



# READ YOURSELF WELL

## Bibliotherapy Guide



HSE Mid West  
Primary Care Child and Family  
Psychology Service

# Bibliotherapy Guide to Support Psychological Well-being

## What is a Bibliotherapy?

Bibliotherapy is an effective and well-established intervention that uses books and literature to promote positive emotional and psychological well-being. Bibliotherapy can offer self-help and useful supports to parents and caregivers, while children's books provide an accessible and gentle way to support their understanding around issues they are experiencing.



## How do I use this resource?

The books are divided into categories according to topic and subdivided for the target audience. Each book has a photograph and brief description.

## How does Bibliotherapy work?

Everyone experiences psychological and emotional difficulties during their life. There is strong evidence that appropriate books can effectively help people during these times. Particularly with children, reading a story about a similar situation in which they find themselves, can offer new ideas for solutions in their own lives.

When implemented correctly, bibliotherapy can be a very effective tool to manage emotional difficulties among children and adolescents. As many children and adolescents are reluctant to speak about their emotions, carefully selected books can help them to develop their self-understanding, learn from the experiences of others and think about possible solutions to their problems.



## Why we created this Bibliotherapy

The goal of this bibliotherapy guide is to provide a list of books that can offer a deeper understanding of a particular difficulty that needs some support. Some books also contain strategies and techniques that are proven to be useful and effective.

Always remember that bibliotherapy is a conversation starter and should be used to open up communication.



*Healthy mind  
Happy life*



## Where Can I Access these Books?



All of the listed books are available through Limerick Libraries, or can be accessed through your local library in Clare or North Tipperary. You can join the library and borrow books for free! If the book you are looking for is already on loan or is not available in the particular library you visit, you can speak to library staff in order to request a copy or to borrow the book from another library.

### How do I join the library?

Public library membership is completely free of charge for everyone in Ireland. To join the library, you need to complete an application form. You can do this [online](#) or in person at the library.



If you fill out the form online, you need to visit a library and produce photographic identification (who you are) and proof of current address (where you live) to finalise your membership and get your library card, **however, you are free to use the online library and Borrowbox application for eBooks and eAudiobooks (see below).**

Children and young people under the age of 18 must have the permission of a parent/guardian to join the library and a parent/guardian must accept the terms and conditions of membership on their behalf.



### Are these books available online?



Irish public libraries provide all members with a wide range of free online services including eBooks and eAudiobooks through the BorrowBox App. This is indicated through the below shown symbols. Click on these symbols throughout the bibliotherapy to access these resources.



**eAudiobook**



**eBook**

### Borrowbox

Once you have a library membership, Borrowbox can be accessed through the library website under the E-services tab or via the Borrowbox downloadable mobile application. Borrowbox users can take out up to 5 eBooks and 5 eAudiobooks on loan at any one time for a period of 21 days. You will be able to create a temporary account for 3 months after which time you need a full library membership



**For further information on setting up your library account, accessing Borrowbox and how to access the books listed in this bibliotherapy, please contact your local library.**





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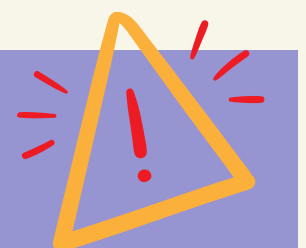


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#HATE

#BULLY

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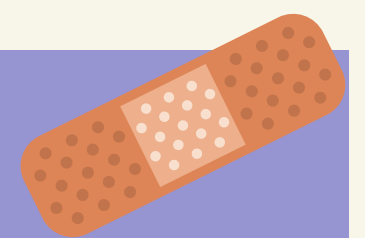
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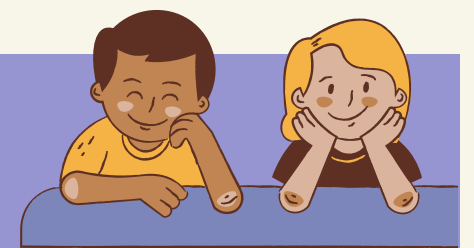
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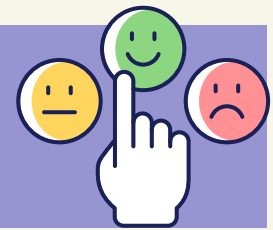
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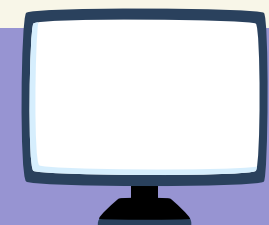


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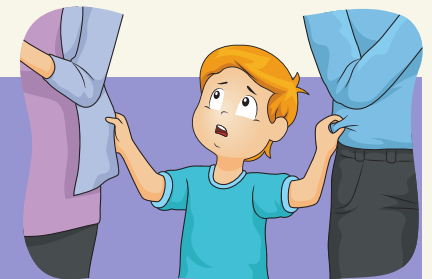
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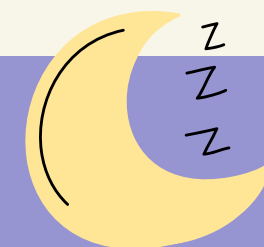
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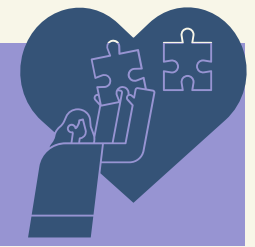
- Raising Happy Brothers and Sisters: Helping our Children Enjoy Life Together
- How to Talk: Siblings Without Rivalry
- The Starting School Book
- Between: A Guide for Parents of 8 - 13 Year Olds
- The Second Baby Book: How to Cope with Pregnancy Number Two

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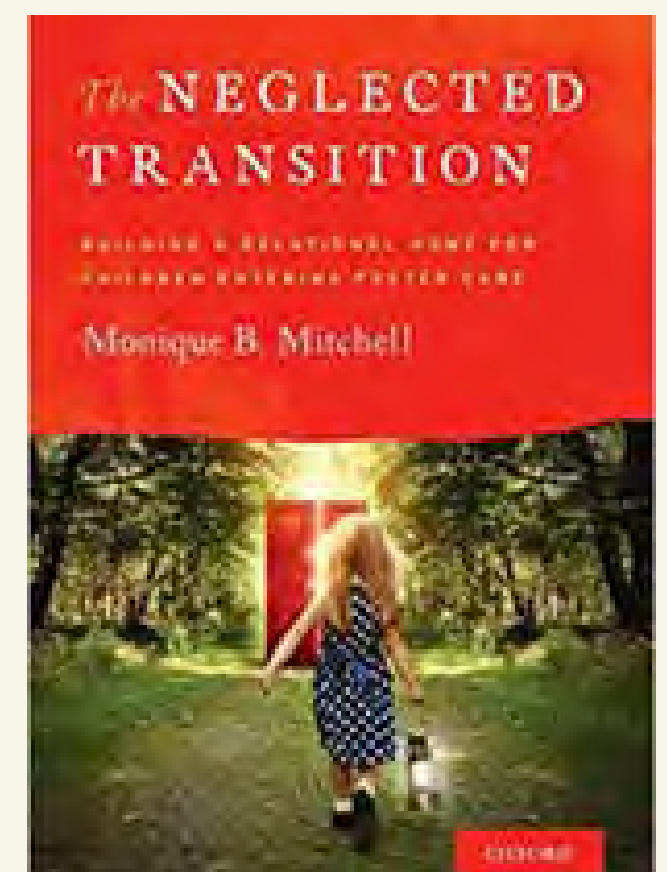
# ADOPTION AND FOSTERING



## For Parents

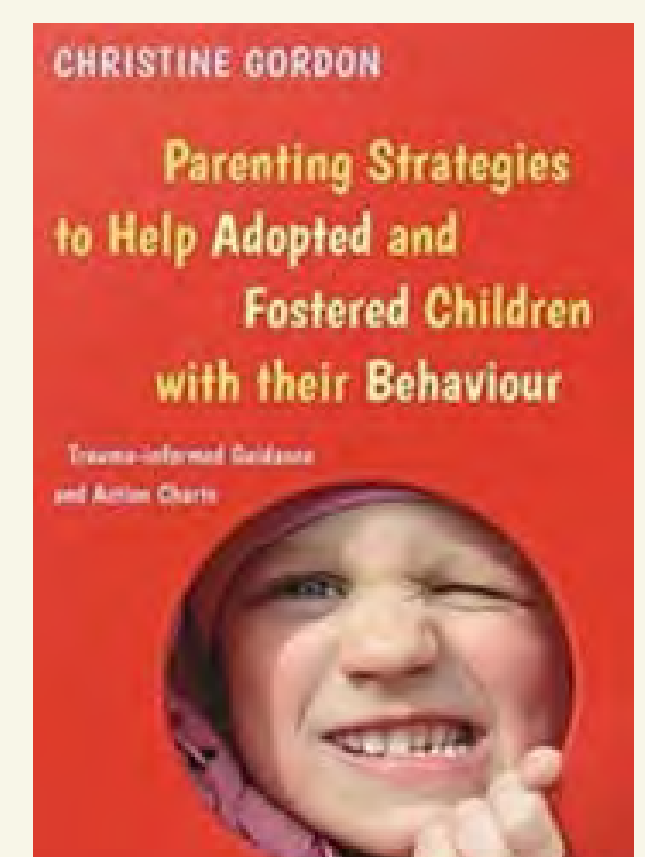
### **The Neglected Transition: Building a Relational Home for Children Entering Foster Care** Monique Mitchell

This book explores the ambiguity, loss and fear children can experience when entering foster care. It gives children a voice by drawing on their own experiences and stories. The author provides practical suggestions to prevent harm and help children entering foster care to heal.



### **Parenting Strategies to Help Adopted and Fostered Children with their Behaviour** Christine Gordon

This book contains information relating to trauma and its impact on the brain and executive functioning. It also provides 35 action charts to address some of the hardest challenges for parents and carers - from inappropriate sexualised behaviour and overfamiliarity with strangers through to tantrums, food issues and deception.

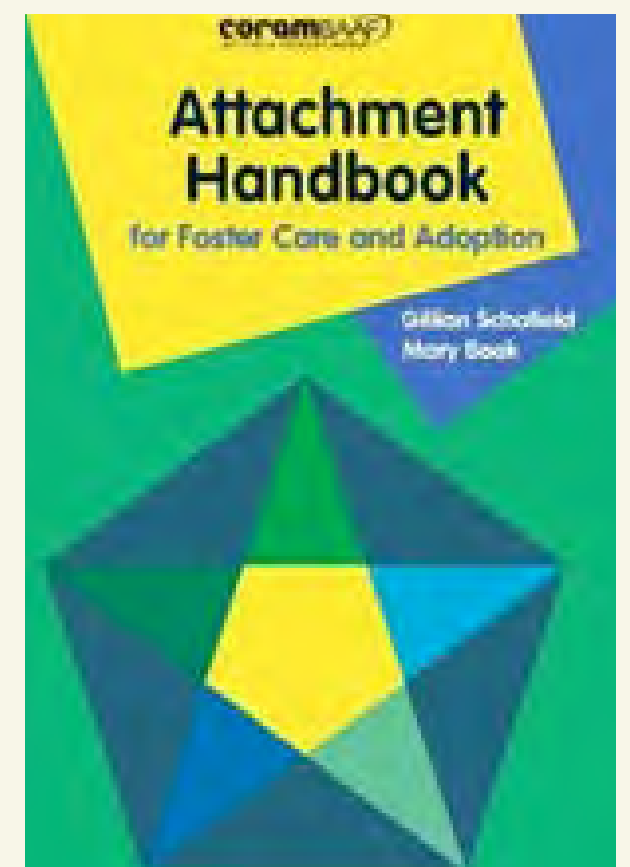




## Attachment Handbook for Foster Care and Adoption

### Mary Beek

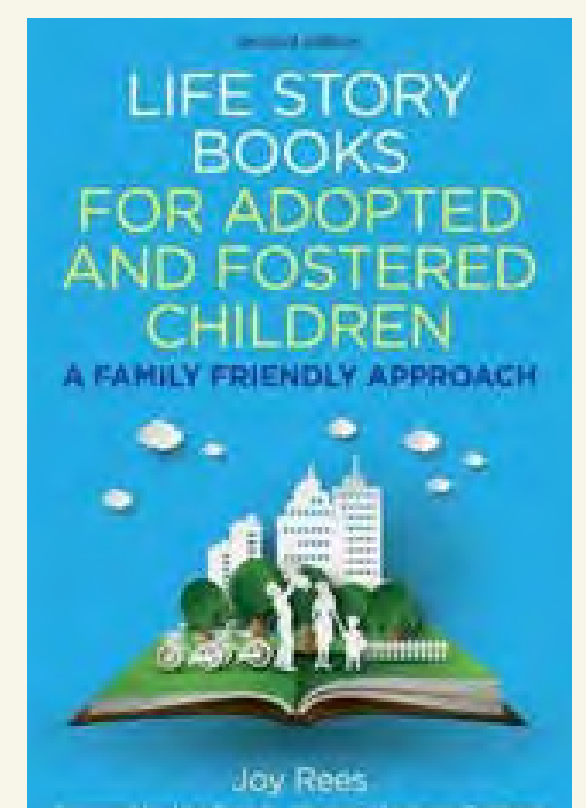
This book offers an account of attachment theory including how this theory can be used by families helping children with developmental challenges and behaviours. This book describes the theory of attachment styles, what promotes secure attachment and the implications of insecure attachment. It also provides guidance on moving children towards security.



## Life Story Books for Adopted and Fostered Children

### Joy Rees

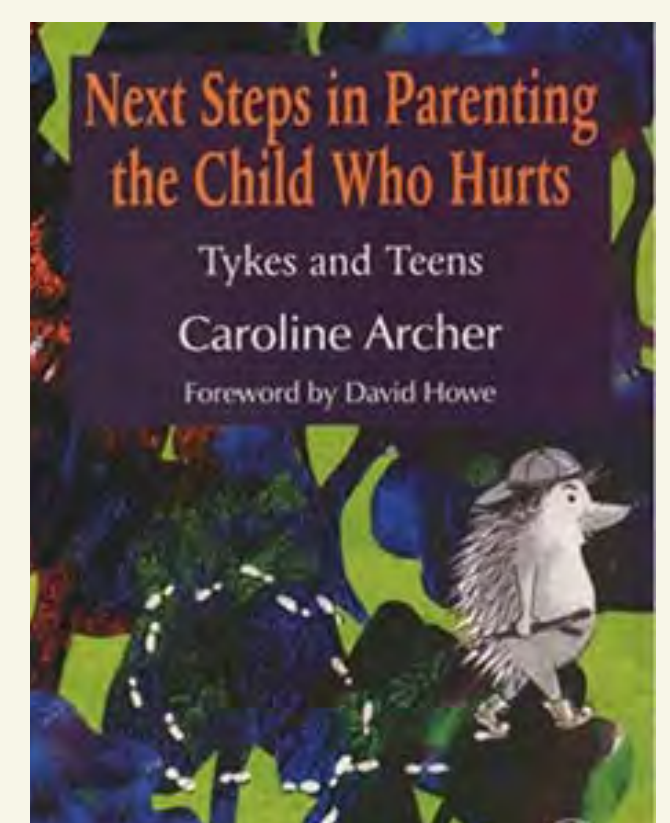
Joy Rees describes the importance of “the essential tool” of a life story book for adopted children. The book describes the importance of attachment, as well as aids to develop a sense of security, enhance self-esteem, and reflect back on the child’s history and build on their identity.



## Next Steps in Parenting the Child who Hurts

### Caroline Archer

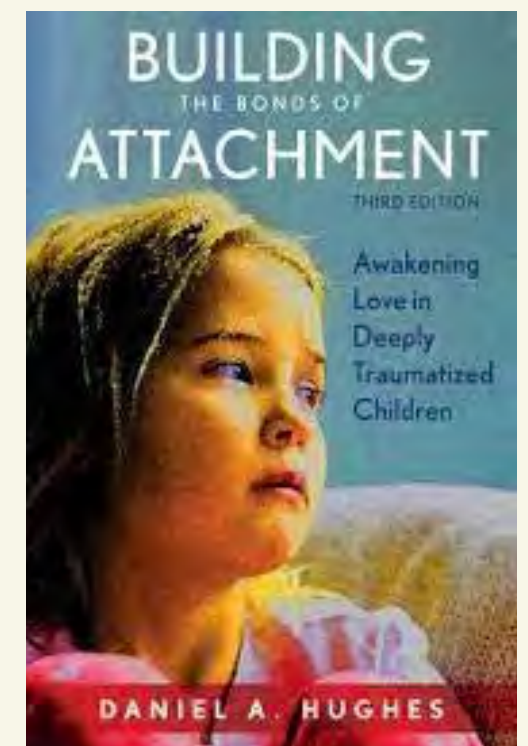
This book provides guidance and support to parents from an adoptive parent with real life experiences. It discusses the effects of trauma in infancy and childhood, and offers techniques for effectively living and working with children who have experienced trauma.



# Building the Bonds of Attachment

## Daniel Hughes

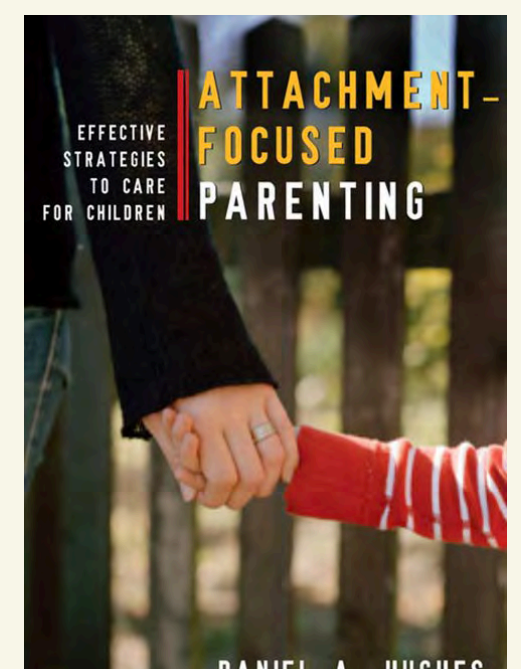
Using a fictional case example of a young girl who experienced years of neglect and abuse, and was removed from her home, this book offers effective methods for facilitating attachment in children who have experienced significant trauma.



# Attachment-focused Parenting

## Daniel Hughes

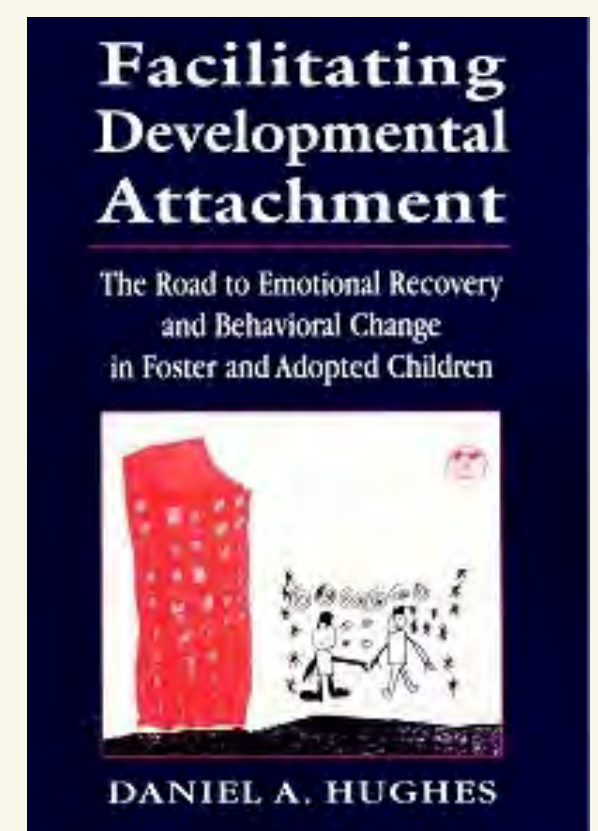
This book focuses on the parent/child relationship and provides practical parenting guidance rooted in years of attachment research.



# Facilitating Developmental Attachment

## Daniel Hughes

This book provides information on how to successfully support emotional and behavioral difficulties rooted in insecure early attachments. It addresses the emotional difficulties of many foster and adopted children whose early attachment experiences were disrupted due to neglect and abuse.

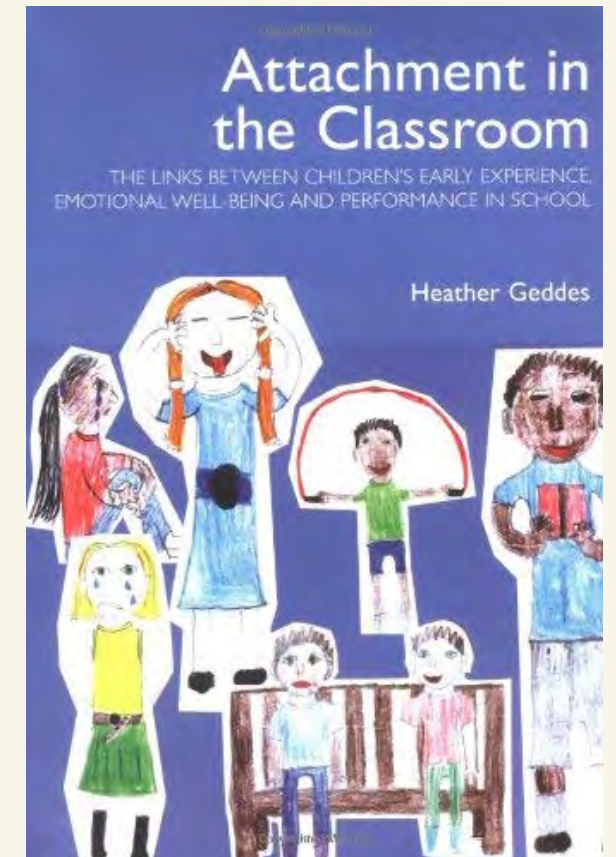




# Attachment in the Classroom

## Heather Geddes

This practical guide for teachers and school staff combines the fundamentals of attachment theory with teacher-based examples to provide practical interventions which can be used in the classroom with children who present with challenging behaviours during learning.



# Inside I'm Hurting

## Louise Michelle Bomber

This book provides strategies and tools informed by attachment theory which can be used within the classroom. It explores how attachment influences a child's ability to learn and the importance of school staff being 'an additional attachment figure' in school.

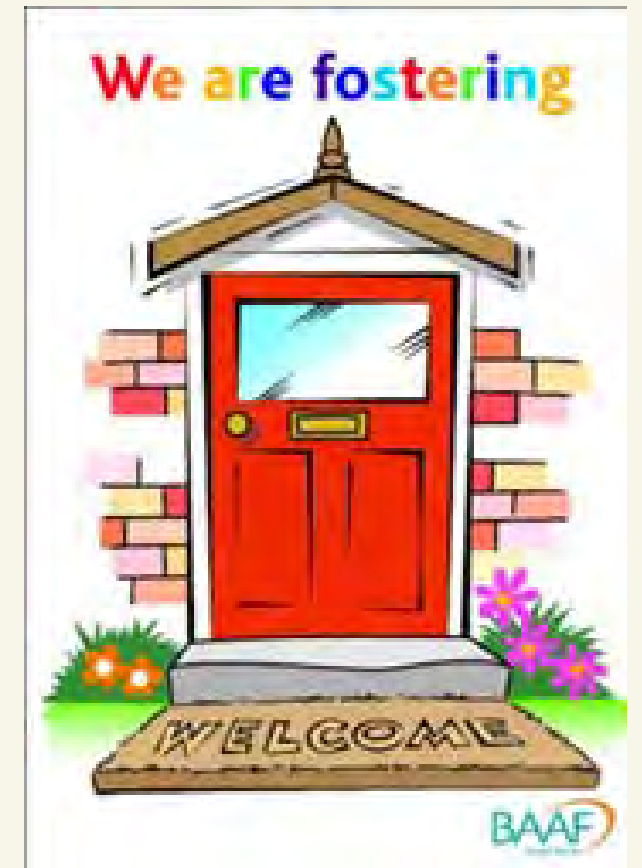




## For Children

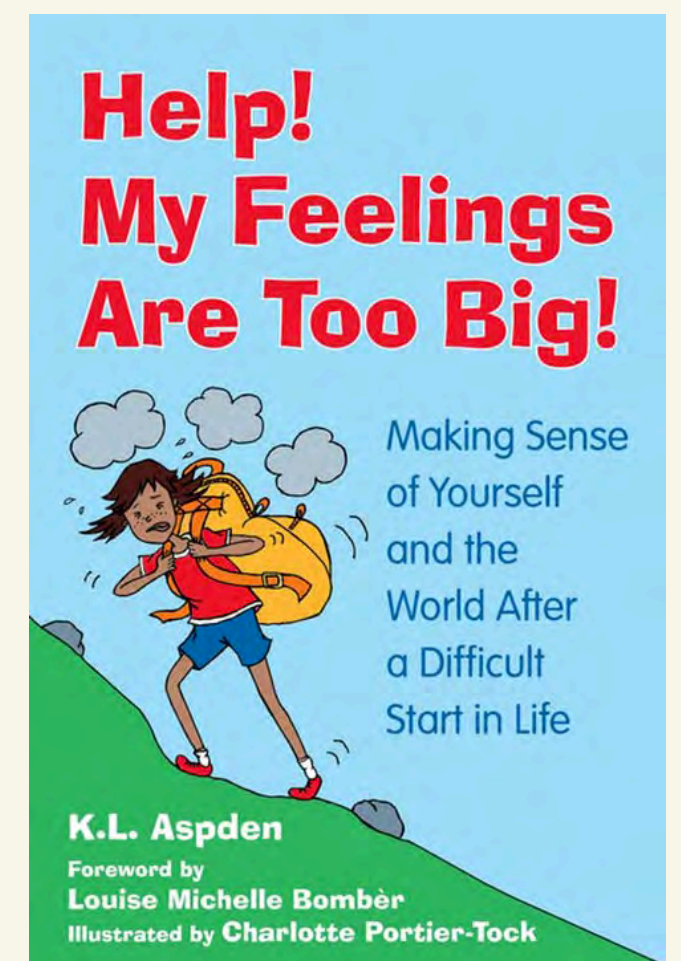
### We Are Fostering Jean Camis

We are fostering is a workbook for children of parents who foster. This workbook offers an opportunity to; promote discussion and conversation in the child's own home, explore how the child feels, and ensure involvement and inclusion from the beginning of the fostering process. This workbook can be completed by the child with the help of a caregiver.



### Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life K.L. ASPden

Emotions are tricky. This book will help explain that there are always good reasons why a person feels the way they do. It will help children learn about emotions like anxiety, how they can live with these emotions, and how caregivers can help a child build a calm, strong place inside themselves!

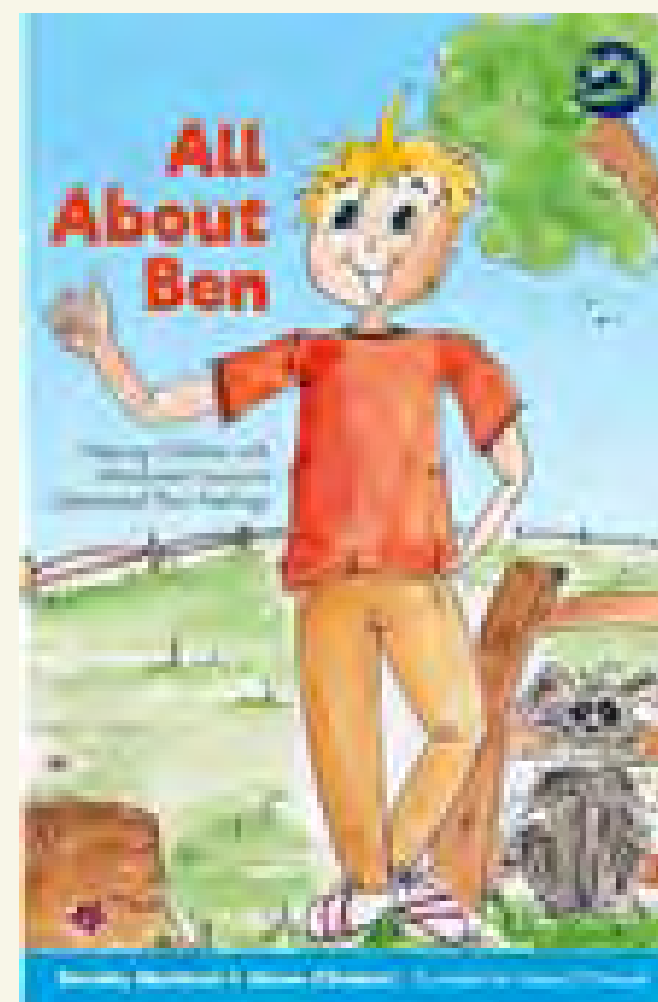




# All about Ben: Helping Children with Attachment Issues to Understand Their Feelings

Dorothy Markham & Aileen O'Donnell

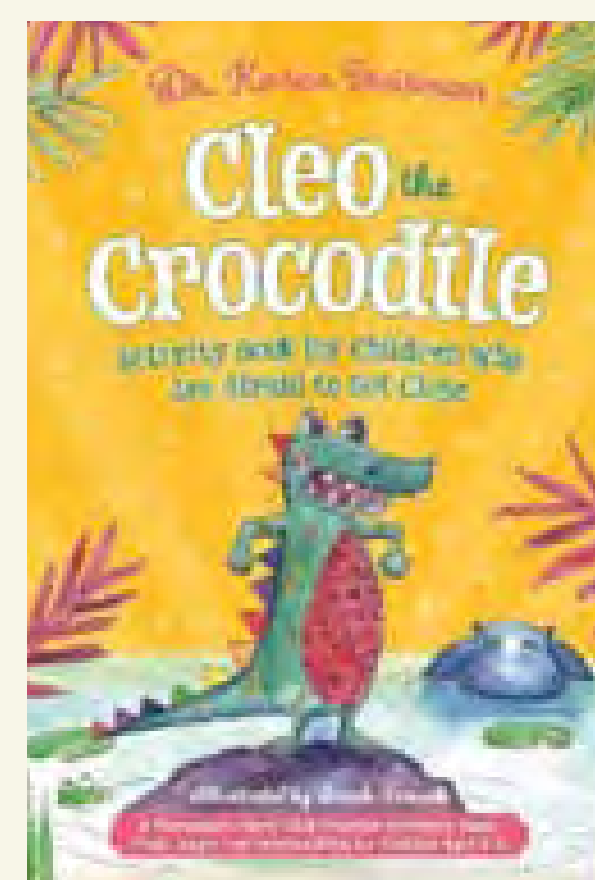
This story helps children aged 5+ who have insecure attachments, to understand their feelings, open up to a caring adult and learn how to choose positive behaviours. It includes activities to help children to talk about their feelings.



# Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close

Dr. Karen Treisman

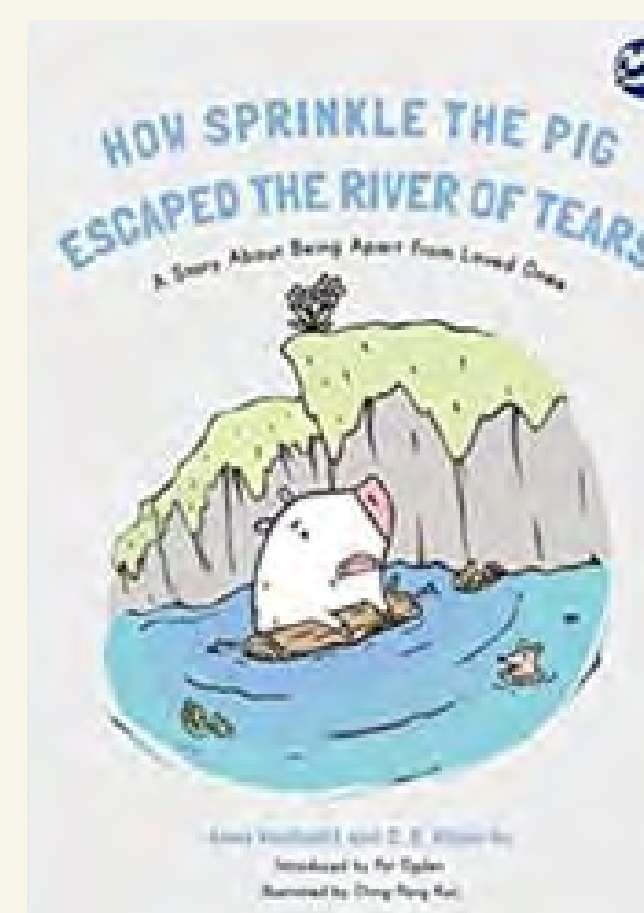
This illustrated therapeutic story is designed to help children aged 5-10 explore feelings of anger, relationships, rejection and trust. It includes activities and worksheets for children as well as strategies for caregivers to support them.



# How Sprinkle the Pig Escaped the River of Tears: A Story about Being Apart from your Loved Ones

Anne Westcott

This illustrated, child-friendly book explores the difficulty children can experience when separating from their current life and home and moving to a new home such as foster care. The story addresses the feelings of loss and sadness and the bravery of being with those emotions. It includes suggestions for adults on how to support the child.





# ANGER

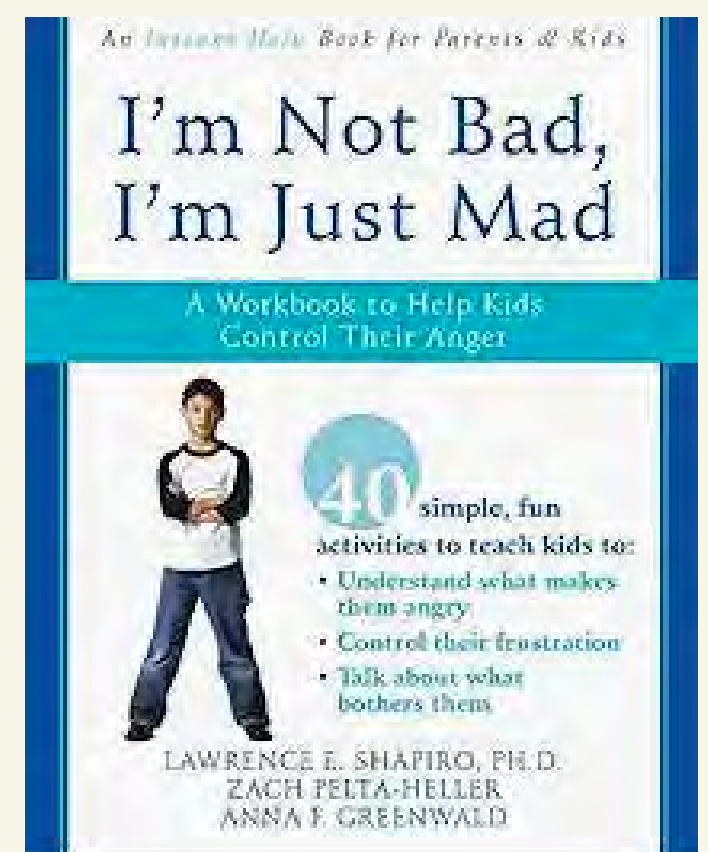


## For Parents

### I'm Not Bad, I'm Just Mad

Lawrence Shapiro, Zack Pelta-Heller & Anna F Greenwald

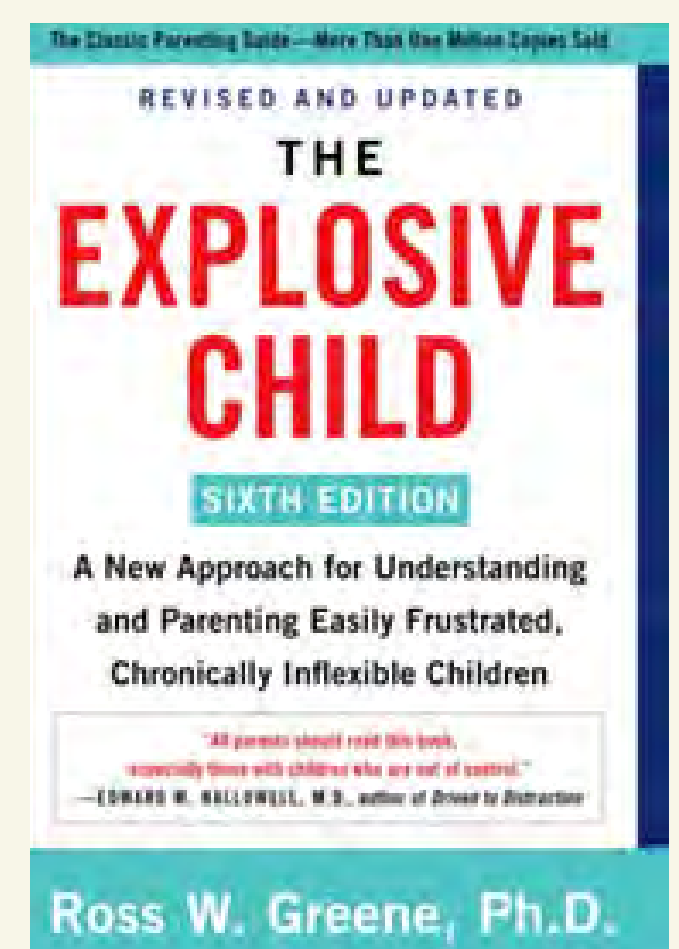
This book contains activities for issues such as recognising anger triggers and better problem solving, as well as communication tips for defusing conflict before it gets out of hand. The fun activities will help children talk about their feelings and learn to control them. The book also explores lifestyle issues such as sleep, that can impact on emotions such as anger.



### The Explosive Child

Ross Greene

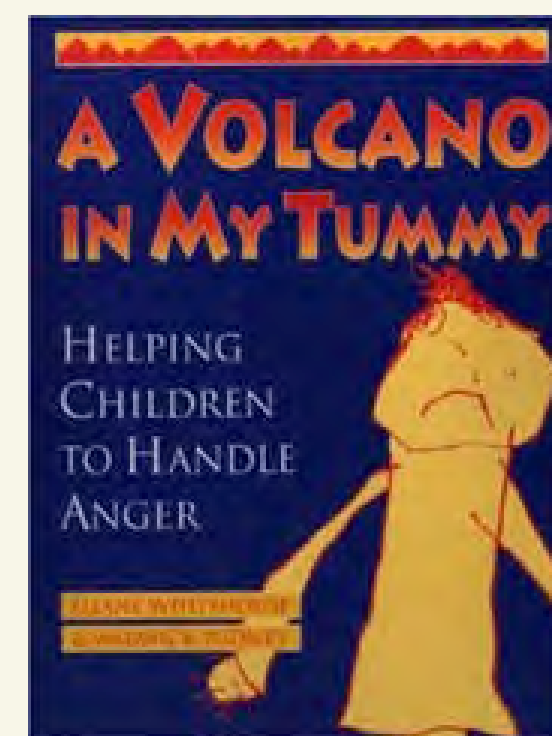
This book provides a new lens through which to understand and parent children who exhibit anger, temper and other challenging behaviours. Rather than relying on rewards or punishments, the Collaborative and Proactive Solutions (CPS) model helps parents and children collaborate on solving the problems that cause concerning behaviours.



# A Volcano in my Tummy

Eliane Whitehouse & Warwick Pudney

An accessible resource book for teachers, parents and all who care for children, it is full of stories, and easy-to-use games and exercises designed to encourage children to be aware of their anger and to deal with it constructively.

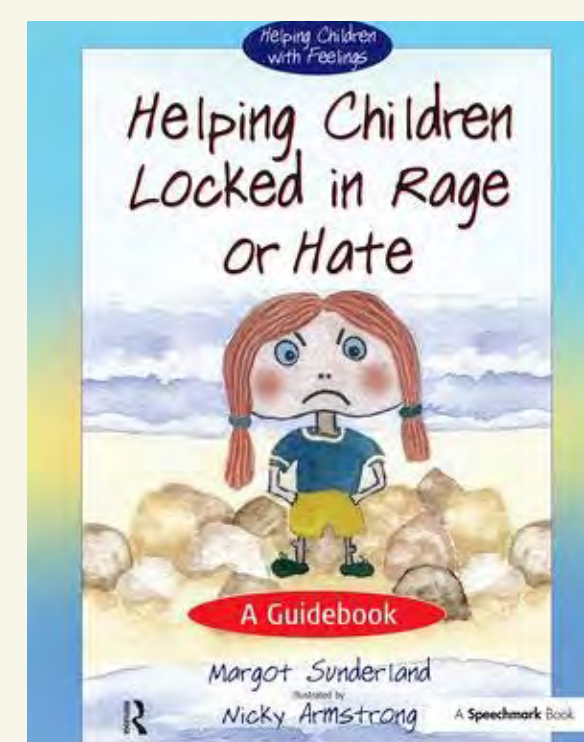


←-----→

# Helping Children Locked in Rage or Hate

Margot Sunderland

This practical guidebook supports teachers, parents and professionals to help children aged 4-12 connect with unresolved feelings that typically present as anger or aggression. It has a companion children's book - *How Hattie Hated Kindness*.

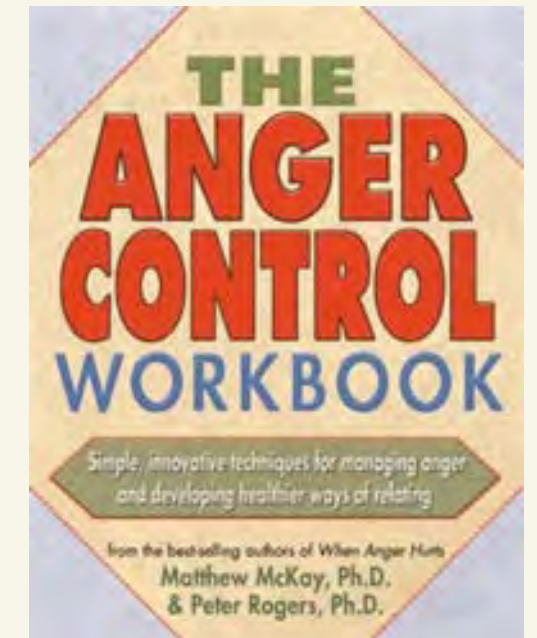




## For Teenagers

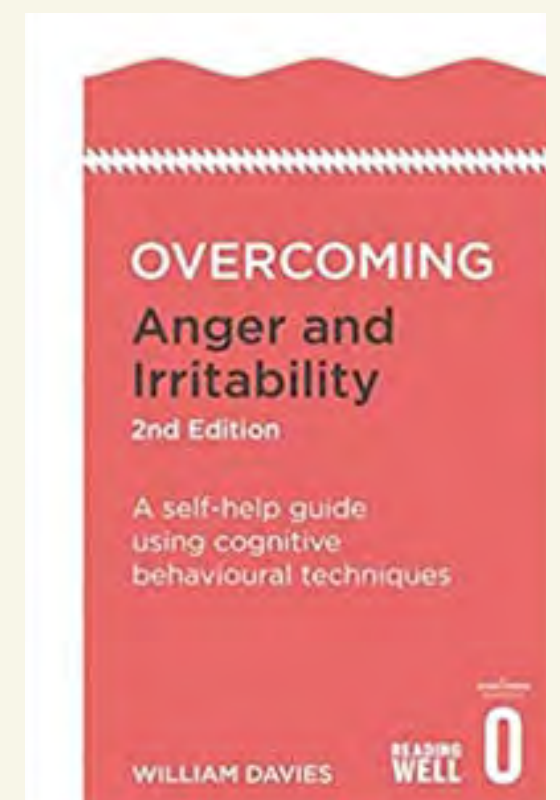
### The Anger Control Workbook Matthew McKay & Peter Rogers

This workbook explains how anger affects the body physically and emotionally. It provides coping behaviours and strategies to help you gain control over anger in day-to-day life.



### Overcoming Anger and Irritability: A self-help guide using Cognitive Behavioural Therapy William Davies

Best suited for older adolescents, this self-help guide uses clinically proven techniques to help overcome anger and irritability affecting your life and relationships. It explains what provokes us to feel angry and provides techniques to manage this.



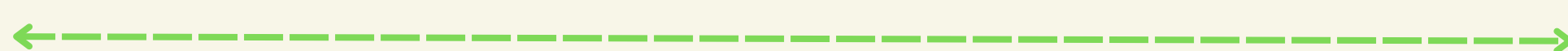
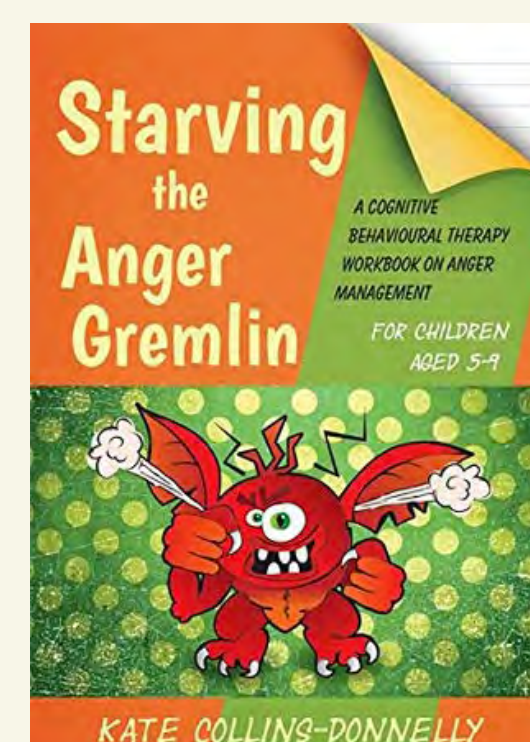




## For Children

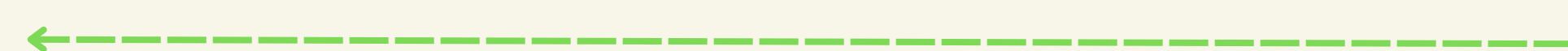
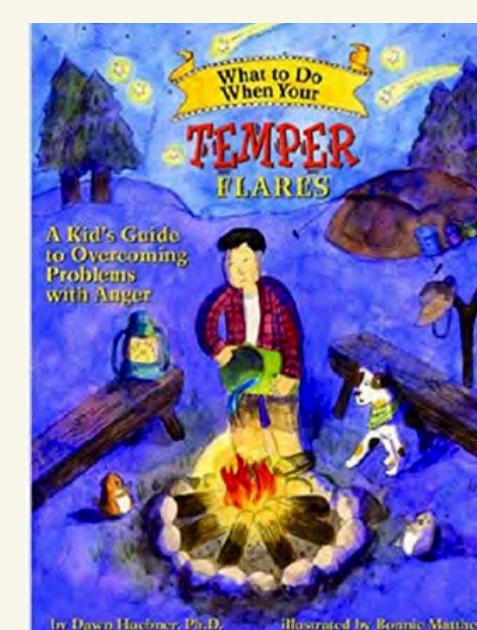
### Starving the Anger Gremlin Katie Collins-Donnelly

This imaginative workbook introduces the anger gremlin: a troublesome pest whose favourite meal is your anger. Based on cognitive behavioural therapy, this workbook supports young children to control their anger effectively.



### What to do When Your Temper Flares Dawn Huebner

This book guides children and their parents through cognitive-behavioral techniques to treat problems with anger. This interactive book teaches children how to cool angry thoughts and control angry actions.



### How Hattie Hated Kindness Margot Sunderland

The companion children's book to *Helping Children Locked in Rage or Hate*. It tells the story of a little girl who hates love and loves hate, and she tries to figure out why this is. This story supports children to understand difficult emotions.





