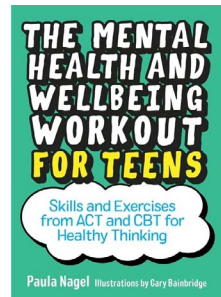
A book of hope for uncertain times.

**Themes: Mindfulness**

**THE MENTAL HEALTH AND WELLBEING WORKOUT FOR TEENS** (*Nagel, Paula*)

This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and well-being.

**Themes: Mental health**

**WING JONES**

(*Webber, Kathryn*)

This is a compelling and heart-warming account of finding hope even in the bleakest of circumstances.

**Themes: Self-esteem**



## THE MINDFULNESS AND ACCEPTANCE WORKBOOK FOR TEEN ANXIETY (Turrell, Sheri L)

Written by three experts in teen mental health, this powerful workbook offers evidence-based activities grounded in acceptance and commitment therapy (ACT) to help cope with anxiety and build resilience. Please photocopy the activity pages so the book can be reused.

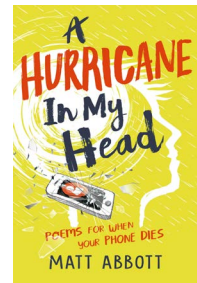
**Themes: Anxiety, Mindfulness**



## A HURRICANE IN MY HEAD (Abbott, Matt)

Covering themes such as school, family life, friendship, bullying and technology that will resonate with teenagers, this warm-hearted collection of poems will move and inspire its readers, remind them they are not alone and hopefully encourage them to start writing their own poems.

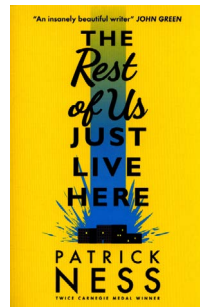
**Themes: Suicide**



## THE REST OF US JUST LIVE HERE (Ness, Patrick)

This is a book that succeeds in being simultaneously provocative, entertaining and witty, while exhibiting a profound and empathetic understanding of the phenomenon often too casually referred to as “growing up”.

**Themes: Mental health**



## FANTASTIC PEOPLE WHO DARED TO FAIL (Reynolds, Luke)

Find out how well-known people turned their failures into triumphs with this engaging and positive guide that shows how falling down can just be the first step to making big things happen.

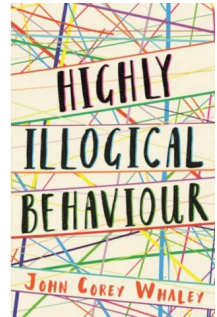
**Themes: Disability, Illness, Racism, Self-esteem**



**HIGHLY ILLOGICAL BEHAVIOUR***(Corey Whaley, John)*

Sixteen-year old Solomon has agoraphobia and hasn't left his house in three years. Ambitious Lisa desperately wants to go to a top tier psychiatry course. So, when Lisa finds out about Solomon's solitary existence she comes up with a plan that's sure to net her a scholarship. She must befriend Solomon.

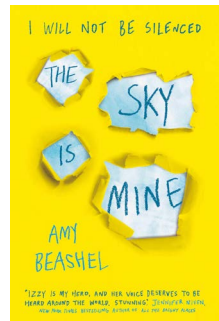
**Themes:** Illness, Mental health

**THE SKY IS MINE** *(Beashel, Amy)*

Izzy feels invisible. Trapped under the weight of expectation and censored by shame, Izzy is falling between the cracks. As threats to her safety grow, Izzy wants to scream. But first she must find her voice.

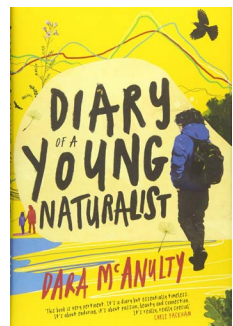
*This book contains material that some readers may find distressing, including discussions of rape, coercive behaviour, domestic violence and abuse.*

**Themes:** Body safety

**DIARY OF A YOUNG NATURALIST** *(McAnulty, Dara)*

Evocative, raw and beautifully written, this very special book vividly explores the natural world from the perspective of an autistic teenager juggling homework, exams and friendships alongside his life as a conservationist and environmental activist.

