



The Way Forward

a bibliotherapy initiative to promote wellbeing among children and young people



Riailtas na hÉireann
Government of Ireland



Leabharlanna Phort Láirge
Waterford Libraries



Foreword

The psychological well-being of children and young people can be supported in many ways. One important way of doing this is understanding the child's inner world – how they think and feel - and how to help them to understand this for themselves. Knowledge truly is power.

We know there is so much knowledge and information available to parents and families, especially across the internet, which offers advice on how to parent, how to understand your child, and how to respond to them in times of distress. This can be useful at times, but it can also feel overwhelming.

With this in mind, we created this easy-to-use booklet to provide parents and other interested people with a trustworthy guide to books and other resources that can help with a specific query or answer a curiosity about a particular topic. The books listed are all available, free of charge, across Waterford Libraries to library members.

I, and the rest of the Waterford Youth Mental Health CYPSC Subgroup, hope you find this resource useful. We truly believe that books, and the knowledge stored within the pages, are the way forward.

Dr Tom Pender

HSE Psychology Manager/Chair of the Youth Mental Health CYPSC Subgroup

What is Bibliotherapy?

Bibliotherapy is the use of literature to help educate and address a range of mild to moderate mental health, well-being and behavioural difficulties.

This guide provides an extensive list of books that parents, teenagers, and children can find useful to address these difficulties.

Where can I find the books in this guide?

All of the books and resources listed in this guide can be found in your local library. This initiative has been produced in collaboration with Waterford City and County Council Library Services to ensure that the resources are physically available to readers.

How do I use this guide?

This resource has been divided into categories and is listed alphabetically. On the contents page you can find the list of all categories that are included. We have also categorised the topics in terms of target audience. This has been done by colour coding each resource in the far left column. See guide for colour coding below:

Resources for Parents

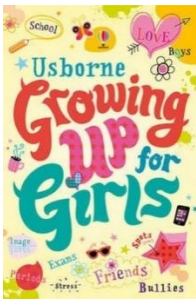
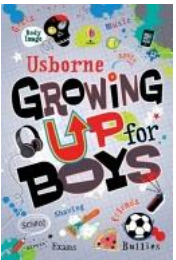
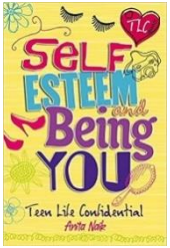
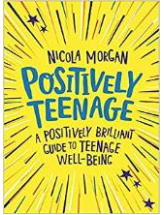
Resources for Teenagers


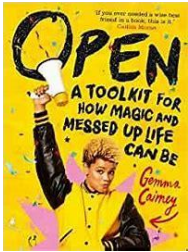

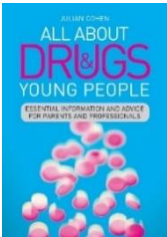
Resources for Children

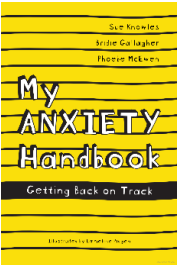
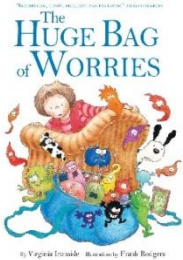
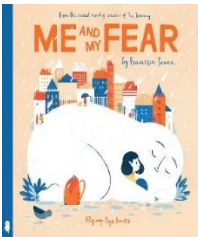
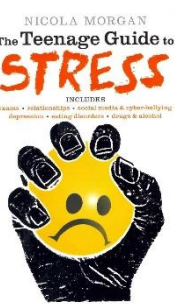
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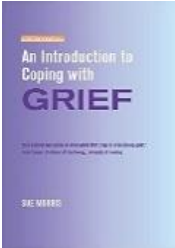
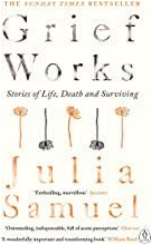
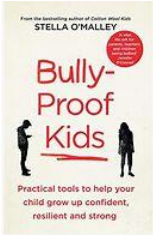
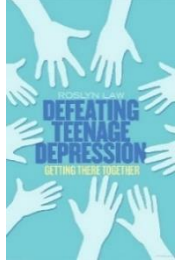
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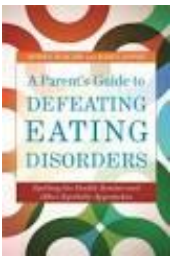
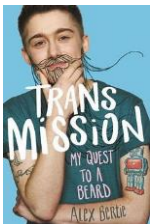