# ANXIETY



## For Parents

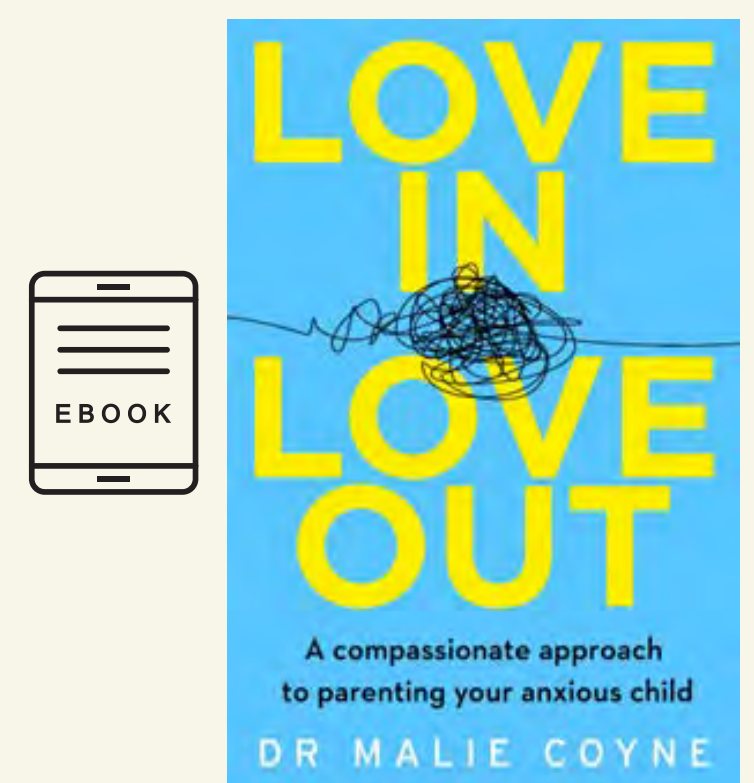
### A Short Introduction to Helping Young People Manage Anxiety Carol FitzPatrick

An easy to read guide that provides information about the types of anxiety and why some people experience anxiety. Case studies are used to show the effects of anxiety in real life situations. It also includes self-help tips and advice for supporting young people.



### Love In, Love Out: A Compassionate Approach to Parenting your Anxious Child Malie Coyn

This book helps parents understand and recognise anxiety their children may be experiencing and help them with strategies to manage that anxiety.

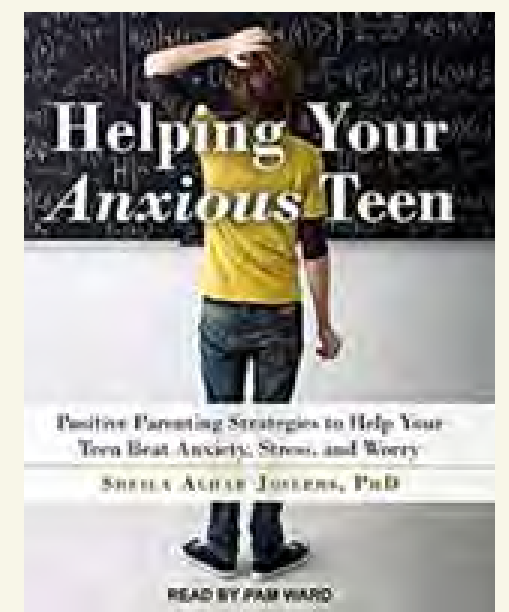




## Helping your Anxious Teen

Sheila Achor Josephs

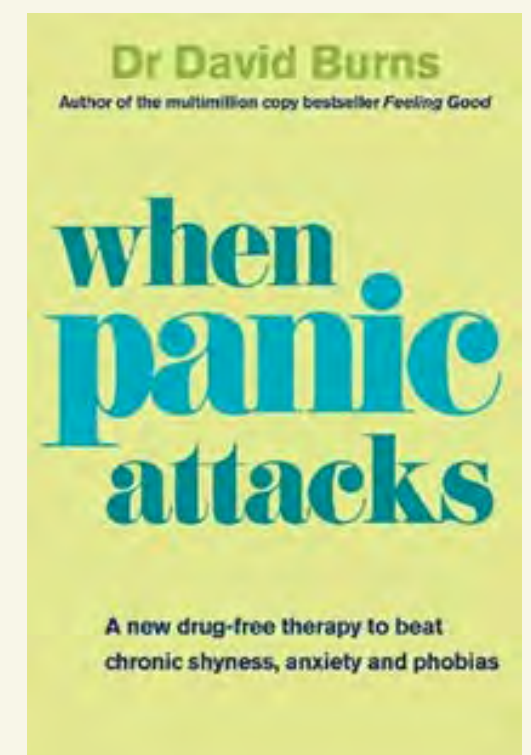
This book provides evidence based techniques to help teens overcome fearful thinking, stop the cycle of chronic worry, and stay calm even when life is stressful.



## When Panic Attacks: A New Drug-free Therapy to beat chronic shyness, anxiety and Phobias

David Burns

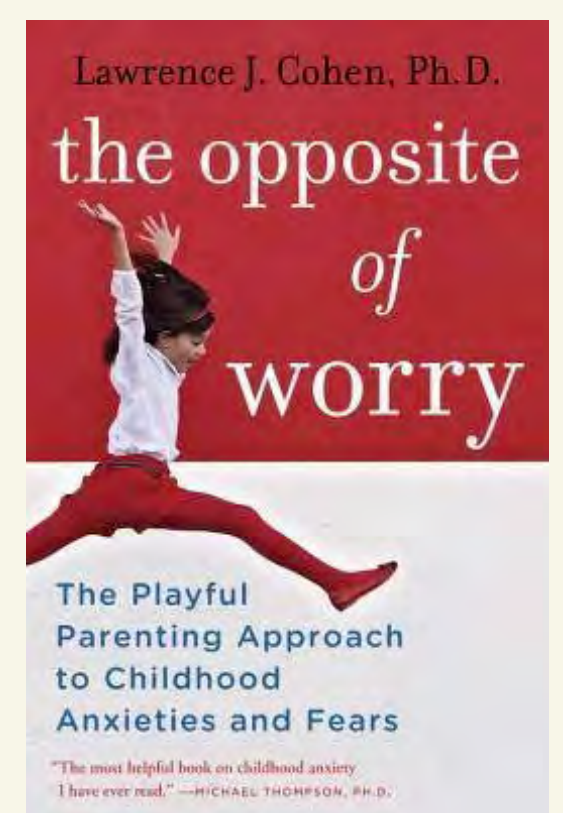
This books provides tools that can be used by anyone to defeat different types of anxiety and to overcome chronic shyness without the use of medication.



## The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears

Lawrence J. Cohen

This book provides a special set of tools to handle childhood anxiety. It offers simple, effective strategies that build parent/child connection through fun, play, and empathy.

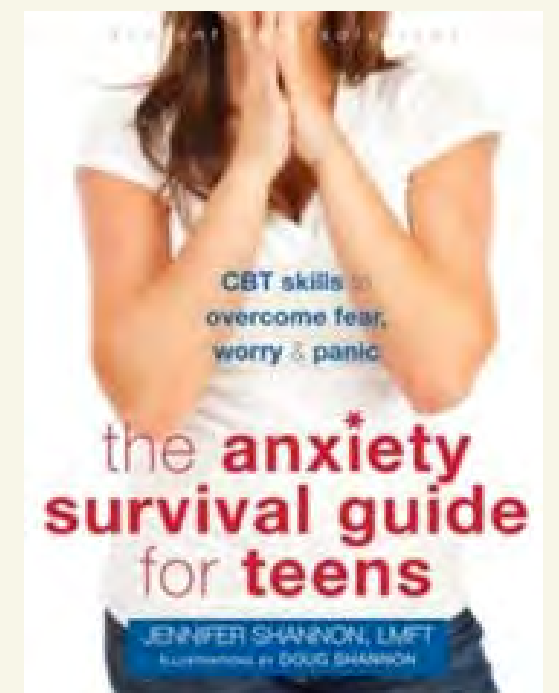




## For Teenagers

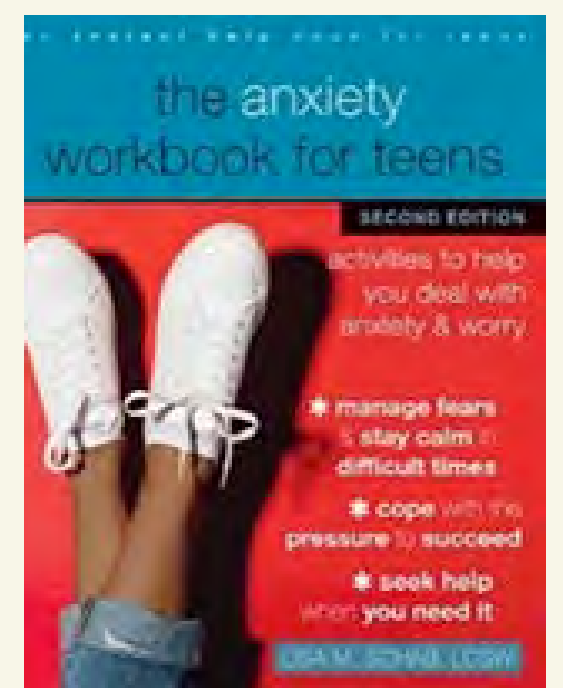
### The Anxiety Survival Guide for Teens Jennifer Shannon

This survival guide provides stories and illustrations to help teens recognise the thoughts that lead to anxiety, worry and panic. Additionally, it provides simple and practical tools to handle anxiety provoking situations and thoughts.



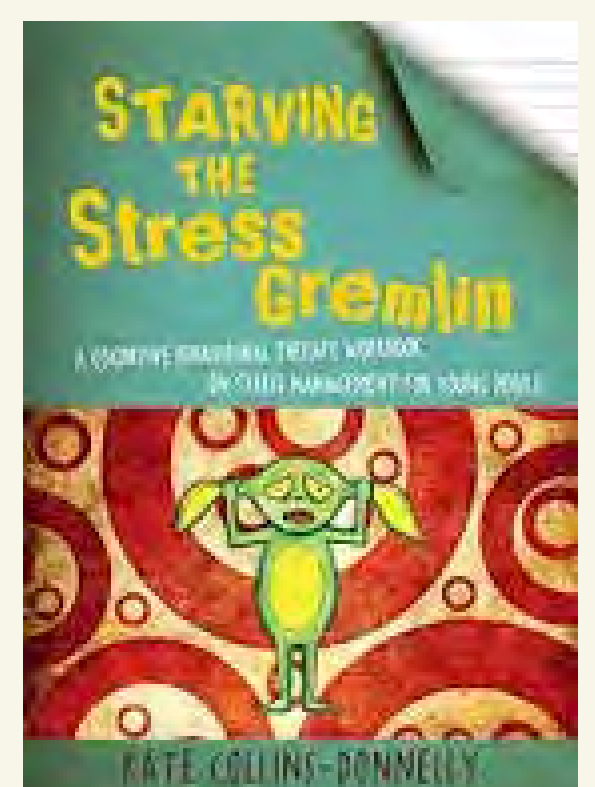
### The Anxiety Workbook for Teens Lisa M. Schab

This workbook provides tools and strategies for managing anxiety, so you can reach your goals and be your best. You'll find skills to help handle school pressures and social media overload, develop a positive self-image, and recognize anxious thoughts.



### Starving the Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Stress Management Kate-Collins Donnelly

The Gremlin feeds on anxiety and as he gets bigger you get more anxious. Starve the gremlin and watch your anxiety shrink too! This book helps young people understand and manage the different types of anxiety, using fun activities and real-life stories.

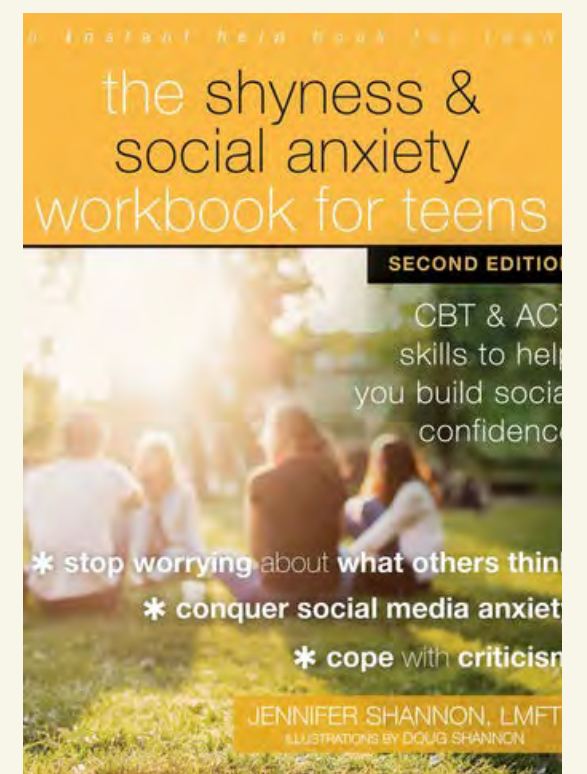




# The Shyness and Social Anxiety Workbook for Teens

Jennifer Shannon

This workbook offers a program based on cognitive behavioral therapy and acceptance and commitment therapy to help teens break free from social anxiety and stop worrying about what others think. The illustrations, exercises, and worksheets in this book address all aspects of social anxiety to build confidence.





## For Children

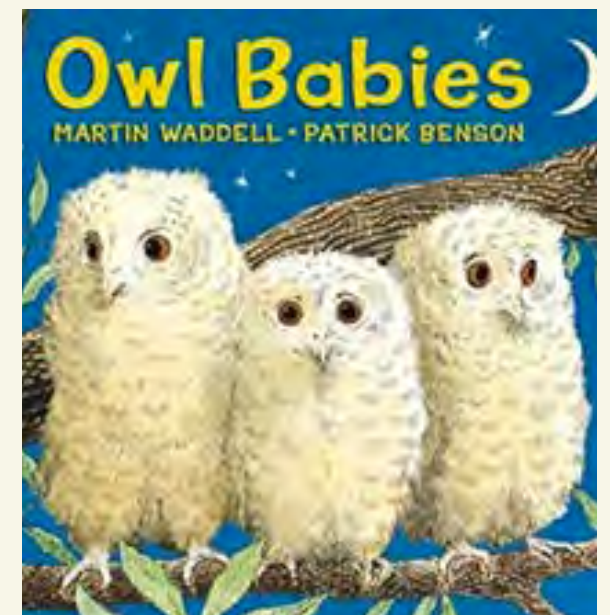
### When my Worries Get Too Big! Kari Dunn Buron

This book provides evidence based, easy and child-friendly ideas and activities to help in managing their anxiety. It also includes suggestions for parents and teachers, to support the child.



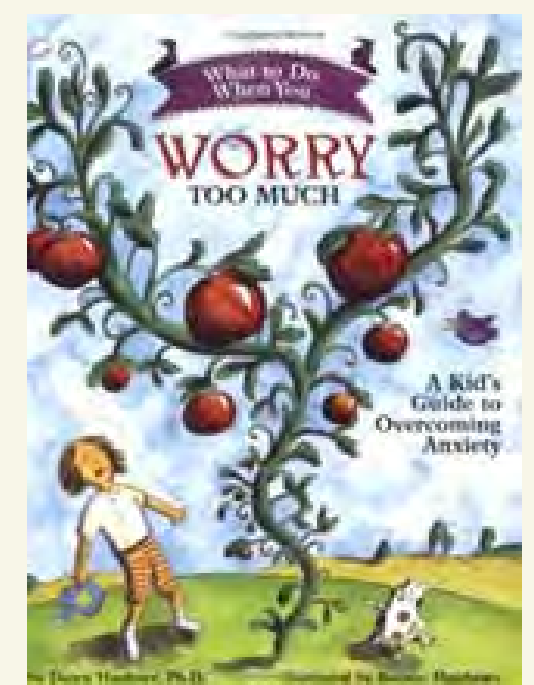
### Owl Babies Martin Waddell

An illustrated story for young children about normal worry and anxiety that can arise when separated from a parent for a short time. The story ends with the key message that the parent does come back.



### What to do when you Worry Too Much Dawn Hueber

This book provides evidence based, easy and child-friendly ideas and activities to aid in managing anxiety. It also explains anxiety and related behaviours for parents and professionals.





# The Huge Bag of Worries

## Virginia Ironside

This book illustrates how worries can grow out of control and take over. It follows Jenny, a girl who carries her worries around with her until they get too big for her to manage. Jenny gets help and shares her worries which reduces them until they are gone, leaving her feeling much better.



# Bonji and Spotty's Frightening Adventure

Anne Westcott & C.C Alicia Hu

Bonji the rabbit and Spotty the cat have a scary experience while picking flowers in the woods. This therapeutic book encourages children to talk about a scary experience and guides parents on how they can help their child.



# Don't Worry, Be Happy:

## Poppy O'Neill

This book offers a practical guide with Cognitive Behavioural therapy techniques to help children not only talk about their anxiety but also take steps to reduce and eliminate that anxiety with easy and fun activities.

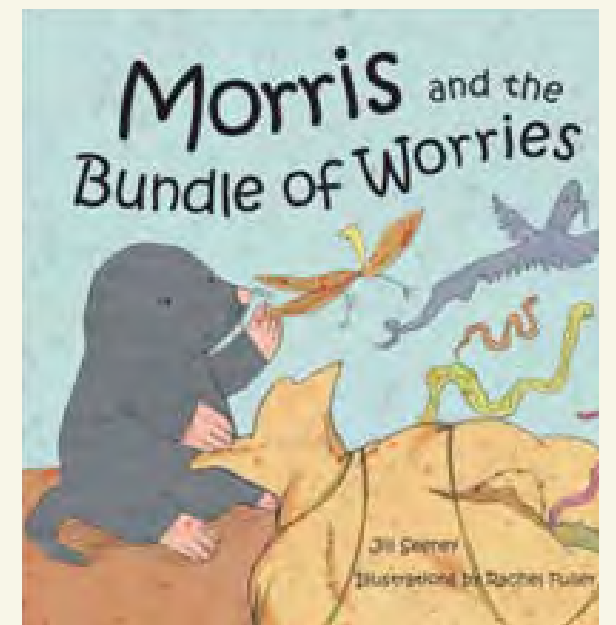




## Morris and the Bundle of Worries

### Jill Seeley

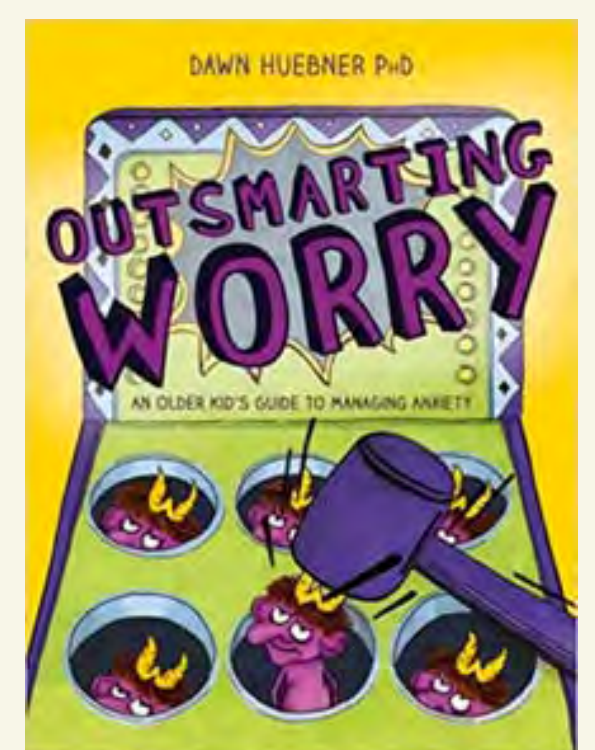
This story for young children describes Morris the mole as he finds out that talking about his problems and facing his worries with the help of others is much more helpful than hiding his fears.



## Outsmarting Worry: An Older Kid's Guide to Managing Anxiety

### Dawn Huebner

Outsmarting worry is for children aged 9-13 years who struggle with unrealistic fears or worries. This book provides knowledge and skills that makes it easier to face and overcome worries and fears.



## The Monster and Me

### Nadiya Hussain

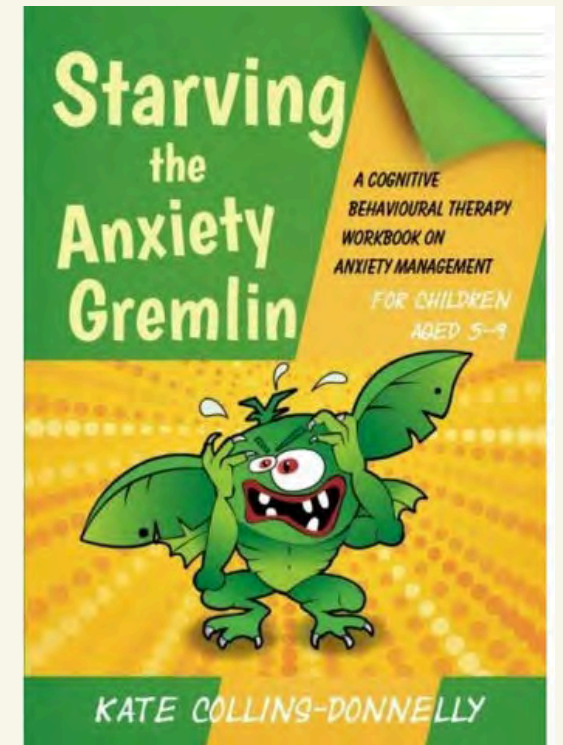
This book tells the story of a young boy whose worry monster follows him around whatever he is doing. Once the boy talks to someone the worry monster gets smaller and doesn't bother him anymore.



# Starving the Anxiety Gremlin

## Kate Collins-Donnelly

Drawing from CBT techniques, this workbook helps children to understand and manage their anxiety. Containing stories, puzzles, quizzes, and colouring, drawing and writing games, this tool is suited for parents to use with children aged 5 to 9 years.



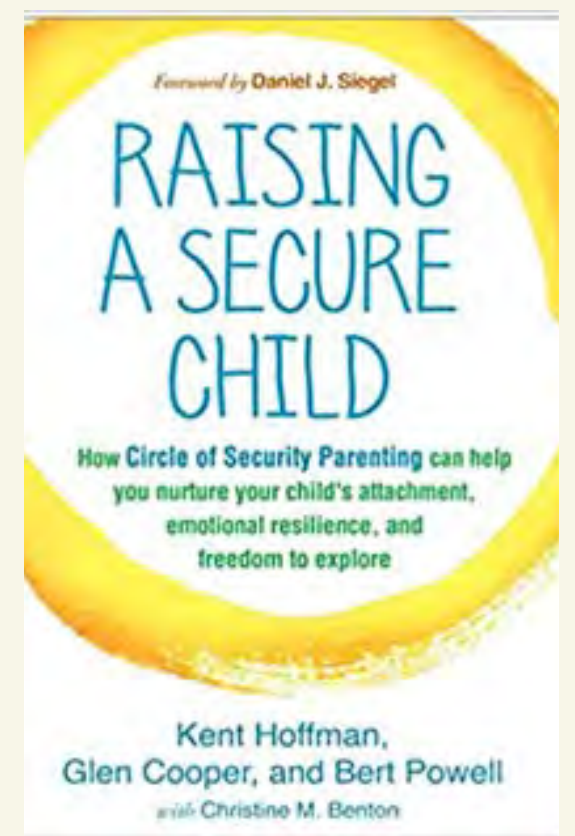
# ATTACHMENT



## For Parents

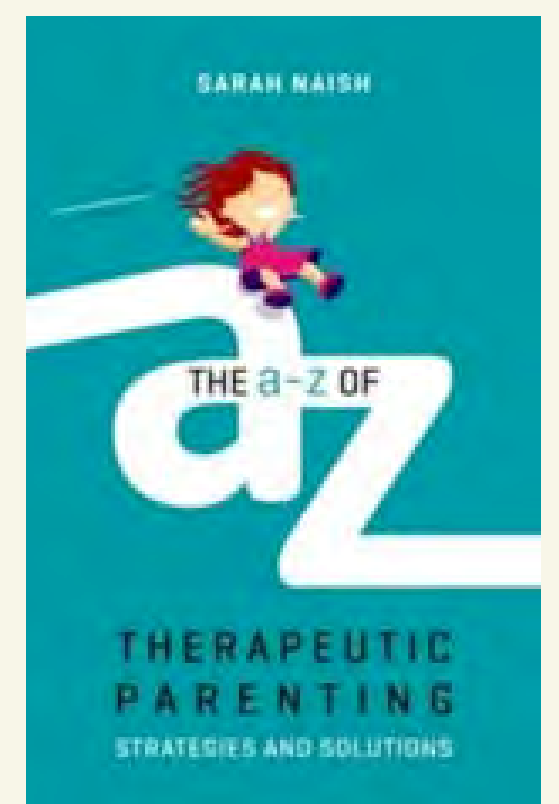
### Raising A Secure Child Kent Hoffman, Glen Cooper & Bert Powell

This book uses stories and practical tools to support healthy attachment. It addresses how to balance being nurturing and protective with promoting your child's independence; what emotional needs a toddler or older child may be expressing through difficult behaviour; and how your own upbringing may impact your parenting style.



### The A-Z of Therapeutic Parenting: Strategies and Solutions Sarah Naish

This book aims to help parents of children with attachment difficulties, or those who have experienced childhood trauma, by helping children make sense of the world. It provides tips and strategies for responding to common issues with children.

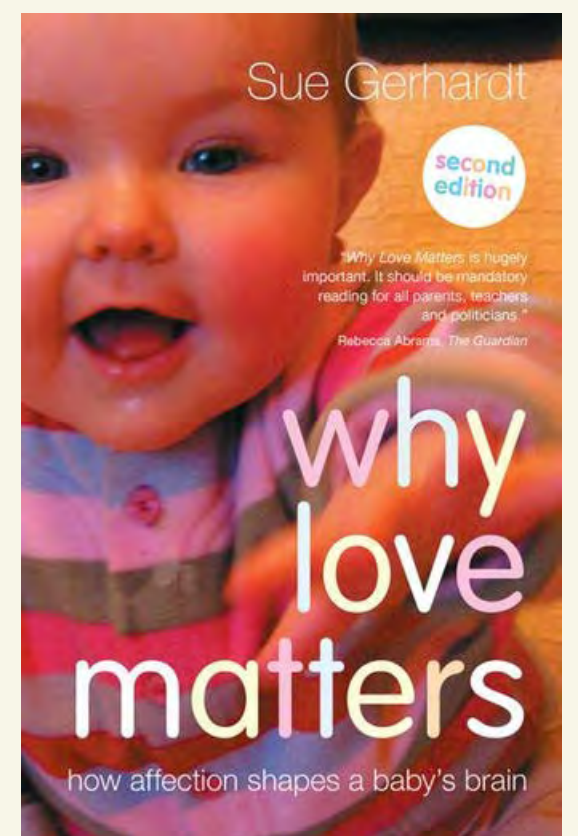




# Why Love Matters: How Affection Shapes a Baby's Brain

## Sue Gerhardt

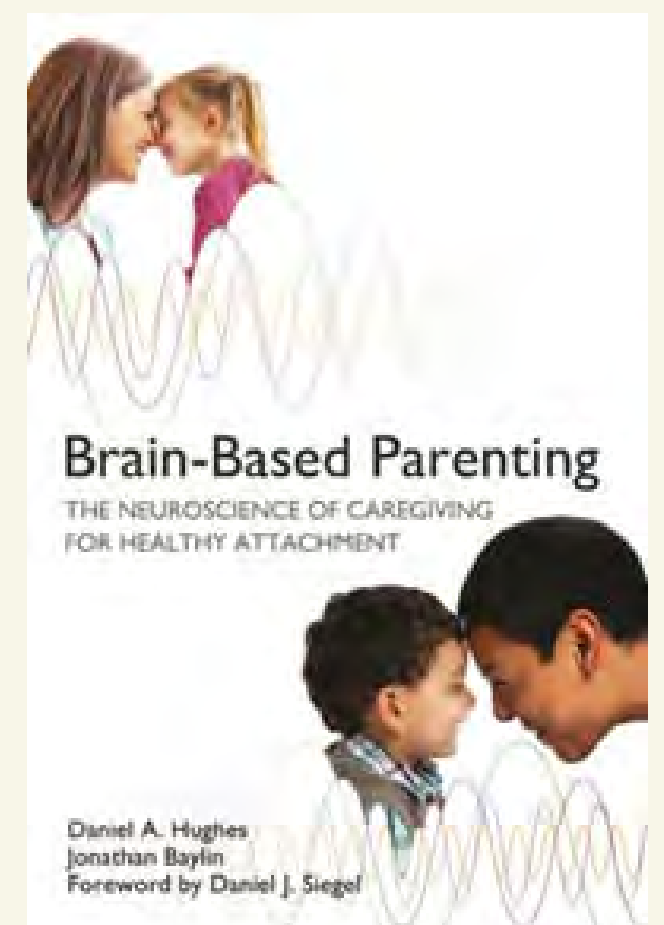
This book explains why loving and nurturing are essential to brain development in the early years of life, particularly to the development of the social and emotional brain systems. It also explores on the wide-ranging effects of early stress on a baby or toddler's developing nervous system.



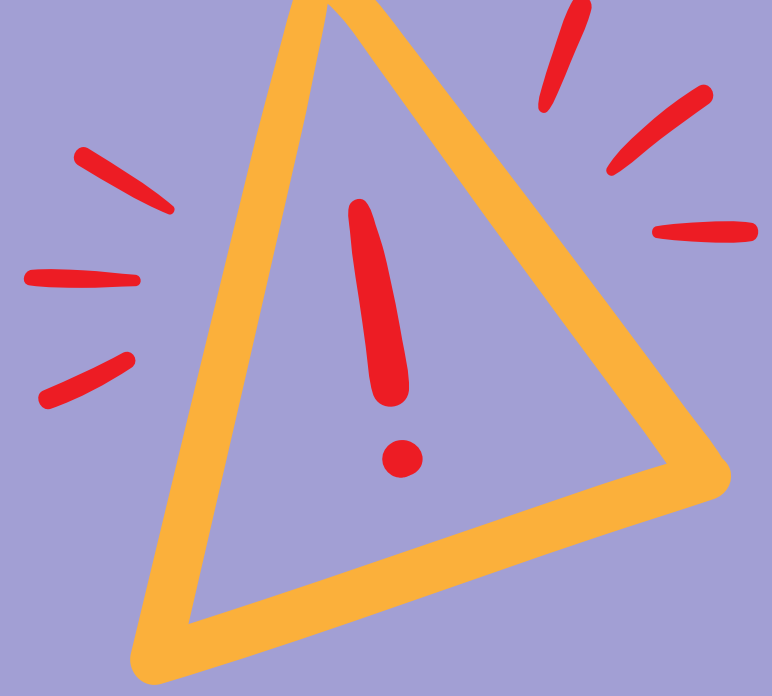
# Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment

## Daniel Hughes & Jonathan Baylin

This book explores a model of how brain mechanisms underlie healthy caregiving and parenting effectiveness. It describes five major caregiving 'systems' of the brain, and explains how we can utilise these systems to facilitate children's development.



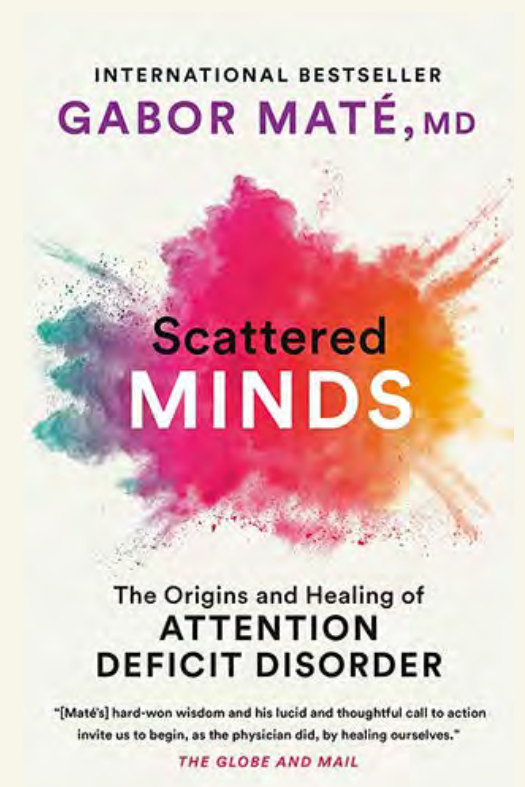
# ATTENTION



## For Parents

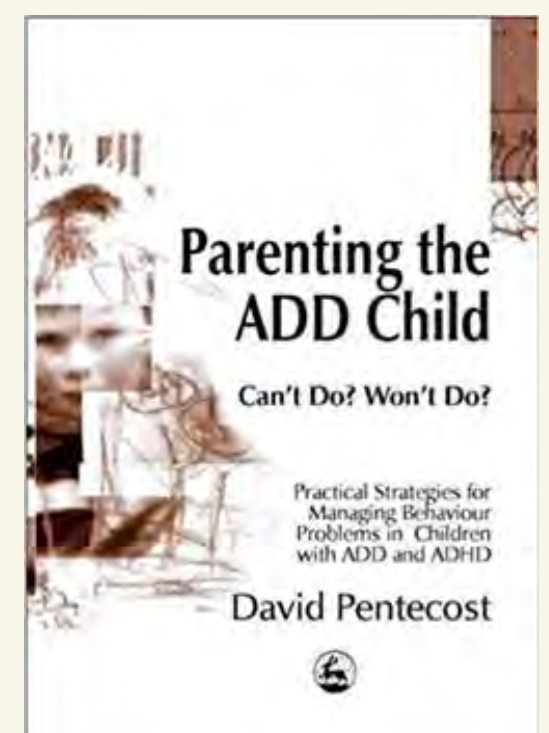
### Scattered Minds: The Origins and Healing of Attention Deficit Disorder Gabor Maté

Written by a doctor who has Attention Deficit Disorder, this book explores the origins of ADD as a developmental delay. It offers guidance to support parents to understand what is less helpful for their ADD children, and for adults with ADD to gain insights into their emotions and behaviors.



### Parenting the ADD Child David Pentecost

This book brings together a variety of tried and tested methods in a unique, comprehensive and accessible format to support, manage and reduce behaviour problems associated with ADD and ADHD

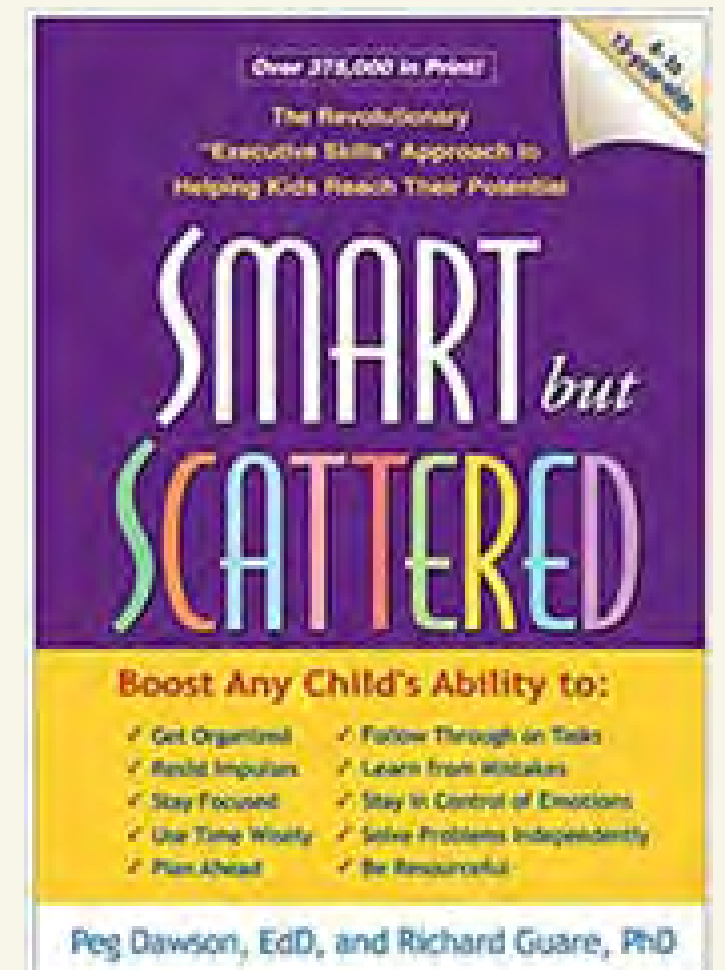




# Smart But Scattered

## Peg Dawson & Richard Guare

This book is designed for parents of children aged 4-13 years. It includes easy steps to support parents in identifying their child's strengths and weaknesses and how problem-solving can be included in daily routine. It includes downloadable worksheets and activities that can help to boost specific skills.

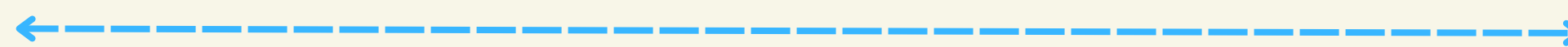
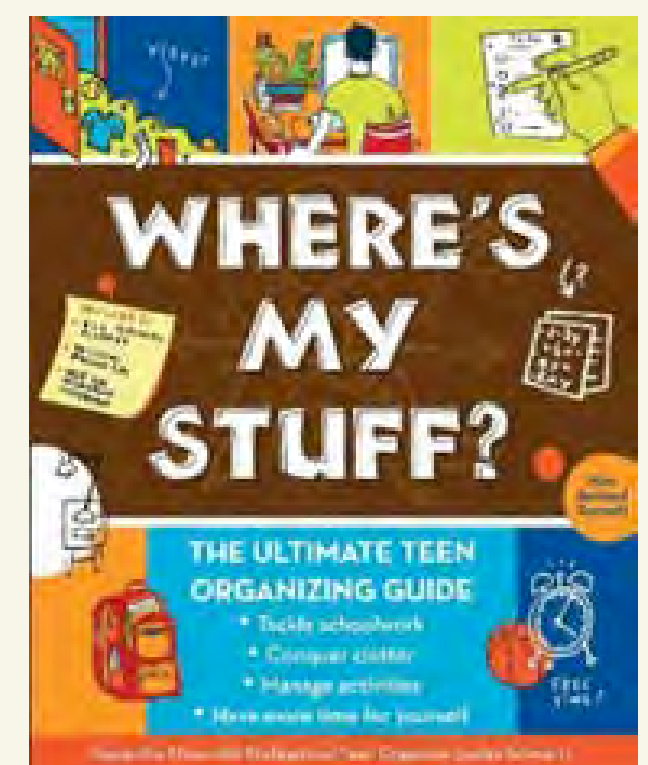


## For Teenagers

# Where's My Stuff?

## Samantha Moss & Lesley Schwartz Martin

This book shows how to use organisation to bring structure to schoolwork, quiet time, and the child's bedroom. It includes innovative notebook systems, backpack maintenance tips, digital organisation ideas, and suggestions for managing your schedule.



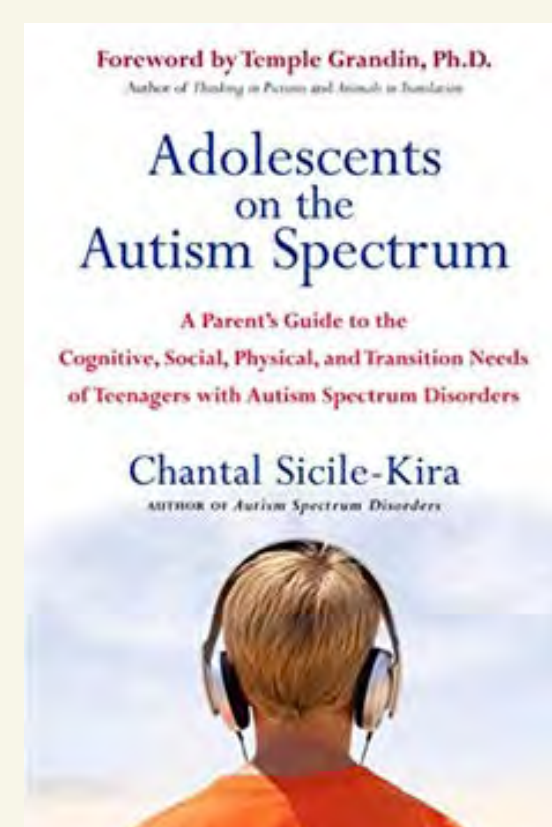
# AUTISM SPECTRUM DISORDER



For Parents

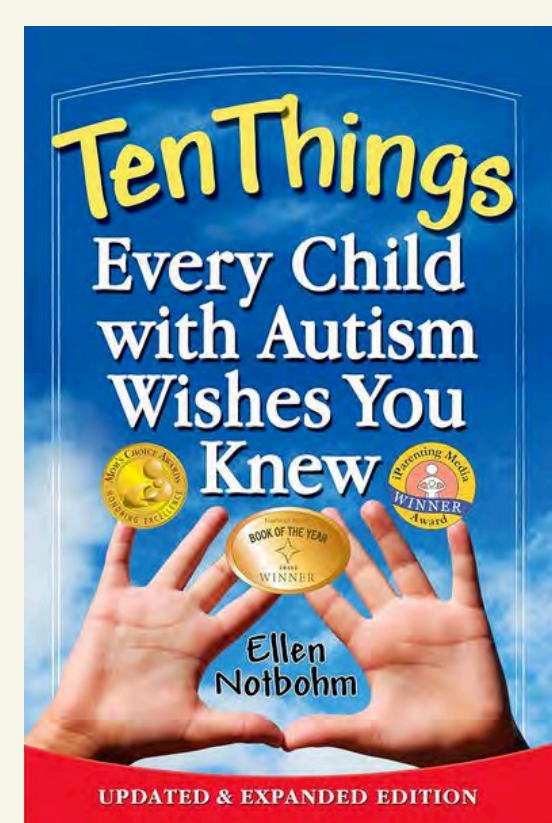
## Adolescents on the Autism Spectrum Chantal Sicile-Kira

This book includes practical strategies and clear examples for supporting children with autism through the challenges and changes of the teenage years and beyond. It offers advice on preparing for life after secondary school, teenage emotions, puberty, and relevant health risks.



## Ten Things Every Child with Autism Wishes You Knew Ellen Notbohm

Framed with both humor and compassion, this book describes ten characteristics that aim to elucidate but not define children with autism. Being a parent of children with autism and ADHD, the author highlights the critical roles adult perspectives play in guiding the child with autism to a meaningful, self-sufficient, productive life.



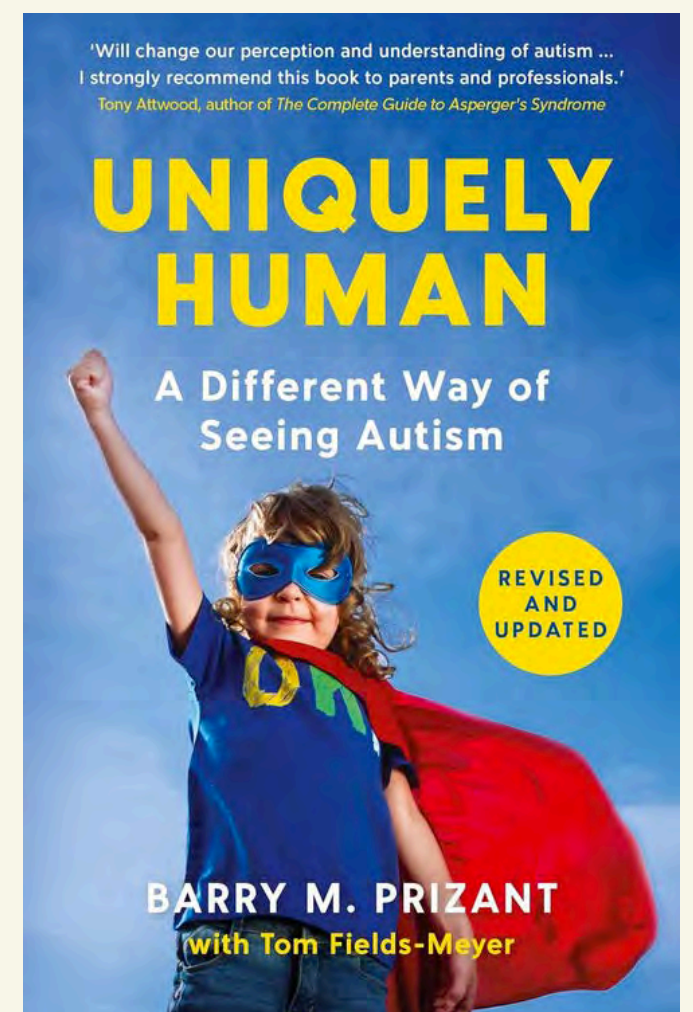


# Uniquely Human

## A Different Way of Seeing Autism

Barry M. Prizant

This book offers a compassionate and insightful perspective of autism, and seeks to enhance the abilities, to teach new skills, to help individuals build on their strengths and to develop coping strategies to achieve a better quality of life. With a wealth of inspiring stories and practical advice from thousands of autistic people and their families this is a ground-breaking book. An essential reading for anyone who cares for people on the autism spectrum.







## For Teenagers

### The Social Success Workbook for Teens

Barbara Cooper & Nancy Widdows

This workbook provides guidance on how to get along with others and build friendships and confidence despite the challenges you may face. It contains skill-building activities that help you to recognise and use your strengths and read social cues.



### The Autism Playbook for Teens

Irene McHenry & Carol Moog

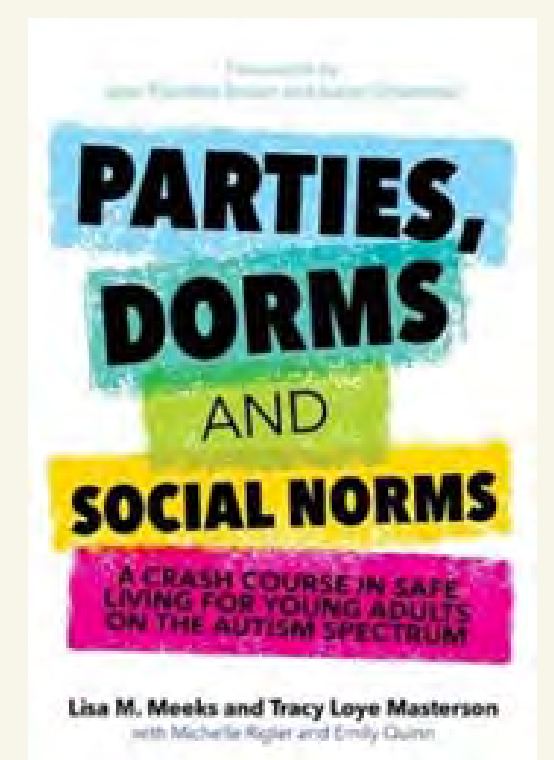
This book contains mindfulness-based activities to help a young person find calm, build friendships, and increase independence. It utilises a strengths-based approach to help teens on the autism spectrum to manage emotions and develop social skills.



### Parties, Dorms and Social Norms

Lisa M. Meeks & Tracy Loye Masterson

This book contains helpful information and real-life examples on various topics that may be relevant to teens with Autism Spectrum Disorder. It includes topics such as safety, relationship boundaries, emotional health, alcohol and drugs, and online safety.