**Themes:** Autism



## IT'S NOT OK TO FEEL BLUE (Curtis, Scarlett)

Over 70 people have shared their powerful, funny and moving stories exploring their own mental health, including Sam Smith and Emilia Clarke. It's OK if everything might feel a bit overwhelming. It's OK to talk about it. It's OK to not want to talk about it. It's OK to find it funny. It's OK to be human.

**Themes: Depression, Suicide**

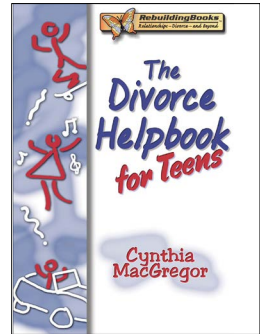


## THE DIVORCE HELPBOOK FOR TEENS

(Macgregor, Cynthia)

MacGregor knows that divorce can be especially tough on teens and her warm and friendly guide offers a helping hand to teens struggling to answer the difficult questions when their parents divorce.

**Themes: Divorce**

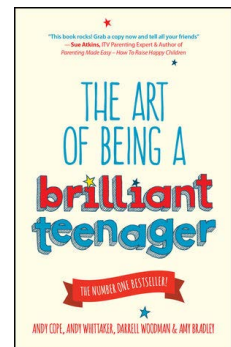


## THE ART OF BEING A BRILLIANT TEENAGER

(Cope, Andy)

Great book full of inspiration to do things differently, to be brilliant and make the most of life. A feel-good, light-hearted, self-help guide.

**Themes: Mental health**



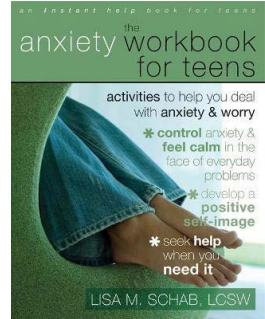
## THE ANXIETY WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL WITH ANXIETY AND WORRY

(Schab, Lisa M.)

Anxiety disorders typically relate to other problems, including school failure and depressive disorders. Most young people don't look for and never get help with these problems. So this is an absolutely essential text and a vital resource for teens and their parents.

Please photocopy the activity pages so the book can be reused.

**Themes: Anxiety**

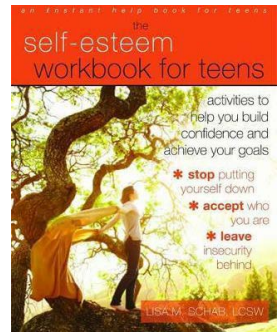


## THE SELF-ESTEEM WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU BUILD CONFIDENCE AND ACHIEVE YOUR GOALS

(Schab, Lisa M.)

When you have healthy self-esteem, you feel good about yourself and see yourself as deserving of the respect of others. When you have low self-esteem, you put little value on your opinions and ideas. This book shows you how to build greater self-esteem. Please photocopy the activity pages so the book can be reused.

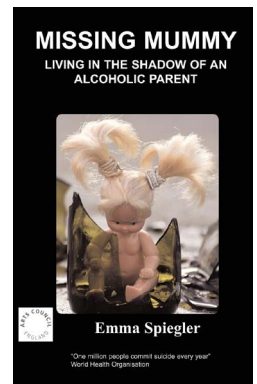
**Themes: Self-esteem**



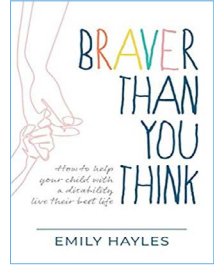
## MISSING MUMMY: LIVING IN THE SHADOW OF AN ALCOHOLIC PARENT (Spiegler, Emma)

Missing Mummy looks at alcoholism and the effects it can have on a family. It provides an insight into the complex emotions of a child growing up with an alcoholic parent. The poetry takes a journey of recovery to end with a message of hope, acceptance and forgiveness.