	Title & Author	Description
Adolescence	<p><i>Growing up for girls</i></p> <p>Felicity Brooks</p> 	A clear and straight-talking guide to the ups and downs of the teenage years, covering body changes, mood swings, exercise, healthy eating, self-confidence, periods, bullying, social networking, drink, drugs, stress, STIs, hormones, relationships, sex, contraception, brain changes, feelings, friends, break-ups, fashion, safety, spots, exams...and more.
Adolescence	<p><i>Growing Up for Boys</i></p> <p>Alex Frith & Felicity Brooks</p> 	A frank and friendly book offering boys advice on what to expect from puberty and how to stay happy and confident as they go through physical, psychological and emotional changes. It covers all the topics that boys want to find out about, including moods and feelings, what happens to girls, diet, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress and cyberbullying.
Adolescence	<p><i>Teen Life Confidential: Self-Esteem and Being You</i></p> <p>Anita Naik</p> 	Are you scared to take risks in case you make a fool of yourself? Do you need other people's approval? If someone likes you do you think there must be something wrong with them? Do you hate your body? If you answered yes to any of these questions, this essential guide will help you to turn your opinions around. It will boost yourself esteem and encourage you to believe in who and what you are.
Adolescence	<p><i>Positively Teenage: A Positively Brilliant Guide to Teenage Well-being</i></p> <p>Nicola Morgan</p> 	This book will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life. With these new strengths and skills, you can survive any storms and thrive on the challenges of your exciting life.

Adolescence	<p><i>Notes on Being Teenage</i></p> <p>Rosalind Jana</p> 	<p>Notes on Being Teenage covers all aspects of teen hood, from the serious (mental health issues, bullying, staying safe online), to the slightly-less-so (dating, style, fashion, starting a blog) and everything in between. Rooted in her own experiences as a blogger, part-time model and eco-fashion-expert, but also as a teen who struggled with scoliosis, bullying and her dad's depression, Rosalind is well-placed to offer advice and guidance to anyone navigating their teenage years.</p>
Adolescence	<p><i>Open: a toolkit for how magic and messed up life can be</i></p> <p>Gemma Cairney</p> 	<p>Open: A Toolkit for How Magic and Messed Up Life Can Be is full of honest advice about the big, bad and beautiful things that growing up is all about: from mental health to families to first love, and everything in between.</p>
Alcohol, Drugs, & Smoking	<p><i>Alcohol & Drugs: A Parent's Guide – practical advice to help you communicate with your child about alcohol and other drugs</i></p> <p>Health Service Executive</p> 	<p>This guide can help you to understand the risks related to alcohol and drug use in teenagers. It offers you practical advice on how to tackle issues that may arise. It also gives you tips on how to get the conversation about drugs and alcohol started with your teenager and how you can help them to protect themselves when faced with peer and societal pressure.</p>
Alcohol, Drugs, & Smoking	<p><i>All About Drugs and Young People: Essential Information and Advice for Parents and Professionals</i></p> <p>Julian Cohen</p> 	<p>This resource covers everything from what the effects are and why young people take drugs, to how to negotiate drug rules and ways to prevent and minimise harm. Sections are included that provide information about various drugs. The newest and emerging drugs, such as legal highs, are included, as well as illegal drugs, alcohol, caffeine and tobacco.</p>



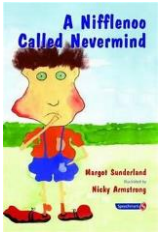
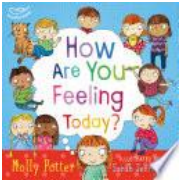
Anxiety	<p><i>My Anxiety Handbook – Getting back on track</i></p> <p>Bridie Gallagher, Sue Knowles, & Phoebe McEwen</p> 	<p>This book helps young people understand the ins and outs of their own anxiety and helps them to challenge the difficult patterns they may get into. It is a relatable and straightforward guide that provides tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from young people who have managed their symptoms successfully.</p>
Anxiety	<p><i>The Huge Bag of Worries</i></p> <p>Virginia Ironside</p> 	<p>Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?</p> <p>A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.</p>
Anxiety	<p><i>Me & My Fear</i></p> <p>Frenci Sanna</p> 	<p>When a young immigrant girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid, growing bigger and bigger every day with questions like "how can you hope to make new friends if you don't understand their language?" This book shows us the importance of sharing your Fear with others--after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!</p>
Anxiety / Stress	<p><i>The Teenage Guide to Stress</i></p> <p>Nicola Morgan</p> 	<p>This book helps explain what stress is and how it differs in teenagers. It deals with a number of issues that affect teenagers – from anger to sexual relationships to eating disorders. In the final section of the book, guidance is given on the ways to deal with stress and suggests healthy ways to look after your mind and body.</p>