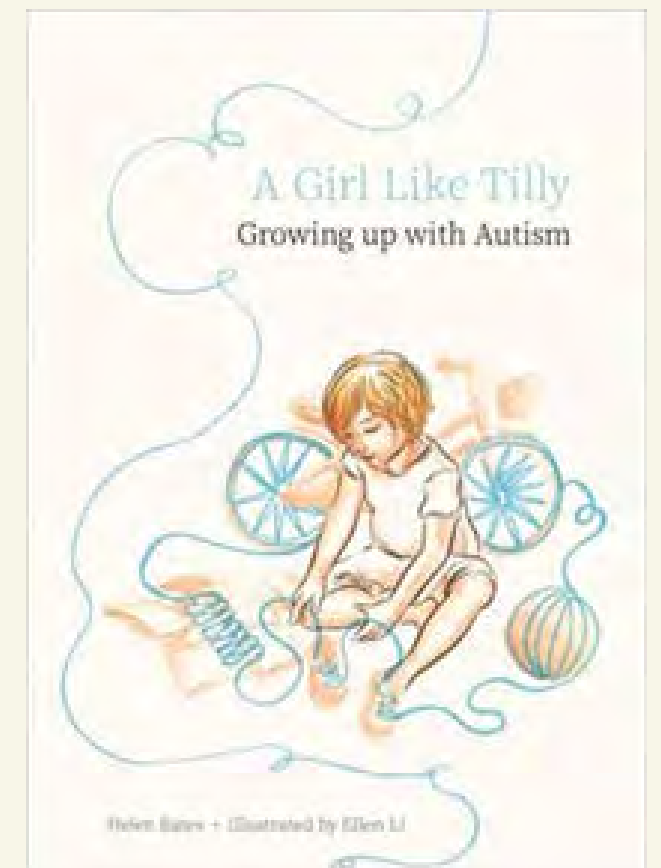




## For Children

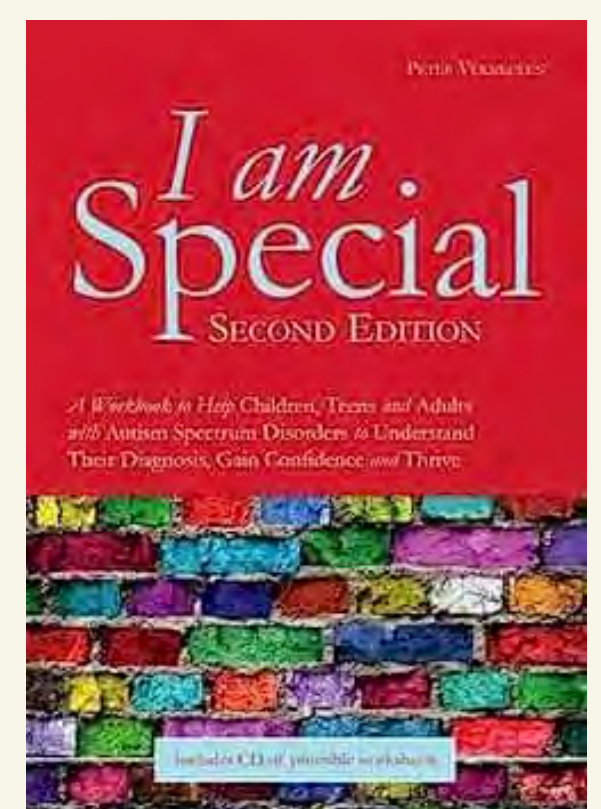
### A Girl like Tilly: Growing up with Autism Helen Bates

This vivid story maps the childhood of a young girl with Autism and her journey as she grows up. It acts as an accessible tool for children with Autism aged 7-13 years and their families, teaching readers how to better understand female autism.



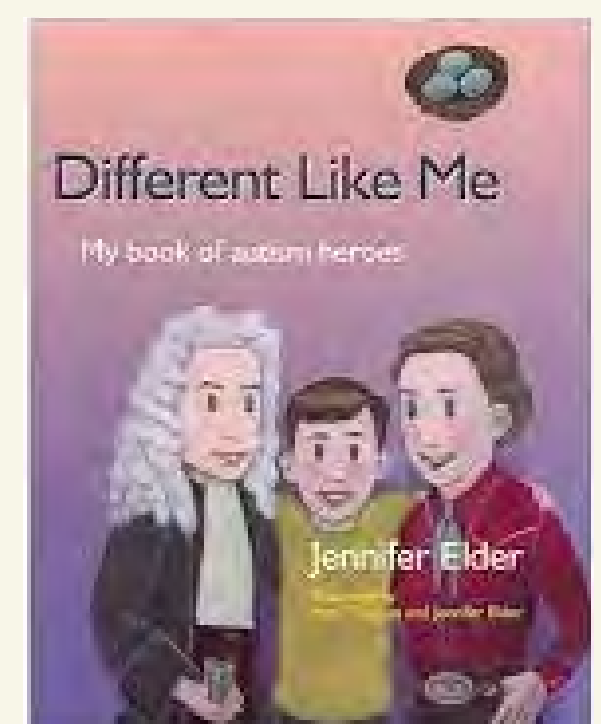
### I Am Special Peter Vermeulin

This workbook is designed for young people with autism to help them gain an understanding of their diagnosis. It helps young people to develop confidence through worksheets related to sensory issues, physical characteristics, and future plans.



### Different Like Me: My Book of Autism Heroes Jennifer Elder

In this book, aimed at 8-12 year olds, a young boy recounts the achievements of historical greats such as Albert Einstein and Lewis Carroll, who all may have had autism.





# BULLYING

#HATE

#BULLY



## For Parents

### Bully Proof Kids: Practical tools to help your child grow up confident, resilient and strong Stella O'Malley

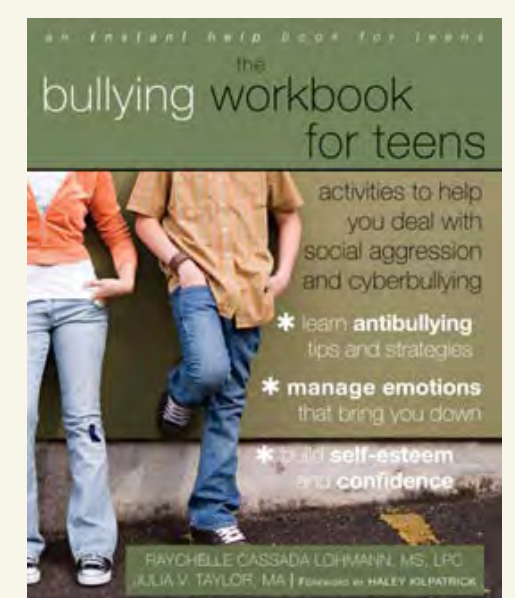
This book offers practical strategies for parents to help them empower their children and teenagers to deal confidently with difficulties in relation to bullying, cyberbullying, and social exclusion, while also providing information on how to recover from the effects of bullying with resilience and inner strength.



## For Teenagers

### The Bullying Workbook for Teens Julia Taylor & Raychelle Cassada Lohmann

This interactive workbook uses a cognitive behavioural therapy approach to aid adolescents in navigating through the difficult emotions they may experience as a result of bullying. The activities in this workbook are aimed at building self-confidence, reframing negative thoughts, and learning how to ask for help when bullying gets out of control.



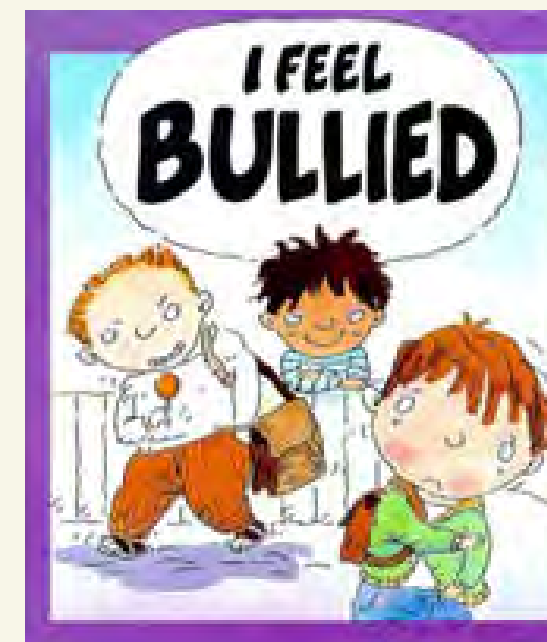




## For Children

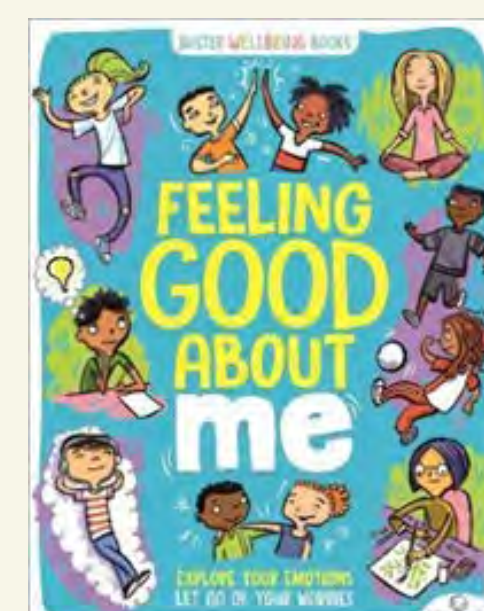
### I Feel Bullied Jen Green

This illustrated book provides an introduction to the subject of bullying for young children. It provides many different scenarios of bullying that can happen for children, while also describing how this might make them feel, and the different ways bullying can be tackled.



### Feeling Good about Me Ellen Bailey

This workbook teaches children about self-esteem and bullying, through fun puzzles and simple activities. It can be used both at home and in school.

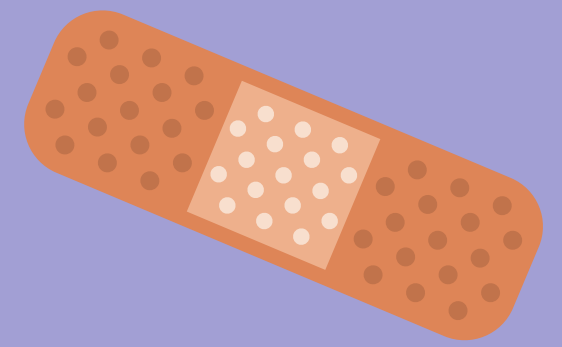


### Bullies, Bigmouths and So-Called Friends Jenny Alexander

This book is a relatable guide suitable for older children and adolescents who are facing a hard time with peers. Filled with witty illustrations and common scenarios, this book provides useful strategies on how to build resilience in the face of bullying.



# CHRONIC PAIN AND ILLNESS



For Parents

## Managing Your Child's Chronic Pain Emily Law & Tonya Palermo

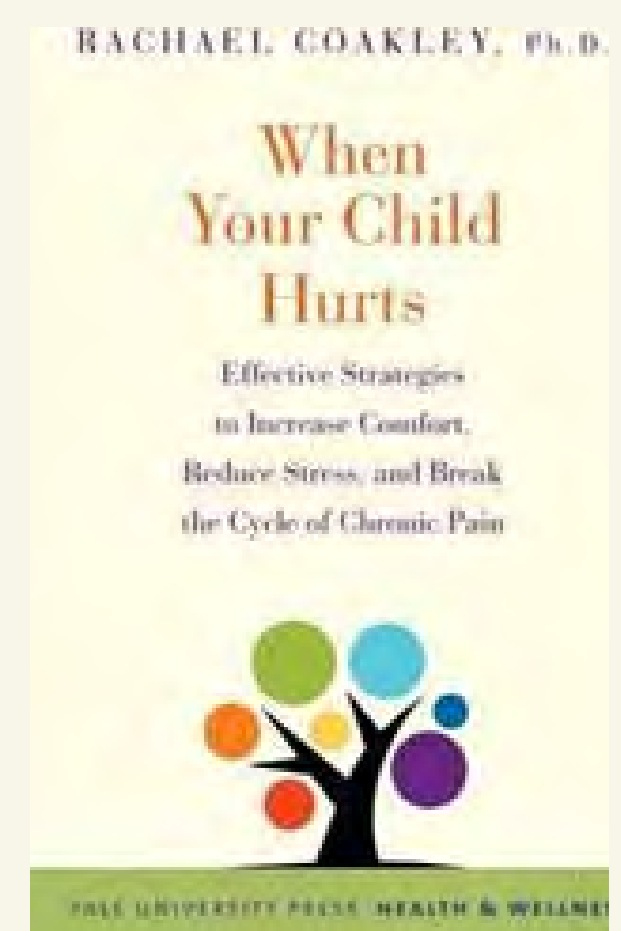
This book contains practical strategies for parents who wish to learn how to help their children and families cope with persisting pain, using cognitive behavioural techniques.



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## When your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress and Break the Cycle of Chronic Pain Rachel Coakley

This guide provides caregivers of children experiencing chronic pain with accessible skills and strategies for increasing comfort and coping with challenges to manage their child's pain and achieve positive results.





# CONSENT & BODY EDUCATION

YES



For Parents

## Making the 'Big Talk', Many Small Talks (4-7 years) HSE Booklet

This booklet provides caregivers with information on how to have conversations with your child (4-7 years) about sexuality and relationships, as they develop. It consists of a parental guide and a story, which explains where babies come from.

\*A free resource available on [sexualwellbeing.ie](http://sexualwellbeing.ie).



## Making the 'Big Talk', Many Small Talks (8-12 years) HSE Booklet

This booklet helps caregivers talk to children (8-12 years) about sexual development, relationships, sexuality, and health. It helps caregivers to prepare and support their children through changes during puberty, and to develop healthy attitudes and behaviours during this transition.

\*A free resource available on [sexualwellbeing.ie](http://sexualwellbeing.ie).



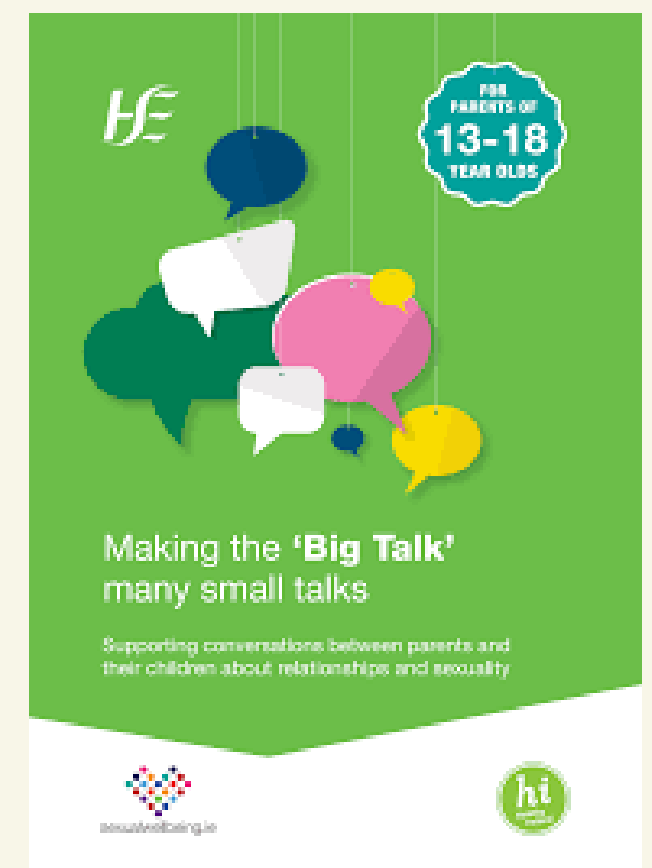


# Making the 'Big Talk', Many Small Talks (13-18 years)

## HSE Booklet

This booklet is a general guide on supporting your teenager (13-18 years) through adolescence and into adulthood. It includes information on how to support young people in developing a healthy understanding of relationships and sexuality, and in-turn develop healthy attitudes and behaviours that lay the foundation for their adult life.

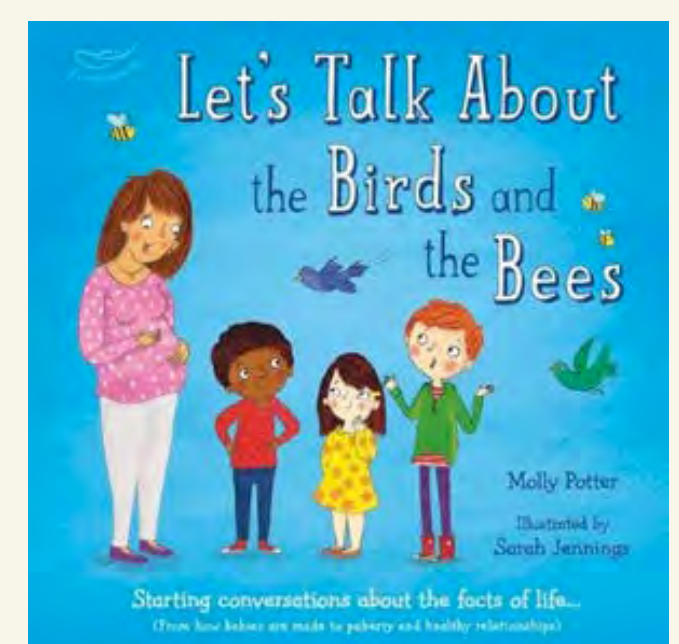
\*A free resource available on [sexualwellbeing.ie](http://sexualwellbeing.ie).



# Let's Talk about the Birds and the Bees

## Molly Potter

This book is filled with bright, fun illustrations and helpful advice for parents and carers to explain the facts of life to children at pre-adolescent stage. Using appropriate language to answer complex questions about sex and relationships, this book covers a range of tricky subjects from puberty to consent.

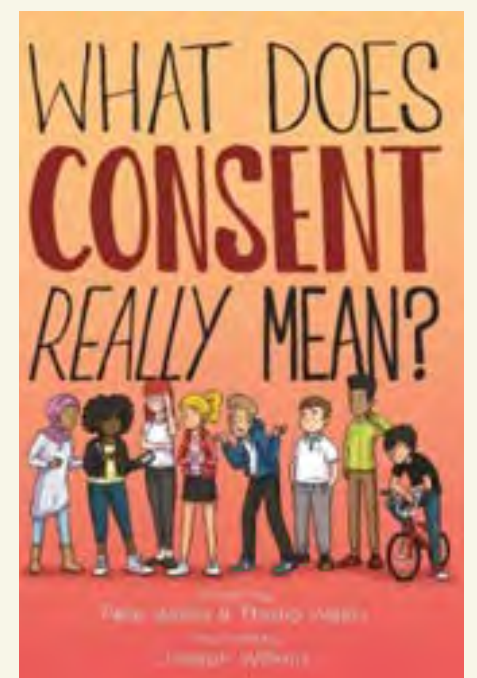




## For Teenagers

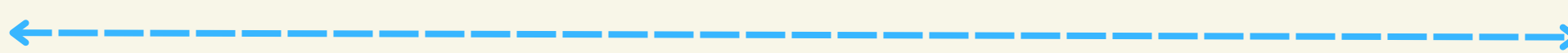
### What Does Consent Really Mean? Peter Wallis & Thalia Wallis

This comic-style book follows a group of teenagers discussing what consent means for them and how it is influenced by those around them. Discussing their own experiences with consent, the teenagers debate what consent actually means and the myths that surround it.



### What is Consent? Why is it Important? And Other Big Questions Louise Spilsbury & Yas Necati

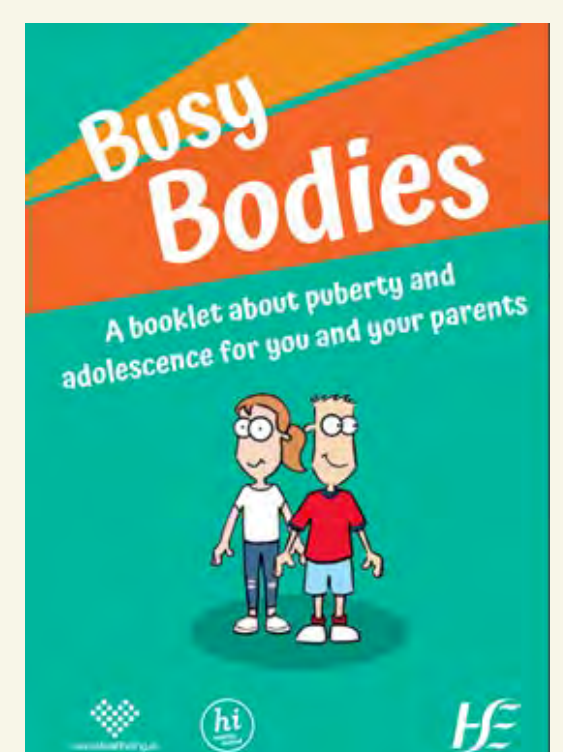
This book encourages young people to think about consent and how it relates to our everyday life and interactions. It describes complications of consent, and how it is not as simple as it appears. It explores the importance of personal boundaries.



### Busy Bodies HSE Booklet

This booklet helps teenagers to understand changes they may experience during puberty and adolescence. It provides information on the basics of reproduction and how young people can look after themselves as they transition to adulthood.

\*A free resource available on [sexualwellbeing.ie](http://sexualwellbeing.ie).



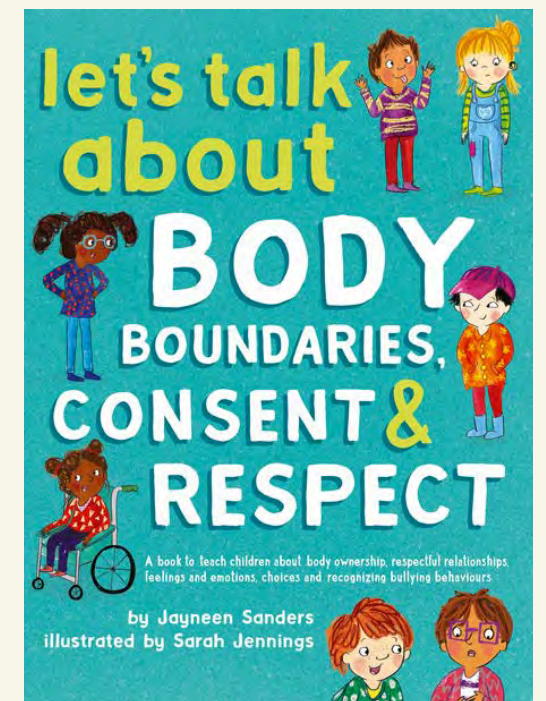




## For Children

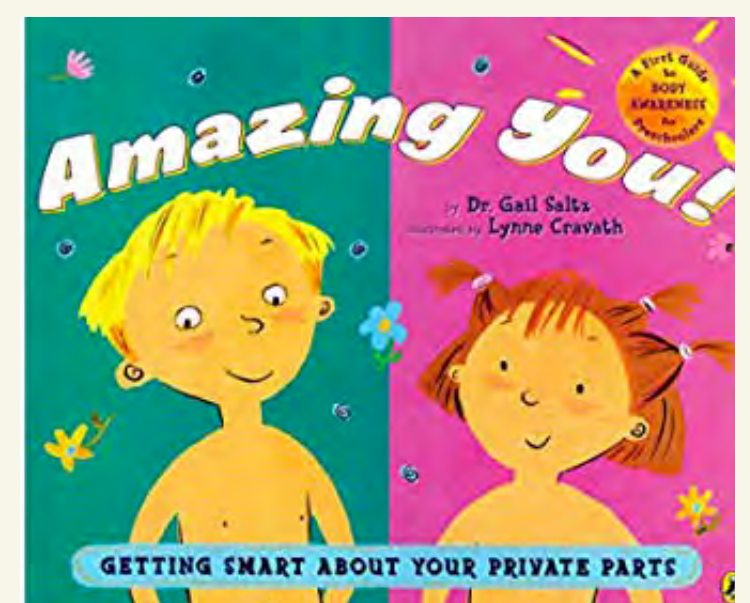
### Let's Talk About Body Boundaries, Consent and Respect Jayneen Sanders

This book teaches children about the importance of respecting body boundaries. Concepts such as consent, boundaries, personal space and choice are presented in a child friendly manner.



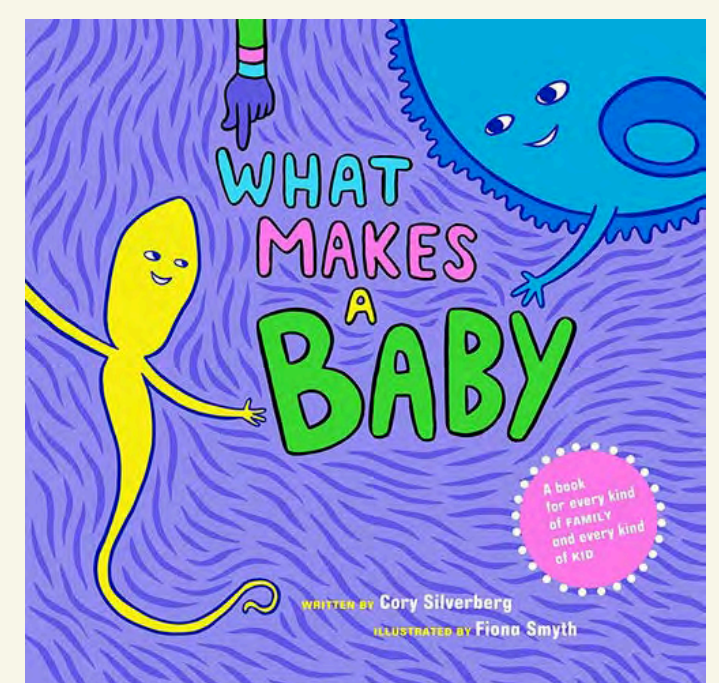
### Amazing You! Dr Gail Saltz

This picture book is for young children who are becoming aware of their bodies, and curious about where babies come from. It presents age-appropriate information about reproduction, birth, and the difference between girls' and boys' bodies.



### What Makes A Baby Cory Silverberg

This picture book looks at how babies are made, and includes all kinds of children, adults, and families, regardless of their orientation, gender and other identity, or family composition. The central message is that all families and children are unique and special.

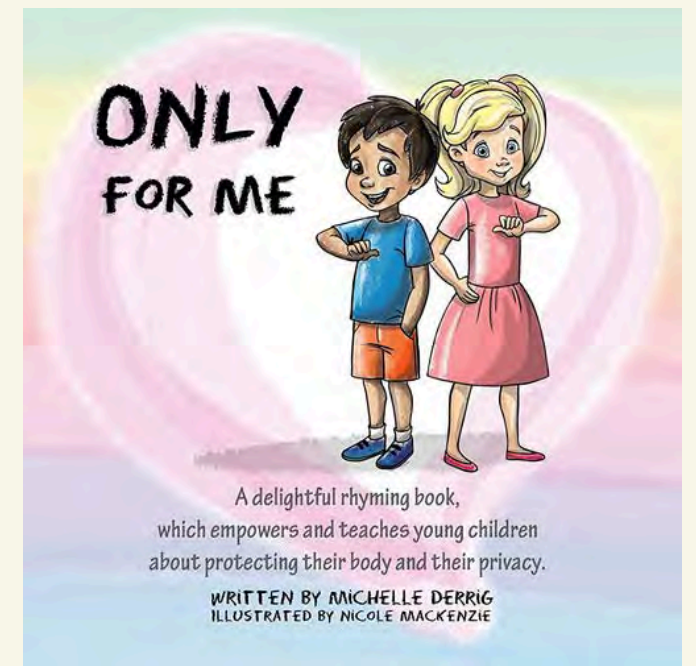




# Only For Me

## Michelle Derrig

This book introduces young children to the concept that their bodies are their own and teaches them about protecting their bodies and their privacy.



# EATING



## For Parents

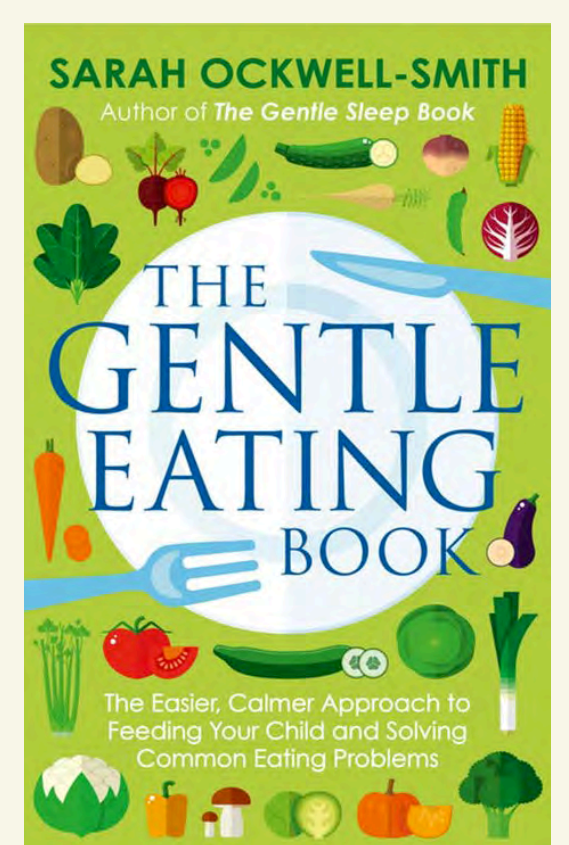
### How to Get Your Kid to Eat...But Not Too Much Ellyn Satter

This book addresses a multitude of common questions that parents have in relation to food and eating. It explores the relationship between food, parents and children in a warm and supportive way.



### The Gentle Eating Book Sarah Ockwell-Smith

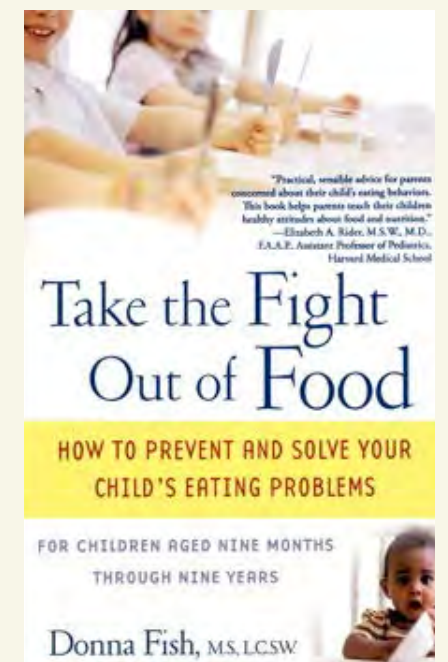
This book provides positive approaches to eating from birth through to the teenage years. It includes advice on picky eating and food refusal, overeating, snacking and navigating eating at school, information on dieting, peer pressure and promoting a positive body image to set your child up with positive eating habits for life.



# Take the Fight Out of Food

## Donna fish

This practical book provides guidance for parents on how to speak to their children about food and nutrition. It offers tools and in-depth advice for developing healthy eating habits and positive connections to food.

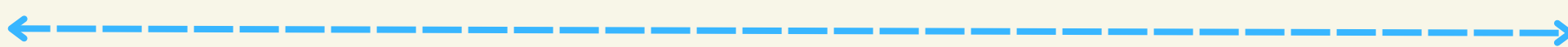


## For Teenagers

# Getting Over Overeating for Teens

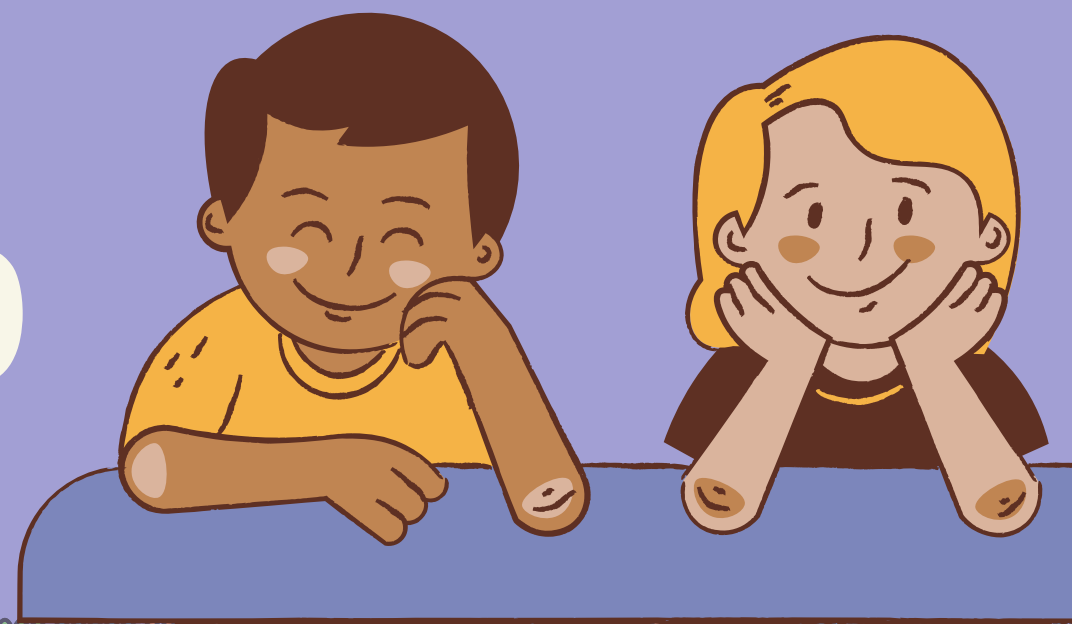
## Andrea Wachter

A practical, engaging, experiential book for adolescents who are struggling with any form of food, weight, or body image issues. It encourages the reader to explore and understand their relationship with food and their bodies.





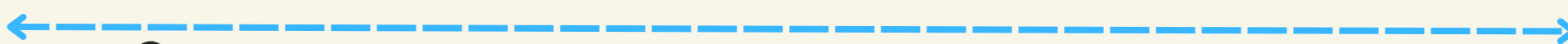
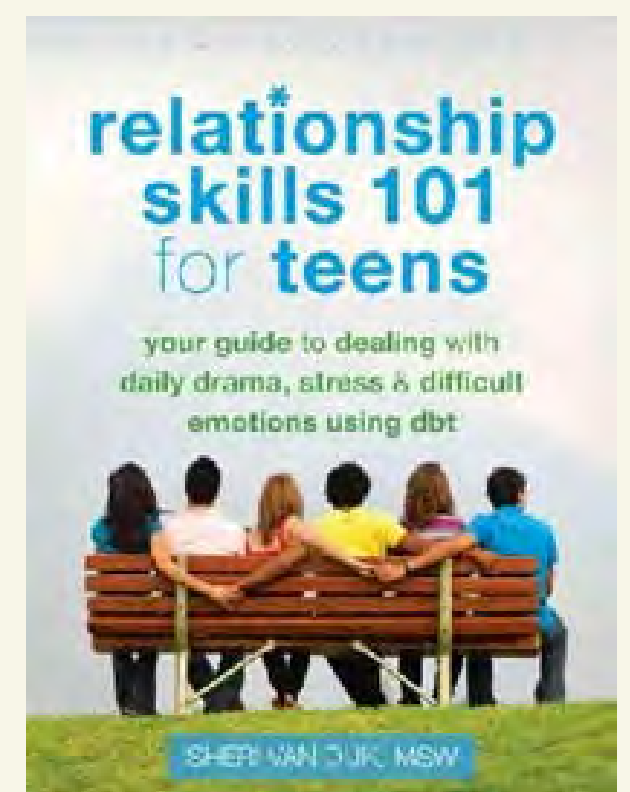
# FRIENDSHIP



## For Teenagers

### Relationship Skills 101 for Teens Sheri van Dijk

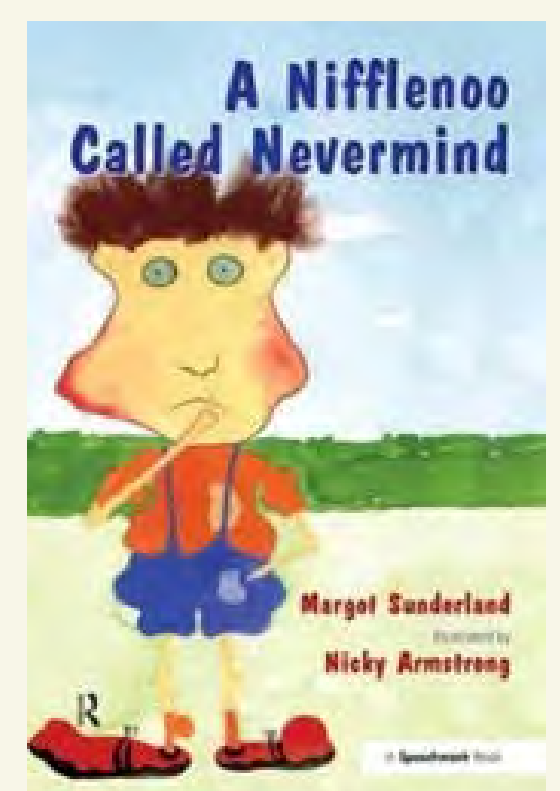
This book uses tools and strategies to help young people manage their emotions and maintain better relationships. These skills help young people in responding effectively to peer pressure, bullying and other social issues that can be challenging.



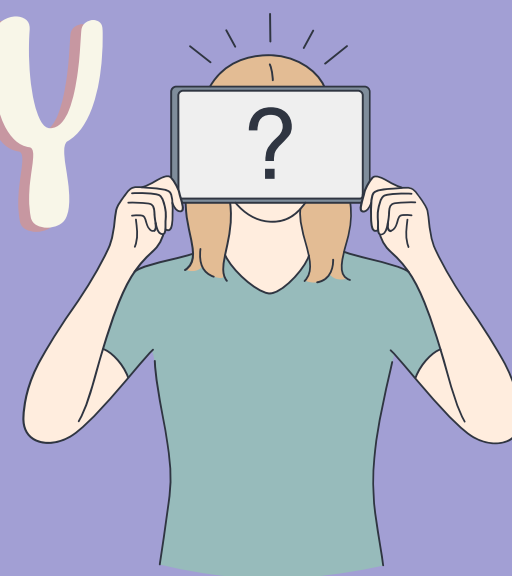
## For Children

### A Nifflenoo Called Nevermind Margot Sunderland

This is a story for children who bottle up their feelings. It conveys the message that their feelings do matter and encourages expression and assertiveness.



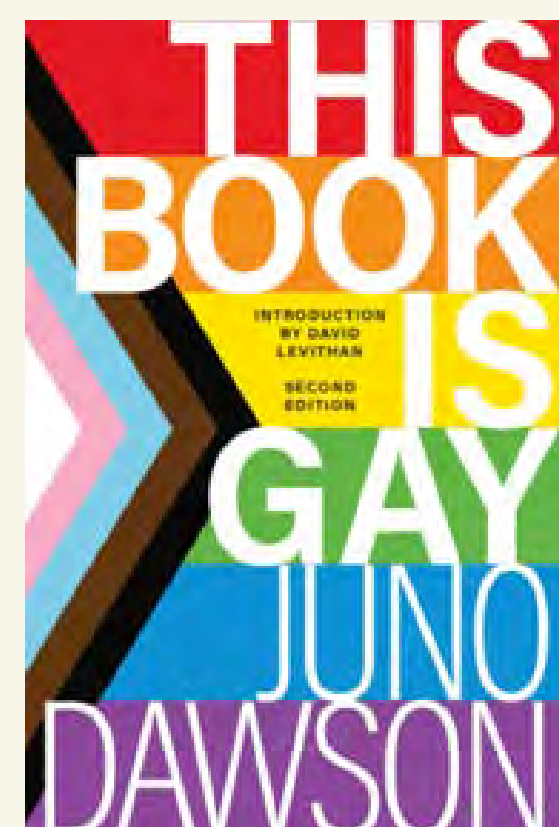
# IDENTITY, INDIVIDUALITY AND SEXUALITY



For Teenagers

## This Book is Gay Juno Dawson

This playful book tackles the myths and prejudice surrounding sexual orientation and gender identity. With comical illustrations, factual texts, and testimonials from people across gender and sexual spectrums, this book is an informative resource on sexuality and gender.



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## Trans Mission: My Quest to a Beard Alex Bertie

Alex has been living as a male for the past few years and has recently started his physical transition. He shares his experiences of being a transgender man and how he came to grips with his identity, offering personal advice to other transgender young people.







## For Children

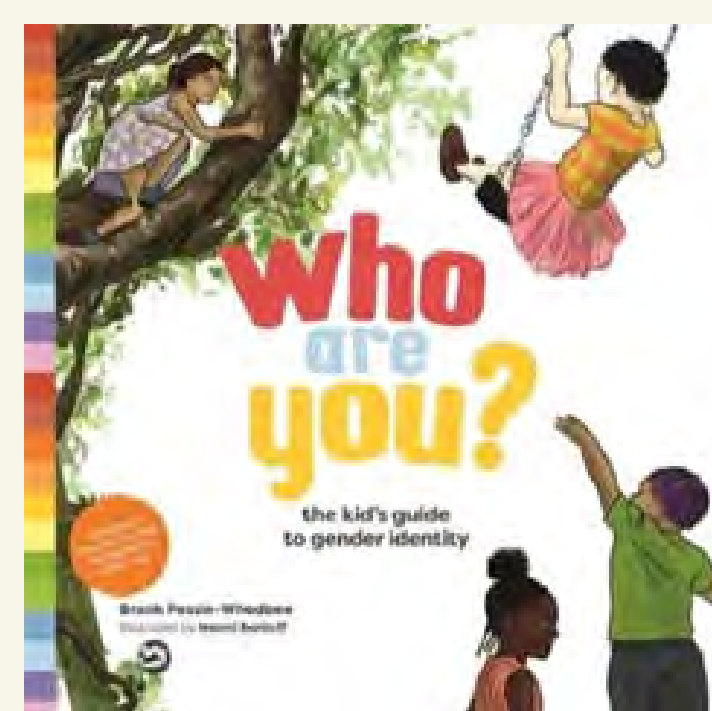
### Clive and his Bags Jessica Spanyol

Clive loves his collection of bags, and each one suggests a different adventure. A gentle, affectionate book celebrating diversity and challenging gender stereotypes.



### Who Are You? Brooke Pessin-Wheedbee

This book is an introduction to gender for ages 3+, with straightforward language for talking about how we experience gender: our body, our expression, and our gender identity.



### Shine Sarah Asuquo

After being mocked in school, Kai discovers that what makes him different is what makes him special. Kai realises that he can use his unique qualities to shine, learning 'you can shine your special light, just the way you are'.





## It's Okay to Be Different

Todd Parr

This colourful book illustrates differences between people to increase confidence and celebrate diversity.



## A Pea Called Mildred

Margot Sunderland

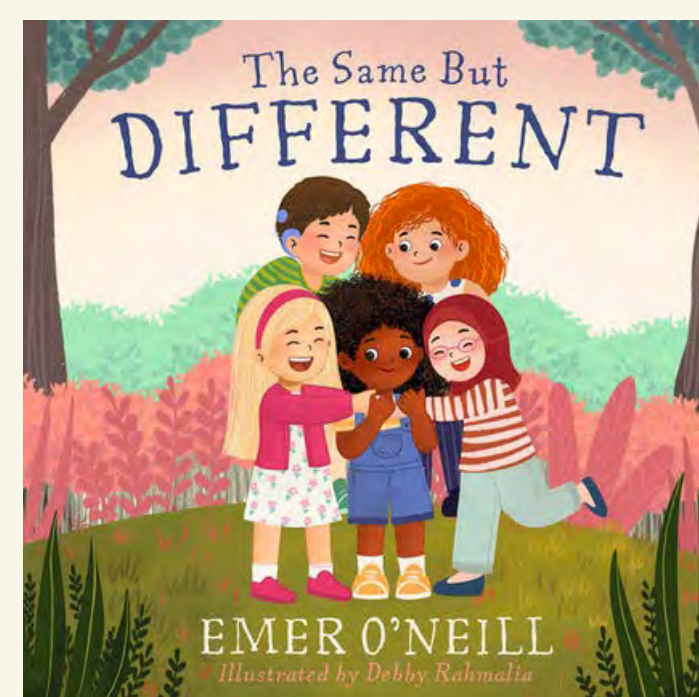
This illustrated storybook encourages children to follow their dreams by guiding them through the story of Mildred the Pea. People tell Mildred the Pea that she is just another ordinary pea, and her dreams are pointless. However, Mildred continues to pursue her hopes and dreams with the help of someone kind she meets along the way.



## The Same But Different

Emer O'Neill

Little Emer doesn't like it when she's teased for having brown skin and fuzzy hair. She wishes she could look like everyone else. But with a little help from mum, Emer soon learns that we are all the same but different - and life is better that way.



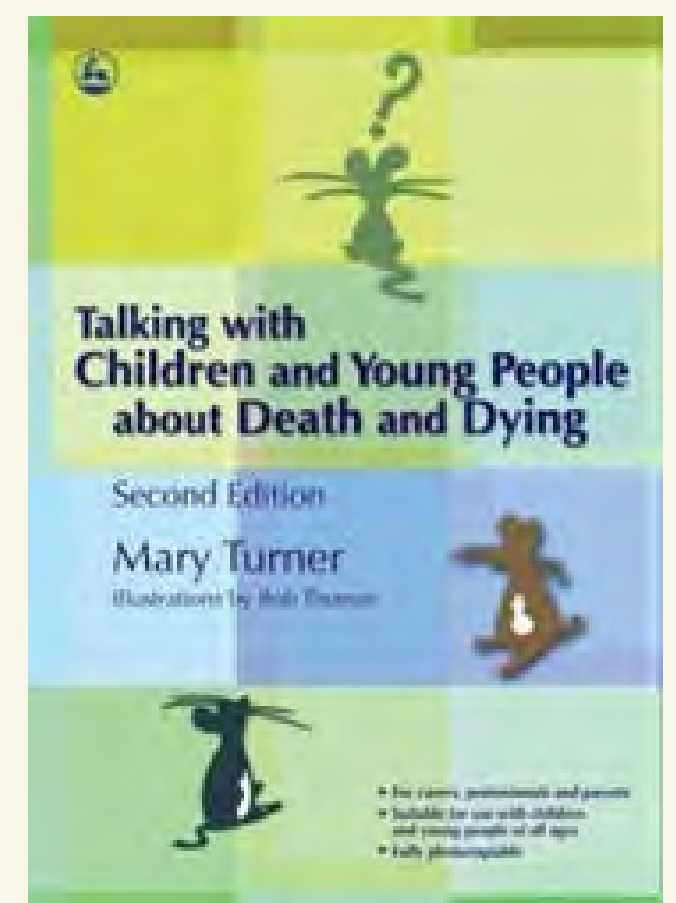
# LOSS AND BEREAVEMENT



## For Parents

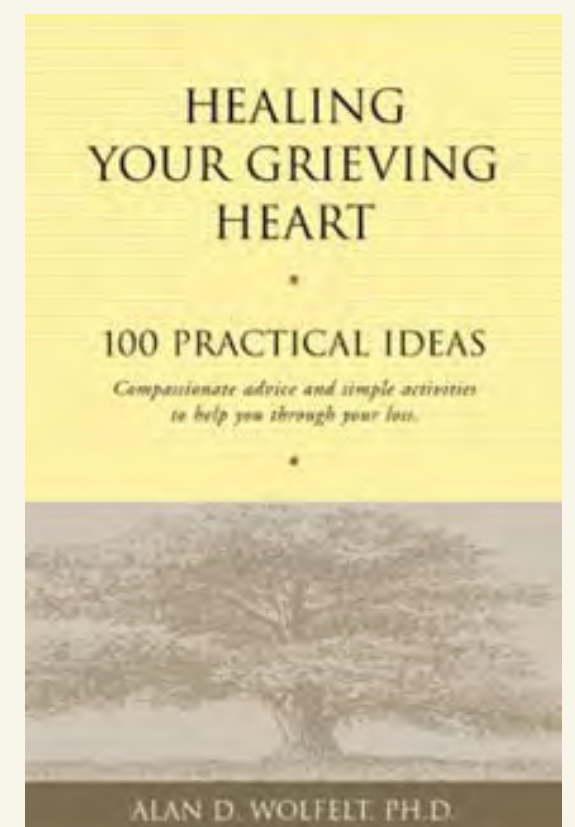
### Talking with Children and Young People about Death and Dying Mary Turner

This is a resource to help adults talk to bereaved children and young people. It explains aspects and stages of bereavement and addresses the common fears and worries of children.