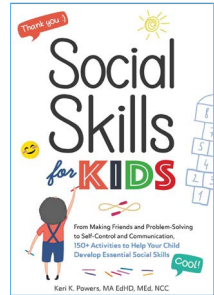
**Themes: Addiction**



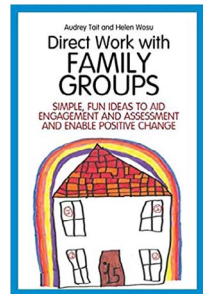
**BRAVER THAN YOU THINK:** How to help your child with a disability live their best life  
*(Hayles, Emily)*



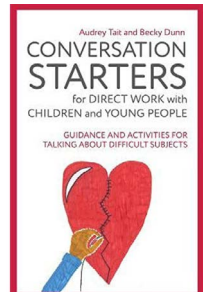
**SOCIAL SKILLS FOR KIDS:** From Making Friends and Problem-Solving to Self-Control and Communication, 150+ Activities to Help Your Child Develop Essential Social Skills  
*(Powers, Keri K.)*



**DIRECT WORK WITH FAMILY GROUPS:** Simple, fun ideas to aid engagement and assessment and enable positive change  
*(Tait, Audrey and Wosu, Helen)*

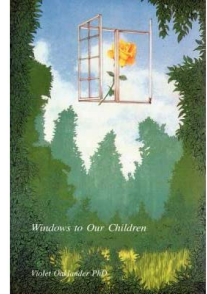


**CONVERSATION STARTERS FOR DIRECT WORK WITH CHILDREN AND YOUNG PEOPLE:** Guidance and activities for talking about difficult subjects  
*(Tait, Audrey and Dunn, Becky)*

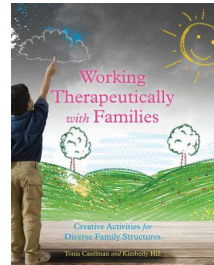




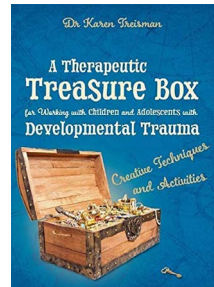
**WINDOWS TO OUR CHILDREN:** A Gestalt therapy approach to children and adolescents  
*(Oaklander, Violet)*



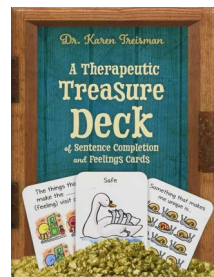
**WORKING THERAPEUTICALLY WITH FAMILIES:** Creative activities for diverse family structures  
*(Caselman, Tonia and Hill, Kimberly)*



**A THERAPEUTIC TREASURE BOX FOR WORKING WITH CHILDREN AND ADOLESCENTS WITH DEVELOPMENTAL TRAUMA:** Creative techniques and activities  
*(Treisman, Dr Karen)*



**A THERAPEUTIC TREASURE DECK OF GROUNDING, SOOTHING, COPING AND REGULATING CARDS**  
*(Treisman, Dr Karen)*



*More non-fiction titles available for support workers*



## THEME

## AGE

### ADDICTION

Missing Mummy: Living in the Shadow of an Alcoholic Parent ..... YA

### ADOPTION

A Safe Place for Rufus..... 0-4  
 All about Adoption ..... 5-8  
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 The Story of Tracy Beaker ..... 9-12  
 A Sea of Stars ..... 9-12  
 Foster ..... YA

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 Anger is Okay, Violence is Not ..... 0-4 / 5-8  
 The Chill Skill ..... 0-4 / 5-8  
 How are you Feeling Today? ..... 0-4 / 5-8  
 A Volcano in my Tummy..... 5-8 / 9-12  
 Cleo the Crocodile's new Home: A Story to Help Kids after Trauma ..... 5-8 / 9-12  
 Cleo the Crocodile Activity Book for Children Who Are Afraid to get Close ... 5-8 / 9-12