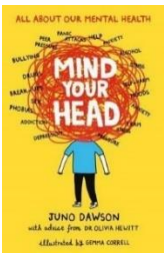
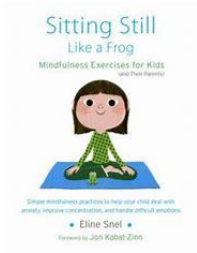
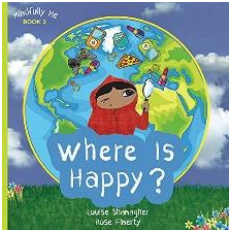
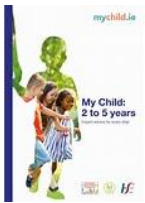
Bereavement	<p><i>An Introduction to Coping with Grief</i></p> <p>Sue Morris</p> 	<p>This self-help guide offers an examination and explanation of the grieving process and offers strategies based on CBT to help someone adjust to life without a loved one.</p>
Bereavement	<p><i>Grief Works: stories of life, death and surviving</i></p> <p>Julia Samuel</p> 	<p>Grief Works is a compassionate guide that will inform and engage anyone who is grieving, from the 'expected' death of a parent to the sudden unexpected death of a small child, and provide clear advice for those seeking to comfort the bereaved.</p>
Bullying	<p><i>Bully-proof Kids: practical tools to help your child grow up confident, resilient and strong</i></p> <p>Stella O'Malley</p> 	<p>Stella O'Malley offers concrete strategies to empower children and teenagers to deal confidently with bullying and dominant characters. She identifies effective ways for families to cope when bullying occurs, including approaching the school authorities, communicating with the bully's parents and tips to tackle cyberbullying.</p>
Depression	<p><i>Defeating Teenage Depression</i></p> <p>Roslyn Law</p> 	<p>This practical guide uses techniques based on Interpersonal Psychotherapy for Adolescents (IPT-A) which has been used to help children and young people with depression around the world. IPT-A helps you to develop your own story of what is happening in your life so that you can understand your depression and how to get out of it.</p>


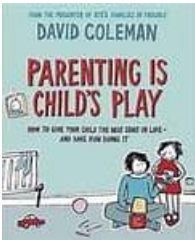
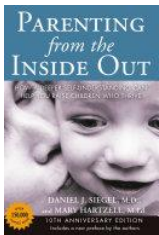
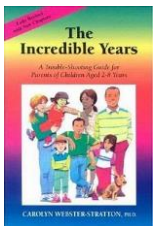
Depression	<p><i>The Princess and the Fog – A Story for Children with Depression</i></p> <p>Anthony Lloyd Jones with contribution from Melinda Edwards</p> 	<p>This book aims to help sufferers of depression aged 5-7 cope with their difficult feelings. It uses vibrant illustrations, a sense of humour and metaphor to create a relatable, enjoyable story that describes the symptoms of childhood depression while also providing hope that things can get better with a little help and support. The story is also a great starting point for explaining depression to all children.</p>
Digital Age	<p><i>Keeping your Child Safe on Social Media: Five easy steps</i></p> <p>Anne McCormack</p> 	<p>Anne McCormack provides an easy five-step guide to supporting your child to stay safe and mentally healthy on social media. Using case studies and straightforward language, she demonstrates how to support our young people as they build resilience and mental fitness for the social media world.</p>
Digital Age	<p><i>Parents and Digital Technology : How to raise the connected generation</i></p> <p>Suzie Hayman & John Coleman</p> 	<p>This book is an indispensable guide for parents, addressing the issues that young people and their families face in the world of modern technology. The book is a toolbox for parents, full of tips, strategies and techniques designed to help navigate the digital world, ensuring it is safe yet still exciting for young people.</p>
Digital Age	<p><i>The Teenage Guide to Life Online</i></p> <p>Nicola Morgan</p> 	<p>Nicola Morgan explores the pros and cons of life in the Digital Age, from the information explosion to the growth of social media. She investigates topics like fake news and online privacy, multi-tasking and distraction, addiction and over-use, and how the internet and screen-use affect our ability to concentrate, our mood and sleep patterns. This is a book for families to share: a way for teenagers, their parents and carers to inform themselves about the many advantages and risks of life online.</p>