### Healing your Grieving Heart Alan Wolfelt

This book offers practical ideas to manage grief and mourning and how to practice self-compassion.





## Beyond the Rough Rock: Supporting a Child who has been Bereaved through Suicide

Di-Stubbs & Julie-Stokes

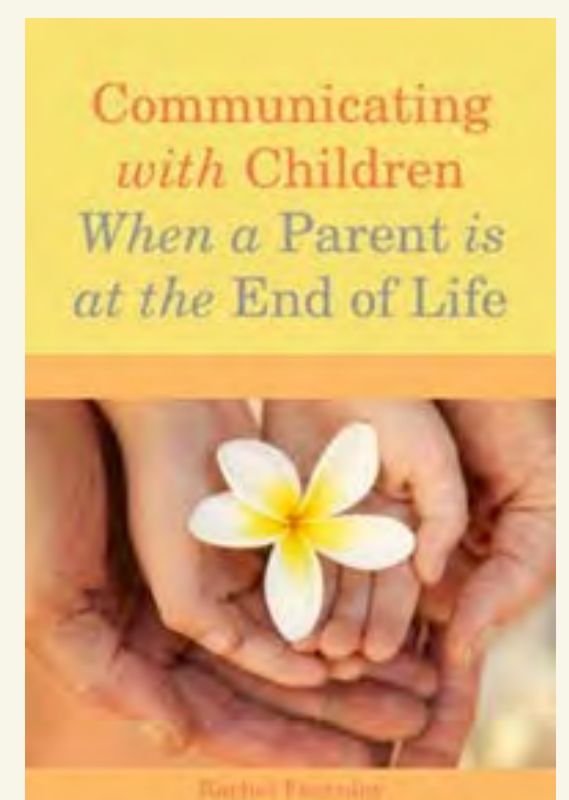
This book offers practical tips and suggestions for explaining the concept of suicide to a child. It also includes activities and exercises that can support the child in making sense of their loss, learning to cope, and looking forward.



## Communicating with Children When a Parent is at the End of Life

Rachel Fearnley

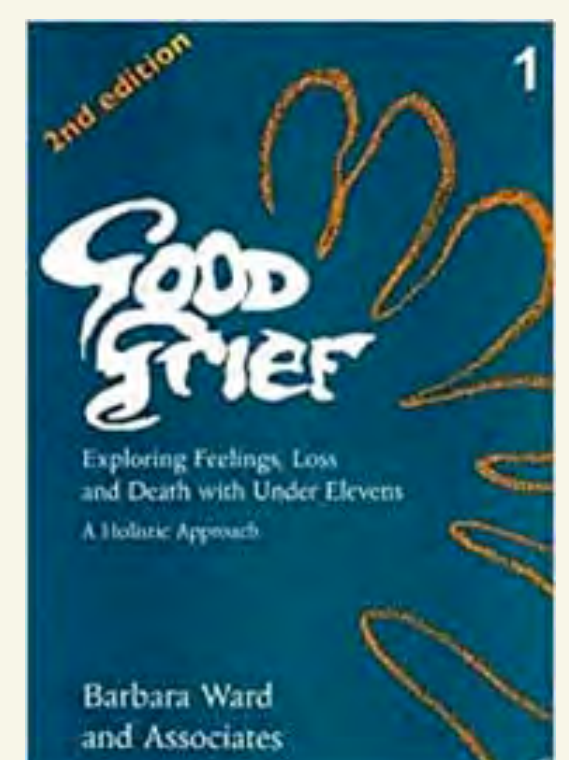
This book demonstrates how to support and communicate with children in a sensitive way, through reflective exercises and practical strategies, to allow them to understand and process their parent's illness.



## Good Grief 1: Exploring Feelings, Loss and Death with Under Elevens

Barbara Ward

This activity-based book explores the experience of loss across different contexts, through children's own experiences. This book is designed to be used with children under the age of 11.

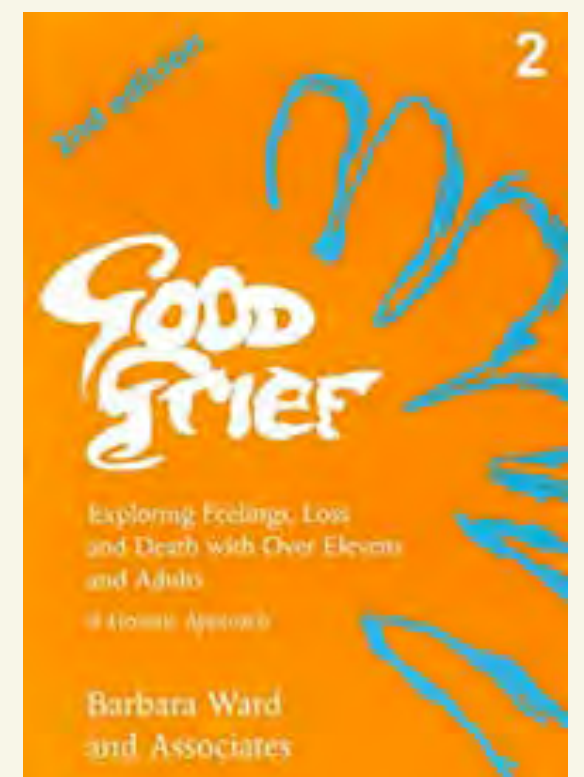




## Good Grief 2: Exploring Feelings, Loss and Death with Over Elevens and Adults

Barbara Ward

This activity-based book explores and demystifies the experience of loss across different contexts, through children's own experiences. This book is designed to be used with children over the age of 11 and adults.

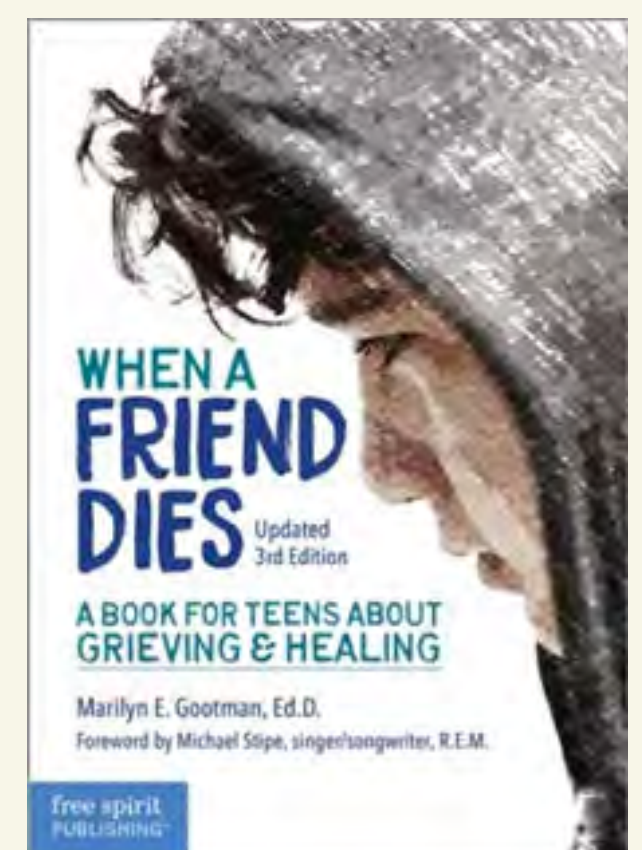


### For Teenagers

## When a Friend Dies: A book for Teens about Grieving and Healing

Marilyn Gootman

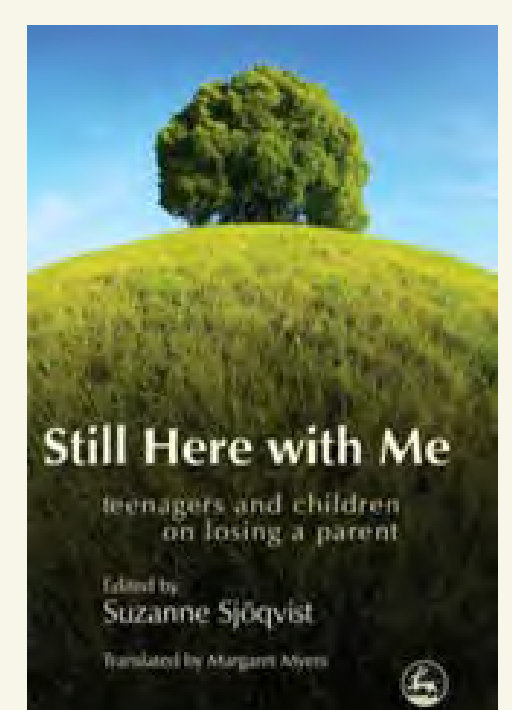
This book looks at different questions related to grief, such as 'what is 'normal'', 'how long will this last', 'how should I be acting', and 'why can't I feel anything'. It also explores different feelings that can come with grief, and how healing can begin.



## Still Here with Me: Teenagers and Children on Losing a Parent

Suzanna Sjöqvist

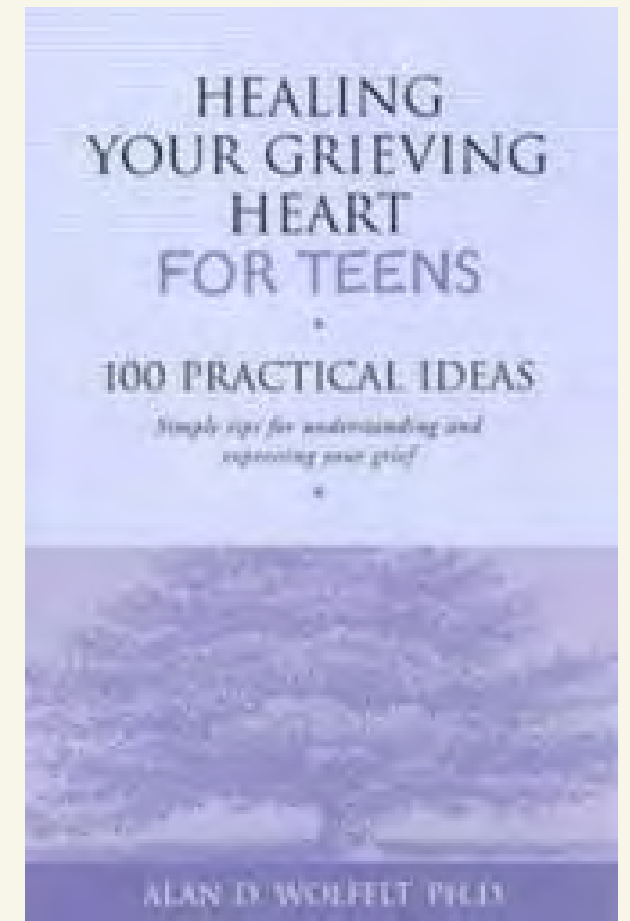
This book is a collection of stories of young people who have faced the death of a parent. Each creates a picture of their journey through grief with compassion and deep insight.



## Healing Your Grieving Heart for Teens

Alan D. Wolfelt

This compassionate book was written to help teenagers understand their unique and individual experience of grief. It offers practical ideas and tips for expressing oneself on a journey through grief.

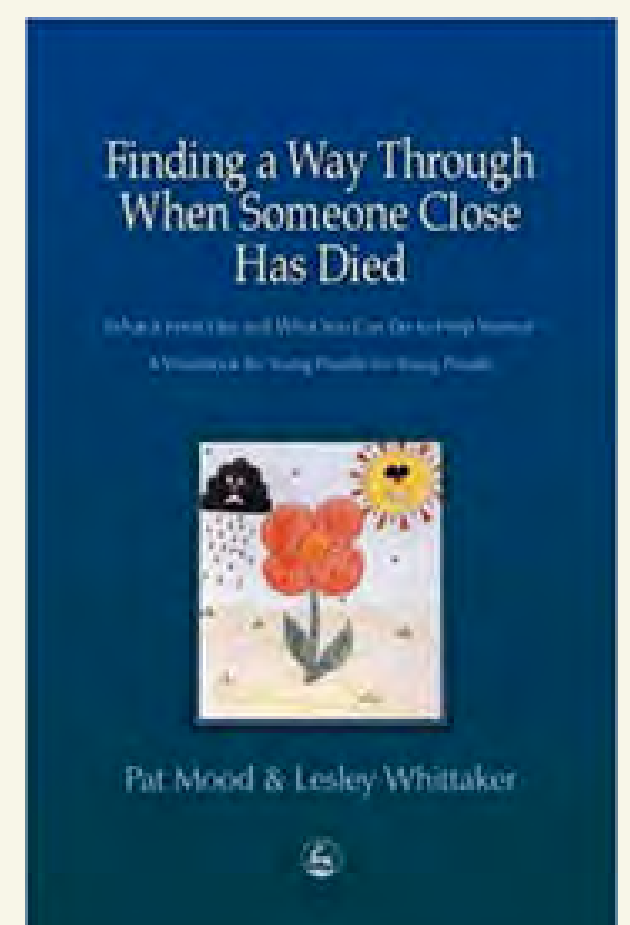


**For Children**

## Finding a Way Through When Someone Close Has Died

Pat Mood & Lesley Whittaker

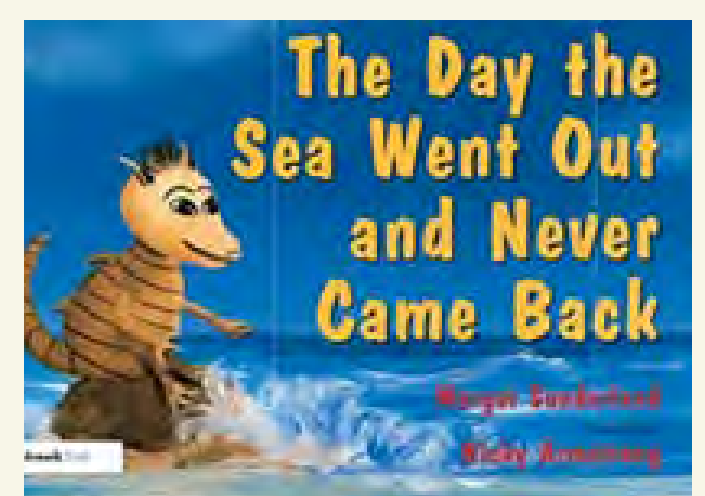
This workbook was written and illustrated by children who have experienced the death of someone close to them. It provides coping strategies and offers advice, to manage the practical and emotional upheaval of bereavement.



## The Day the Sea Went Out and Never Came Back

Margot Sunderland

This is a story about a Sand-dragon who says goodbye to the sea. It explores the feelings and grief the Sand-dragon experiences, and shares how he celebrates memories and moves towards a new beginning.

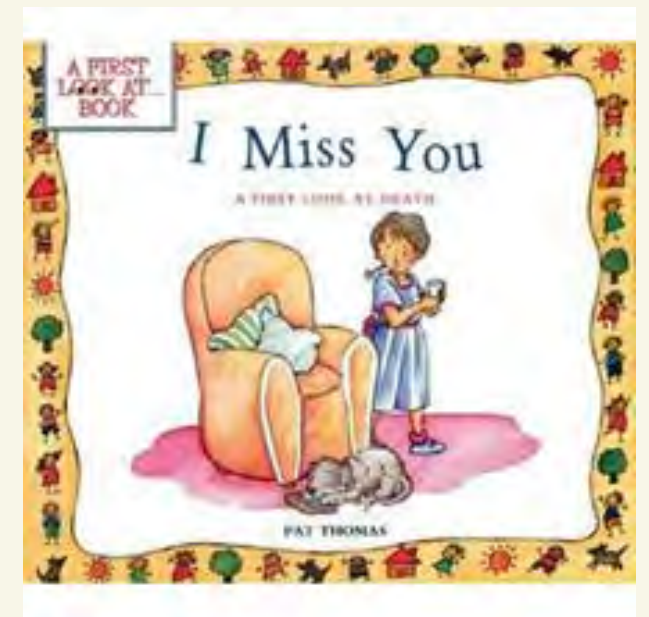




# I Miss You: A First Look at Death

## Pat Thomas

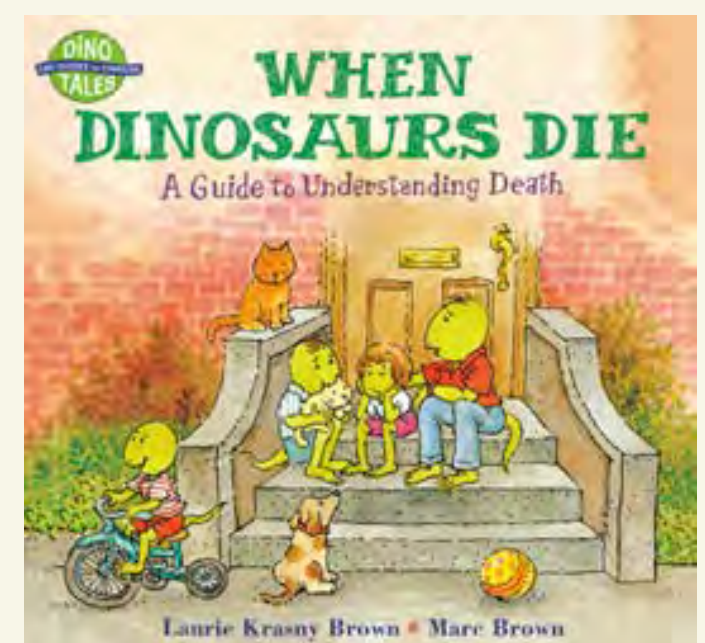
This picture book illustrates the difficult concept of death for children. It explores the questions, feelings, and thoughts that children may have about death in a simplistic and realistic way.



# When Dinosaurs Die

## Laurie Krasny & Marc Brown

This book is a sensitive story-guide for children experiencing the loss of a loved one. It can help children to understand what death is, and the feelings they have around it.



# The Invisible String

## Patrice Karst

This book explains the love and connectedness between children and those that care for them. It offers a simple approach to supporting children with loneliness, separation and loss.



# The Heart and the Bottle

## Oliver Jeffers

This book describes the themes of loss and hope through a story of a girl who shared her wonderment of the world with her father, until one day he was gone.





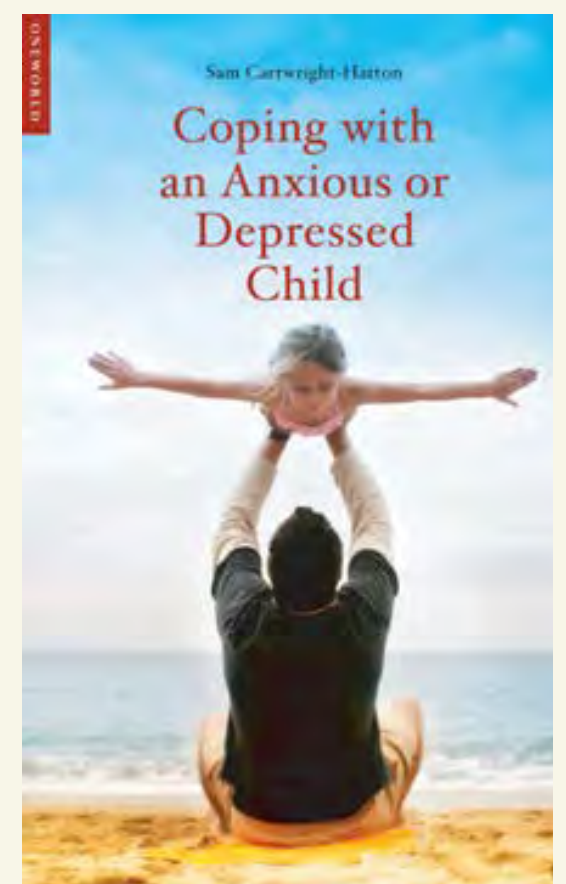
# LOW MOOD



## For Parents

### Coping with an Anxious or Depressed Child Samantha Cartwright Hatton

Informed by the authors experience as a clinical psychologist, this book provides clear and effective methods, to manage anxiety and depression in children. It includes guidance around: boosting self-esteem and confidence, dealing with fear and worry, and creating a stable, safe, happy home-life.



### So Young, So Sad, So Listen Philip Graham & Carol Hughes

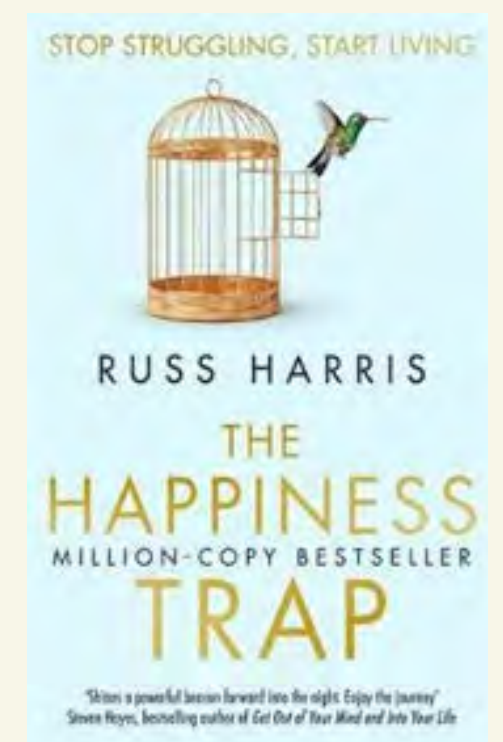
This book outlines how to recognise depression, and provides guidance on how parents can support their child. It discusses issues such as social media, screen time, academic pressure, and cyber-bullying.



# The Happiness Trap

## Russ Harris

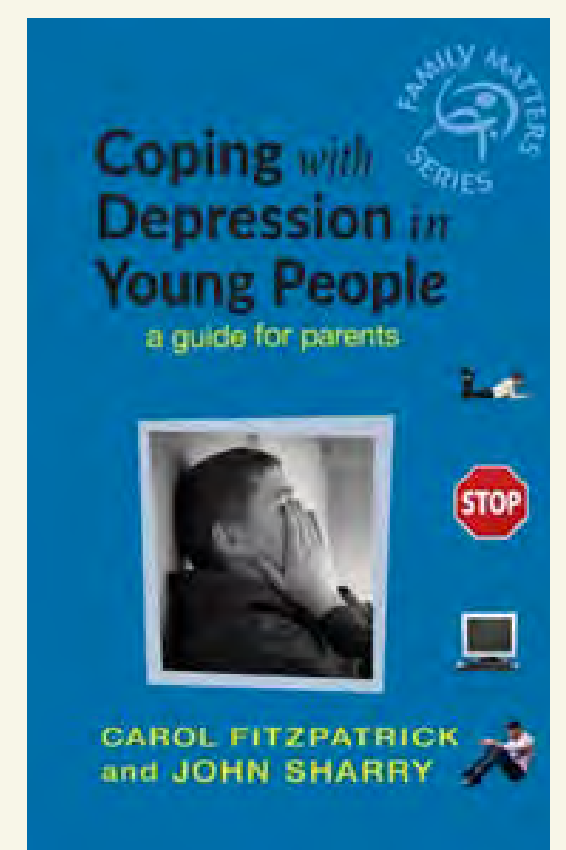
It can be common to get caught in a psychological trap, a vicious cycle where the more one strives for happiness, the more it eludes them. This book provides the reader with practical tools to escape their trap and to; reduce stress and worry, rise above fear and doubt, handle painful thoughts and feelings, and build more satisfying relationships.



# Coping with Depression in Young People: A Guide for Parents

## Carol FitzPatrick & John Sharry

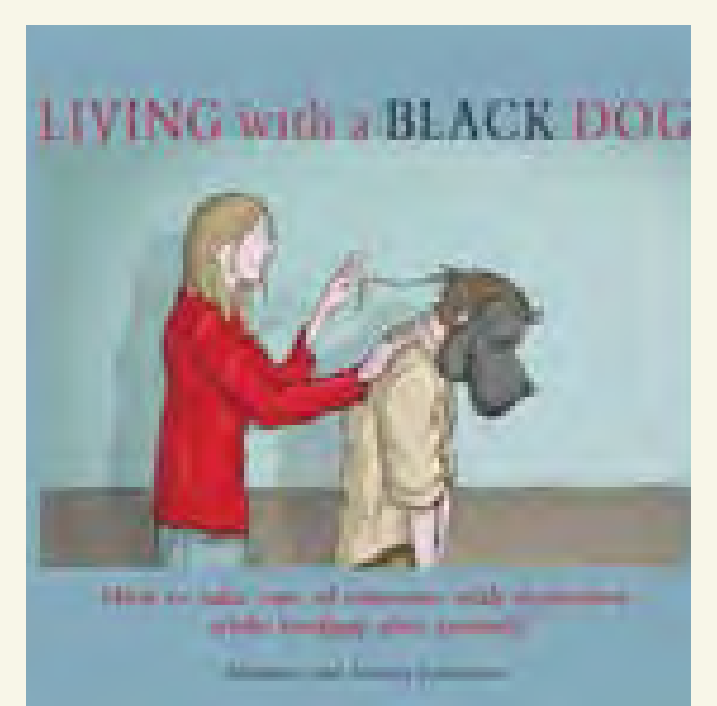
This book describes the normal steps parents go through to understand depression in their children. It supports parents in understanding the difference between normal ups and downs of young people and true depression. It helps them to understand clinical warning signs and approaches to treatment.



# Living with a Black Dog

## Matthew Johnstone

This is illustrated book provides insight into what it is like to have a “black dog” depression as a companion. It contains practical advice on recognising and helping a loved one to manage symptoms of depression.

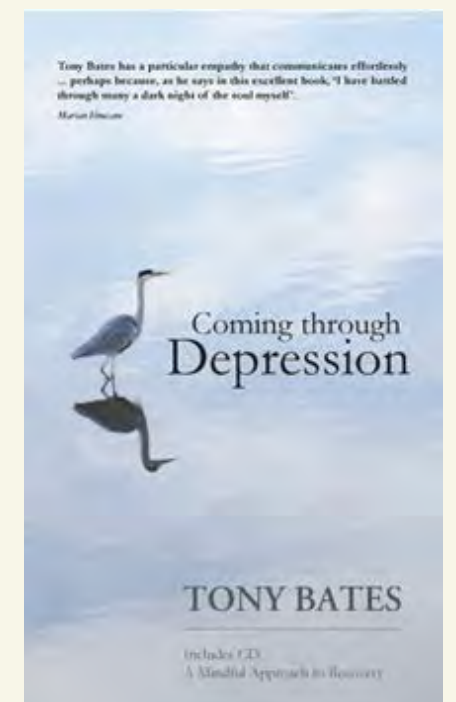




# Coming Through Depression: A Mindful Approach to Recovery

## Tony Bates

This book is a guide for anyone experiencing, or supporting someone, with depression. It helps the reader to understand the journey of depression, bridging the isolation between those experiencing depression and those who care about them.

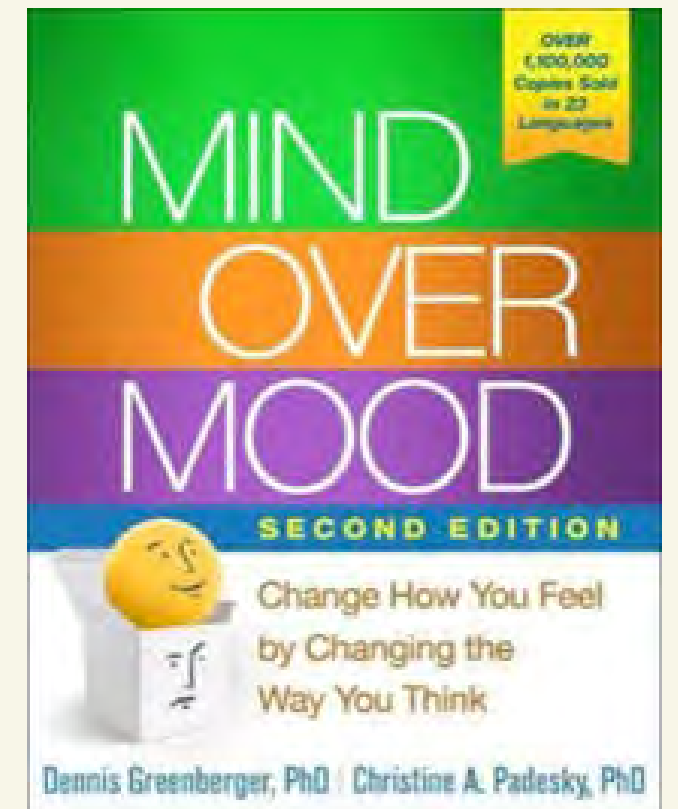




## For Teenagers

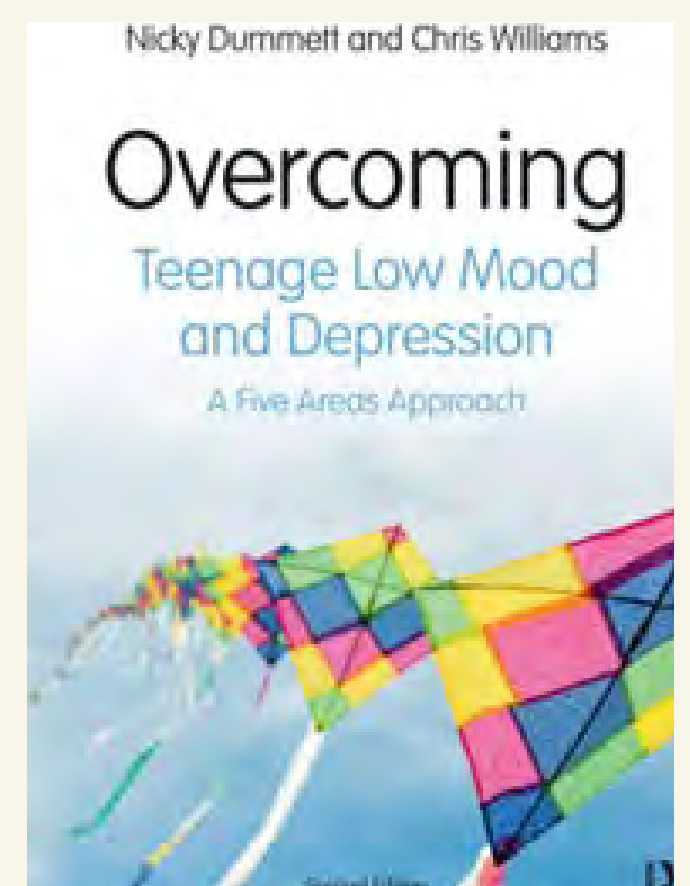
### Mind Over Mood Dennis Greenberger

Suited to an older adolescent, this book provides practical steps and strategies to feel calmer and confident. It encourages young people to set personal goals, and supports them with overcoming anxiety, depression, anger, guilt, shame, and low self-esteem.



### Overcoming Teenage Low Mood and Depression Nicky Dummett & Chris Williams

This book uses Cognitive Behavioural techniques to empower young people to use life skills to overcome low mood or depression. It includes inspiring stories and worksheets to support young people to make positive changes.



### Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques Paul Gilbert

Recommended for older adolescents, this book includes helpful case studies and easy-to-follow, step-by-step suggestions and exercises to help a young person understand their depression, and develop self-compassion.



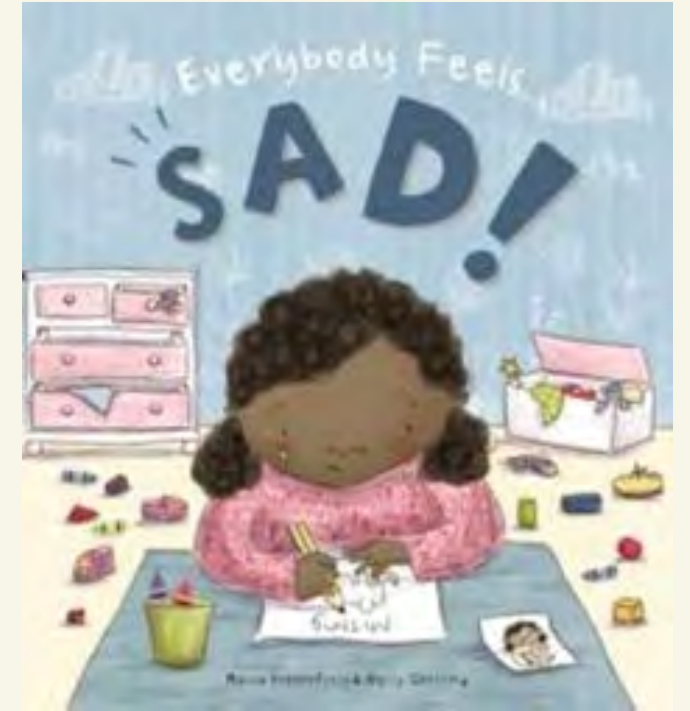




## For Children

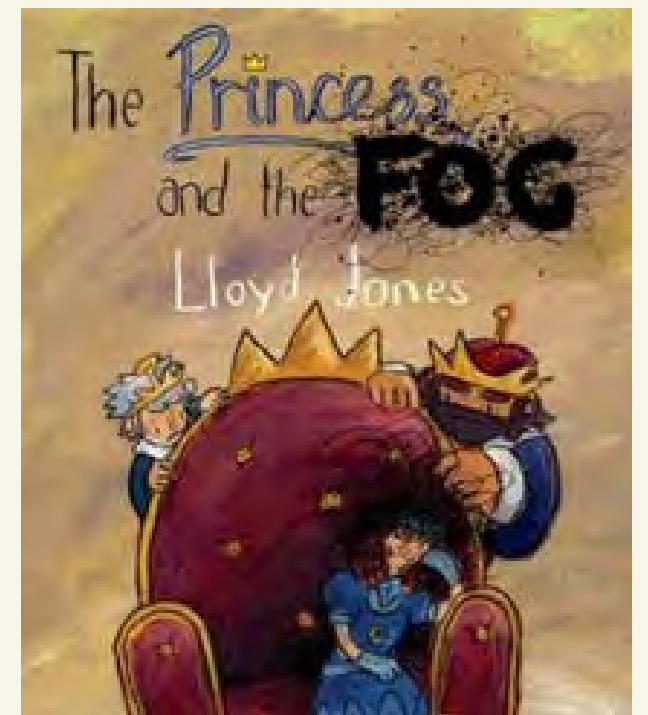
### Everybody Feels Sad! Maira Butterfield

This book provides stories about two children, each encountering a different common scenario. It provides children with the vocabulary to describe and understand feelings.



### The Princess and the Fog: A Story for Children with Depression Lloyd Jones

This book is a story about a princess who feels sad and experiences low mood. It emphasises the importance of help and support in improving mood.



### The Red Tree Shaun Tan

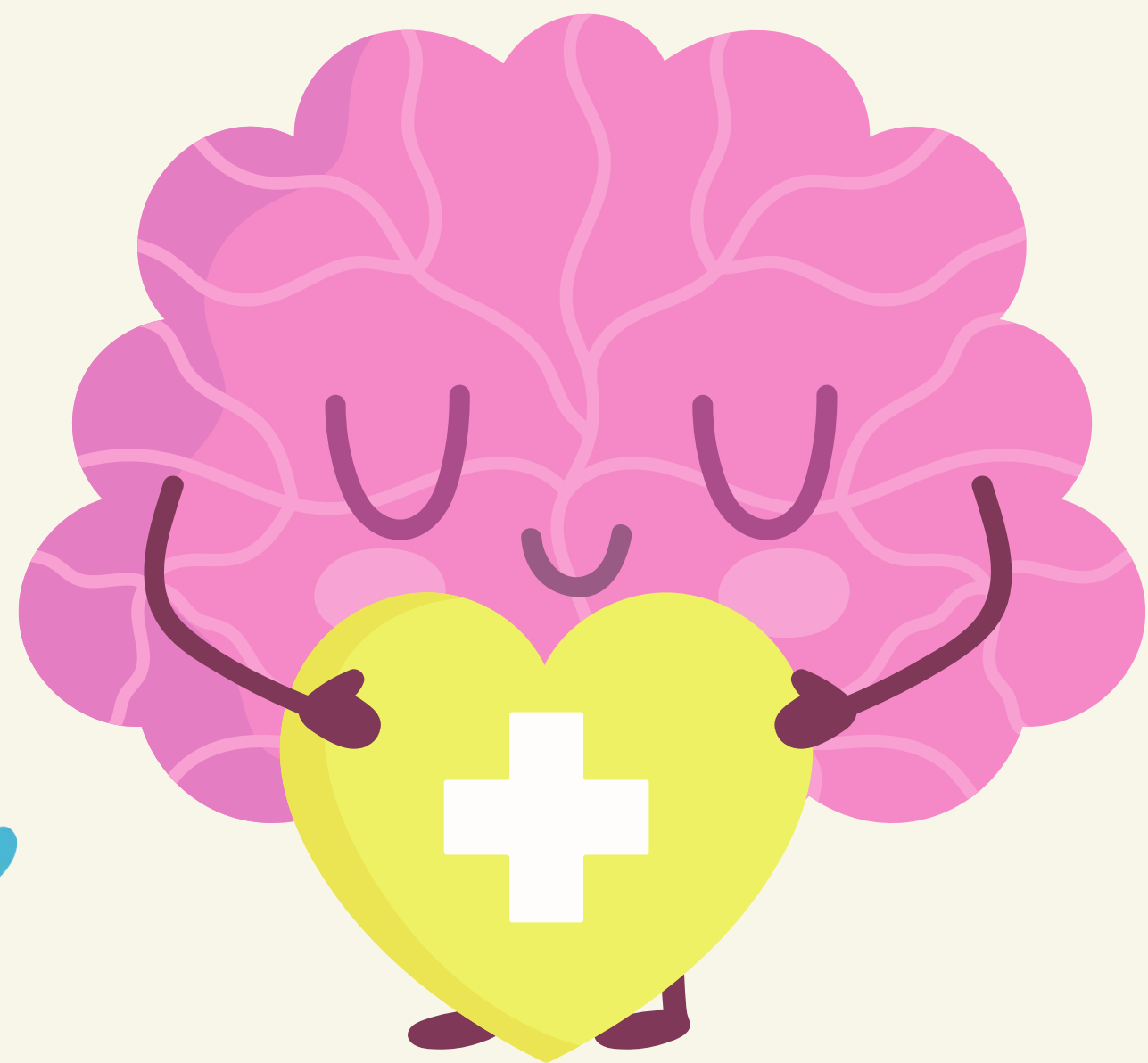
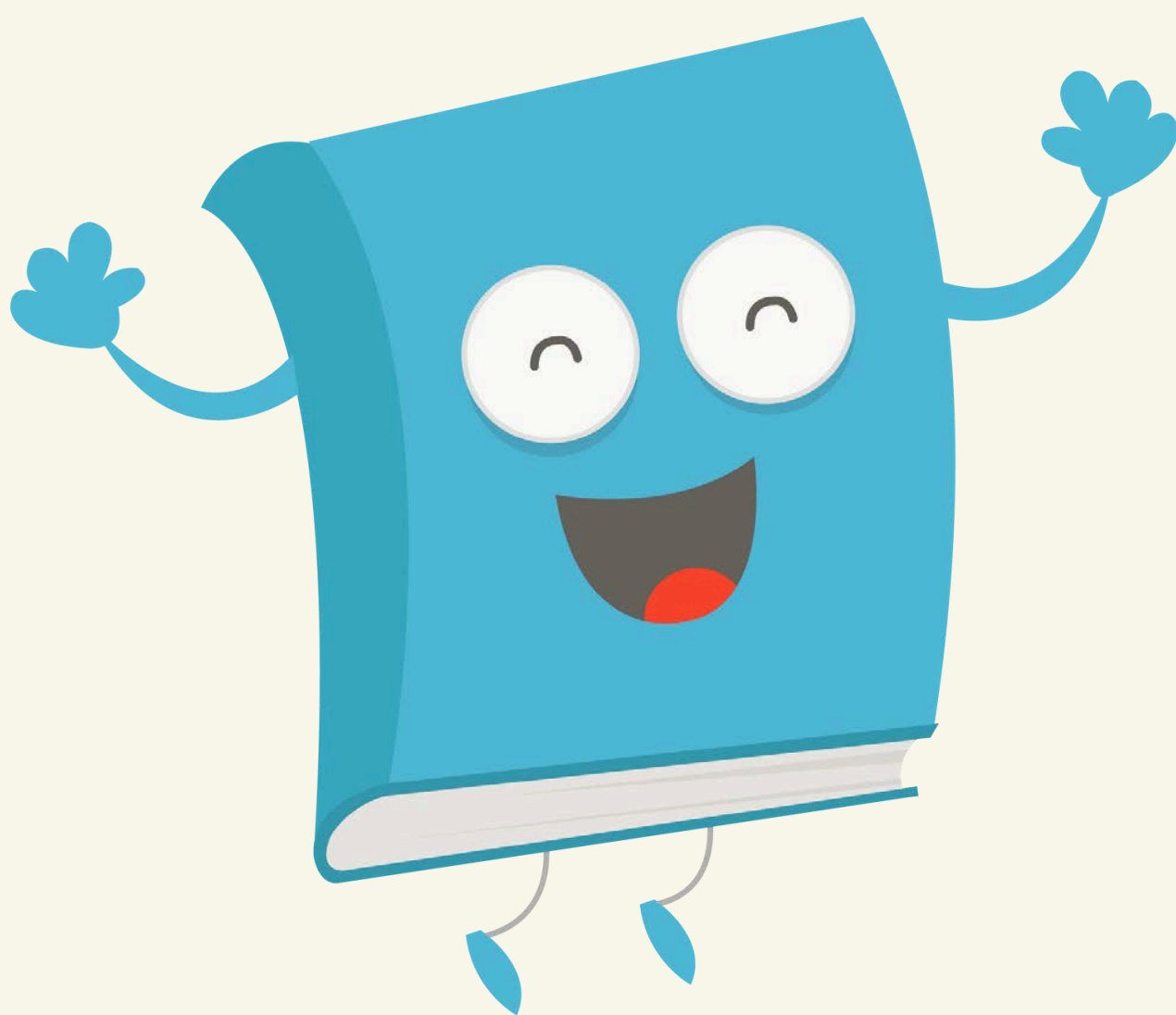
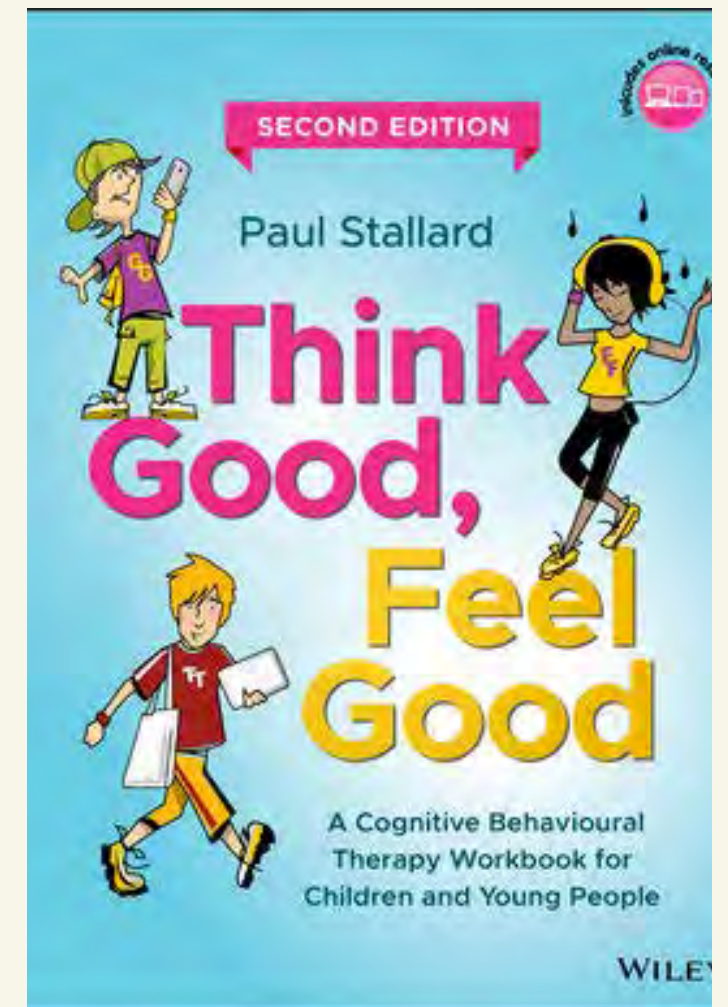
The red tree is a picture book that uses images inspired by the experiences of depression. The depiction of hope is used to remind children that bad thoughts and feelings won't last forever.



# Think Good, feel Good: A Cognitive Behavioural Therapy Workbook for Children and Young People

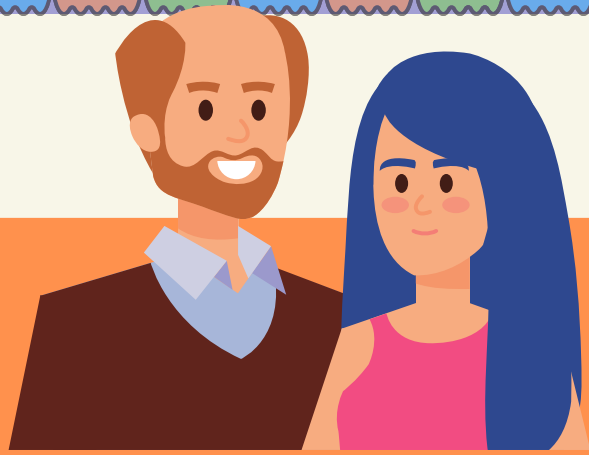
Paul Stallard

This interactive workbook covers the core elements used in cognitive behaviour therapy, and conveys these ideas to children and young people in an understandable way by using real life examples familiar to them. It contains worksheets and exercises to allow children and young people to apply these techniques to their own problems.