### ANXIETY

You are Never Alone.....0-4  
 The Invisible String ..... 0-4 / 5-8  
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 When my Worries get Too Big ..... 0-4 / 5-8  
 The Huge Bag of Worries ..... 0-4 / 5-8  
 The Magic Moment ..... 0-4 / 5-8  
 Once I was Very, Very Scared ..... 0-4 / 5-8  
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 Ruby's Worry ..... 0-4 / 5-8  
 Breathe like a Bear ..... 5-8  
 What to Do When You Worry Too Much..... 5-8 / 9-12  
 Binnie the Baboon and the Big Worries ..... 5-8 / 9-12  
 Binnie the Baboon Anxiety and Stress Activity Book..... 5-8 / 9-12  
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 Cleo the Crocodile Activity Book for Children Who Are Afraid to get Close ... 5-8 / 9-12  
 Be Brave.....5-8  
 Put Your Worries Away ..... 5-8 / 9-12  
 Worry Angels ..... 9-12 / YA  
 The Mindfulness and Acceptance Workbook for Teen Anxiety .....YA  
 The Anxiety Workbook for Teens.....YA



**THEME**

**AGE**

**AUTISM**

Isaac and his Amazing Asperger Superpowers .....0-4 / 5-8  
 Diary of a Young Naturalist .....YA

**BODY SAFETY**

Do Not Touch Me There .....0-4 / 5-8  
 My Body Belongs to Me from My Head to My Toes .....0-4 / 5-8  
 Some Secrets Should Never be Kept ..... 0-4 / 5-8  
 Respect, Consent, Boundaries and Being in Charge of You ..... 9-12  
 The Sky is Mine .....YA

**BULLYING**

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids ..... 5-8  
 The Stars Beneath Our Feet ..... 9-12

**DEPRESSION**

Night Shift..... YA  
 It's Not Ok to Feel Blue ..... YA

**DISABILITY**

My Other Life .....5-8  
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 Break the Mould ..... 9-12 / YA  
 Fantastic People who Dare to Fail .....9-12 / YA

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Mum and Dad Glue ..... 0-4  
 You Make Your Parents Super Happy ..... 0-4 / 5-8  
 What about Neko? .....0-4 / 5-8  
 It's Not the End of the World ..... 9-12  
 I'm 12 Years Old and I Saved the World ..... 9-12  
 Divorce is not the End of the World .....9-12  
 Far from the Tree .....YA  
 The Divorce Helpbook for Teens ..... YA

**DOMESTIC VIOLENCE**

At the End of Holyrood Lane ..... 0-4 / 5-8

## THEME

## AGE

### DOMESTIC VIOLENCE

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Something is Wrong at my House.....	5-8 / 9-12
Jake's Tower .....	YA
The Sky is Mine .....	YA
Far from the Tree .....	YA

### FAMILIES

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Here We Are .....	0-4 / 5-8
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### FEELINGS

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A Safe Place for Rufus .....	0-4
All about Feelings .....	0-4 / 5-8
When Sadness Comes to Call.....	0-4 / 5-8
Bear Shaped .....	0-4 / 5-8
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The Sea Saw .....	0-4 / 5-8
Ruby's Worry .....	0-4 / 5-8
Alex and the Scary Things .....	0-4 / 5-8
Be Brave .....	5-8
Binnie the Baboon and the Big Worries .....	5-8 / 9-12
Binnie the Baboon Anxiety and Stress Activity Book .....	5-8 / 9-12
Cleo the Crocodile's new Home: A Story to Help Kids after Trauma .....	5-8 / 9-12
Cleo the Crocodile Activity Book for Children Who Are Afraid to get Close ...	5-8 / 9-12
Black Flamingo .....	YA

### FOSTERING

A Safe Place for Rufus .....	0-4
Maybe Days.....	5-8
The Story of Tracy Beaker .....	9-12
Foster .....	YA