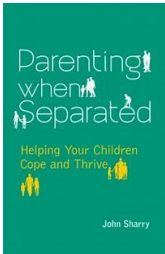
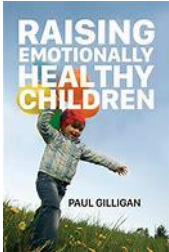
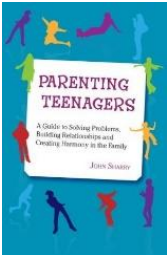
Digital Age	<p><i>Unplugged Parenting : How to raise happy, healthy children in the digital age</i></p> <p>Elizabeth Kilbey with Heather Bishop.</p> 	<p>This is the book that every parent with a child under the age of 11 needs in order to navigate the tricky pathway of how much screen time to allow on a daily basis. Dr Elizabeth Kilbey will offer tangible, practical advice about how to 'unplug' your child from their device so their online time doesn't become all-consuming.</p>
Eating Disorders	<p><i>A Parent's Guide to Defeating Eating Disorders – Spotting the Stealth Bomber and other Symbolic Approaches</i></p> <p>Ahmed Boachie & Karin Jasper</p> 	<p>This book will allow parents and caregivers to ally themselves with treatment rather than the eating disorder, and take positive steps with their child towards a full and lasting recovery. It will help caregivers to reach out to young people having difficulty cooperating with treatment. Its effective use of analogies and metaphors helps to crystallize a practical understanding of eating disorders and the crucial aspects of the treatment process.</p>
Gender /Identity	<p><i>Trans Mission: My quest to a beard</i></p> <p>Alex Bertie</p> 	<p>A brave first-hand account of online personality Alex Bertie's life, struggles, and victories as a transgender teen, as well as a ground-breaking guide for transitioning teens.</p>
Gender /Identity	<p><i>Trans Teen Survival Guide</i></p> <p>Owl & Fox Fisher</p> 	<p>The Trans Teen Survival Guide will leave transgender and non-binary teens informed, empowered and armed with all the tips, confidence and practical advice they need to navigate life as a trans teen. With a focus on self-care, expression and being proud of your unique identity, the guide is packed full of invaluable advice from people who understand the realities and complexities of growing up trans.</p>

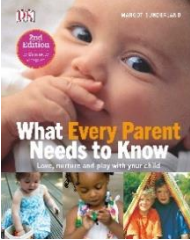


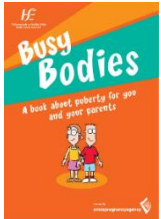
Gender /Identity	<p><i>The transgender teen: a handbook for parents and professionals supporting transgender and non-binary teens</i></p> <p>Stephanie Brill & Lisa Kenney</p> 	<p>This comprehensive guidebook explores the unique challenges that thousands of families face every day raising a teenager who may be transgender, gender-variant or gender-fluid. Covering extensive research and with many personal interviews, as well as years of experience working in the field, the author covers pressing concerns relating to physical and emotional development, social and school pressures, medical options, and family communications.</p>
Gender /Identity	<p><i>Are you a boy or are you a girl?</i></p> <p>Sarah Savage & Fox Fisher.</p> 	<p>This brightly illustrated book will open a dialogue with children aged 3+ about gender diversity in a fun and creative way. Featuring a gender neutral protagonist, the book imparts an important message about identity and being who you want to be. Tiny's story will assist parents, family and teachers in giving children the space to express themselves fully, explore different identities and have fun at the same time.</p>
Healthy Living	<p><i>Baby Food Matters – what science says about giving your child healthy eating habits for life</i></p> <p>Clare Llewellyn & Hayley Syrad</p> 	<p>This book lays out essential nutrition for all infants and toddlers, and describes ways of feeding children with varying eating styles at every crucial stage - from milk-feeding to weaning to eating with the family. The aim is to help parents make informed choices about how and what to feed their child - and reassure them each step of the way.</p>
Healthy Living	<p><i>Eat Your Greens, Goldilocks - A Story about Eating Healthily</i></p> <p>Steve Smallman</p> 	<p>It's your favourite classic fairy tale ... with a twist. This book delivers an encouraging message about good health and hygiene. The charming artwork highlights all the positives of your favourite characters. In this story, the three bears play host to Goldilocks, who only likes things 'just so', and she hates eating vegetables! But the bears are determined to give her a healthy meal.</p>