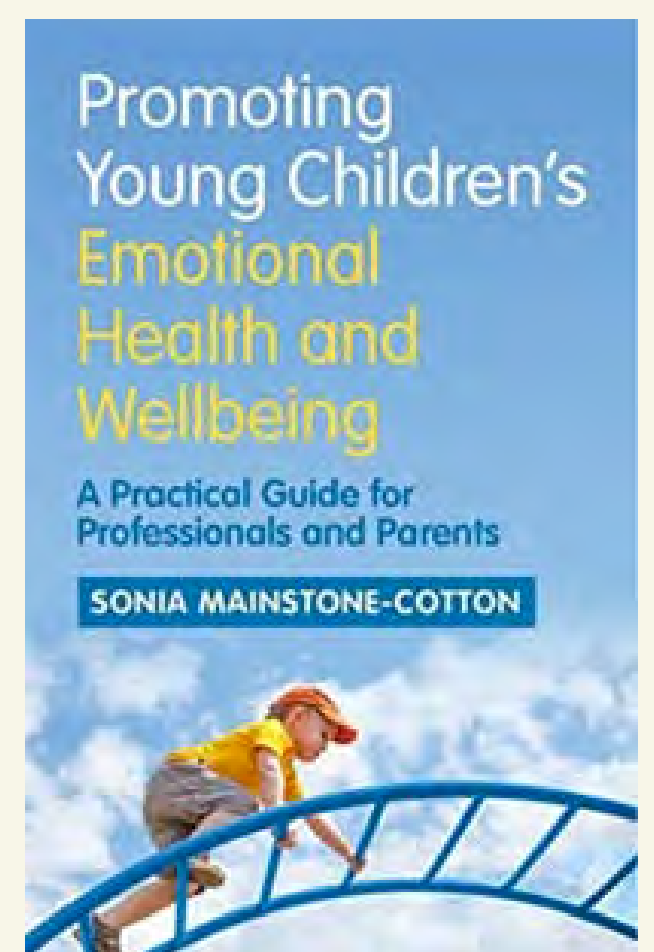
# MANAGING EMOTIONS



## For Parents

### Promoting Young Children's Emotional Health and Wellbeing Sonia Mainstone-Cotton

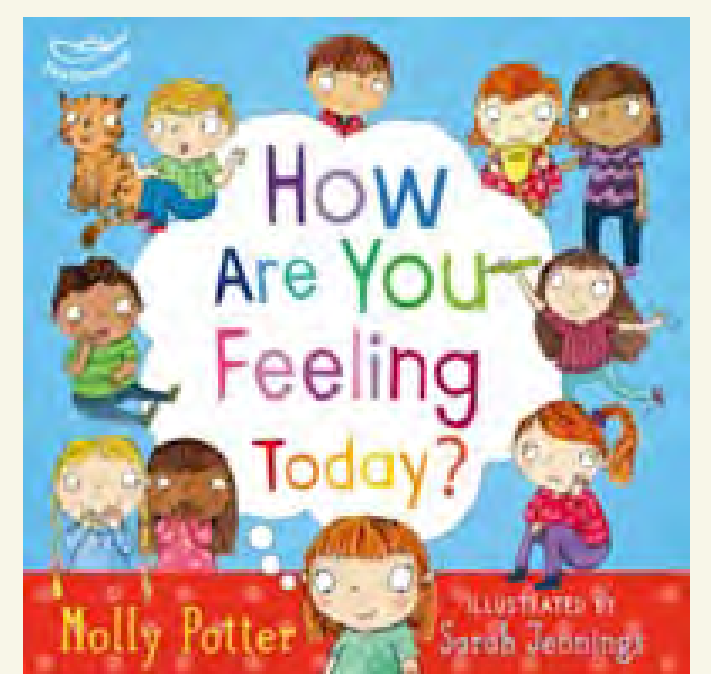
Positive emotional health in the earliest years is a critical factor in a child's future development. This guidebook offers practical suggestions for games, activities, and exercises to promote emotional wellbeing in young children.



## For Children

### How Are You Feeling Today? Molly Potter

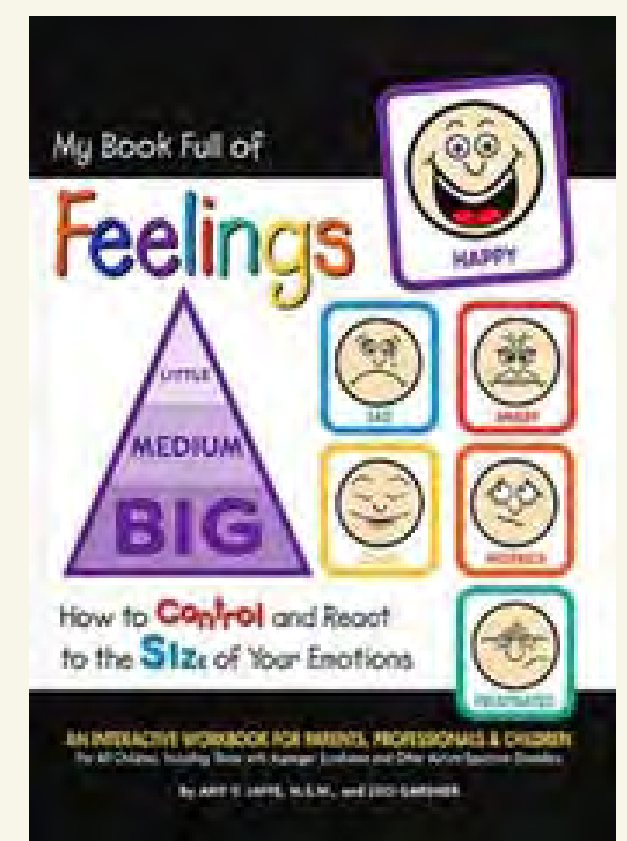
With this book, children can choose a page based on how they are feeling. They are then taken through child-friendly strategies for dealing with that feeling. This book helps children recognise and deal with their emotions, and includes a guide for carers supporting the child.



# My Book Full of Feelings

## Amy Jaffe

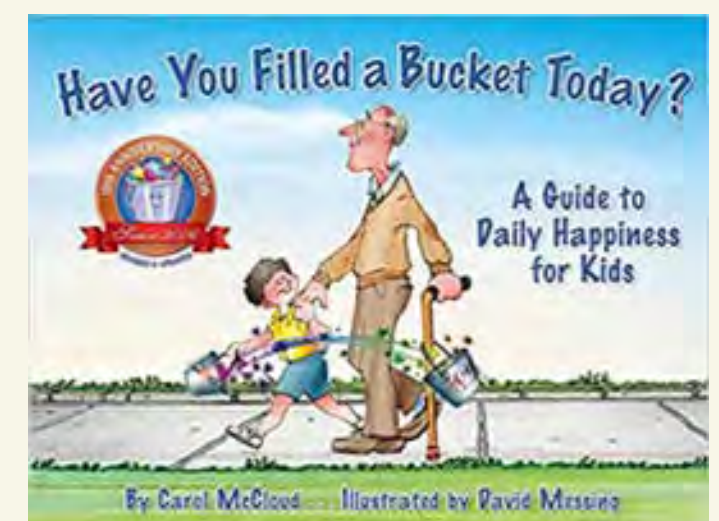
Although suitable for all children, this interactive workbook was designed to help children with autism to identify their emotions, understand them, and react accordingly. It also includes a set of collaborative worksheets for sharing information between home and school.



# Have You Filled a Bucket Today?

## Carol McCloud

This book encourages kindness towards others by using the concept of an 'invisible bucket'. Showing kindness to others not only fills the bucket of those around us but fills our own bucket also.



# A Book of Feelings

## Amanda McCardie

This book aims to help young children to understand and express their feelings. It illustrates how emotions can escalate and how people can help each other.

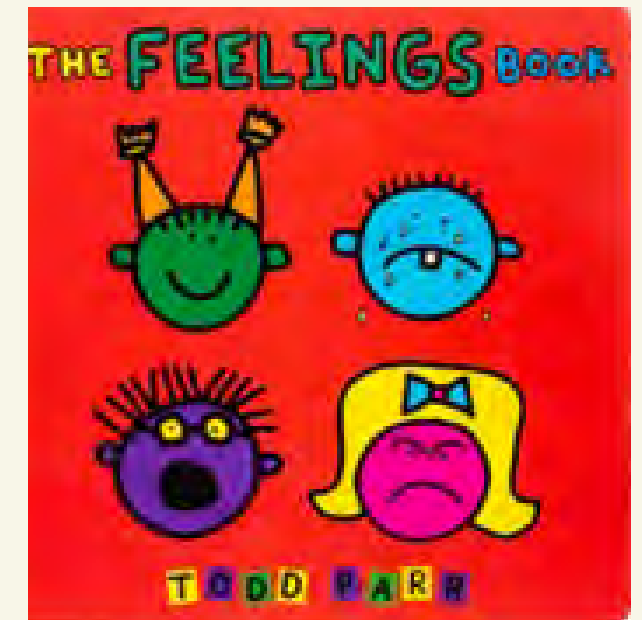




## The Feelings Book

Todd Parr

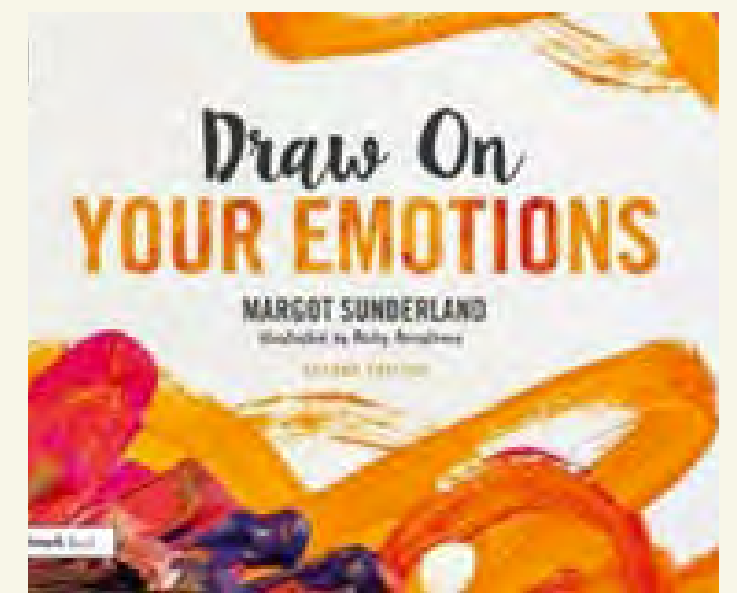
This short book is an introduction to talking to young children about emotions. It inspires children to embrace the wide range of moods we all experience.



## Draw On Your Emotions

Margot Sunderland

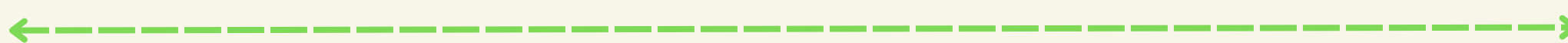
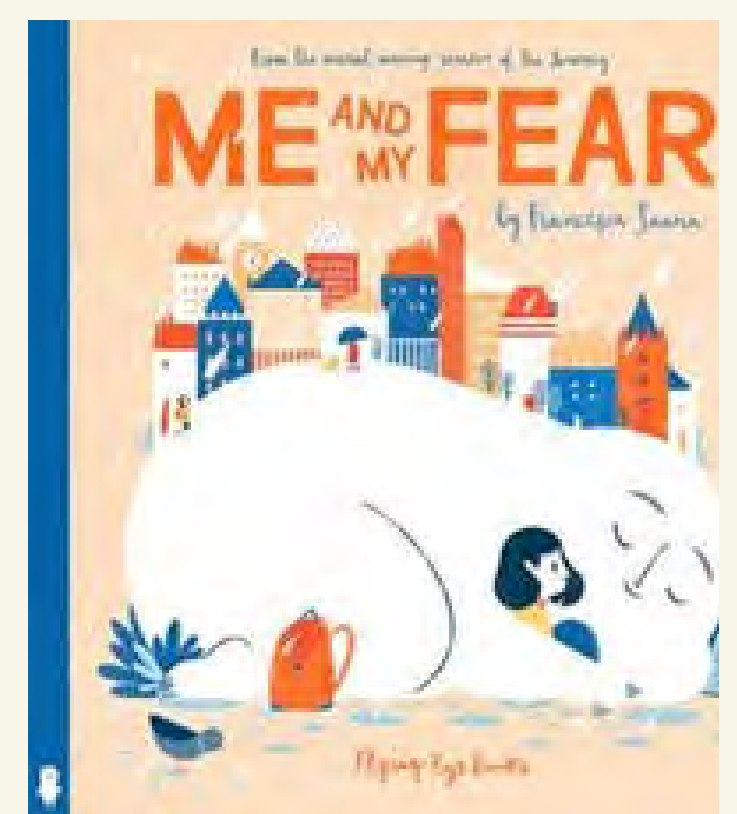
This book is designed to help the young person identify, connect with, and communicate about their emotions through drawing. It contains various exercises to explore feelings, life choices, and alternative outcomes.



## Me and My Fear

Francesca Sanna

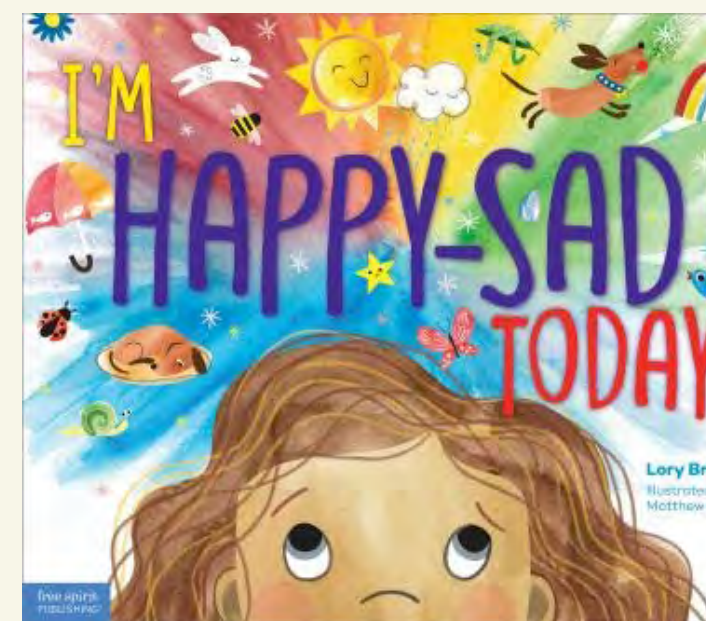
This book tells the story of a young girl moving to a new country and school. She is accompanied by her "secret fear", who tells her to be alone and afraid. But, she is stronger than her fear, and she learns the importance of sharing it with others.



# I'm Happy-Sad Today: Making Sense of Mixed Together Feelings

Lory Britain

This picture book helps young children make sense of mixed-up emotions by showing that it is okay to feel so many different ways at the one time. It includes a separate section for adults offering ideas and strategies for supporting children.



# Bea's Ocean Commotion: A Book About Friendship and Dealing with Worry

Claire Keating & Sinead Dore

This book explores how to recognise and manage feelings of worry. It offers mindfulness techniques to regulate emotions and help deal with fears and anxieties.



# Bea's Jungle Rumble: A Book About Kindness and Dealing with Anger

Claire Keating & Sinead Dore

This book teaches children about kindness and how to deal with anger using breathing techniques, affirmations, positive self-talk and gratitude, as well as how to spread kindness.





# Bea's Polar Express

## Claire Keating & Sinead Dore

This book explains empathy and kindness, by showing children the importance of offering friends a listening ear at times they feel sad and lonely. It also demonstrates a breathing technique to manage these emotions.



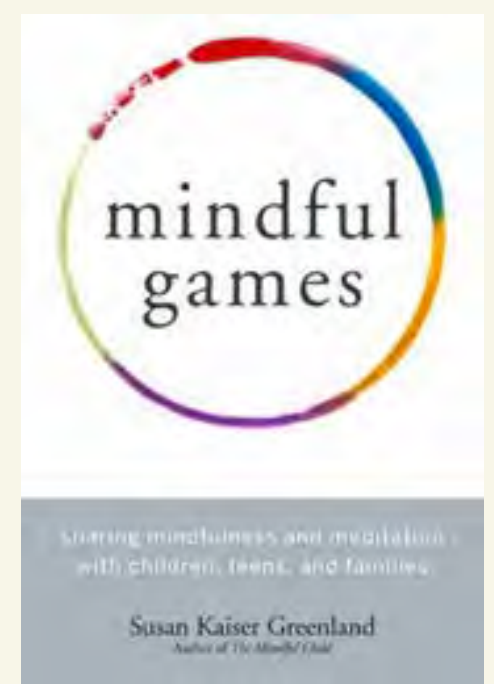
# MINDFULNESS



## For Parents

### Mindful Games: Sharing Mindfulness and Meditation with Children, Teens and Families Susan Kaiser Greenland

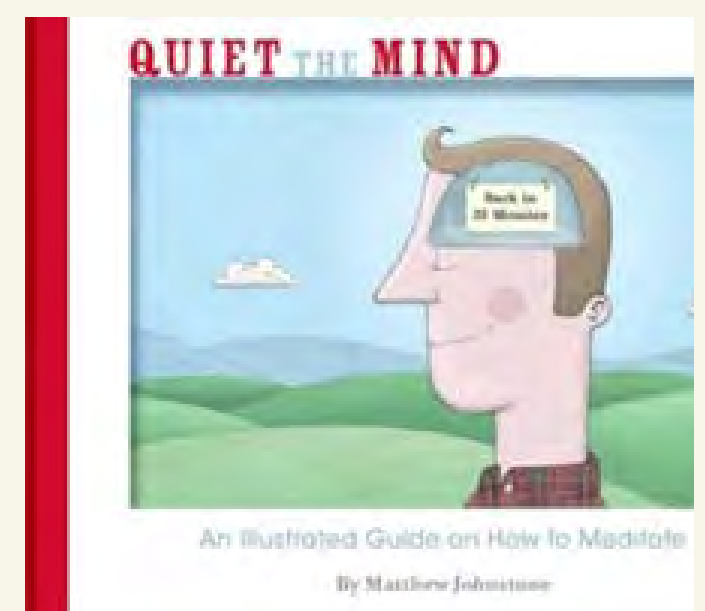
This book includes simple exercises and games that can be used to bring mindfulness into play. Mindful games can teach children how to regulate their emotions and find calm in stressful situations.



## For Teenagers

### Quiet the Mind Matthew Johnstone

This accessible, illustrated guide to meditation is designed to help the reader find space and peace through daily meditation. It contains a step-by-step overview on how to meditate, through the simplicity of sitting down and focusing on breathing.

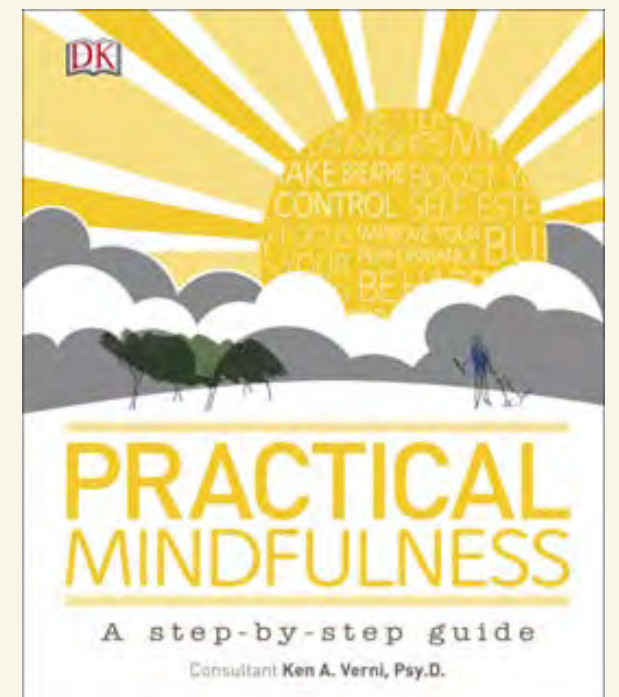




# Practical Mindfulness

Ken A. Verni

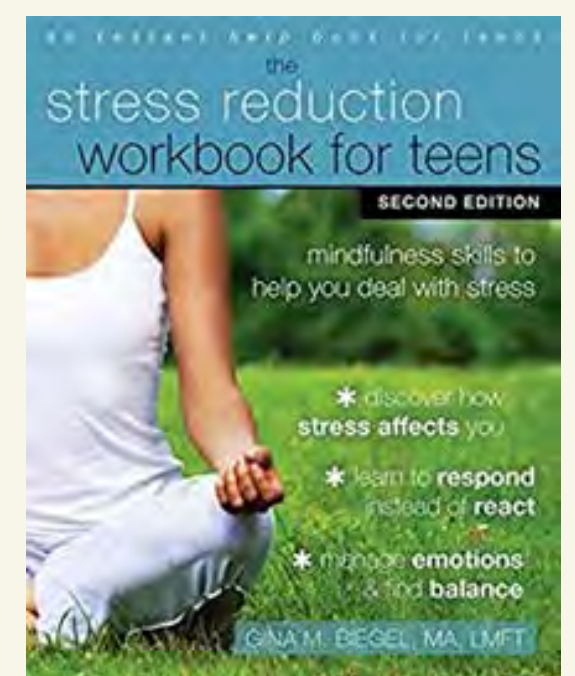
This book provides targeted, step-by-step meditations, showing how to apply mindfulness in daily life. It includes a variety of relaxation methods, meditation tips, and breathing techniques.



## The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress

Gina Biegel

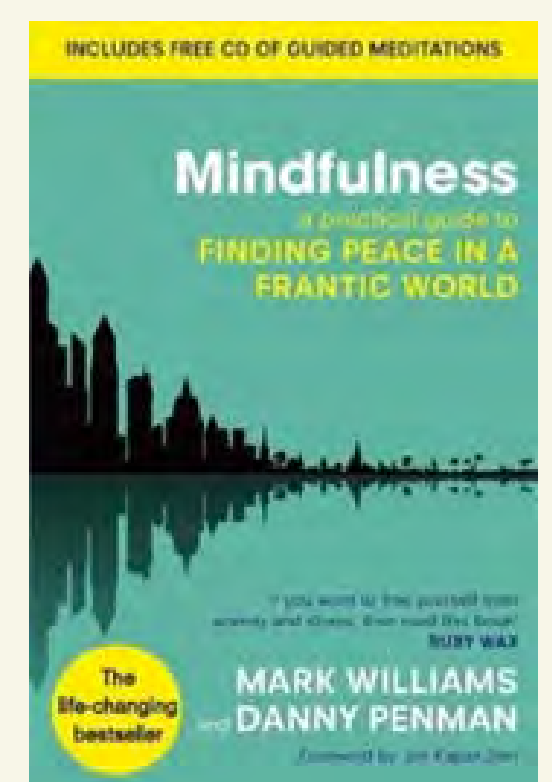
This workbook includes mindfulness-based tips and activities that can be used to relax in stressful times. It shows how being aware of thoughts, feelings, and physical sensations in the moment can help to balance emotions and remain calm.



## Mindfulness: A Practical Guide to Finding Peace in a Frantic World

Mark Williams & Danny Penman

This book uses mindfulness to show simple, yet powerful, practices that can be used in daily life to break through anxiety, unhappiness, stress, and exhaustion. It can be used as a guide to introduce simple elements of mindfulness into daily life.



# The Mindfulness Journal: Exercises to Help You Find Peace and Calm Wherever You Are

Corinne Sweet

This journal acts as an introduction and companion to daily mindfulness. It includes simple exercises and thought logs that can be used throughout the day.



## For Children

### The Chill Skill

Niall Breslin

This book shows children how to manage feelings of anger and frustration. The Chill Skill teaches children to sit with uncomfortable feelings, arming them with a 'superpower' as they grow up.



### Take Five

Niall Breslin

This book teaches children about the use of gratitude and resilience to help manage the difficult and confusing emotion of jealousy.





# The Magic Moment

## Niall Breslin

This book teaches children how to use mindfulness to manage their big feelings. It shows children that they can return to the present moment, through exploring difficult feelings and facing their fears.



# Sitting Still Like A Frog

## Eline Snel

This book introduces children to mindfulness in a playful way. It includes simple practices, paired with an accompanying audio CD, that can help children to manage difficult emotions, sleep easier, and alleviate worries.



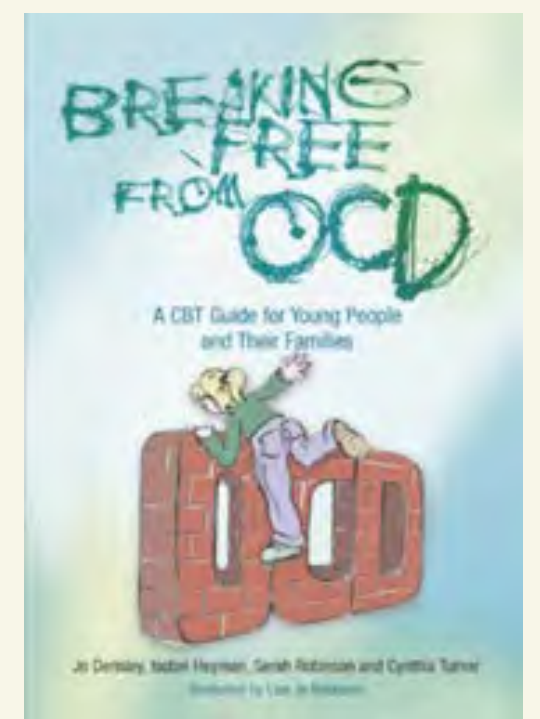
# OBSESSIVE COMPULSIVE DISORDER



For Teenagers

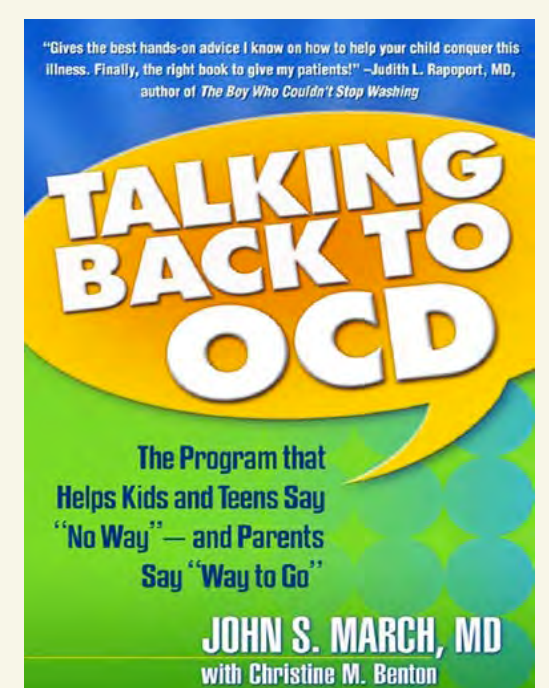
## Breaking Free from OCD: A CBT Guide for Young People and their Families Jo Derisley

This interactive guide provides support and advice for adolescents with OCD and their families. Using principles of cognitive behavioural therapy, it provides young people with a structured plan through worksheets and useful information.



## Talking Back to OCD John S. March

This book provides a practical guide for young people and their families to understand and take back control in OCD.





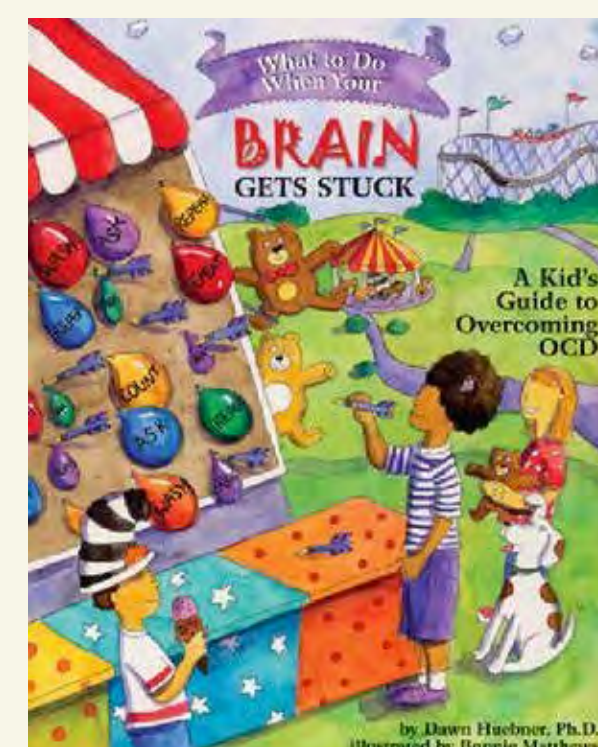


## For Children

# What to do When Your Brain Gets Stuck

## Dawn Huebner

This guide helps children and their parents use cognitive-behavioral techniques to recognise and manage symptoms of OCD. It uses engaging activities and step-by-step instructions to master the skills needed.



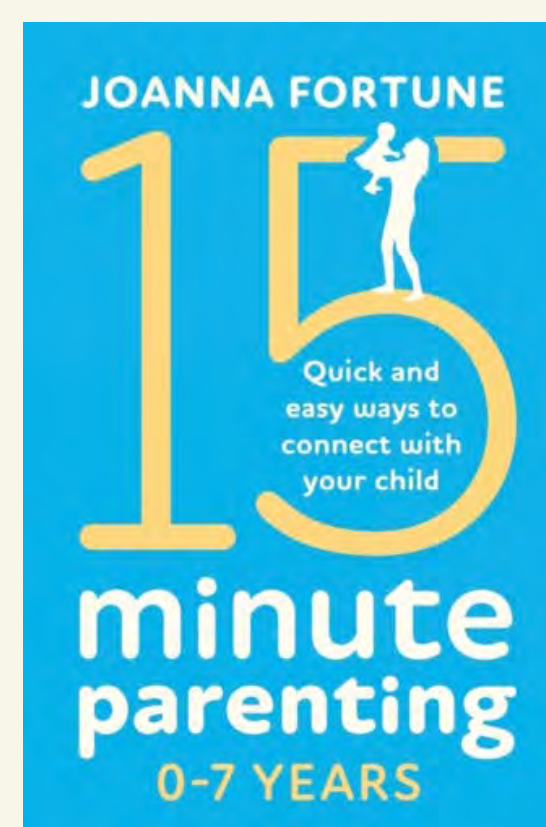
# PARENTING



## For Parents

### 15 Minute Parenting 0-7 Years Joanna Fortune

Play is the language of children. This book is filled with play ideas and techniques designed to address common behavioral issues that parents encounter as their child grows, including anxiety, lashing out, whining and demands for independence.



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### 15 Minute Parenting 8 - 12 Years Joanna Fortune

A practical parenting roadmap for parents with 15-minute games and activities that can easily be incorporated into daily routines. It offers hands-on advice on how to deal with challenges such as friendships and bullying, sibling relationships, difficult conversations, risk-taking behaviour and building independence, self-esteem and emotional resilience.

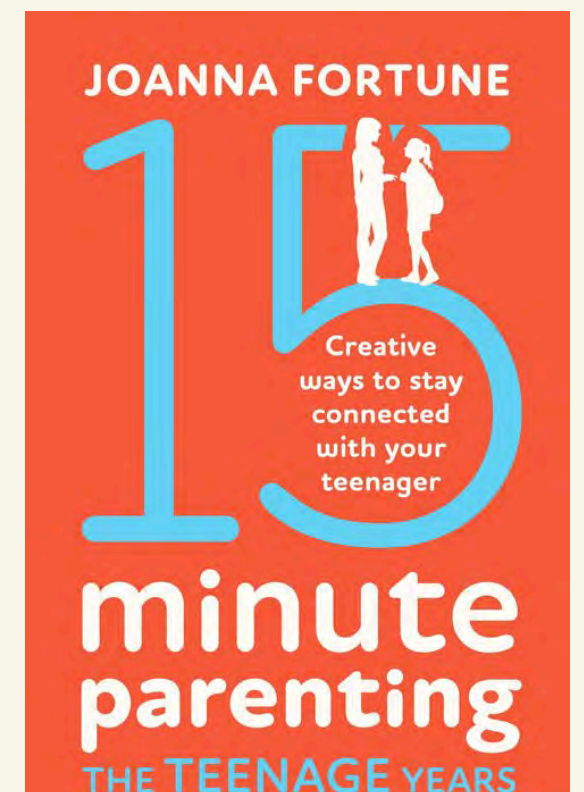




## 15 Minute Parenting The Teenage Years

Joanna Fortune

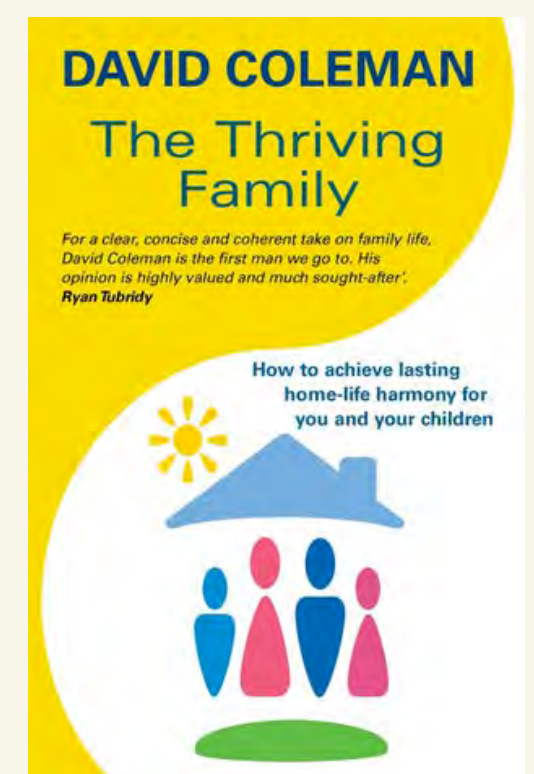
This book supports the parent to understand their relationship with their adolescent as they grow. It provides guidance on how to navigate the teenage years and adolescent behavior including how to build self-esteem and confidence, establish a trusting relationship, encourage emotional resilience and handle teenage friendships.



## The Thriving Family

David Coleman

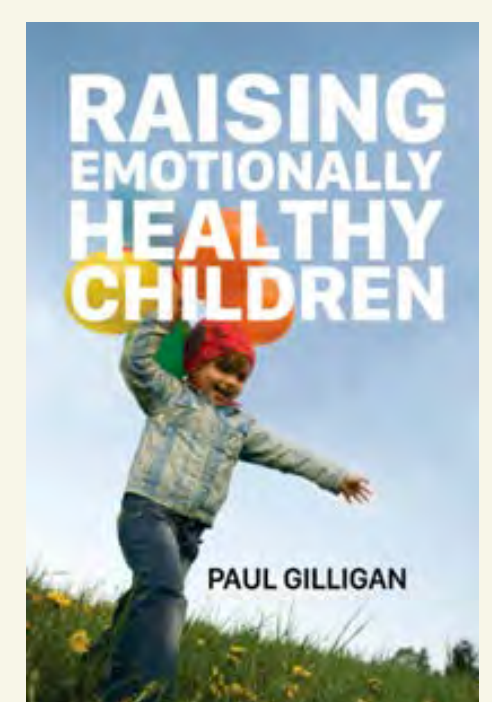
This book discusses how empathy, positive reinforcement and setting successful boundaries can lead to a loving and calm home environment that allows every member to thrive.



## Raising Emotionally Healthy Children

Paul Gilligan

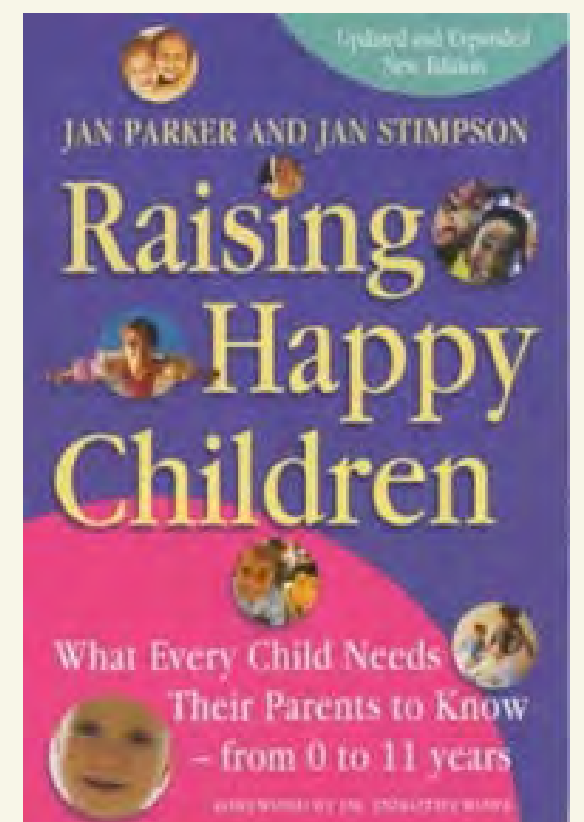
This straightforward guide offers parents advice on how to promote positive mental health in their children, fostering within them self-love and self-worth. It includes helpful worksheets and reflections, to allow parents to support their children in the complex world of today.



## Raising Happy Children

Jan Parker, Jan Stimpson & Dorothy Rowe

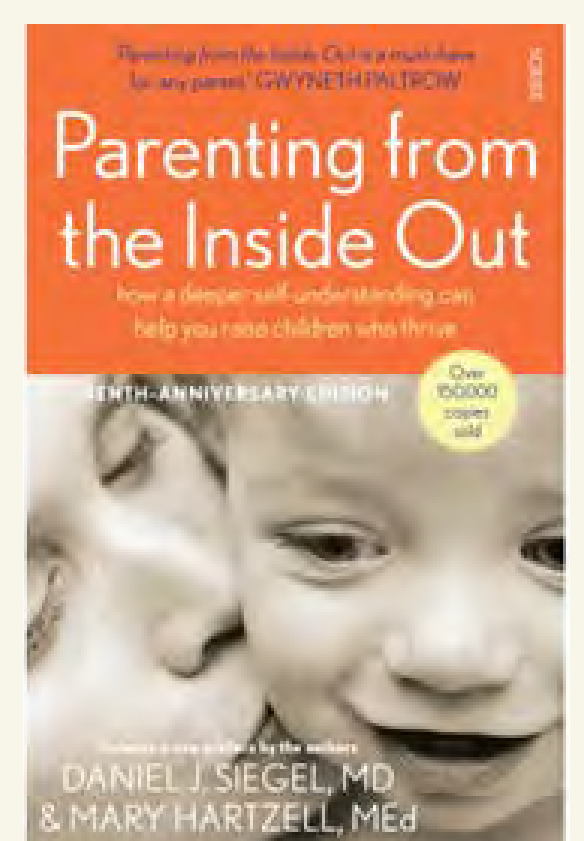
This book includes insightful, helpful, honest, and confidence-boosting advice to allow parents to nurture strong relationships with their children from infancy through primary school years. It offers guidance on healthy eating, gender and development, family communication, emotional support, and sleep solutions.



## Parenting from the Inside Out

Dan Siegel & Mary Hartzell

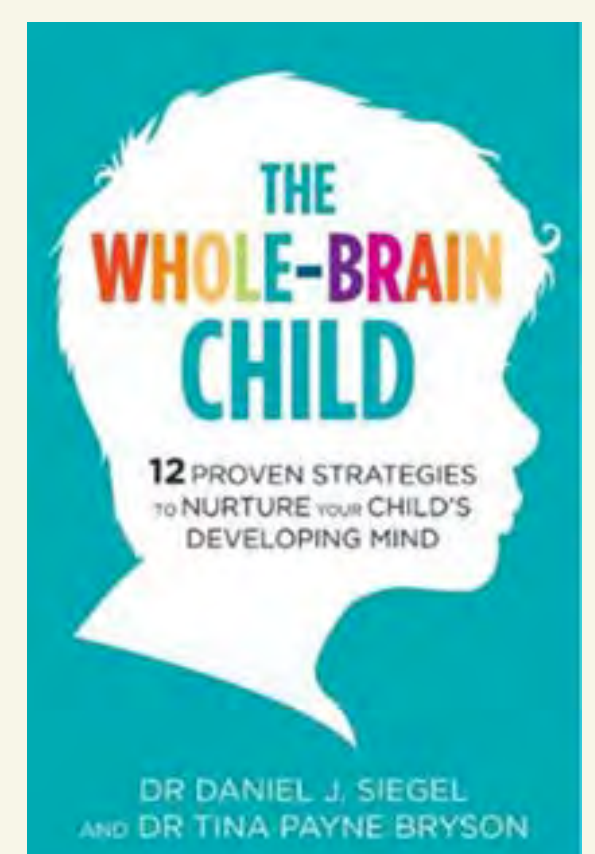
This book draws on neurobiology and attachment research, to explore how childhood experiences can shape the way we parent. It offers a step-by-step approach to forming a deeper understanding of parents' own life stories, which will help in raising compassionate and resilient children.



## The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind

Dan Siegel & Tina Payne Bryson

This book explores how a child's brain is wired, how different parts of the brain develop at different rates, and how the emotional part of the brain is developing until the mid-twenties. It contains age-appropriate strategies and child-friendly illustrations to explain these concepts to your child and facilitate healthier emotional development.

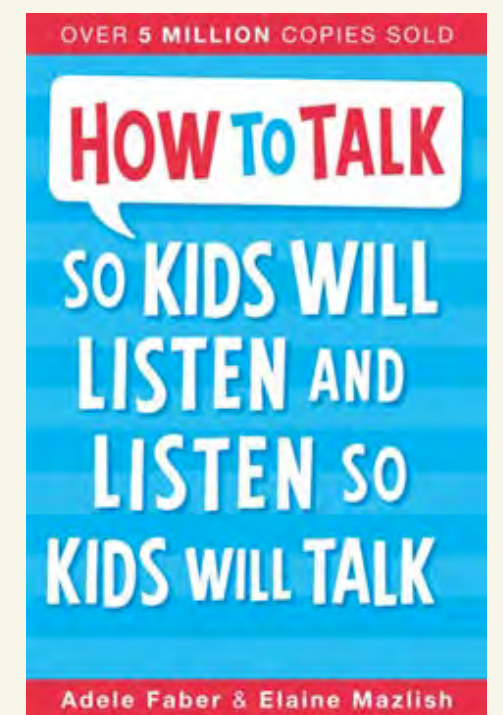




## How to Talk so Kids will Listen and Listen so Kids will Talk

Adele Faber & Elaine Mazlish

This practical guide offers techniques, role-plays, and stories that can improve the parent-child relationship. It provides examples on how to resolve family conflicts peacefully, through healthy expression of emotions and breaking a pattern of arguments.



## Cop On: What It Is and Why Your Child Needs It to Thrive and Survive in Today's World

Colin Noctor

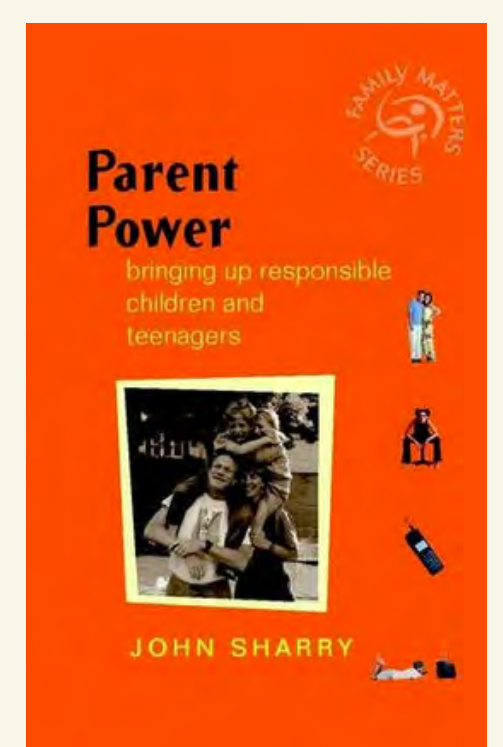
This book outlines how improved communication can help the parent see the world through their child's eyes, and learn to negotiate challenges more effectively. It includes direct and practical insights to help parents guide their children to survive and thrive in the world today.



## Parent Power: Bringing Up Responsible Children and Teenagers

John Sharry

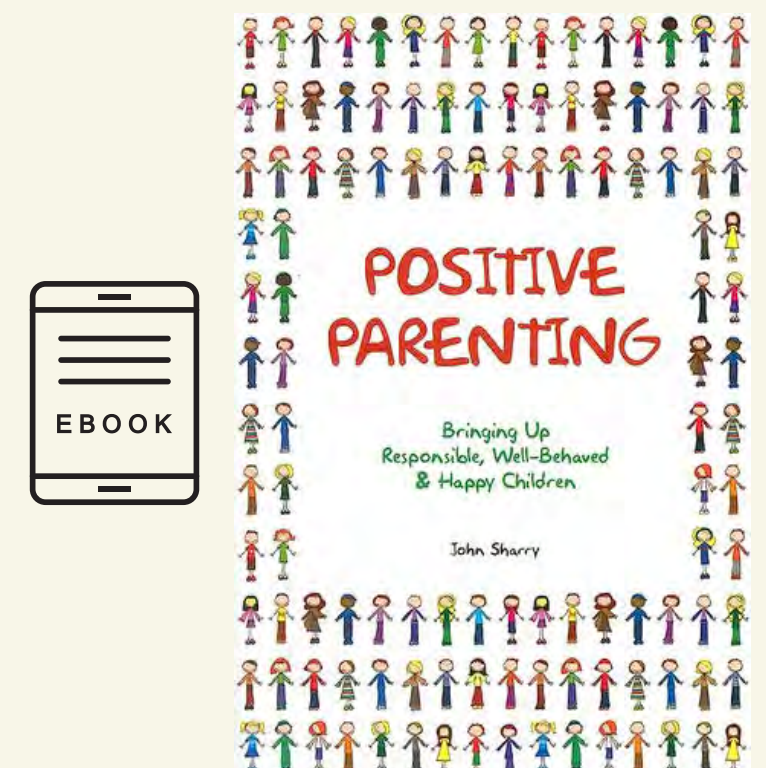
This book provides a guide to understanding and managing child behaviour. It offers advice on issues such as using positive attention, effective communication and using rewards. This book is composed of two parts: information relating to 3-11 year olds and information for teenagers



# Positive Parenting: Bringing up Responsible, Well Behaved & Happy Children

## John Sharry

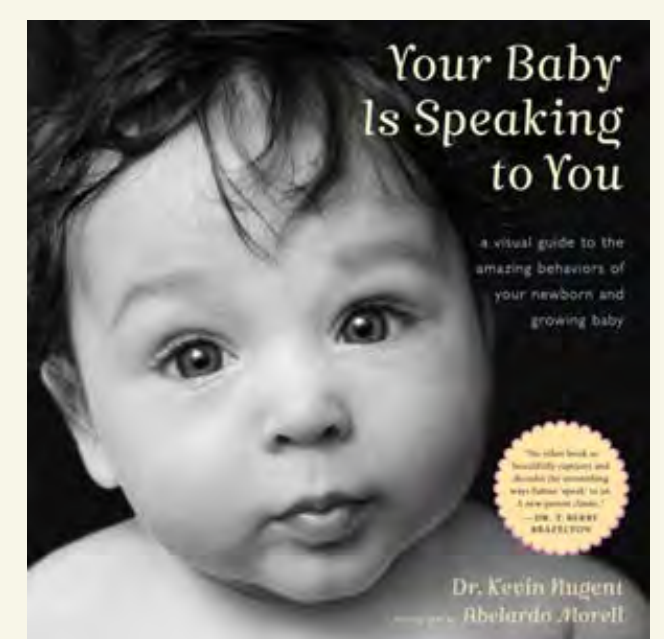
This step-by-step guide aims to help parents raise emotionally secure and happy children to reach their full potential. Targeted at parents of primary school-age children, it provides insight on how to support children with common childhood issues, such as homework, sibling rivalry, anxiety, and poor self-esteem.



# Your Baby is Speaking to You

## Kevin Nugent

This book provides a visual guide to the behaviours of babies from the moment they are born. It supports parents to respond to their baby's communications during early days and months.



# What Every Parent Needs to Know

## Margot Sunderland

This book explains practical parenting strategies that support parents to respond to their child. It outlines how touch, laughter and, appropriate and effective play can stimulate hormones important to your child's development.