**THEME**

**AGE**

**ILLNESS**

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 The Hospital Dog ..... 5-8  
 My Other Life ..... 5-8  
 Cool ..... 9-12  
 The Honest Truth ..... 9-12  
 The Bubble Boy ..... 9-12  
 Roll with It ..... 9-12  
 Fantastic People Who Dare to Fail .....9-12 / YA  
 Highly Illogical Behaviour ..... YA

**IMMIGRATION**

Boy at the Back of the Class..... 9-12  
 I Will Not be Erased ..... YA  
 We Come Apart ..... YA

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 When Sadness Comes to Call ..... 0-4 / 5-8  
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 Missing Mummy .....0-4 / 5-8  
 The Little Flower Bulb: Helping Children Bereaved by Suicide ..... 0-4 / 5-8  
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 And the Stars were Burning Brightly ..... YA

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 What is Mental Health? ..... 9-12 / YA  
 Break the Mould .....9-12 / YA  
 Blame My Brain ..... 9-12 / YA  
 Teenage Guide to Stress .....YA  
 And the Stars were Burning Brightly ..... YA  
 The Mental Health and Wellbeing Workout for Teens ..... YA  
 Conquer Your Fears and Phobias for Teens ..... YA  
 The Rest of Us Just Live Here ..... YA  
 Highly Illogical Behaviour ..... YA  
 The Art of Being a Brilliant Teenager ..... YA

THEME

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The Magic Moment.....0-4 / 5-8

The Chill Skill ..... 0-4 / 5-8

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How are you Feeling Today? .....0-4 / 5-8

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The Mindfulness and Acceptance Workbook for Teen Anxiety .....YA

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Break the Mould.....9-12 / YA

Fantastic People Who Dare to Fail .....9-12 / YA

Black Flamingo ..... YA

I Will Not be Erased ..... YA

We Come Apart ..... YA

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The Great Big Book of Families ..... 5-8

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids ..... 5-8

Strictly No Elephants ..... 5-8

Respect, Consent, Boundaries and Being in Charge of You .....9-12

I am Not a Label .....9-12

The Boy at the Back of the Class .....9-12

I Will Not be Erased..... YA

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What's Going on Inside my Head? .....5-8 / 9-12

Break the Mould .....9-12 / YA

Fantastic People who Dare to Fail ..... 9-12 / YA

Wing Jones .....YA

The Self-Esteem Workbook for Teens.....YA



**THEME**

**AGE**

**SEPARATION**

Mum and Dad Glue.....0-4  
 You Weren't with Me .....0-4 / 5-8  
 The Invisible String .....0-4 / 5-8  
 You Make Your Parents Super Happy .....0-4 / 5-8  
 It's Not the End of the World .....9-12  
 Far from the Tree.....YA  
 The Divorce Helpbook for Teens .....YA

**STRESS**

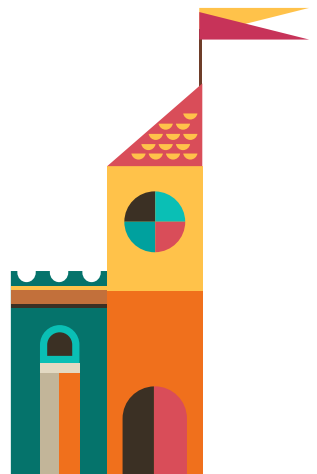
When my Worries Get Too Big ..... 0-4 / 5-8  
 The Huge Bag of Worries..... 0-4 / 5-8  
 The Magic Moment.....0-4 / 5-8  
 Once I was Very, Very Scared .....0-4 / 5-8  
 At the End of Holyrood Lane .....0-4 / 5-8  
 Put Your Worries Away ..... 5-8 / 9-12  
 Yoga for Kids.....5-8 / 9-12  
 Teenage Guide to Stress .....YA

**SUICIDE**

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 And the Stars were Burning Brightly.....YA  
 It's not Ok to Feel Blue ..... YA  
 Teenage Guide to Stress.....YA  
 A Hurricane in My Head ..... YA

**YOGA**

The Chill Skill ..... 0-4 / 5-8  
 Breathe Like a Bear ..... 5-8  
 Yoga for Kids.....5-8 / 9-12





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