Healthy Living	<p><i>Healthy Me: Exercise and Play</i></p> <p>Katie Woolley</p> 	<p>Why do I have to exercise? Why is it fun to play? The answers to these and many other questions can be discovered in this book. The topics of fitness and fun are complemented by charming and humorous illustrations. It is designed for children to begin to learn about the importance of being healthy, and the ways in which we can look after our bodies to keep fit and well.</p>
Healthy Living	<p><i>Feed Your Child Well – Babies, Toddlers, and Older Children</i></p> <p>Valerie Kelly, Phyllis Farrell, & Theresa Dunne.</p> 	<p>Good nutrition in infancy and early childhood lays the foundations for a healthy life. This common-sense guide - now in its fourth edition - provides reliable, practical and unbiased advice on everything from the basics of nutrition to shopping wisely, from dealing with food refusal to allergies and obesity.</p>
Managing Emotions	<p><i>A Nifflenoo called Nevermind: a story for children who bottle up their feelings</i></p> <p>Margot Sunderland</p> 	<p>A Nifflenoo Called Nevermind is a story for children who bottle up their feelings. Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.</p>
Managing Emotions	<p><i>How Are You Feeling Today?: A picture book to help young children understanding their emotions</i></p> <p>Molly Potter</p> 	<p>This book is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. It gives parents the tools they need to help their child deal with those feelings - without it all ending in tears! 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.</p>

Mental Health	<p><i>Mind your head</i></p> <p>Juno Dawson</p> 	<p>Covering topics from anxiety and depression to addiction, self-harm and personality disorders, this book addresses a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them.</p>
Mindfulness	<p><i>Sitting still like a frog : mindfulness exercises for kids (and their parents)</i></p> <p>Eline Snel</p> 	<p>Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.</p>
Mindfulness	<p><i>Where is happy: Mindfully Me Book 2</i></p> <p>Louise Shanagher</p> 	<p>This book addresses the rise in young children's anxiety and stress in a practical and helpful way. This beautiful children's meditation book promotes self-esteem and self-confidence in a way children can relate to. Where is Happy? Encourages children to practice finding peace and happiness within themselves. The story encourages children to love and accept themselves just as they are, to think positively about themselves and to be a friend to themselves.</p>
Parenting	<p><i>My child: 2 to 5 years: expert advice for every step</i></p> <p>Health Service Executive</p> 	<p>'My Child: 2 to 5 years' is filled with expert advice on caring for your child from health professionals in the HSE, including doctors, nurses, psychologists, parenting experts, dieticians and many more.</p>

Parenting	<p><i>Parent power: bringing up responsible children and teenagers</i></p> <p>John Sharry</p> 	<p>This step-by-step guide provides well-researched information for parents who want to positively encourage their children and teenagers to behave well and to achieve their full potential. It incorporates useful advice on issues such as: providing positive attention for children; using rewards; communicating effectively; empowering teenagers; and negotiating rules and boundaries.</p>
Parenting	<p><i>Parenting is child's play: how to give your child the best start in life - and to have fun doing it</i></p> <p>David Coleman</p> 	<p>Parenting is Child's Play explains the basic gist of the game of raising children (aged 0-6 years). On everything from eating and sleeping, to discipline and being a working parent, Parenting is Child's Play will help you to develop your own rules for playing the game.</p>
Parenting	<p><i>Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive</i></p> <p>Daniel J. Siegel</p> 	<p>In Parenting from the Inside Out, child psychiatrist Daniel J. Siegel and early childhood expert Mary Hartzell explore the extent to which our childhood experiences shape the way we parent.</p>
Parenting	<p><i>The incredible years: a troubleshooting guide for parents of children aged 2-8 years</i></p> <p>Carolyn Webster-Stratton</p> 	<p>A book for parents providing guidelines on preventing behaviour problems and promoting children's social and emotional skills.</p>

Parenting	<p><i>Parenting when separated: helping your children cope and thrive</i></p> <p>John Sharry</p> 	<p>Parenting When Separated 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.</p>
Parenting	<p><i>Raising emotionally healthy children</i></p> <p>Paul Gilligan</p> 	<p>Raising Emotionally Healthy Children explores how parents can help their children reach their potential as emotionally healthy adults. This book provides practical information to parents on strategies to promote good emotional health, complemented by exercises that help parents explore their own approaches to parenting.</p>
Parenting	<p><i>Parenting teenagers: a guide to solving problems, building relationships and creating harmony in the family</i></p> <p>John Sharry</p> 	<p>Advocating a balanced approach to parenting, Parenting Teenagers by John Sharry 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.</p> <p>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.</p>