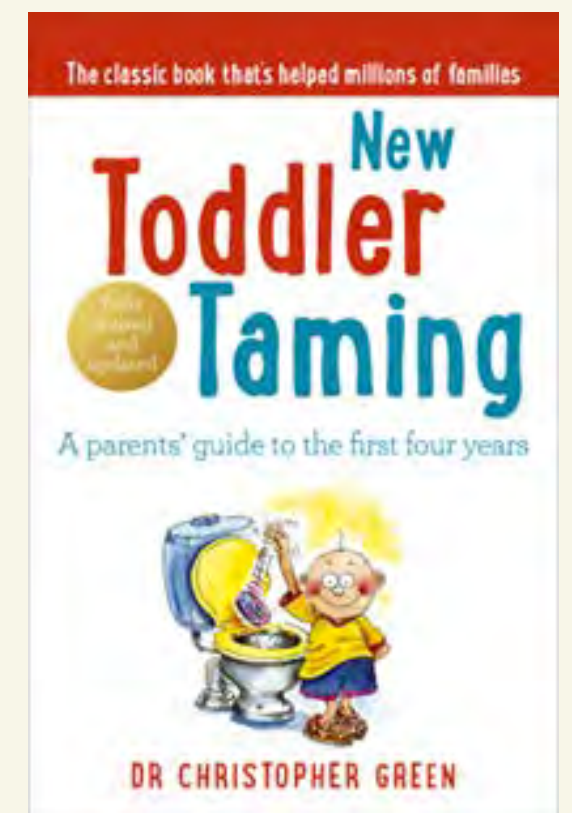




## New Toddler Taming

### Dr Christopher Greene

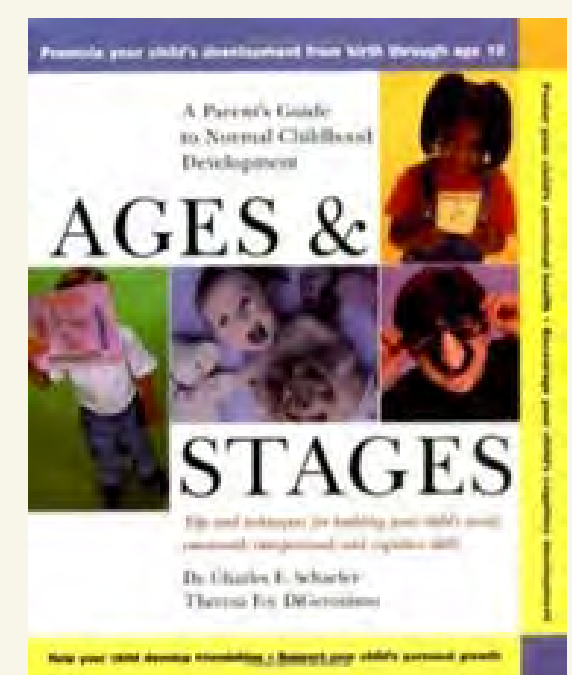
This book contains advice and guidance for parents during the first four years of their child's life. It explains how to support toddlers in sleeping, eating, sibling rivalry, potty training, and more.



## Ages and Stages

### Dr Charles Schaefer & Theresa Foy DiGeronimo

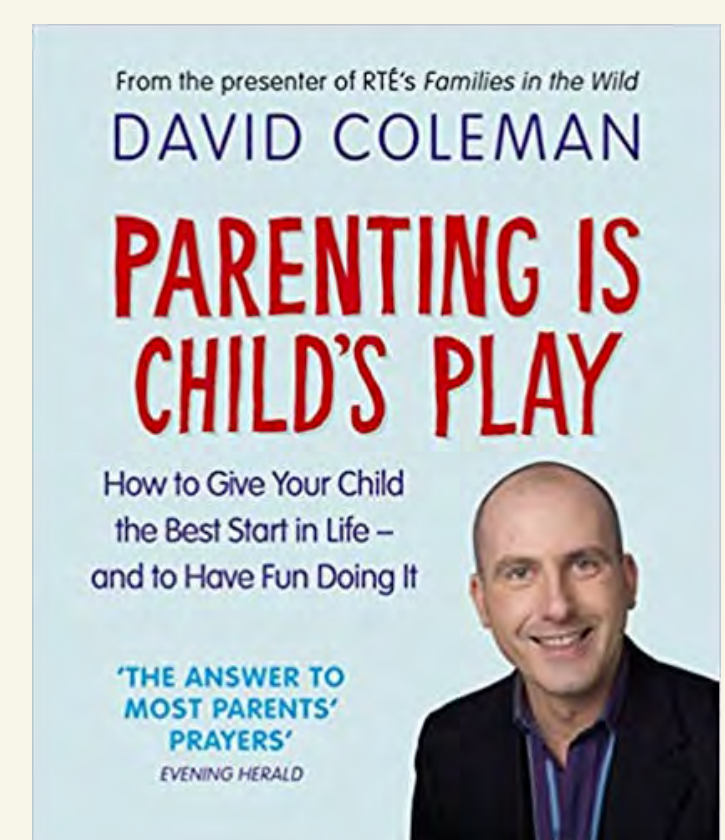
This book offers a guide to parents on typical development, as well as tips and strategies to foster child maturation. It covers parenting strategies across areas of psychological health; including emotional, cognitive, friendship/relationships, personal growth, and morality.



## Parenting is Child's Play: How to Give Your Child the Best Start in Life and Have Fun Doing It

### David Coleman

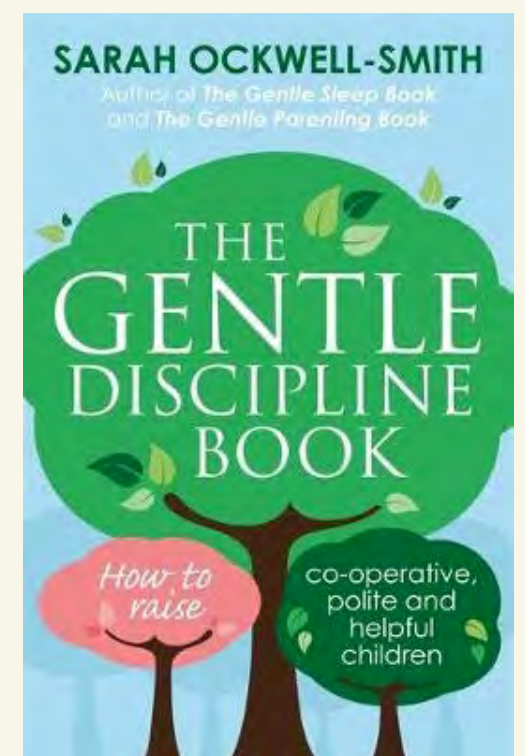
This book focuses on raising a child through the first six-years of their life. It supports the reader on how to have fun with parenting, covering important elements of the 'parenting game', such as eating, discipline, and sleep routines.



# The Gentle Discipline Book

## Sarah Ockwell-Smith

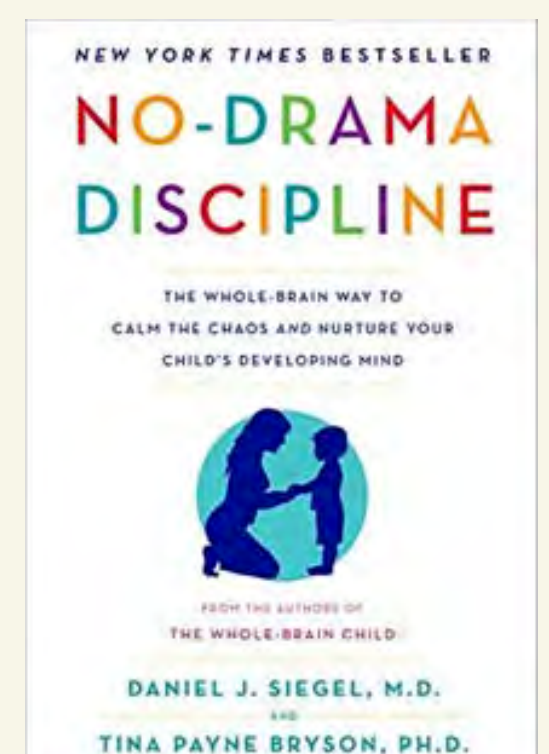
This book supports parents to understand their child, have realistic expectations of them and respond to behaviour appropriately. It debunks many commonly held beliefs about punishment and motivation, and provides an alternative approach that empowers parents to discipline their child in an effective, respectful way.



# No-Drama Discipline

## Dan Siegel & Tina Payne Bryson

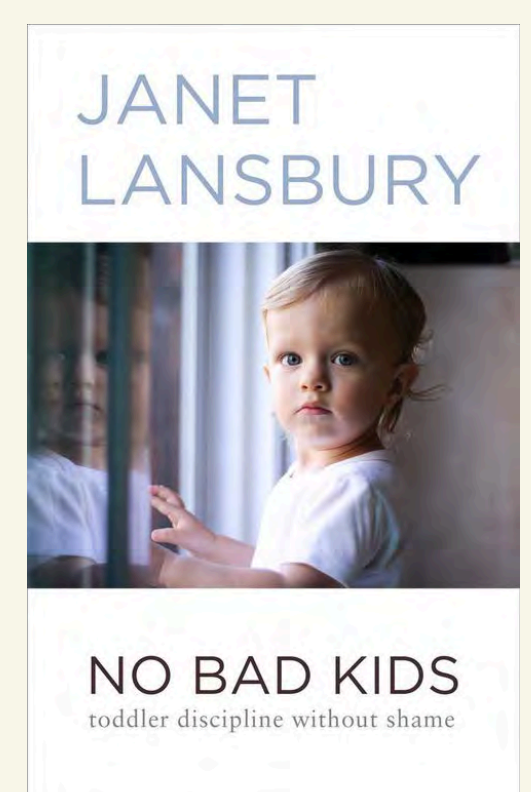
This practical guide includes candid stories and playful illustrations to provide an effective and compassionate overview on how to support children in times of upset. It encourages relationship-building and respect, to strengthen the parent-child connection.



# No Bad Kids: Toddler Discipline Without Shame

## Janet Lansbury

This book describes common toddler behaviors and demonstrates how respectful parenting practices can be applied to benefit both parents and children. It covers common topics such as punishment, cooperation, boundaries, testing, tantrums, hitting, and more.

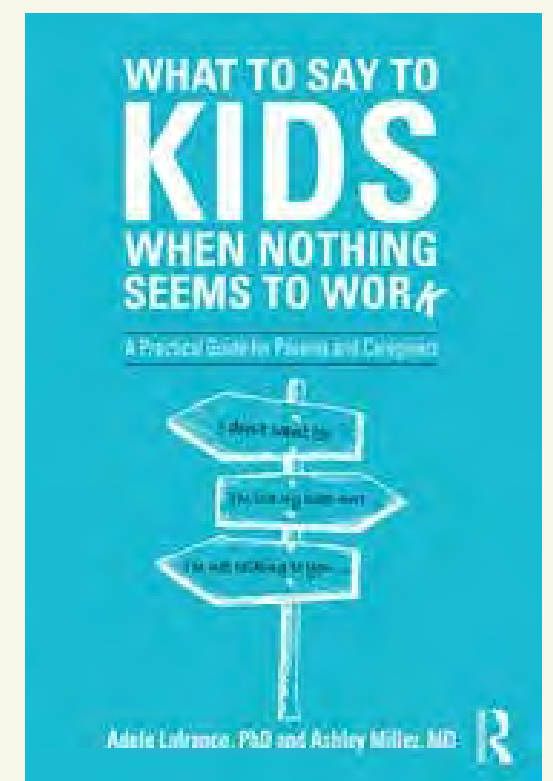




## What to Say to Kids When Nothing Seems to Work

Adele Lafrance

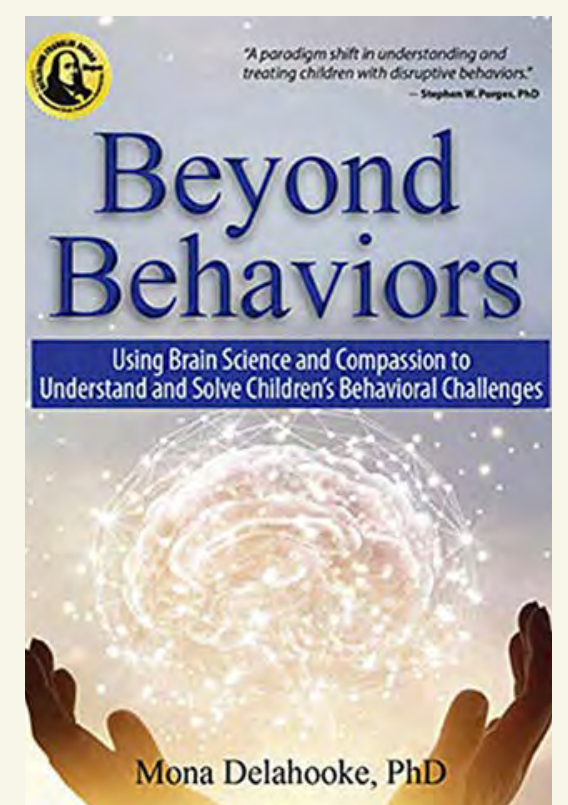
This book offers a step-by-step guide to common struggles for children aged 5–12 years. It provides a framework to explore ways of responding to children that will help them calm down faster and boost their resilience to stress.



## Beyond Behaviours: Using Brain Science and Compassion to Understand and Solve Children's Behavioural Challenges

Mona Delahooke

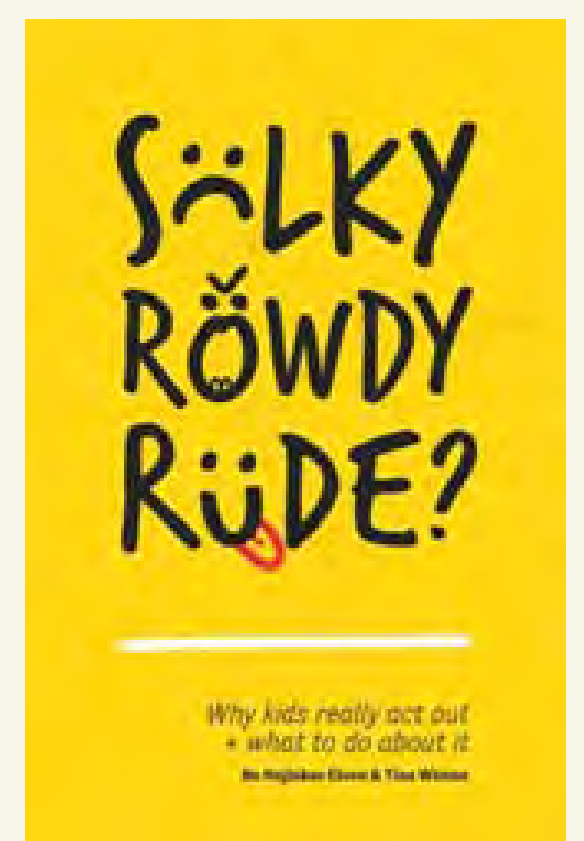
This book describes behaviours as important signals that should be addressed by seeking to understand the child's needs. It features worksheets and techniques to reduce behavioral challenges and promote psychological resilience and secure relationships.



## Sulky, Rowdy, Rude?: Why Kids Really Act Out and What To Do About It

Bo Hejlskov Elven & Tina Wiman

This practical book explains how parents can use consistent structure and effective responses to teach self-control and co-operation to their children in a secure and safe environment. It includes creative tips and real-life examples to support children through difficult phases they are experiencing.



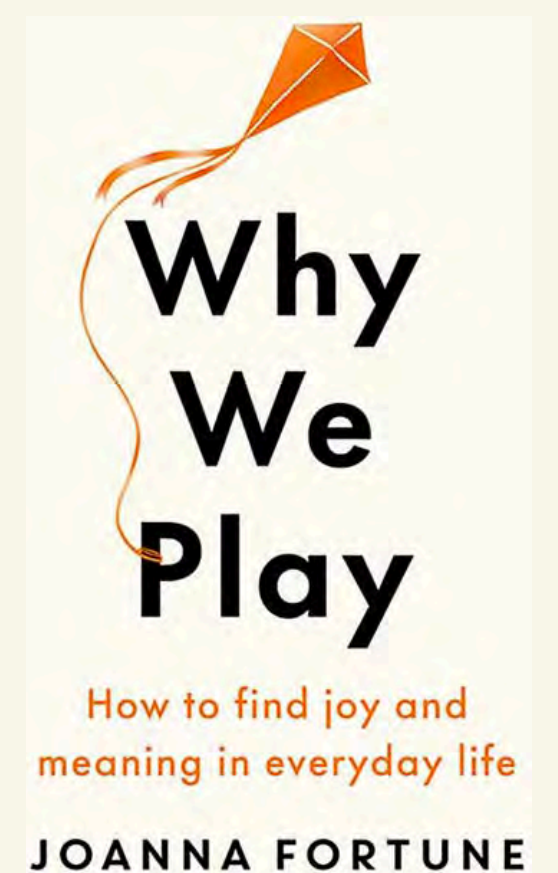
# PLAY



## For Parents

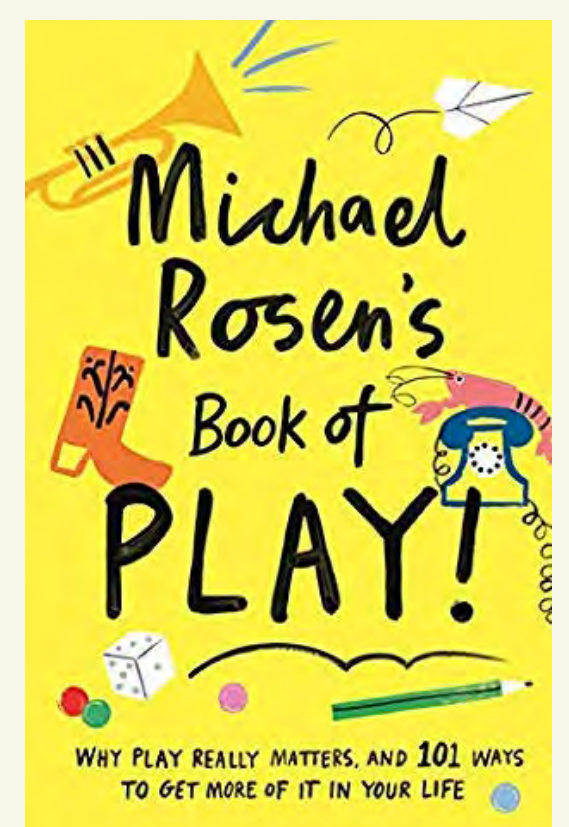
### Why We Play Joanna Fortune

Playing is how children make sense of the world and find their place in it. This book supports parents to reconnect with their inner child, and by doing so to live a happier and more meaningful life.



### Book of Play Michael Rosen

Packed with activities and prompts for creative indoor and outdoor play for all ages, this book explores why play matters so much for creativity, resilience and our well-being.

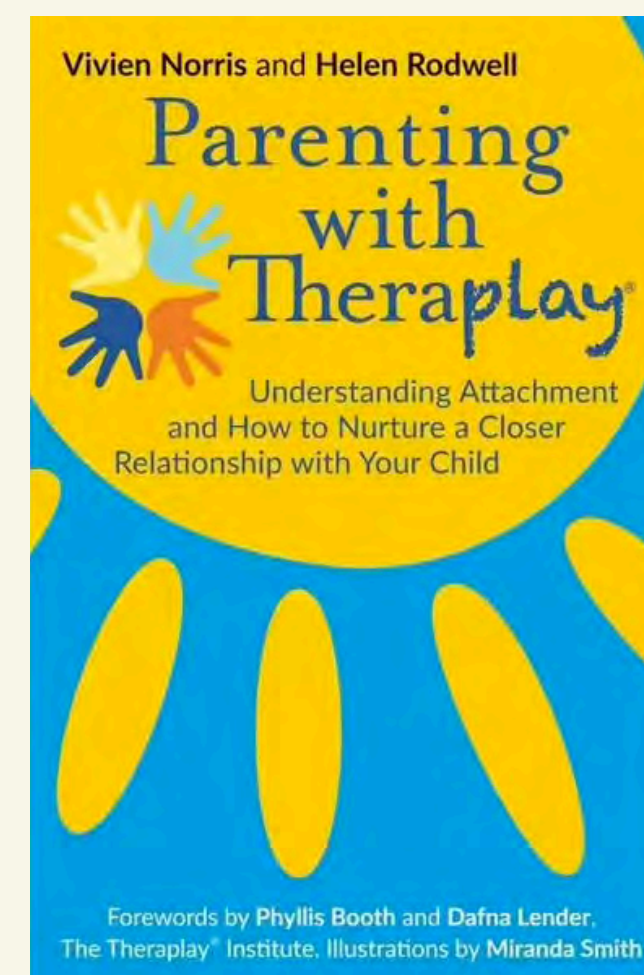


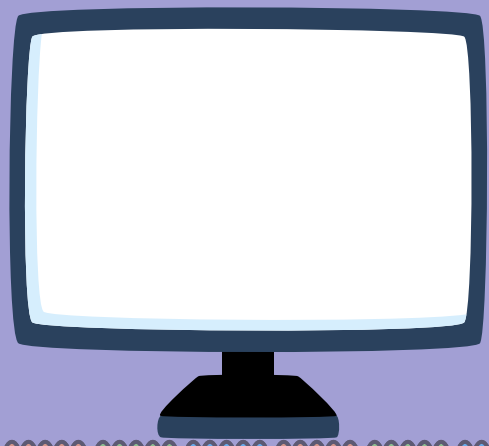


# Parenting with Theraplay: Understanding Attachment and How to Nurture a Closer Relationship with Your Child

Vivien Norris and Helen Rodwell

Theraplay® is an attachment-focused model of parenting that helps parents to understand and relate to their child. Based on a sequence of play activities, that are rooted in neuroscience, this book offers a fun and easy way for parents and children to connect.





# SCREEN TIME



## For Parents

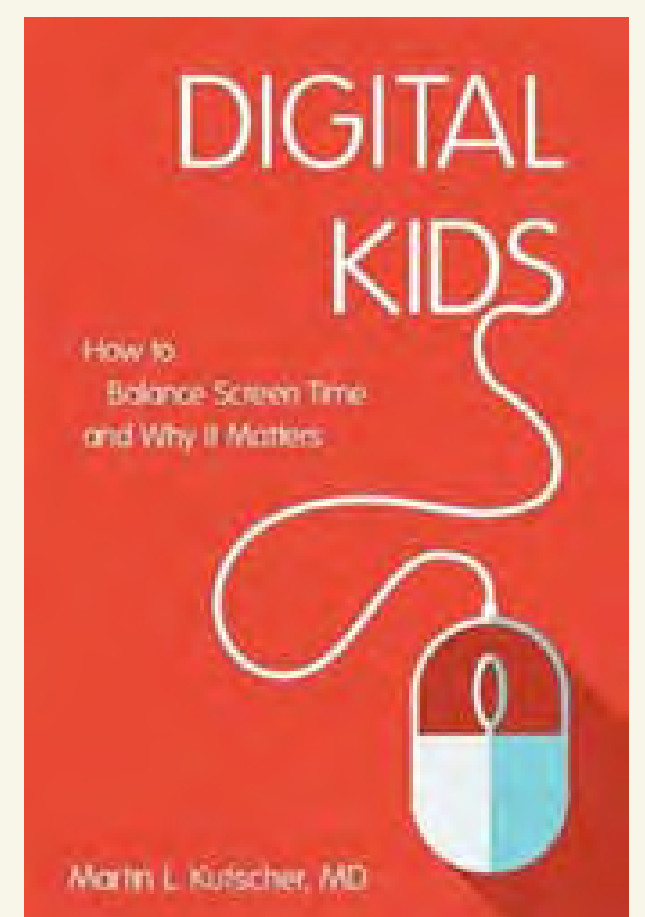
### **UnPlugged Parenting: How to Raise Happy, Healthy Children in the Digital Age** Dr. Elizabeth Kilbey

This book helps parents to navigate the tricky journey of screen time. It supports parents to understand the impact of screen time and to manage it in a safe and balanced manner particularly in younger children’s development. It provides the reader with tools to manage screen use, to create a safe and balanced family environment.



### **Digital Kids: How to Balance Screen Time,** Martin L. Kutscher MD

This book offers whole-family approaches for limiting the harmful effects of excessive screen-time, and helping children to learn to control their own internet use.





# Kids Online: Opportunities and Risks for Children

Sonia Livingstone and Leslei Haddon

With the internet and new online technologies becoming increasingly involved in everyday life, this book provides insight into the opportunities and consequences that accompany their use.



## Cyberbullying

Vanessa Rogers

This book provides useful strategies to discuss cyberbullying and online safety in an approachable, engaging way. Suitable for parents or adults working with young people, this book includes group activities to encourage young people to reflect on their own behaviour and attitudes, and enable them to make healthy positive choices in the digital world.



## For Teenagers

# The Teenage Guide to Life Online

Nicola Morgan

This book offers insight into the many advantages and risks of life online, and provides advice on how best to avoid the negative consequences of the internet. The author draws on important research into how the internet and screen-use affect our ability to concentrate, our mood and sleep patterns.



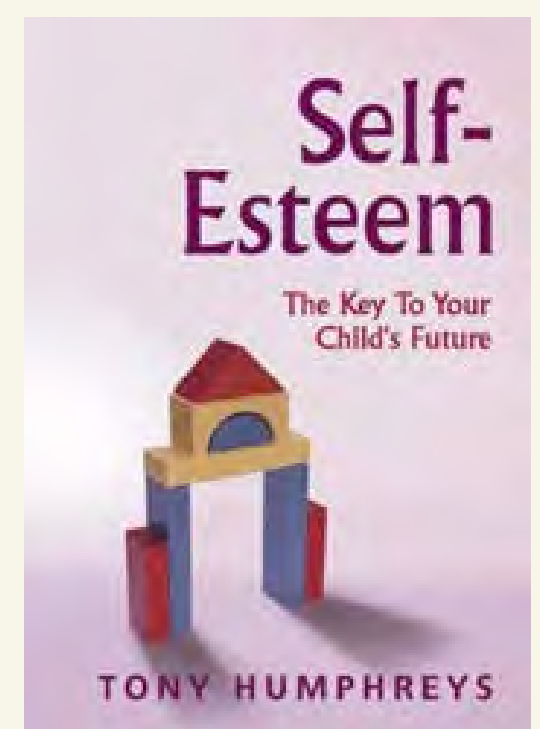
# SELF ESTEEM AND RESILIENCE



## For Parents

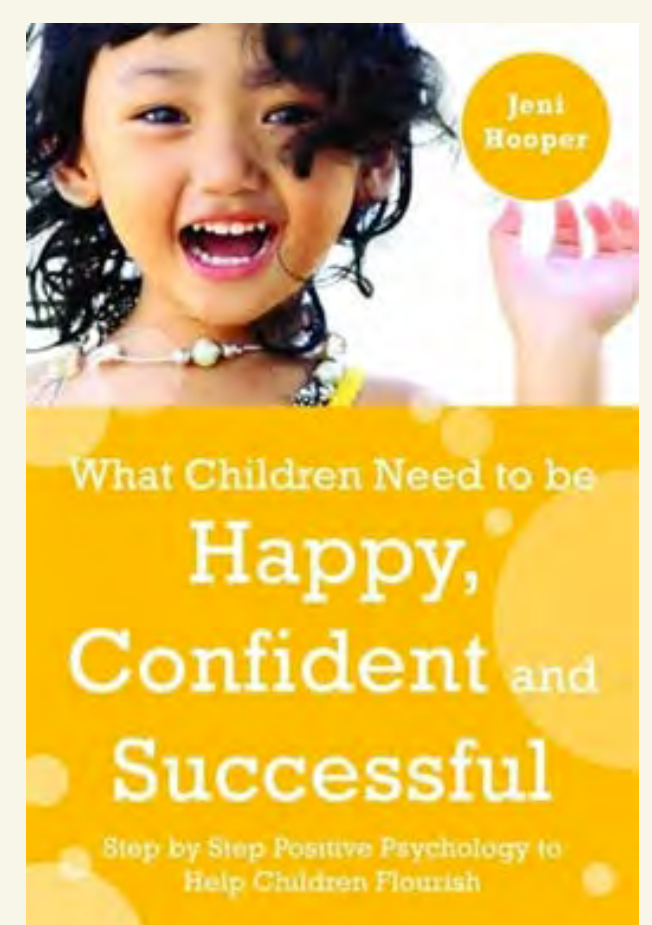
### Self-Esteem: The Key to your Child's Future Tony Humphreys

Parents act as a mirror for their children. Parental responses to children determine the image they form of themselves. This book supports parents to create a family environment that promotes healthy self-esteem.



### What Children Need to be Happy, Confident and Successful Jeni Hooper

Suitable for use with 3-11 year olds, this practical resource demonstrates how children can be helped to achieve psychological wellbeing and personal potential. The book explores five key areas of wellbeing: personal strengths, emotional wellbeing, positive communication, learning strengths, and resilience.

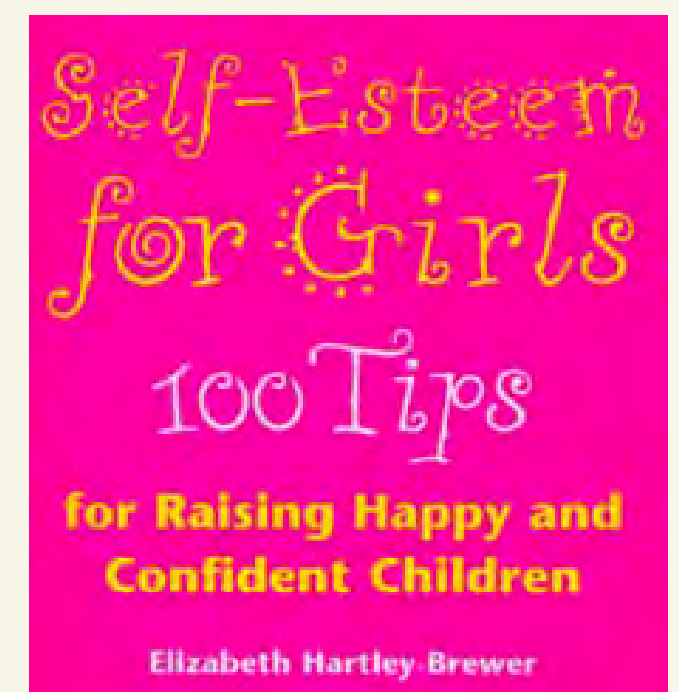




## Self-Esteem for Girls

Elizabeth Hartley-Brewer

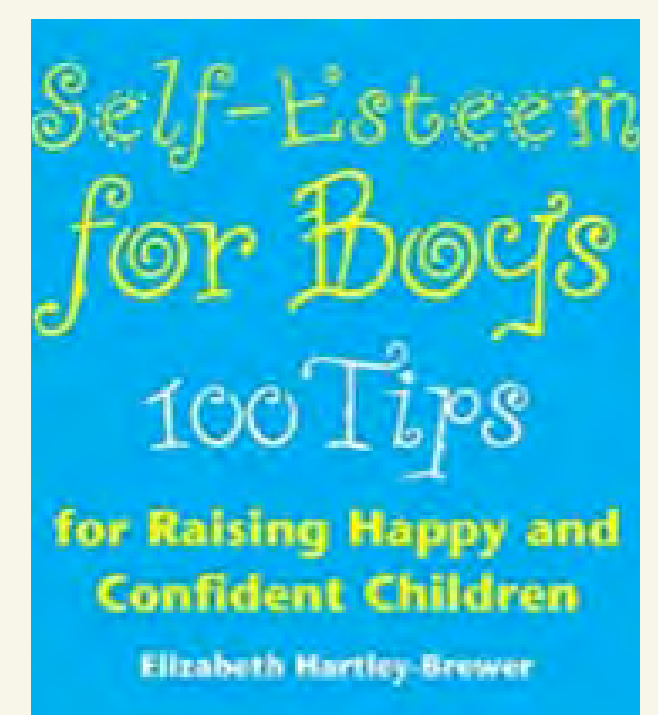
This practical book shows parents how to understand challenges faced by girls today. It explores how girls' behaviour can be managed in a sensitive way, to promote their self-esteem and develop their inner strength.



## Self-Esteem for Boys

Elizabeth Hartley-Brewer

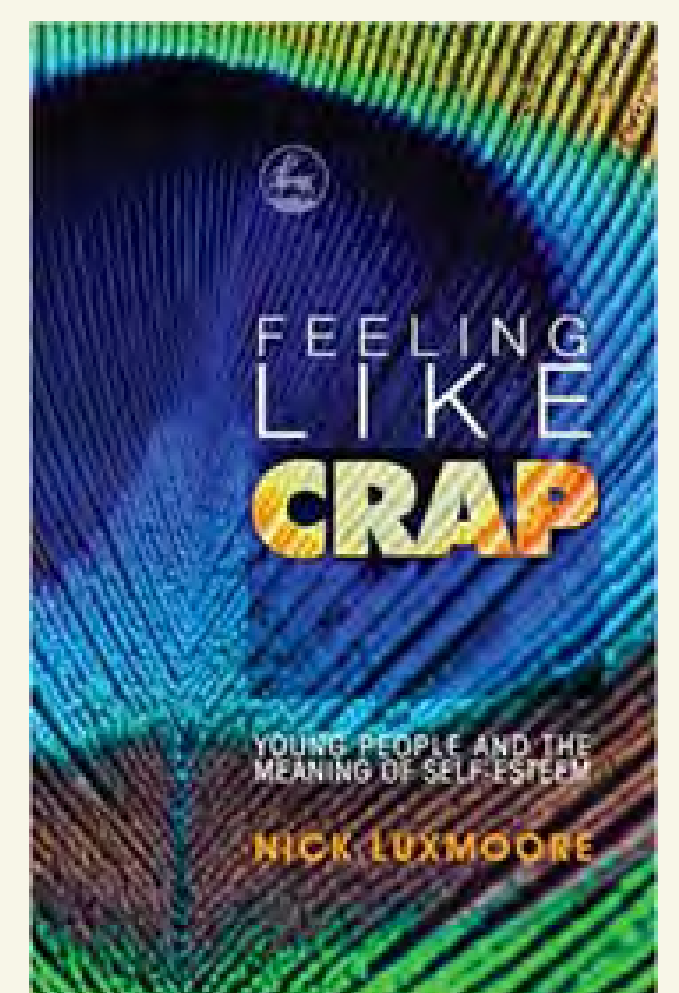
This practical book shows parents how to understand difficult stages faced by boys as they grow up. It teaches parents how they can support boys to develop inner strength to resist peer group demands and how to manage their behaviour to promote their self-esteem.



## Feeling Like Crap: Young People and the Meaning of Self-Esteem

Nick Luxmoore

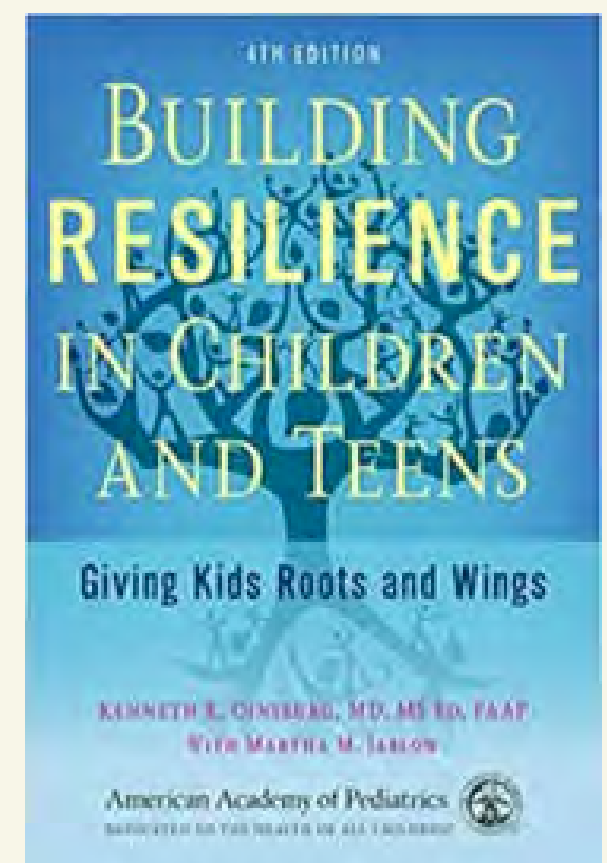
This resource explores factors which contribute to the development of a young person's sense of self, and what might help them to feel valued and confident. Listening to, engaging with and being respectful of young people, can support them to repair and develop their sense of self.



# Building Resilience in Children and Teens: Giving Kids Roots and Wings

## Kenneth Ginsburg

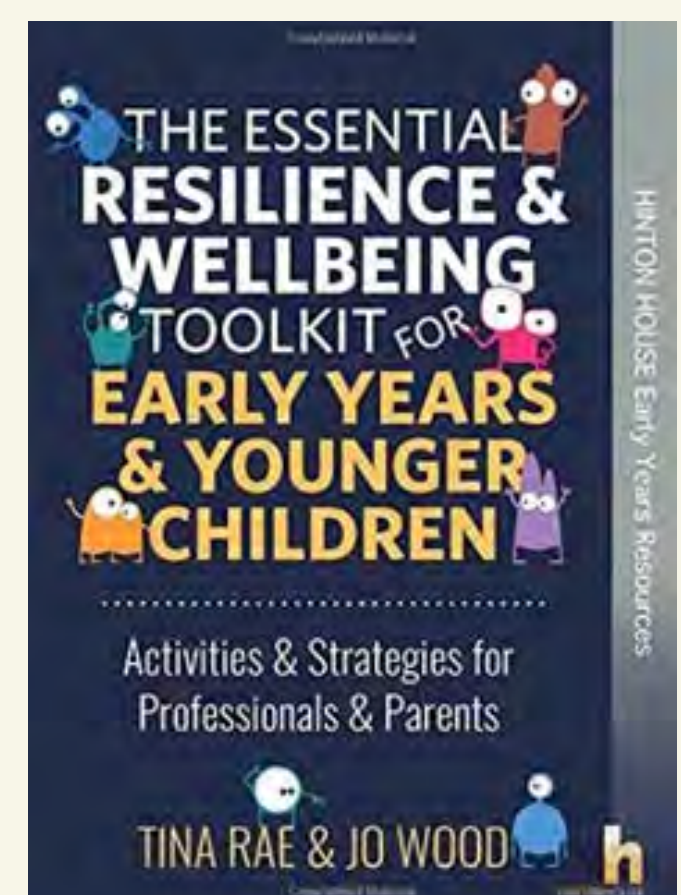
This guide explores how incorporating 7 crucial C's (competence, confidence, connection, character, contribution, coping, and control) into parenting style can support children to thrive. It includes coping strategies for facing stresses in life, and demonstrates the importance of communication in strengthening the parent-child connection.



# The Essential Resilience and Wellbeing Toolkit for Early Years and Younger Children

## Tina Rae

This book includes fun, easy-to-use activities aimed at supporting the mental wellbeing of younger children that will help them to cope with life's adversities as they get older. It outlines the effect of low self-esteem and has fun activities to build confidence, regulate emotions and develop problem solving skills.



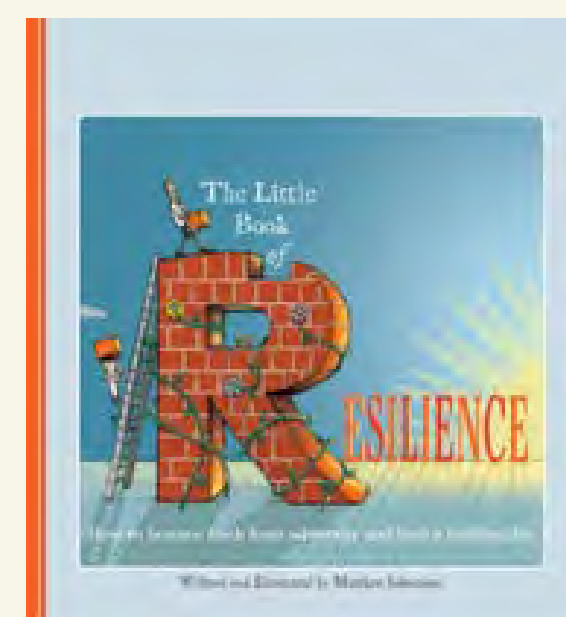




## For Teenagers

### The Little Book of Resilience Matthew Johnstone

This book guides the young person to understand the importance of resilience in wellbeing. It shows how flexibility, acceptance and self-compassion can be used to develop and maintain resilience and overcome challenging life events.



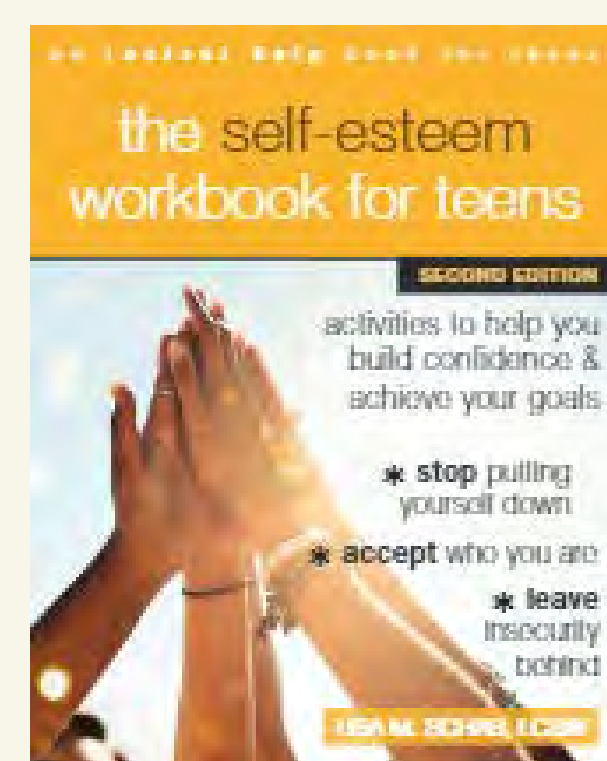
### Resilience: How to Cope When Everything Around You Keeps Changing Liggy Webb

Stressful situations are a fact of life. This book provides a toolkit for responding to challenging life situations. It encourages the young person to become more confident in their ability to respond to setbacks with optimism and opportunity.



### The Self-Esteem Workbook for Teens Lisa Schab

This is a practical guide to help teenagers build their self-esteem and develop a positive self-image. The activities included are designed to be engaging and fun.



# The Think Confident, Be Confident Workbook for Teens

Leslie Sokol & Marci Fox

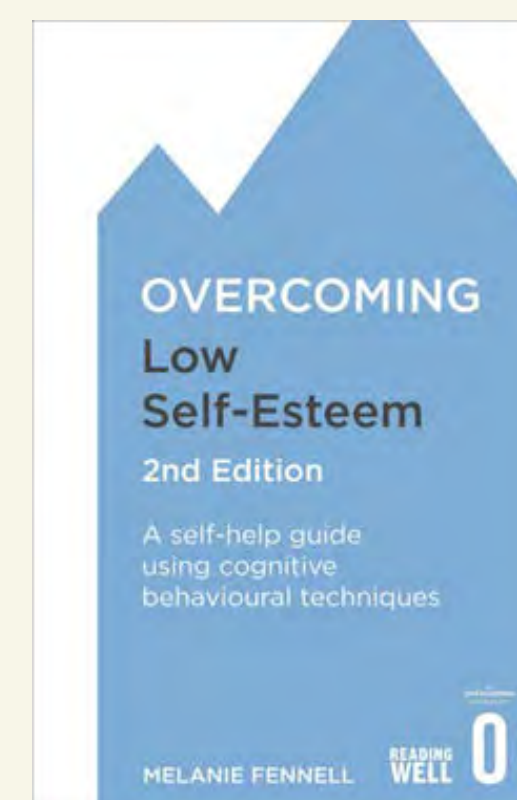
Self-confidence and self-esteem can plummet during the teenage years. This engaging workbook teaches the young person that how they think affects how they feel and what they do. The book includes simple tips and activities that help the young person to reflect on their thoughts and overcome their self-doubt with healthy strategies.



## Overcoming Low Self-Esteem

Melanie Fennell

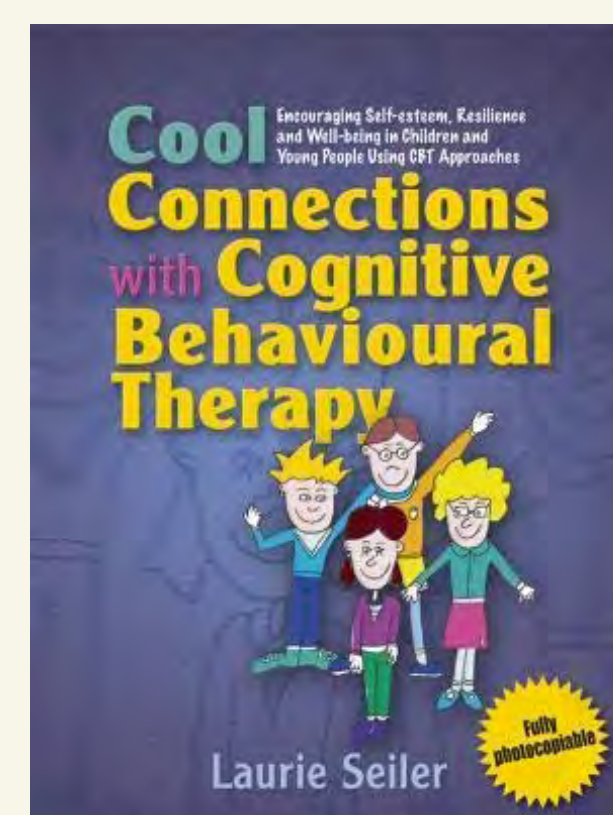
This user-friendly book employs techniques derived from Cognitive Behavioural Therapy to help the reader better understand and overcome low self-esteem. It includes worksheets and questionnaires that support the reader on their journey of self-acceptance, confidence, and change.



## Cool Connections with Cognitive Behavioural Therapy

Laurie Seiler

This workbook provides young people with tools, tips, and fun activities to remain cool and in-control in all situations. It includes exercises that help foster self-esteem, emotional, resilience, and social skills in those aged 9-14 years.

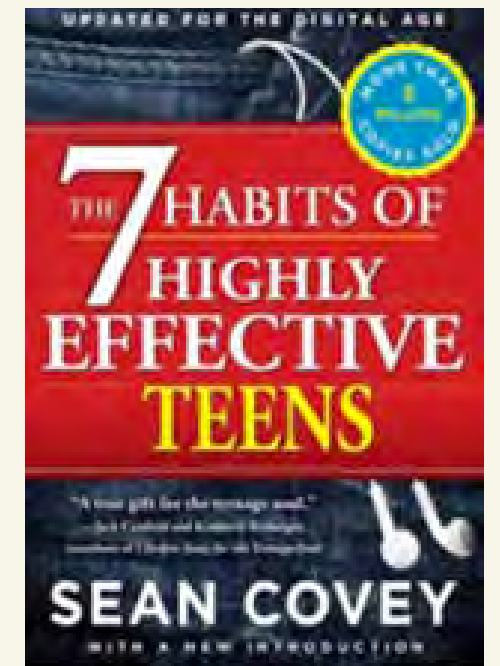




# 7 Habits of Highly Effective Teens

Sean Covey

This book offers a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and get along with their parents.



