



## General

### **Cool Cats, Calm Kids: Relaxation and Stress Management for Young People**

Williams & O'Quinn Burke (1996) Impact Publishers – ISBN 9780915166947

### **Get Out of Your Mind & Into Your Life for Teens**

Ciarrochi, Hayes & Bailey (2012) New Harbinger ISBN – 9781608821938

### **Teaching Emotional Intelligence to Children**

Namka (2014) CreateSpace Independent Publishing Platform – ISBN 9781500974473

### **The Illustrated 'Happiness Trap': How to Stop Struggling and Start Living**

Harris (2014) Shambhala Publications ISBN – 9781611801576

### **What to do when you grumble too much: a kid's guide to overcoming negativity**

Huebner (2006) Magination Press ISBN – 9781591474500

## Depression

### **When Nothing Matters Anymore**

Cobain (2007) Free Spirit Publishing Inc – ISBN 9781575422350

### **Defeating Teenage Depression: getting there together**

Law (2016) Robinson ISBN – 9781472120250

## Anxiety

### **Starving the Anxiety Gremlin: a Cognitive Behavioural Therapy workbook on anxiety**

Collins-Donnelly (2013) Jessica Kingsley Publishers ISBN – 9781849053419

### **Up & Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder**

Wagner (2013) Lighthouse Press Inc – ISBN 9780979539251

### **What to do when your child has Obsessive-Disorder: Strategies and Solutions**

Wagner (2002) Lighthouse Press Inc – ISBN 9780967734712

### **What to do when you worry too much: a kid's guide to overcoming anxiety**

Huebner (2005) Magination Press ISBN – 978-1591473145

## Anger

### **Anger Management: A Practical Guide**

Faupel, Herrick & Sharp (2017) Routledge ISBN - 9781138087200

### **What to do when your temper flares: a kid's guide to overcoming anger problems**

Huebner (2007) Magination Press ISBN – 9781433801341

## Bereavement

### **When something terrible happens: children can learn to cope with grief**

Heegaard (1992) Woodland Press ISBN – 9780962050237

## Eating Disorders

### **Eating Disorders: A Parents' Guide**

Bryant-Waugh & Lask (2013) Routledge ISBN – 9780415501569



## ADHD - Attention Deficit Hyperactivity Disorder

### **Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with ADHD**

Glasser & Nadeau (2013) Magination Press – ISBN 9781433813436

### **Putting on the Brakes: Understanding and taking control of your ADD or ADHD**

Quinn (2012) Magination Press ISBN – 9781433811340

### **Taking Charge of ADHD: The Complete, Authoritative Guide for Parents**

Barkley (2013) Guilford Press – ISBN 9781462507894

## ASD - Autistic Spectrum Disorder

### **Asperger Syndrome and Difficult Moments**

Myles & Southwick (2005) AAPC Publishing ISBN – 9781931282703

### **Everybody is Different**

Bleach (2015) AAPC Publishing ISBN – 9781931282062

### **The Complete Guide to Asperger's Syndrome (Autism Spectrum Disorder)**

Attwood (2008) Jessica Kingsley Publishers – ISBN 9781843106692

## Parenting

### **The Incredible Years: a trouble-shooting guide for parents of children aged 3-8 years**

Webster-Stratton (2019) Incredible Years ISBN – 9780578434513

### **The Explosive Child: a new approach for understanding and parenting easily frustrated, chronically inflexible children**

Greene (2014) Harper Paperbacks ISBN – 9780062270450

## Relationship

### **First steps in parenting the child who hurts: tiddlers and toddlers**

Archer (1999) Jessica Kingsley Publishers ISBN – 9781853028014

### **Next steps in parenting the child who hurts: tykes and teens**

Archer (1999) Jessica Kingsley Publishers ISBN – 9781853028021

## Self Harm

### **A Bright Red Scream: Self- Mutilation and the Language of Pain**

Strong (2005) Virago ISBN – 9781844082322

## Sensory Processing

### **The Out-of-Sync Child: Recognising and Coping with Sensory Processing Disorder**

Kranowitz (2005) Perigee ISBN – 9780399531651

## Sleep Problems

### **What to do when you dread your bed: a kid's guide to overcoming sleep problems**

Huebner (2008) Magination Press ISBN – 9781433803185