Parenting	<p><i>What every parent needs to know: love, nurture and play with your child</i></p> <p>Margot Sunderland</p> 	<p>Covering everything from breastfeeding to brain development, this brand new edition includes the latest thinking on how screen time affects your child's brain, and a focus on how love, nurture, and play contribute to your child's development.</p>
Parenting	<p><i>Conversations that matter : talking with children and teenagers in ways that help</i></p> <p>Margot Sunderland</p> 	<p>This book offers a wealth of tools and techniques to empower parents and practitioners to connect to children and young people through conversation. It will give readers a thorough, evidence-based and inspiring grounding in every aspect of talking with children who are hurting.</p>
Pregnancy	<p><i>My Pregnancy: Expert Advice for Every Step</i></p> <p>Health Service Executive</p> 	<p>This resource contains advice from health professionals in the HSE to give you the best advice on caring for yourself and your baby during your pregnancy, labour and birth. The advice in this guide is based on the most up-to-date information available within the HSE and on the experience and knowledge of maternal and child health and support services, voluntary organisations and parent groups.</p>
Puberty / Sex Education	<p><i>Busy Bodies: a book about puberty for you and your parents</i></p> <p>Health Service Executive</p> 	<p>“Busy Bodies” is a resource designed for young people and provides information on the physical and emotional changes that children may experience during puberty. Busy Bodies is a useful resource to help support both teachers and parents in providing information on puberty to children aged approximately between 8 and 12 years.</p>

<p>Puberty / Sex Education</p>	<p><i>Consent: the new rules of sex education : every teen's guide to healthy sexual relationships</i></p> <p>Jennifer Lang</p> 	<p>A contemporary guide to sex education that answers the most pressing questions teens and young adults have about dating, relationships, consent, and sexual safety. Dr. Jennifer Lang delivers a frank, compassionate, and evidence-based guide to healthy sexual relationships, focusing on the crucial role of consent in sex education. Written for all teens, and inclusive of all sexual identities and orientations, Consent is a reference guide to healthy sexual expression and relationships.</p>
<p>Puberty / Sex Education</p>	<p><i>The girls' guide to growing up great: changing bodies, periods, relationships, life online</i></p> <p>Sophie Elkan</p> 	<p>This book covers every aspect of going through puberty for girls. From body basics like breasts, spots and periods, to the questions with no easy answers. Plus, of course, clear and empowering information on sex, sexuality and gender and a whistle-stop guide to the wonderful world of online.</p>
<p>Puberty / Sex Education</p>	<p><i>Let's talk about the birds and the bee</i></p> <p>Molly Potter</p> 	<p>This book uses clear, easy to understand language to answer complex questions about sex and relationships, and covers all manner of tricky subjects from puberty to consent with delicate accuracy and honesty. Filled with bright, fun illustrations and helpful advice for parents and carers, Let's Talk About the Birds and the Bees is the perfect book for explaining the facts of life to small children.</p>
<p>Sex Education</p>	<p><i>Talking to your young child about relationships, sexuality and growing up</i></p> <p>Health Service Executive</p> 	<p>The Talking to Your Young Child about Relationships, Sexuality and Growing Up resource aims to help parents to talk to their children about relationships and sexuality in a gradual, age-appropriate way.</p> <p>The resource consists of this parents' guide and a story booklet, Tom's Power Flower: a gentle explanation of how babies are made.</p>

Sex Education	<p><i>"Spare me the talk"! : a guy's guide to sex, relationships, and growing up</i></p> <p>Jo Langford</p> 	<p>With humor and an emphasis on responsibility, Spare Me 'The Talk'! A Guy's Guide to Sex, Relationships, and Growing Up is a comprehensive crash course in sex and sexuality, written for guys, by a guy. It's a comprehensive crash course for boys on staying safe emotionally, mentally, and physically while navigating the danger-laden worlds of teenage sex and sexuality in a digital age.</p>
Wellbeing/ Self-Esteem	<p><i>You are awesome</i></p> <p>Matthew Syed</p> 	<p>Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults. This positive and empowering guide will help boys and girls find the confidence to realise their potential. It uses examples of successful people from Mozart to Serena Williams to demonstrate that success really is earned rather than given and that talent can be acquired.</p>
Wellbeing/ Self-Esteem	<p><i>Banish your self-esteem thief : a cognitive behavioural therapy workbook on building positive self-esteem for young people</i></p> <p>Kate Collins-Donnelly</p> 	<p>Build confidence and self-esteem with this fun and effective workbook for young people. Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem.</p>

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