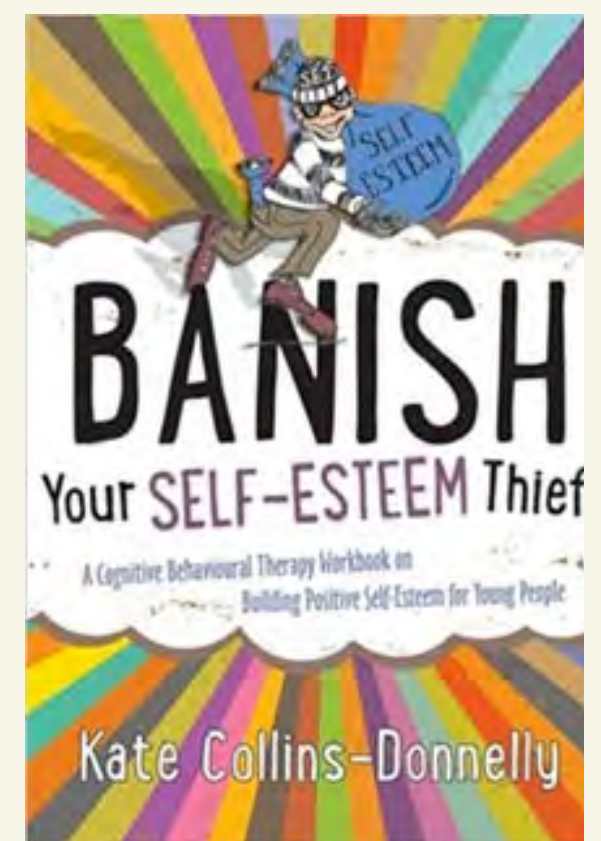


## For Children

### Banish Your Self-Esteem Thief: A CBT Workbook on Building Positive Self-Esteem for Young People

Kate Collins-Donnelly

This book uses the crafty character of the Self-Esteem Thief to show how positivity can be stolen from your Self-Esteem Vault, to leave only negative thoughts and feelings behind. It uses activities and real-life stories to help children understand their self-esteem and banish their thief.



### The Lion Inside

Rachel Bright

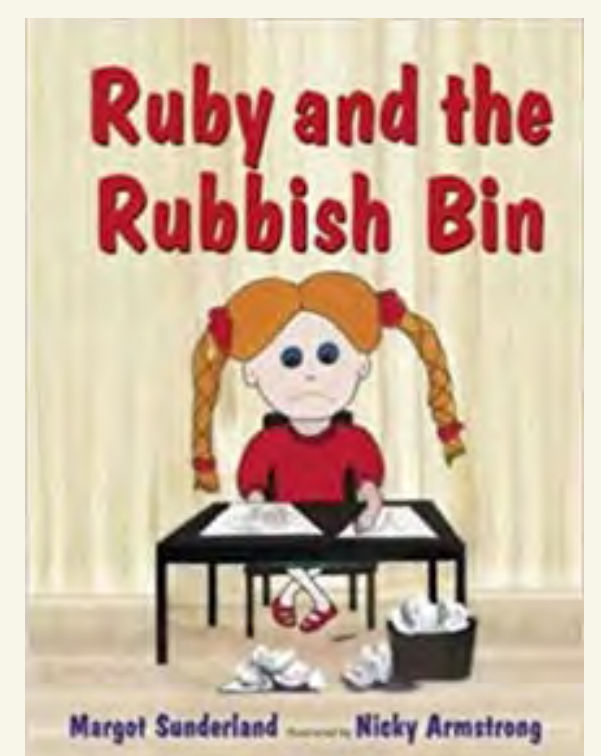
This book follows a mouse setting off on a journey to no longer feel small, where he discovers, you don't have to be big and brave to find your roar.



### Ruby and the Rubbish Bin

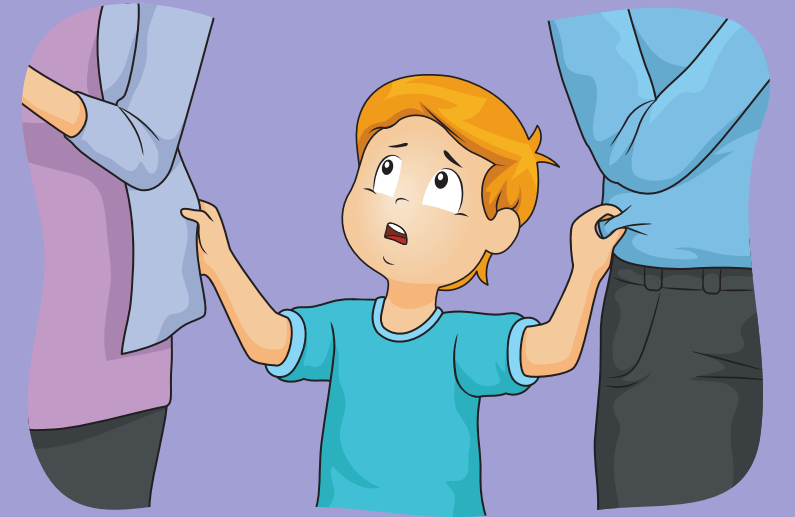
Margot Sunderland

This book follows Ruby as she finds her voice and confidence to stand up to her bullies. With finding her voice, Ruby makes friends and finds happiness for the first time.





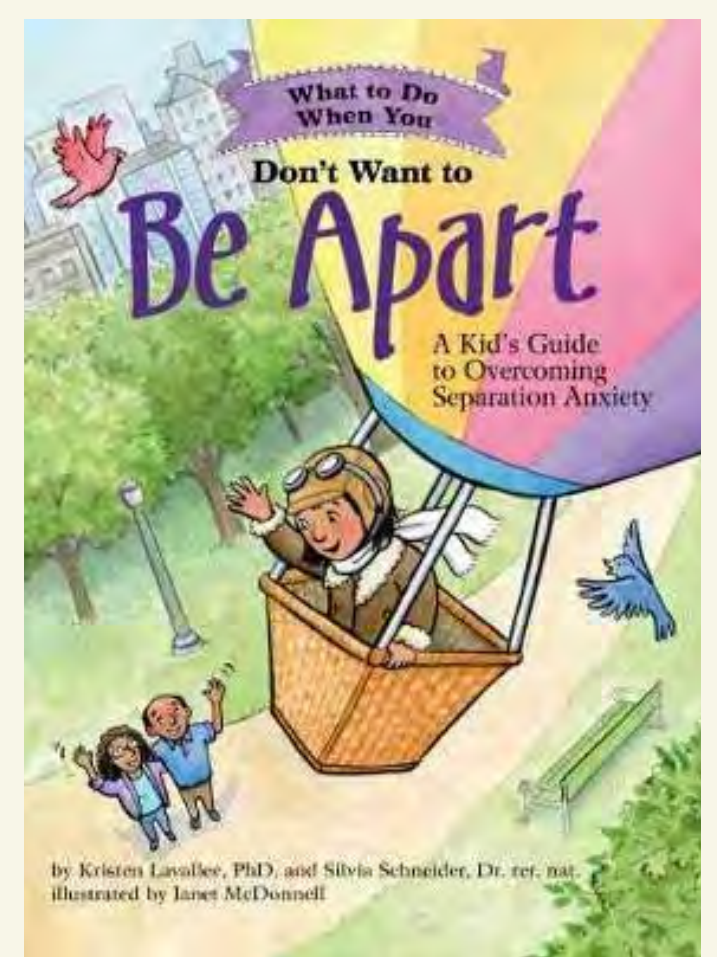
# SEPARATION ANXIETY



## For Children

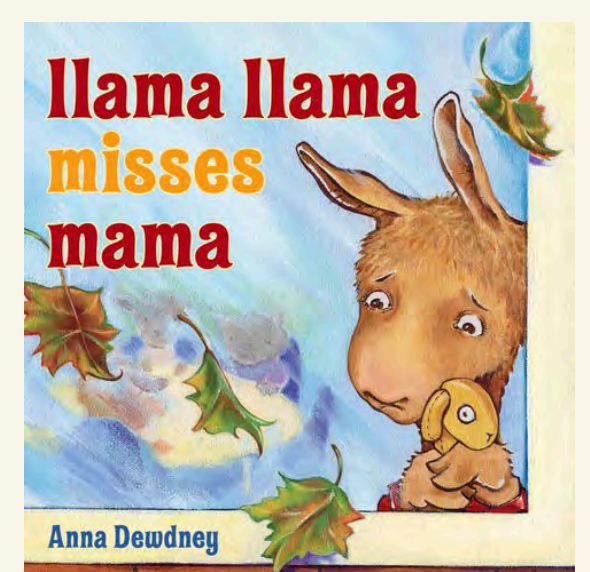
### What to do when you don't want to be apart: A Kid's guide to overcoming separation anxiety Kristen Lavallee

This workbook introduces children and parents to cognitive-behavioural therapy-based strategies that can help them understand and cope with any type of separation anxiety.



### Llama Llama misses mama Anna Dewdney

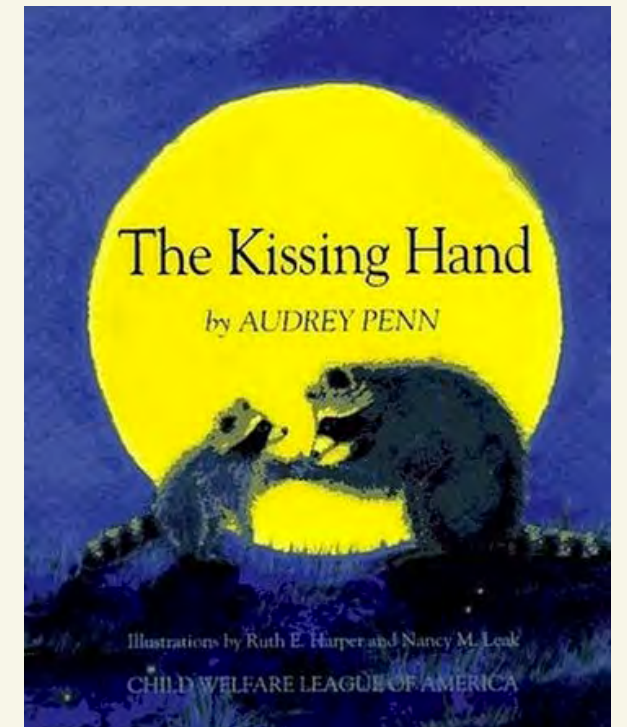
This book teaches young children that it is okay to miss someone. It helps those children just starting school or pre-school. Llama Llama's mama does come back and in the meantime, he had fun!



# The Kissing Hand

## Audrey Penn

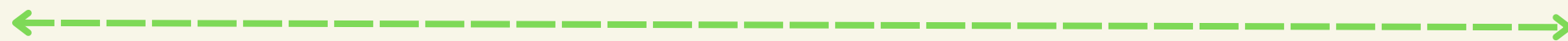
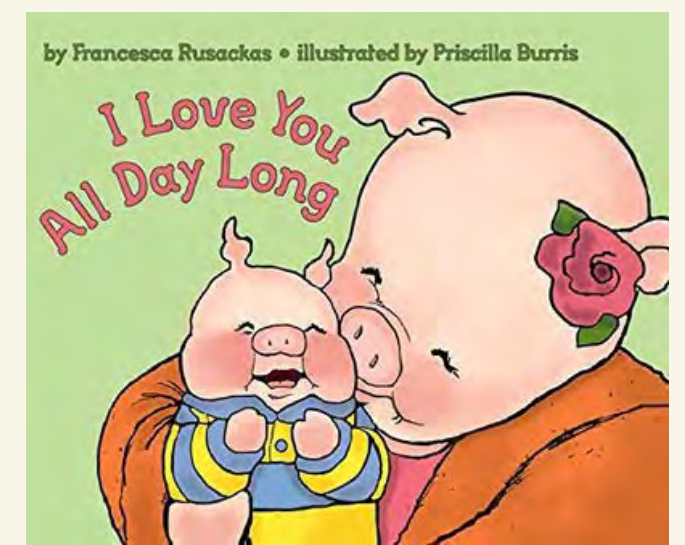
This story provides reassurance for children dealing with difficult transitions and situations, namely fears about starting school, or preschool. However, the reassurance and comfort the book provides can be applied to many different situations.



# I Love You All Day Long

## Francesca Rusackas

This book is about Owen, who does not want to go to school. His mother tells him she loves him all day long no matter what. A favourite for anytime, but particularly when starting to go through separation milestones (day care/school/parent return to work).





# SEPARATION AND DIVORCE



## For Parents

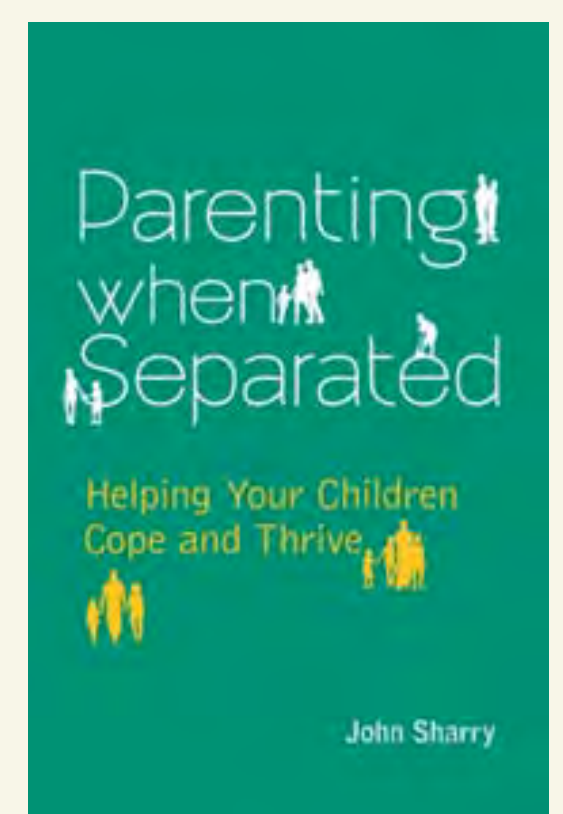
### Children, Feelings and Divorce: Finding the Best Outcome Heather Smith

This book takes a positive approach in helping to increase parent understanding of their children's feelings and how these can be expressed. This aims to reduce distress felt by children in difficult times, such as divorce.



### Parenting When Separated: Helping your Children Cope and Thrive John Sharry

This book includes practical advice on how parents can care for both themselves and their children throughout the difficult time of parental separation. It builds on strengths and gives suggestions on how parents can improve their own coping methods, which in turn can support their children.

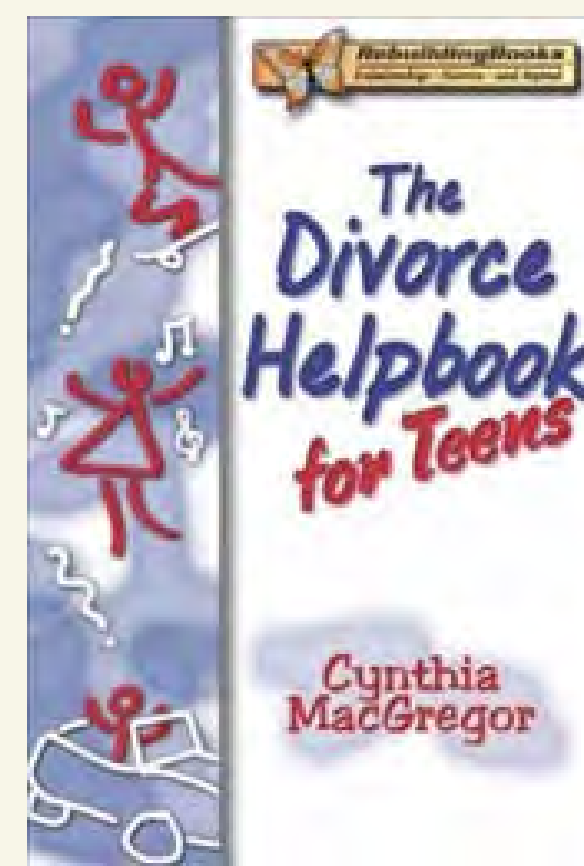




## For Teenagers

### The Divorce Help Book for Teens Cynthia MacGregor

Divorce can be particularly difficult for teens. This book provides guidance on some of the difficult questions they may have, such as “Why do parents get divorced?” and “Who can I talk to?”.



## For Children

### Living with Mum and Living with Dad Melanie Walsh

This illustrative pop-up book describes in a simple easy to understand way how children can live and spend their time in two different homes; one with mum and one with dad.



### Mum and Dad Glue Kes Gray

This comforting and reassuring book acknowledges the emotional challenges children may face when parents separate. It explores how parental separation can be for the best and that parent love for the child is always there.





# SLEEP



## For Parents

### Good Night, Sleep Tight Kim West

This book provides a practical, effective sleep training approach that is easy for parents to follow. It includes a gentle, step-by-step programme providing guidance for new-borns through to age five, advising on sleep habits and addressing specific sleep problems.



### Why We Sleep: The New Science of Sleep and Dreams Matthew Walker

This clear and accessible book includes a revolutionary exploration of sleep, and its corresponding effects on wellbeing. Using decades of research and clinical practice this book explains how we can use sleep to facilitate learning, energy levels, and increase longevity.

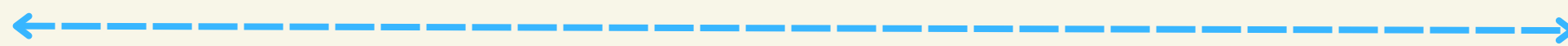




## For Teenagers

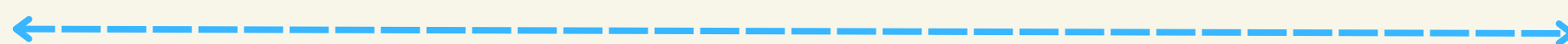
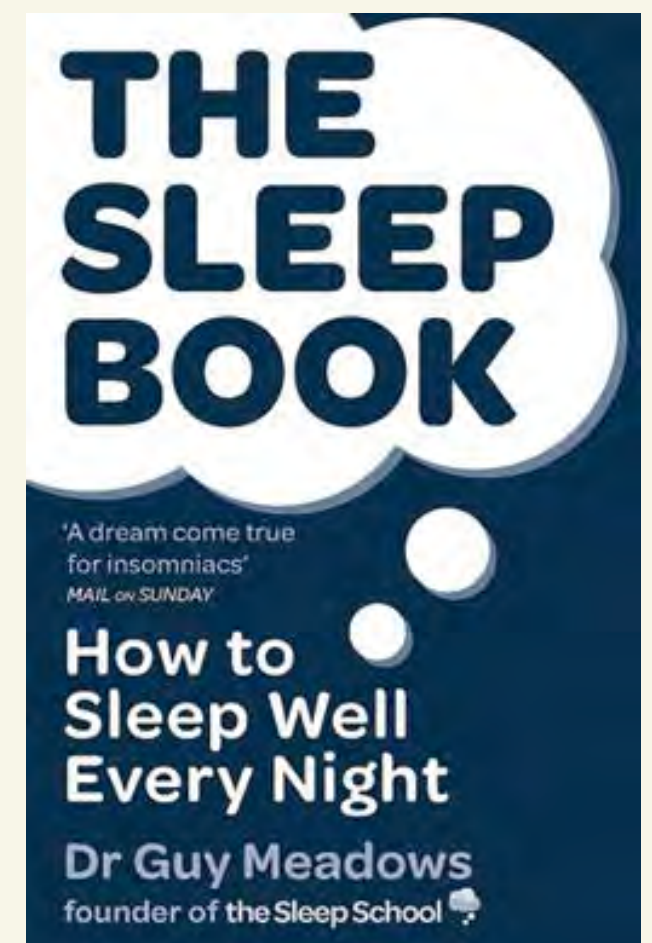
### The Insomnia Workbook for Teens Michael A. Tompkins

This accessible workbook includes helpful skills and tips that can help the young person fall and stay asleep. It helps to develop an understanding of insomnia and sleep, and includes information on how to develop positive habits in their sleep routine.



### The Sleep Book: How to Sleep Well Every Night Guy Meadows

This book consists of a five-week plan for overcoming insomnia and restless nights. The plan consists of techniques derived from Acceptance and Commitment Therapy (ACT) and Mindfulness. It contains advice on 'what not to do' when struggling with sleep and how we can respond helpfully when restless nights occur.



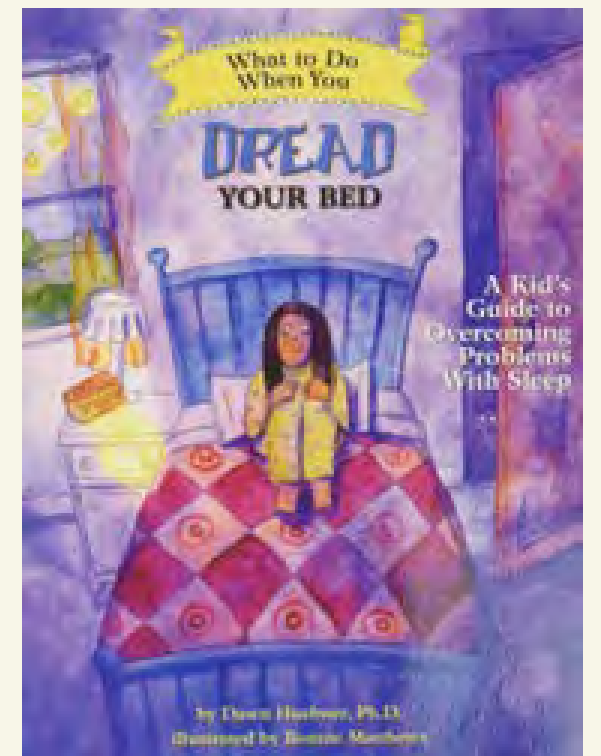




## For Children

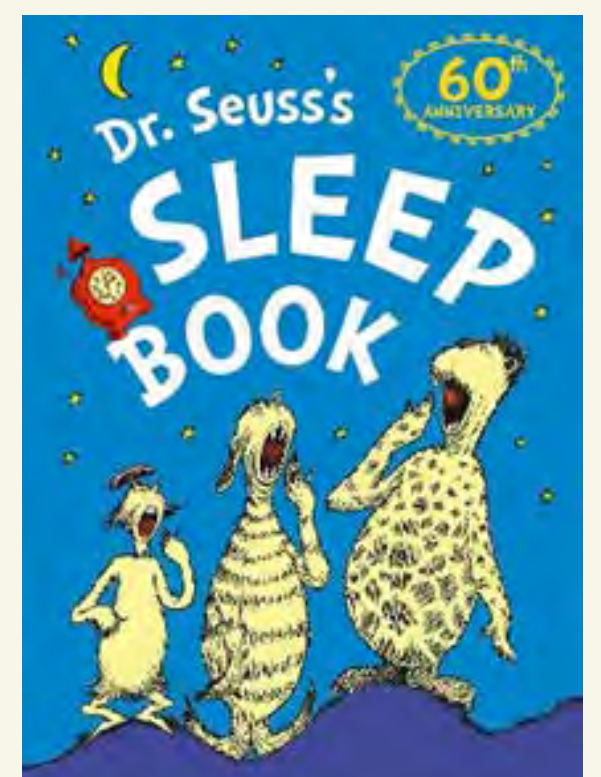
### What To Do When You Dread Bed Dawn Huebner

This interactive resource guides children and their parents through sleep issues using helpful techniques from Cognitive Behavioural Therapy. It contains information and worksheets on activities, routines, and tips that can help children fall and stay asleep.



### Dr. Seuss' Sleep Book Dr. Seuss

Full of wonderful yawning creatures who spread yawns all around the their village, this bedtime book will send children off into splendid slumber.



### Sleep Easy: A Mindfulness Guide to getting a Good Night's Sleep Paul Christelis

This story follows two children as they try to get to sleep; Betty, who has worrying thoughts; and Billy, who has wondering thoughts. This book promotes mindfulness in a child-friendly way and shows how mindfulness can support children as they settle down to sleep.



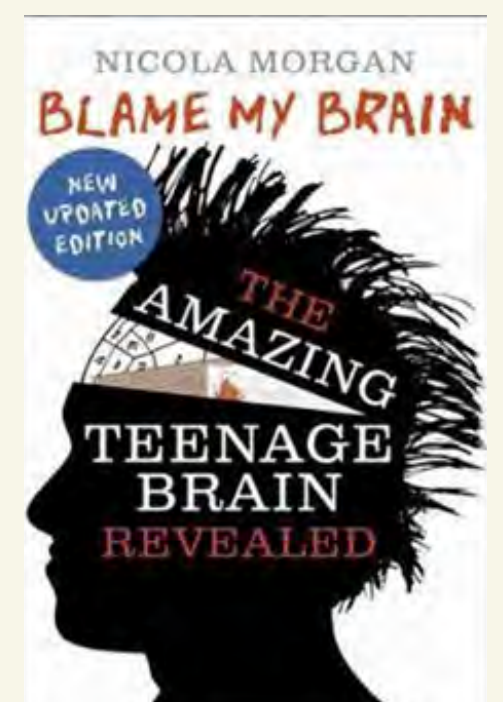
# TEENAGE YEARS



## For Parents

### Blame My Brain: The Amazing Teenage Brain Revealed Nicola Morgan

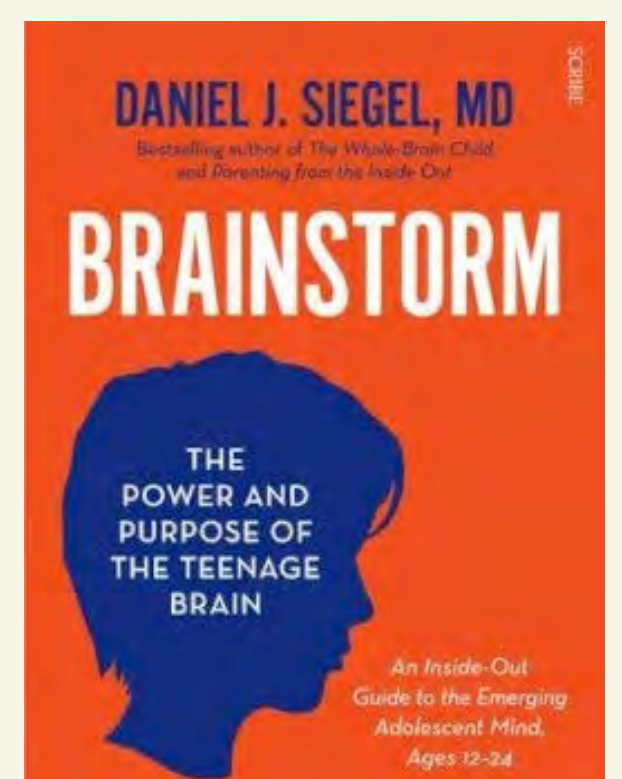
This comprehensive book contains important research findings and information on everything you need to know about the biology and psychology of teenage behaviour. It includes chapters on the teenage brain in depression, sleep, gender differences, emotion, and risk-taking behaviours.



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### Brainstorm: The Power and Purpose of the Teenage Brain Daniel J. Siegel

This book outlines the changes that take place within the brain during adolescence. Understanding these changes and how they impact a teenager's emotional well-being, relationships and their ability to control impulses can strengthen the connection between parent and teenager.





## Conversations that Matter: Talking with Children and Teenagers in Ways that Help

Margot Sunderland

This book provides evidence-based and accessible advice in supporting children and young people who are hurting. It includes tools, techniques, and creative ideas on how to make dialogue and connections more meaningful.



## How to Talk So Teens Will Listen and Listen So Teens will Talk

Adele Faber

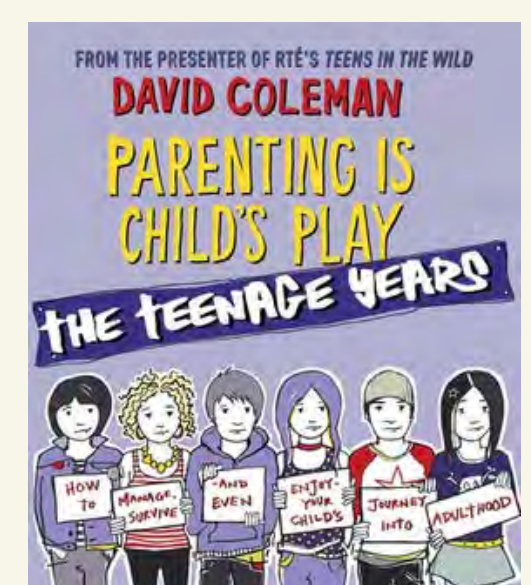
This practical guide offers techniques, role-plays, and stories that can improve the parent-child relationship. It provides examples on how to resolve family conflicts peacefully, through healthy expression of emotions and breaking a pattern of arguments.



## Parenting is Child's Play: The Teenage Years

David Coleman

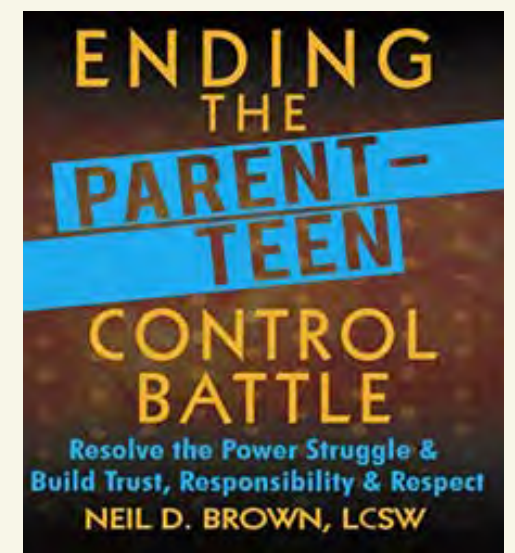
This book includes key information, helpful advice, and simple strategies for supporting your child through their teenage years. It describes what may actually be going on for your child in their adolescent years and how to support them through this period effectively.



# Ending the Parent-Teen Control Battle

## Neil Brown

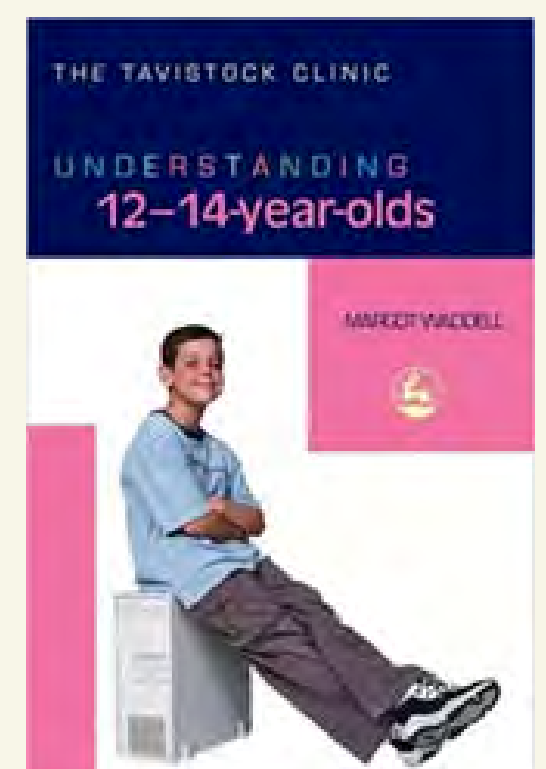
This book teaches parents how to stop a cycle of conflict and build connection with their teenager. It explains what could really be causing these conflicts, and how to move past them in a more effective way.



# Understanding 12-14 Year Olds

## Margot Waddell

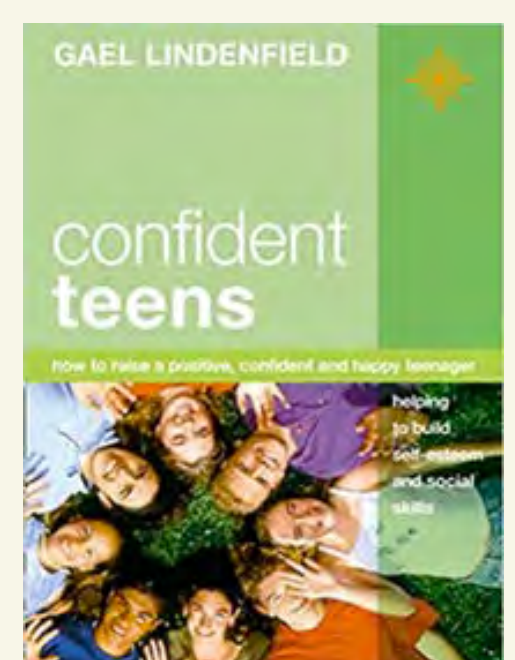
This practical parent guide explains how sensitive support and communication can support children through this challenging transition phase into teenage life. It covers guidance on issues including bullying, eating disorders, and smoking.



# Confident Teens: How to Raise a Positive, Confident and Happy Teenager

## Gael Lindenfield

This book shows how parents can best understand, support, befriend and enhance their teenager's confidence. The author provides strategies on how to deal with typical teenager scenarios, along with a series of Golden Rules for parents to help adolescents build self-esteem and social skills, while increasing parent confidence.

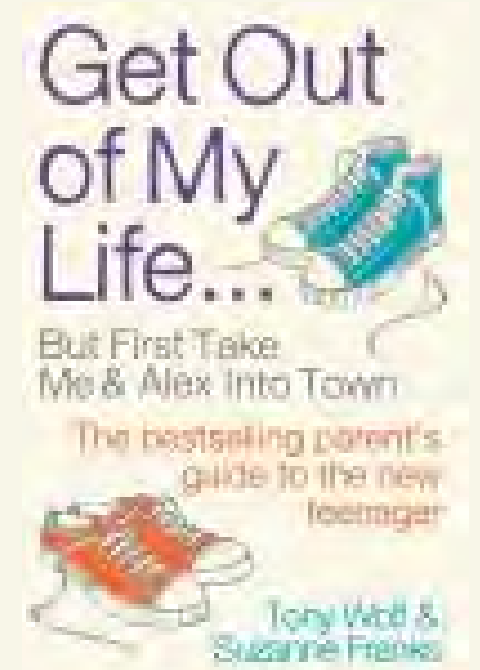




# Get Out of My Life...But First Take Me and Alex into Town

Tony Wolf & Suzanne Franks

This book provides a new understanding of your teenagers' psychological development and state of mind, and helpful suggestions on how to deal with a wide range of challenging teenage behaviour

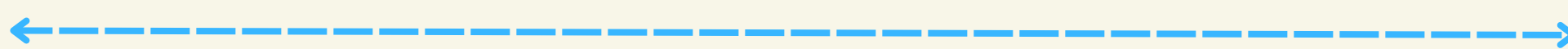
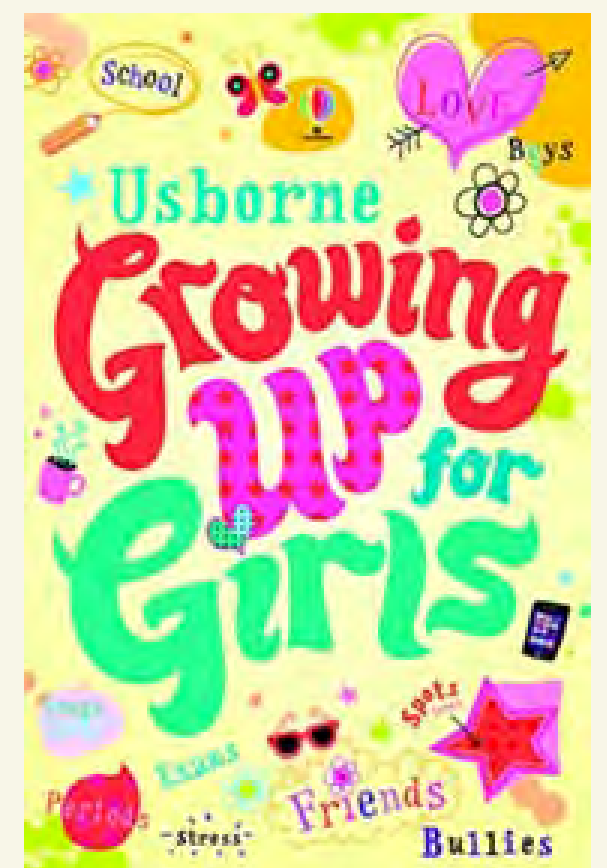


## For Teenagers

# Growing UP for Girls

Felicity Brooks

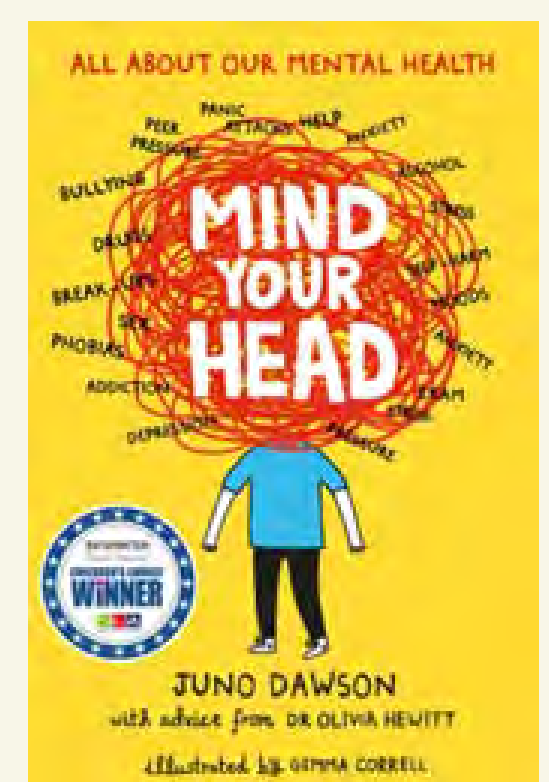
This book provides useful information about the many changes and challenges that teenage girls face in a conversational way. Topics include brain and body changes, mood swings, self-confidence, the menstrual cycle, relationships, self-care and much more.



# Mind Your Head

Juno Dawson

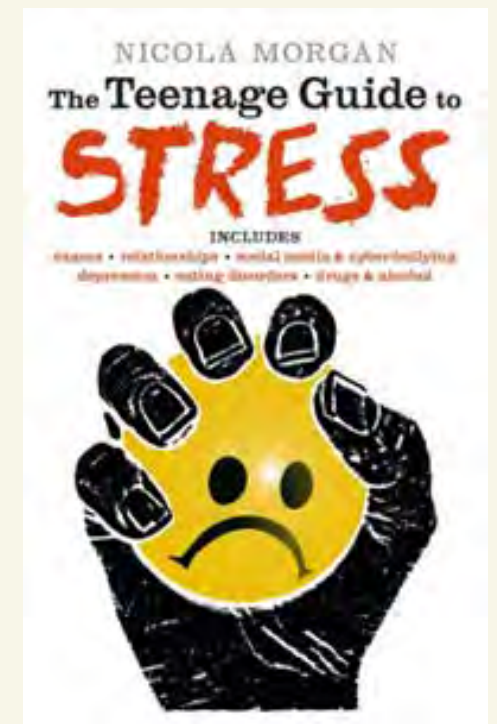
This book focuses on mental health and covers topics such as anxiety, depression, addiction, self-harm and personality disorders with wisdom, wit, and empathy. The book is filled with real-life stories from people living with mental illness, and provides support resources.



# The Teenage Guide to Stress

## Nicola Morgan

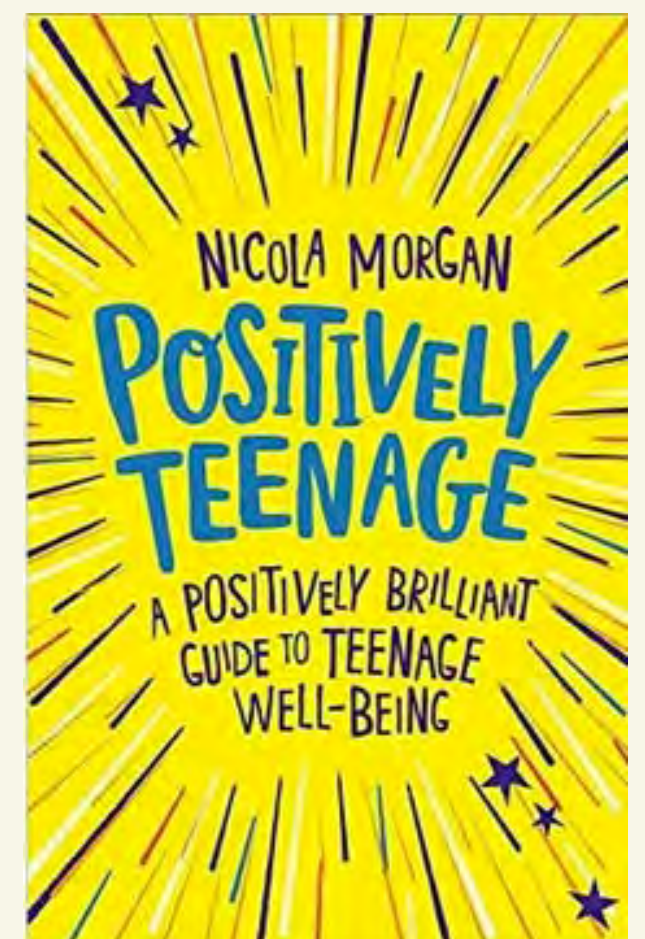
This book tackles all of the external stresses that teenager's face, and the biology behind them. Completed with a list of useful resources, this book is a comprehensive guide for young people, empowering them to take control of their mental health. This book takes a practical and positive look at all the external pressures that teenagers face. It explains the biology behind stress and offers strategies and techniques for managing it.



# Positively Teenage: A Positively brilliant guide to teenage well-being

## Nicola Morgan

This book provides adolescents with a useful resource to promote physical and mental well-being during the teenage years. Filled with visuals and practical tips to help young people flourish.





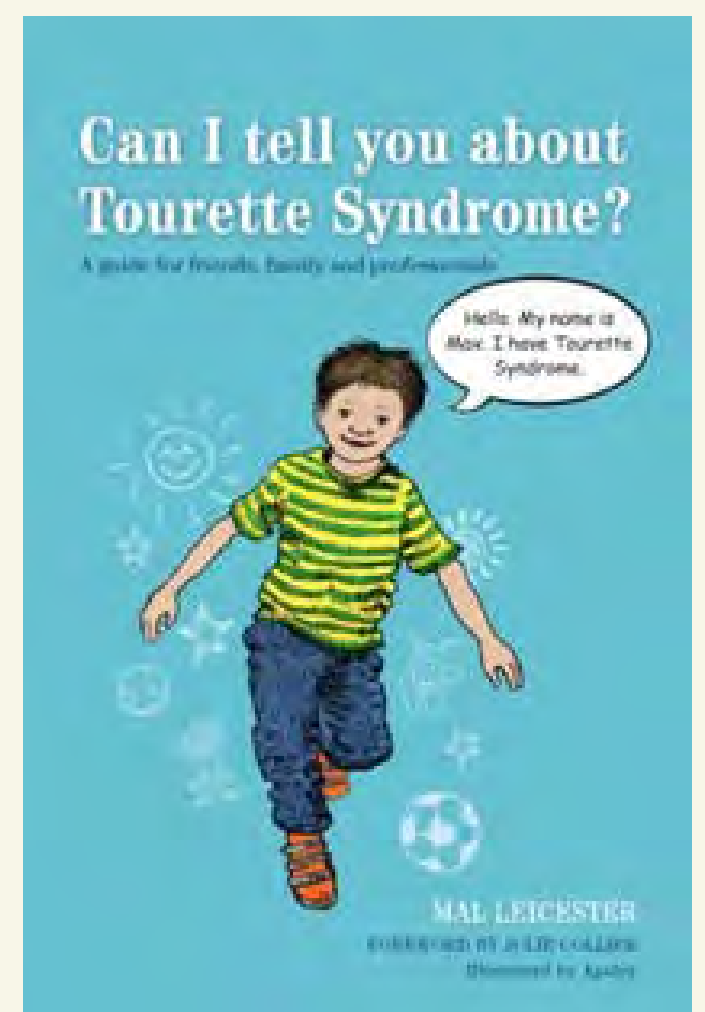
# TOURETTES



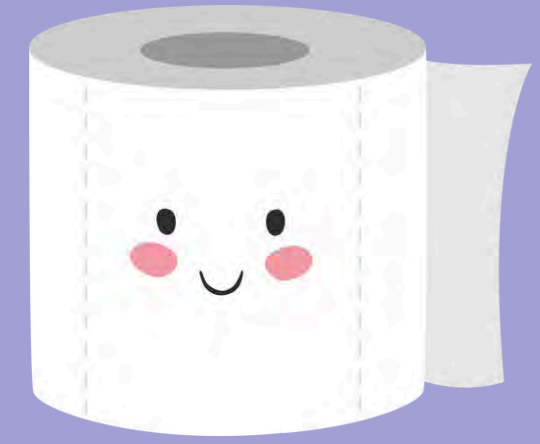
## For Parents

### Can I Tell You About Tourette Syndrome? A Guide for Friends, Family and Professionals Mal Leicester

Max invites readers to learn about Tourette's syndrome from his perspective, helping them to understand what tics and triggers are and what it feels like to have the condition. He explains how people around him can help him to feel happy and accepted. This illustrated book is intended as a starting point for professionals, family members and friends of those affected by Tourette Syndrome.



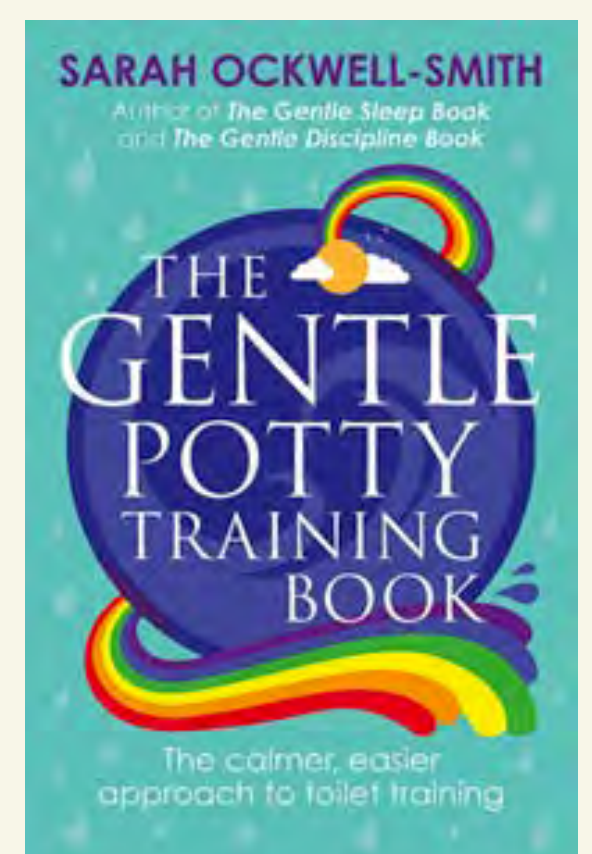
# TOILETING



## For Parents

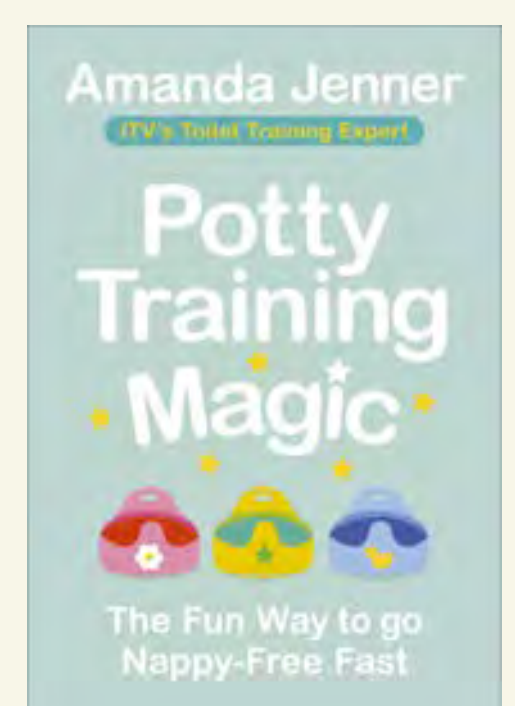
### The Gentle Potty Training Book Sarah Ockwell-Smith

A practical guide which discusses topics such as recognising the signs that your child is ready for potty training, how to talk about and prepare them emotionally for potty training, the practicalities of potty training, how to respond to accidents, and more.



### Potty Training Magic Amanda Jenner

This book aims to help parents to recognise when their toddler is ready to be toilet trained, and how best to prepare them. It offers advice to overcome setbacks including regression and constipation, and how to use the most effective language and creative play to make toileting more fun and appealing for the child.



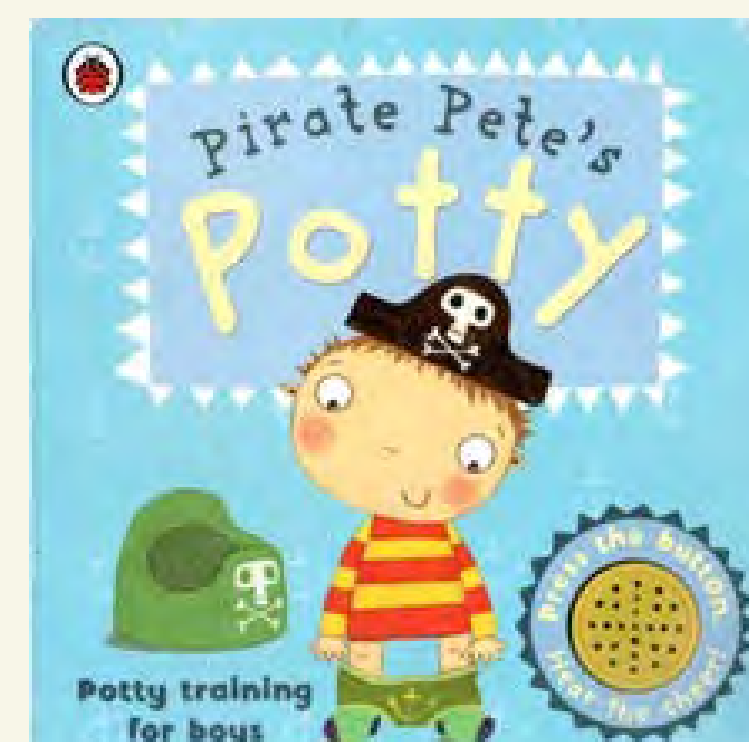




## For Children

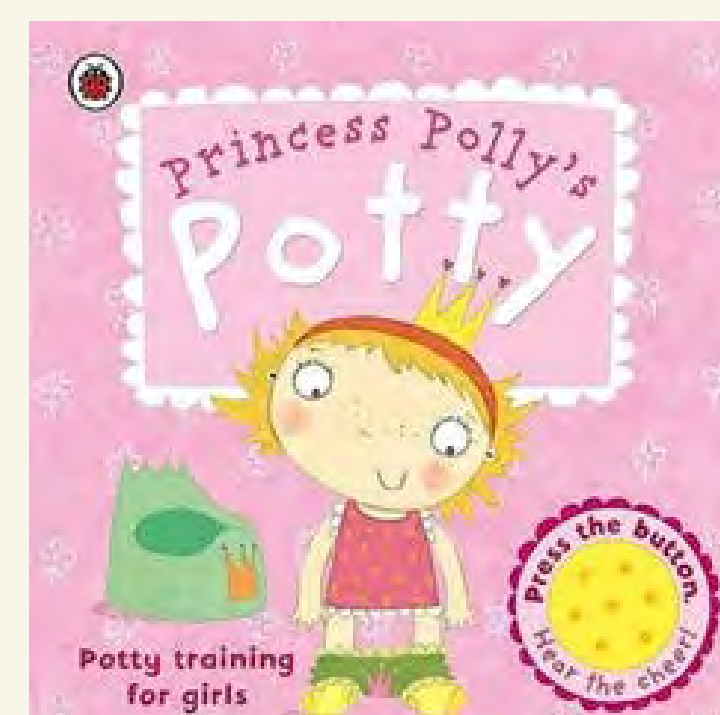
### Pirate Pete's Potty Andrea Pinnington

Informative and fun pictures aimed at tackling the common anxieties that children may have about using the potty. This book can help children feel confident and motivated about using the potty.



### Princess Polly's Potty Andrea Pinnington

Informative and fun pictures aimed at tackling the common anxieties that children may have about using the potty. Each page encourages parents and children to interact with the story and aims at encouraging children to feel confident and motivated about using the potty.



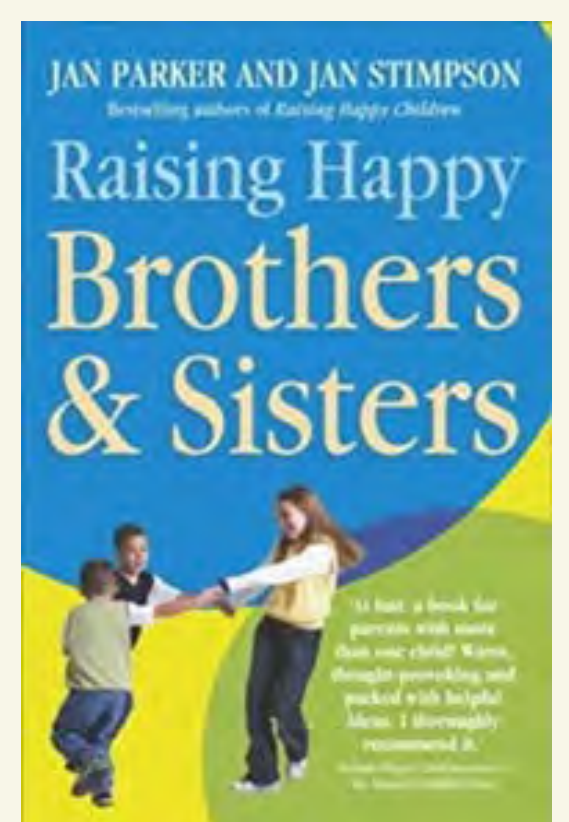
# TRANSITIONS



## For Parents

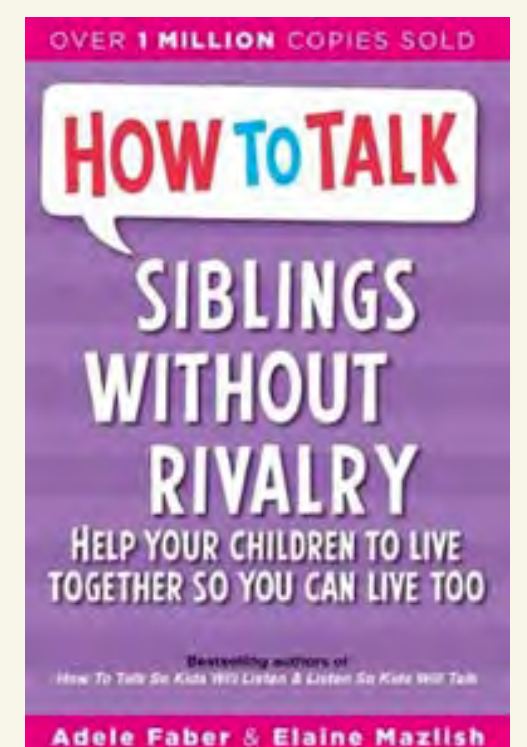
### Raising Happy Brothers and Sisters Jan Parker & Jan Stimpson

This book offers insight into the development of sibling relationships and what parents can do to nurture these relationships. It deals with the arrival of a new child as well as how best to reduce conflict and frustration and help siblings have more positive, fulfilling relationships.



### How to Talk: Siblings Without Rivalry Adele Faber

This book uses compassion and humour to teach parents how to deflect and cope with rivalry amongst siblings. It shows parents how to intervene helpfully, and challenges the idea that conflict between siblings is natural.

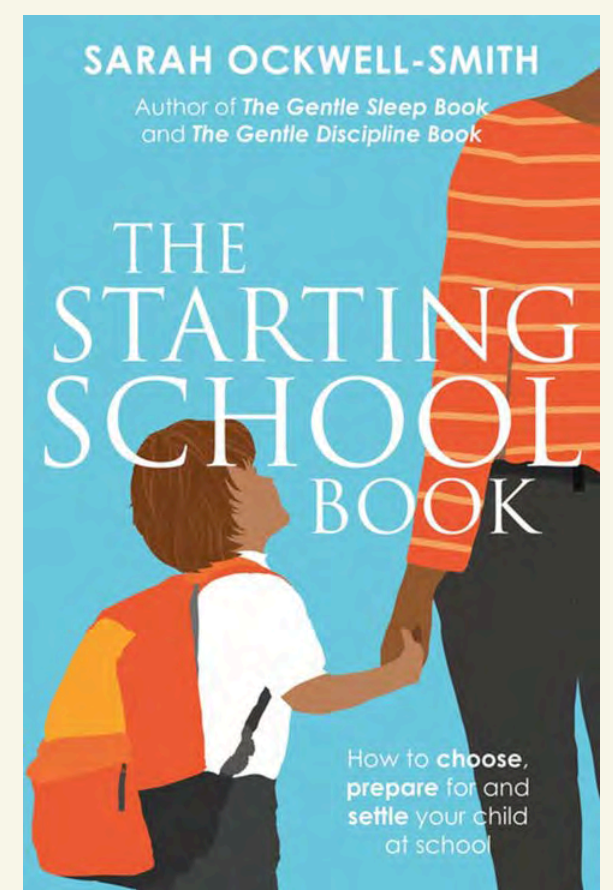




# The Starting School Book: How to Choose, Prepare for and Settle Your Child at School

Sarah Ockwell Smith

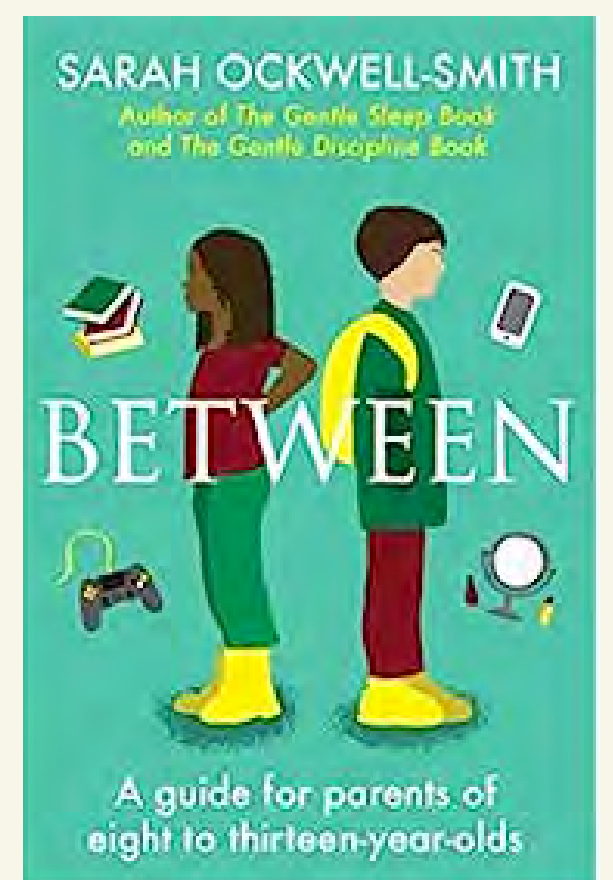
A guide for parents of school-age children to support a positive transition. This book is suitable for parents thinking about their child's education, applying for a school place, preparing their child for starting school, or for children in school who need support with the transitions.



# Between: A Guide for Parents of 8 - 13 year olds

Sarah Ockwell Smith

Practical parenting advice for 'Tweenagers' that can be used to help children through the transition from childhood to adulthood, including, relationships, brain development, coping mechanisms, social media, sleep, school and more.



# The Second Baby Book

Sarah Ockwell-Smith

This book acknowledges the differences, challenges and excitements involved in having a second baby. It offers guidance on how to help parents feel more prepared for life with two children.





## For Children

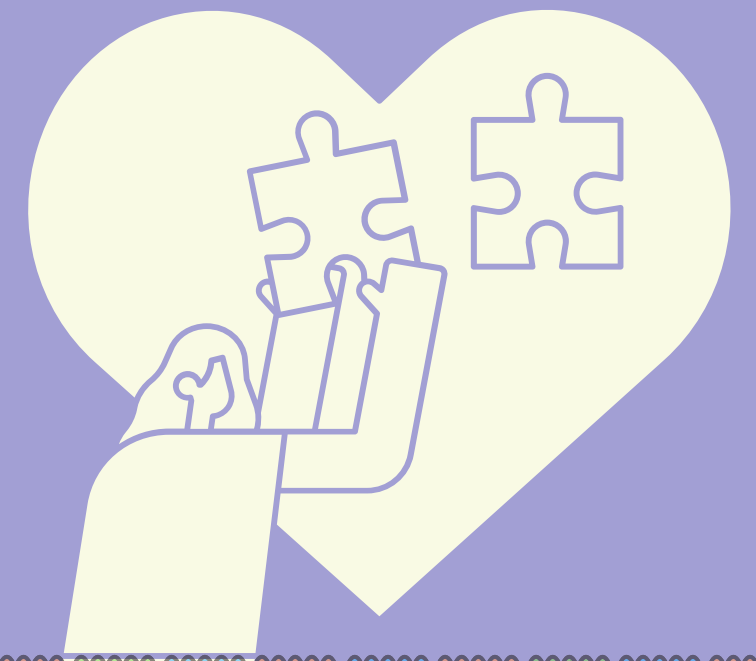
### The New Baby Anna Civardi

This book gently introduces young children to the idea of a new baby in the family. A short story for young children about the preparation and arrival of a new baby. Using simple text and illustrations, this book explains what to expect in a reassuring way for young children.





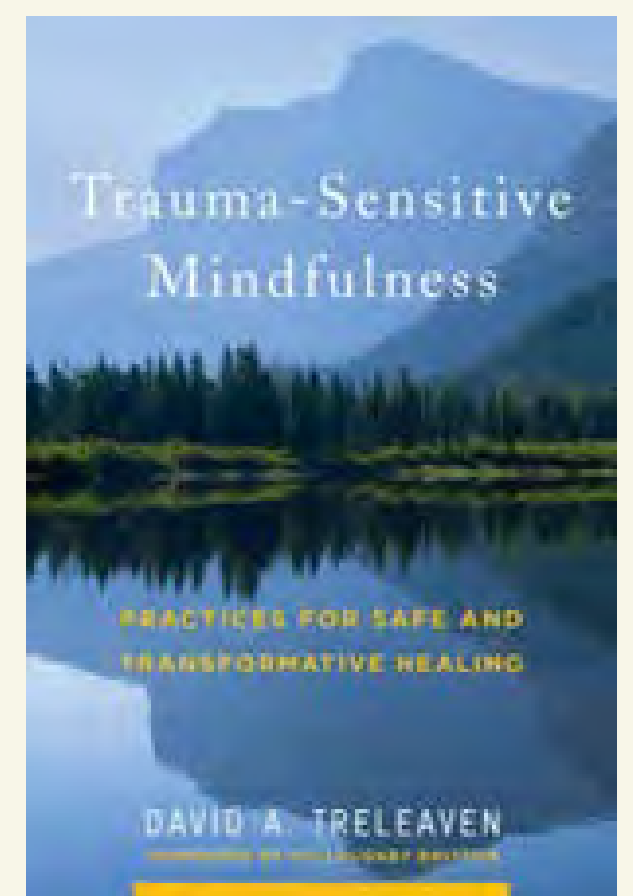
# TRAUMA



## For Parents

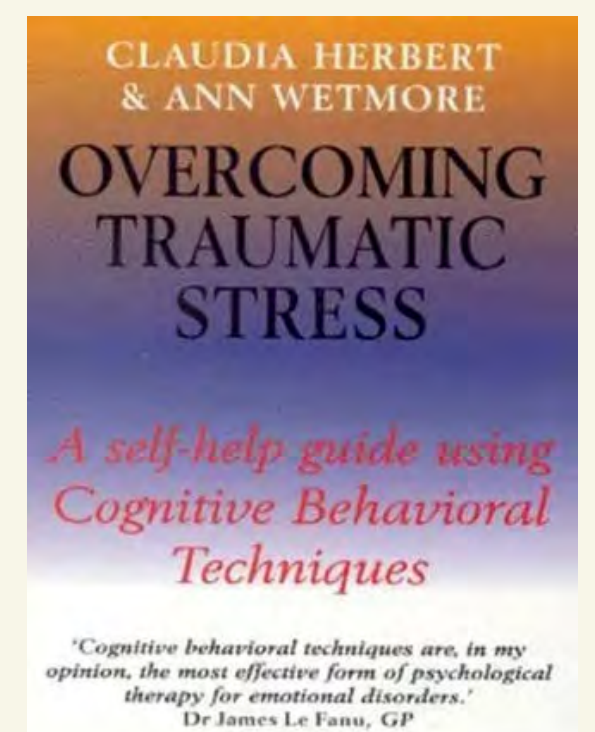
### Trauma Sensitive Mindfulness: A Practice for Safe and Transformative Healing David Treleaven

This book provides insights into mindfulness and trauma. It offers a practical approach that empowers people to practice mindfulness in a safe and transformative way.



### Overcoming Traumatic Stress: A Self-Help Guide to using Cognitive Behavioural Techniques Claudia Herbert & Ann Wetmore

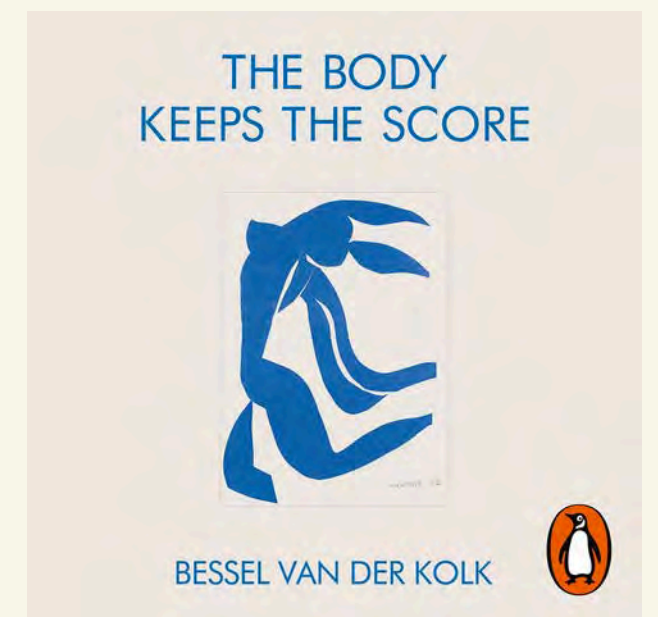
This book acts as a self-help manual offering practical advice and exercises on how to find new effective ways of coping with traumatic stress.



# The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma

Bessel van der Kolk

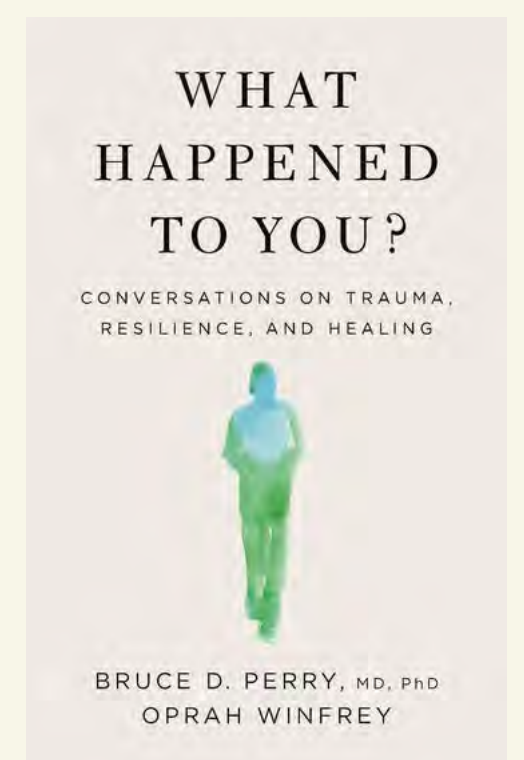
This book describes how trauma reshapes the body and brain; impacting the individual's capacities for pleasure, engagement, self-control, and trust. It is an intense read, but offers insights into the long-lasting effects of trauma and possible pathways to recovery.



# What Happened to You?

Bruce D Perry & Oprah Winfrey

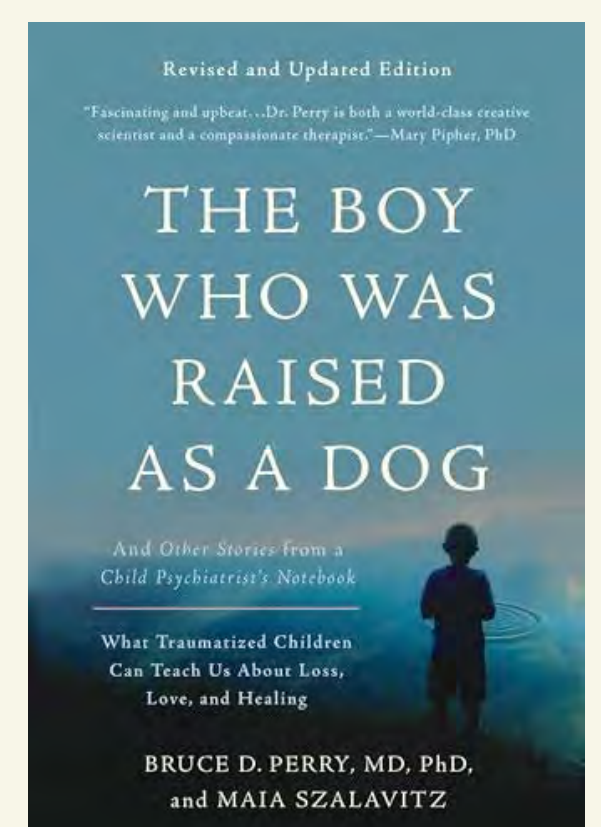
This book speaks on how early life experiences, both good and bad, shape our lives and influence the people we become. It outlines the impact of trauma to help us understand why people do the things they do, why we are the way we are and pathways to heal.



# The Boy Who Was Raised as a Dog

Bruce Perry & Maia Szalavitz

This book uses real stories of child trauma and transformation to explain what happens to the brain when children are exposed to extreme stress and trauma. The authors reveal innovative methods for helping to ease children's pain and allowing them to become healthy adults. In this deeply informed and moving book, it is suggested that only when we understand the science of the mind and the power of love and nurturing, can we hope to heal the spirit of even the most wounded child.



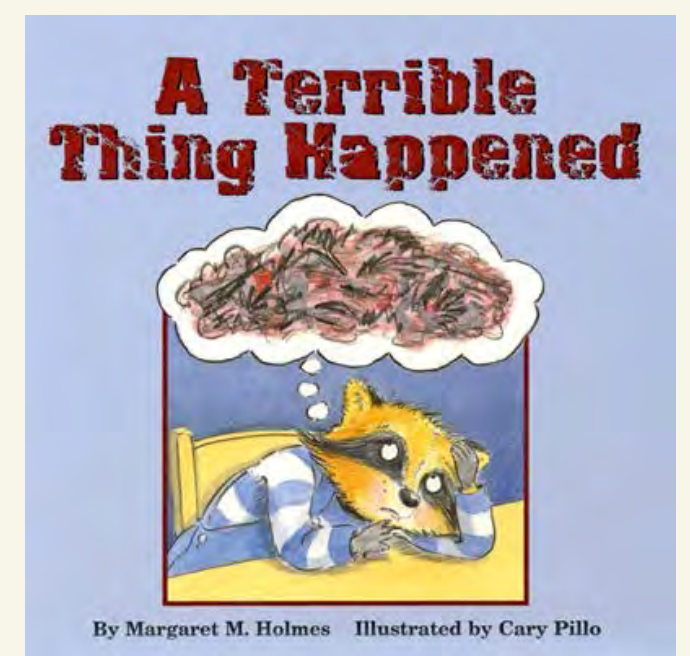




## For Children

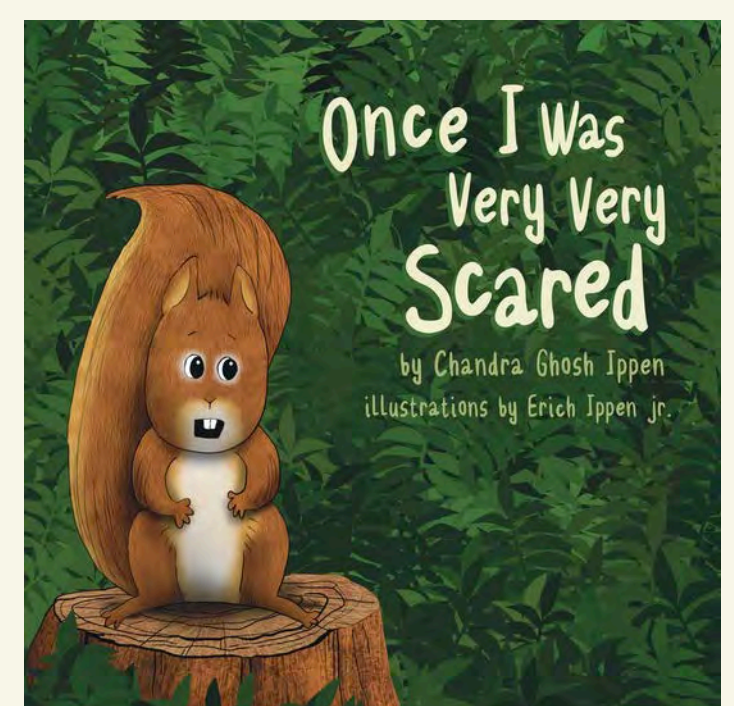
### A Terrible Thing Happened Margaret Holmes

For the unfortunate situation where a child needs to work through trauma, this book is a great resource. Reading Sherman's story can help a child feel less alone, and the suggestions in the afterword can guide adults into helping a child move through the grief. This book also contains 15 incredibly helpful tips for parents and caregivers on how to help a child process a traumatic event.



### Once I Was Very Very Scared Chandra Ghosh Ippen

This story was written to help children understand how stress and trauma can affect them and provides simple ways of coping. In the story, lots of little animals go through scary experiences, but they react in different ways that lead to different unhelpful reactions. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings.





**MIDWEST  
SUPPORT  
SERVICES**

Please note, this information is a guide to services and not a recommendation for any individual service/therapist/psychologist.

It is important that you ensure the professional/service you are seeing is appropriately registered and accredited.



# Midwest Support Services

## DOMESTIC ABUSE

### ADAPT services

Provision of services and support for women survivors of domestic abuse and their children.

- **Tel:** 061 412354
- **Email:** [info@adaptservices.ie](mailto:info@adaptservices.ie)
- **Website:** [www.adaptservices.ie](http://www.adaptservices.ie)

## CHILDREN'S DISABILITY

Early Intervention and school age disability services are provided by **Children's Disability Network Teams**. See [www.mwcds.ie](http://www.mwcds.ie) for further details and information.

### Limerick Autism Respite Service.

'Red House' is the children's respite service in Limerick, providing a holistic service to support the child and family through the provision of residential and day respite services.

- **Address:** Red House, Red Hill, Patrickswell, Co. Limerick
- **Tel:** 061 320049
- **Email:** [info@rehab.ie](mailto:info@rehab.ie)

## GRIEF & ILLNESS

### Children's Grief Centre

Provides support for children and young people who have experienced a bereavement or are struggling with parental separation.

- **Address:** Mount Saint Vincent, O'Connell Ave, Ballinacurra, Limerick.
- **Tel:** 061 224627
- **Email:** [info@childrensgriefcentre.ie](mailto:info@childrensgriefcentre.ie)
- **Website:** [www.childrensgriefcentre.ie](http://www.childrensgriefcentre.ie)

### Cliona's Foundation

Provides financial assistance to families of children with life-limiting or chronic complex care needs.

- **Address:** Roselawn House, National Technology Park, Castletroy, Limerick V94 35A4
- **Tel:** 061 331333
- **Email:** [info@clionas.ie](mailto:info@clionas.ie)
- **Website:** [www.clionas.ie](http://www.clionas.ie)

## HOMELESSNESS

### Novas Intensive Family Support Service

Provides services and support to families and adults who are homeless or at risk of being homeless.

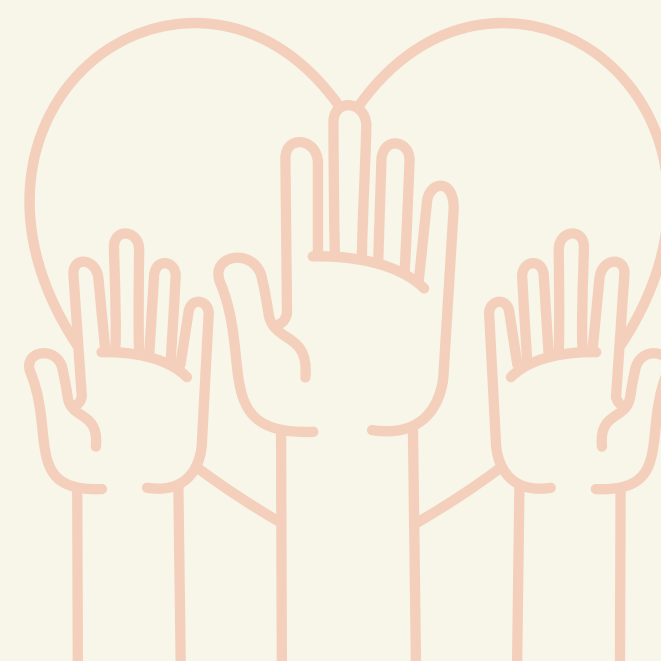
- **Address:** Novas, Head Office, 87 O'Connell St., Limerick.
- **Tel:** 061-370325 / 1800606060 (out of hours service)
- **Email:** [info@novas.ie](mailto:info@novas.ie)
- **Website:** [www.novas.ie](http://www.novas.ie)

## IMPRISONMENT

### Bedford Row Family Project

Bedford Row Family Project supports families affected by imprisonment.

- **Address:** Bedford Row Family Project, Lower Bedford Row, Limerick
- **Tel:** 061- 315332
- **Email:** [info@bedfordrow.ie](mailto:info@bedfordrow.ie)
- **Website:** [www.bedfordrow.ie](http://www.bedfordrow.ie)



## PARENTING & FAMILY SUPPORTS

[www.limerickservices.ie](http://www.limerickservices.ie) is an online directory of services for children, young people and families in Limerick. The directory is managed by Limerick Children and Young People's Services Committee (CYPSC), together with partner organisations.

### Loveparenting

Loveparenting is a partnership between 'Parenting Limerick', 'The Limerick Child and Young People's Services Committee (CYPSC)' and ABC Startright Limerick. Loveparenting provides a range of resources and supports for parents and families.

- **Website:** [www.loveparenting.ie](http://www.loveparenting.ie)
- **Email:** [info@loveparenting.ie](mailto:info@loveparenting.ie)
- **Tel:** 061 419388
- Visit the Love Parenting website to learn more about the availability of the below programmes.
  - Incredible Years; Parenting Plus; Parenting Plus Parenting When Separated; Strengthening Families

### Limerick Social Services Council

Limerick Social Services Council provides services for those marginalised or vulnerable in the community, including counselling services and early years services.

- **Website:** <https://www.lssc.ie/>
- **Address:** The LSSC Centre, Henry Street, Limerick
- **Tel:** 061 314111
- **Email:** [info@lssc.ie](mailto:info@lssc.ie)

### CURA

CURA offers support and help to those who are faced with a crisis pregnancy.

- **Tel:** 1850 622 626
- **Website:** [www.cura.ie](http://www.cura.ie)

### Barnardos

Barnardos delivers services to children, families and those vulnerable in Midwest communities .

- **Website:** [www.barnardos.ie](http://www.barnardos.ie)
- **Address:** Local offices listed below:

#### Regional Office & Islandgate Project

- **Address:** St Mary's National School, Limerick City. V94 Y 594
- **Tel:** 061 493 587
- **Email:** [info@islandgate.barnardos.ie](mailto:info@islandgate.barnardos.ie)

#### Limerick North Office

- **Address:** Sarsfield Gardens, Moyross, Co Limerick
- **Tel:** 061 329 298
- **Email:** [info@limerick.barnardos.ie](mailto:info@limerick.barnardos.ie)

#### Limerick South Office

- **Address:** 373/374 Roseview Park, O'Malley Park, Southill, Limerick. V94 P5K7
- **Tel:** 061 319 290
- **Email:** [info@southill.barnardos.ie](mailto:info@southill.barnardos.ie)

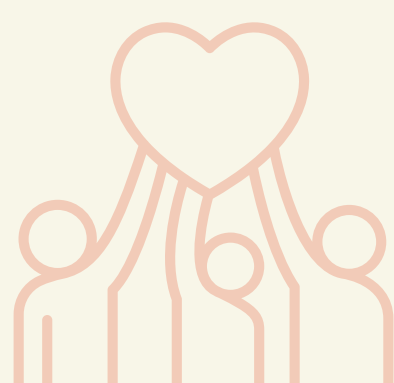
#### North Tipperary Office

- **Address:** Slievenamon Road, Thurles, Co Tipperary. E41 AC97
- **Tel:** 0504 20018
- **Email:** [info@thurles.barnardos.ie](mailto:info@thurles.barnardos.ie)

### Templemore Community Services Centre

Templemore Community Services Centre offers community based support service to adults, families and children in Templemore and surrounding areas. Support is offered around a number of issues including housing, relationships, domestic abuse, mental health, substance abuse, family support.

- **Address:** Bank Street Templemore, Co. Tipperary E41 X433
- **Email:** [socialworktss@gmail.com](mailto:socialworktss@gmail.com)
- **Tel:** (0504) 31244, 083-1606832





## TRAVELLING COMMUNITY

### Primary Health Care Project (PHCP) for Travellers

This project aims to improve the health status and quality of life of travellers in the West Limerick area.

- **Tel:** 069 62222
- **Email:** info@wlr.ie for more information.

### Rathkeale Youth Space Drop-in Centre

Offers a Traveller Boys/Girls Only Drop-in Group twice a week which provides programmes and activities that are driven by what the kids want to do. There is no referral process.

- **Address:** Rathkeale Youth Space, Abbey Court, Rathkeale, Limerick V94 K6K7
- **Tel:** 061-408123

### North Tipperary Development Company

Offers supports to children and families in the community, working closely with families in areas of disadvantage.

- **Address:** 2nd Floor, Friars Court, Nenagh North, Nenagh, Co. Tipperary
- **Tel:** 067-56676
- **Email:** receptionHO@ntdc.ie

## SUICIDE AND SELF-HARM

### Pieta House

Provides therapeutic service to people who are in suicidal distress, those who engage in self-harm and those bereaved by suicide.

- **Email:** mary@pieta.ie
- **Website:** www.pieta.ie
- **To inquire about counselling:** 061 484444
- **24 Hour Freephone Crisis Helpline:** 1800 247 247; **Text HELP** 51444; **Start your therapy journey:** 0818 111 126

### Pieta Midwest

- **Address:** Suicide Crisis Centre, Ardaulin, Mungret, Co. Limerick V94 T258

### Pieta Roscrea

- **Address:** Roscrea Primary Care Centre Care House, Grange, Roscrea, Co. Tipperary E53 X461

## HELPLINES

### Living Links

Services for those bereaved by suicide.

- **Tel:** 087 4122052

### Samaritans

Providing confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

- **Tel:** 1850 609 090



**If you are concerned about the safety or welfare of any child in Limerick, Clare or North Tipperary ring the Tusla Duty Social Work Team. on 061 588688 (Mon - Friday 9:00 am- 5:00 pm)**  
**Any concern in relation to the safety of children out of hours should be reported immediately to An Garda Síochána.**

# Midwest Support Services for Young People

## Foroige Clubs

Foroige is a leading youth organisation in Ireland. Foroige clubs usually meet in locations across Limerick, one night a week for 1-2 hours. It enables young people to hang out, meet new friends, and have a voice. Clubs usually meet one night a week for 1 - 2 hours.

- Certain clubs are targeted at younger members aged 12 - 14, or older members age 15 - 18.
- **Website:** [www.foroige.ie](http://www.foroige.ie)
- **Email:** [info@foroige.ie](mailto:info@foroige.ie)

## ISPCC

The ISPCC provides a range of independent and unique services directly to children in Ireland. These include a 24-hour helpline, therapeutic support, mentoring and family support.

- **Address:** 115 O'Connell Street, Limerick
- **Tel:** 061 400077
- **Website:** [www.ispcc.ie](http://www.ispcc.ie)
- **Email:** [limerick@ispcc.ie](mailto:limerick@ispcc.ie)

## Jigsaw

For young people aged 12 - 25, Jigsaw provides guidance and therapeutic support for young people with mild to moderate mental health difficulties.

### Limerick details:

- **Address:** 3rd Floor,  
Arthur's Quay House,  
Arthur's Quay,  
Limerick,  
V94 XVRO
- **Telephone:** 061 974510
- **Website:** [www.jigsaw.ie](http://www.jigsaw.ie)
- **Email:** [limerick@jigsaw.ie](mailto:limerick@jigsaw.ie)

### Tipperary details:

- **Address:** G2, Innovation Works 3  
Tipperary Technology Park  
Thurles  
Tipperary  
E41 XF75
- **Telephone:** 0504 60023
- **Website:** [www.tippjigsaw.ie](http://www.tippjigsaw.ie)
- **Email:** [tipperary@jigsaw.ie](mailto:tipperary@jigsaw.ie)

## Le Cheile

Le Cheile provides a mentoring service to young people, aged 12 - 18 years, involved in Young Person's Probation. Mentors work with a young person for 3 hours a week for up to 2 years. This is a free service. Referrals must come through the young person's probation officer.

**Address:** Unit 1, Fulflex, Galvone Industrial Estate, Southill, Limerick.

**Tel:** 061 422 396

**Email:** [alan@lecheile.ie](mailto:alan@lecheile.ie)

## Limerick Youth Service

Limerick Youth Service provides youth work, education, employability and volunteering opportunities for young people. Youth clubs are also run across Limerick city and county.

- **Website:** [www.limerickyouthservice.com](http://www.limerickyouthservice.com)

## Limerick Youth Mental Health Project

The Be Well: Youth Mental Health Service, is for young people (14 to 25yrs) across Limerick City & County who are in need of support for mental health & well-being. The project is run by Limerick Youth Service and provides counselling, support with a youth mental health worker (rural & city), parental support and advice and supporting youth groups in promotion of positive mental health

- **Address:** Be Well Youth Mental Health Project, Limerick Youth Service, Northside Youth Space, Ballynanty Rd, Ballynanty, Limerick V94 TPP3
- **Tel:** [086 389 5031](tel:0863895031)
- **Email:** [bewellteam@limerickyouthservice.org](mailto:bewellteam@limerickyouthservice.org)
- To get more information about referral forms [click here](#)

## Youth Work Ireland Tipperary: Templemore Family Support Project

The Templemore family support project is run by Youth Work Ireland Tipperary and provides a range of family support services within the Templemore area.

- **Address:** Old Courthouse Bank Street, Templemore, Co. Tipperary
- **Tel:** [087-2642203](tel:087-2642203), [\(0504\) 56641](tel:(0504)56641)
- **Website:** [www.youthworktipperary.ie](http://www.youthworktipperary.ie)



### **Roscrea Youth Service**

The Roscrea Youth Service Family Support project provides supports for young people and families in the town. As part of its role, the service offers information, advice and on-to-one support, delivers parenting programmes, and liaises with statutory agencies and other professionals working with families to ensure efficient delivery of services.

- **Address:** Rosemary Street Roscrea, Co. Tipperary E53 C859
- **Tel:** (0505) 24462
- **Website:** <https://www.ntdc.ie/programmes/youth-services/>

### **HELPLINES**

**Childline** - 24hr listening service for all children.

- **Freephone:** 1800 666 666

**Teenline** - 24hr active listening service for young people

- **Tel:** 1800 833 634
- **Website:** [www.teenline.ie](http://www.teenline.ie)

**Textline - 50808**

For anonymous mental health support via text.

- Text **HELLO to 50808**



# Adult Support Services

## HSE's Adult Mental Health Services

Community Mental Health services provide support for adults experiencing moderate to severe mental health difficulties. It is a team made up of Psychiatry, Psychology, Nursing, Social Work, Occupational Therapy etc. A referral can be made by your GP if required.

- **Limerick**  
<https://www.hse.ie/eng/services/list/1/lho/limerick/mental-health-services/>
- **Tipperary**  
<https://www.hse.ie/eng/services/list/1/lho/ntippelimk/mental-health-services/>

## Counselling in Primary Care (CIPC)

If you hold a medical card, you may be eligible for Counselling in Primary Care (CIPC) which provides up to 8 sessions of support to adults experiencing mild to moderate psychological/emotional difficulties by a counsellor/therapist. Your GP can make a referral.

- **Address:** CIPC Counselling Coordinator, 6 Mount Vincent Terrace, O'Connell Avenue, Limerick
- **Email:** doreen.morgan@hse.ie.
- **Tel:** 061-464046

## Irish Association for Counselling and Psychotherapy

Find contact details and information for therapists in your area.

- **Website:** [www.iacp.ie](http://www.iacp.ie)
- **Tel:** 01 230 35 36

## The Limerick Social Service Council

Offers a Counselling and Psychotherapy Service based in the LSSC centre. Self-referrals are accepted.

- **Address:** Upper Henry Street, Limerick City
- **Tel:** 061 314111
- **Email:** dave.quilty@lssc.ie

## The National Counselling Service/Childhood Abuse or Neglect Service (CaPA)

Provides short-, medium- and long-term counselling and psychotherapy for adults who have suffered abuse during their childhood. Self-referrals are accepted.

- **Tel:** 1800-234115
- **Email:** [referncs.midwest@hse.ie](mailto:referncs.midwest@hse.ie)

## MyMind

An option to explore for low-cost counselling (€20 if unemployed)

- **Tel:** 0818 500 800
- **Email:** [www.mymind.org](http://www.mymind.org)

## Tipperary Rape Crisis & Counselling Centre (TRCC)

A free confidential counselling service to adult survivors of rape and child sexual abuse (male and female), their families or anyone affected by sexual violence. Under 18 years on parental or professional referral.

- **Address:** Social Services Building, Rossa Street, Thurles, Co. Tipperary
- **Email:** [tipperaryrcc@gmail.com](mailto:tipperaryrcc@gmail.com)
- **Tel:** 1800 340 340





# Mid-West Family Resource Centres

The Child and Family Agency's Family and Community Services Resource Centre Programme provides a range of services and supports to local communities through its established network of family resource centres. See the list below to find your nearest Family Resource Centre.

## County Clare

### **Killaloe/Ballina Family Resource Centre**

Main Street  
Killaloe  
Co. Clare

- **Phone number** 061-374741

### **Shannon Family Resource Centre**

Respond Community Building  
Rineanna View Estate  
Shannon  
Co. Clare

- **Phone number** 061 - 707600

### **North West Clare Family Resource Centre**

Ardnaculla  
Ennistymon  
Co. Clare

- **Phone number** 065 - 7071144

### **West Clare Family Resource Centre**

Toler St.  
Kilrush  
Co. Clare

- **Phone number** 065 - 9052173

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## County Limerick

### **Croom Family Resource Centre**

The Mill  
Croom  
Co. Limerick

- **Phone number** - 061 - 602878

### **Southill Family Resource Centre**

267-268 Avondale Court  
O'Malley Park  
Southill  
Co. Limerick

- **Phone number** - 061 - 326623

### **Hospital Family Resource Centre**

Knockainey Road  
Hospital  
Co. Limerick

- **Phone number** - 061 - 383884

### **Northside Family Resource Centre**

26-28 Clonconnane Road  
Ballynanty  
Co. Limerick

- **Phone number** - 061 - 326623

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## County Tipperary

### **Spafield Family Resource Centre**

Old Road  
Cashel  
Tipperary

- **Phone number** 062 - 63622

### **Three Drives Family Resource Centre Ltd**

22/23 Greenane Drive  
Tipperary Town  
Tipperary  
Co. Tipperary

- **Phone number** 062 - 80831

### **Millennium Family Resource Centre**

Glengoole,  
Thurles,  
Co. Tipperary

- **Phone number** 052 - 9157992

### **Silverarch Family Resource Centre**

52 Silver Street,  
Nenagh,  
E45 P624

- **Phone number** 067 - 31800

## National Helplines &amp; Online Supports



## National Helplines

**AWARE**

Supports people experiencing depression  
Tel: 1890 303302

**CHILDLINE**

- Freephone: 1800 666 666

**LIVING LINKS**

Services for those bereaved by suicide

- **Tel:** 087 4122052

**ONE FAMILY**

Ask one family is the helpline for people parenting alone, sharing parenting, separating, or experiencing a crisis pregnancy.

- **Tel:** 01 6629212
- **Email:** support@onefamily.ie
- Available Monday – Friday, 10:00 am- 4:30 pm

**PARENTLINE**

Offers support, guidance and information on all aspects of being a parent

- **Tel:** 1890 927 277
- **Email:** info@parentline.ie

**SAMARITANS**

Providing confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

- Tel: 1850 609 090

**SHINE**

Information and brief support for people affected by mental health difficulties, including families, in a time of immediate need.

- **Tel:** 087 7878222

**TEENLINE**

- **Tel:** 1800 833 634
- **Website:** www.teenline.ie

**Text50808**

Free and safe place to share anonymously in relation to any issue you want to talk about by text where you will be listened to and supported by a trained Crisis Volunteer.

- **Text 'hello' to 50808.**

**TREOIR**

Provides a free, confidential, specialist information service for unmarried parents, living together or apart, their extended families and those working with them.

- **Tel:** 1890 252084
- **Email:** info@treoir.ie

**The Mind your Wellbeing** programme is a free, online evidence-based mental health and wellbeing programme developed by the HSE. It has been adapted from a face-to-face programme into a series of 5 online 20-minute videos. It is recommended that these videos are watched in the below order.

- **Practicing Self-care** - [www.youtube.com/watch?v=65snrWJTNDU](http://www.youtube.com/watch?v=65snrWJTNDU)
- **Understanding Our Thoughts** - [www.youtube.com/watch?v=4n1KYsBCf4A](http://www.youtube.com/watch?v=4n1KYsBCf4A)
- **Exploring our emotions** - [www.youtube.com/watch?v=XsunDsmBrMg](http://www.youtube.com/watch?v=XsunDsmBrMg)
- **Building Positive Relationships** - [www.youtube.com/watch?v=sS3IWj81-ms](http://www.youtube.com/watch?v=sS3IWj81-ms)
- **Improving our Resilience** [www.youtube.com/watch?v=8ITPq-3sDfM](http://www.youtube.com/watch?v=8ITPq-3sDfM)



## Online Resources

**Mindshift CBT Phone App**

This app uses strategies based on Cognitive Behavioural Therapy (CBT) to help users understand anxiety and its emotional, behavioural, cognitive and physical components and introduces strategies to help reduce the level of anxiety symptomatology one is experiencing or to reduce the impact it is having on one's life e.g., relaxation techniques, thought challenging, behavioural exposure. Available to download from your app store.

**Silvercloud**

An 8 week online Cognitive Behavioural Therapy intervention for adults experiencing depression or anxiety. Your GP/other healthcare professional needs to email a referral in this regard via Healthmail.

**Website:** <https://www.silvercloudhealth.com/>

**Turn2Me**

An anonymous online community and run support groups where you can participate in facilitated discussions with peers via instant chat in a safe space. Support groups run throughout the week and cover a wide range of topics including how to manage anxiety/low mood, exam stress, all things relationships etc.

**Website:** <https://turn2me.ie/>