

Other titles from 'All about You' collection

Mind Maps for Kids: the shortcut to success at school (J153.152)
Tony Buzan

Mum and Dad Glue Kes Gray
I Feel Sad (J155.412) Brian Moses

1-2-3 Magic For Kids (J649.64 - also an ebook) Thomas Phelan

Think Good Feel Good: a cognitive behaviour therapy workbook for children and young people (J616.891)
Paul Stallard

Titles you might like to try from the 'My Life' collection

Finding a Way Through When Someone Close Has Died (T155.937) Pat Mood

Titles you might like to try from the 'Parent' collection

Eating Disorders: a parents' guide (618.928)
Rachel Bryant-Waugh

So Young, So Sad, So Listen (618.928) Philip Graham

Helping Children Cope with the Loss of a Loved One: a guide for grown ups (155.937)
William Kroen

Talking Back to OCD: the program that helps kids and teens say 'no way' and parents say 'way to go' (618.928)
John March

Coming out Asperger: diagnosis, disclosure and self-confidence (616.858) Dinah Murray

Surviving Your Adolescents: how to manage and let go of your 13-18 year olds (649.125 - also an ebook) Thomas Phelan

Helping Your Anxious Child: a step-by-step guide for parents (618.928) Ronald Rapee

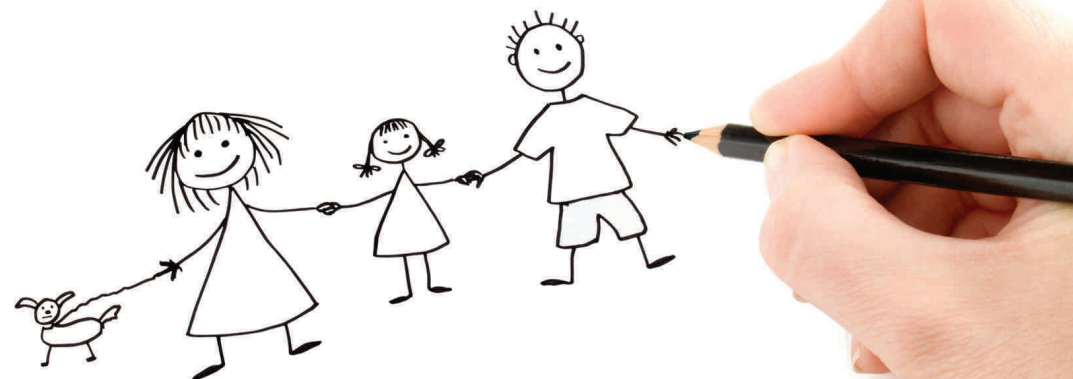
A Volcano in My Tummy: helping children to handle anger : a resource book for parents, caregivers and teachers (152.47)

If you need this information in another format or language
please phone 0191 277 4100
or email: information@newcastle.gov.uk



All about you

Health and wellbeing books for children



Turn a new page



Newcastle Libraries

Newcastle
City Council

The books below are for **children** and have been chosen with the help of Newcastle's Child and Adolescent Mental Health Services.

The books can be reserved online at www.newcastle.gov.uk/allaboutyou and can be found at a number of our libraries.

ADHD

Zak has ADHD Jenny Leigh

Learning to Slow Down and Pay Attention: a book for kids about ADHD (J362.198) Kathleen Nadeau

Putting on the Brakes: understanding and taking control of your ADD or ADHD (J618.928) Patricia Quinn

Anger

I Feel Angry (J155.412) Brian Moses

Asperger Syndrome and Autism

Asperger Syndrome, the Universe and Everything (J618.928) Kenneth Hall

Blue Bottle Mystery: an asperger adventure Kathy Hoopmann

Bereavement

Badger's Parting Gifts Susan Varley

Bullying

Bullies, Bigmouths and So-Called Friends (J371.58) Jenny Alexander

You will also find other titles on a range of health topics suitable for children, young people and adults in our library collections. Please see our online catalogue at www.newcastle.gov.uk/libraries

You might also be interested in www.healthybooks.org.uk a website that recommends children's books which deal with physical or emotional problems.

Self esteem

I Want Your Moo: a story for children about self-esteem Marcella Bakur Weiner

Worry and Stress

What to Do When You Worry Too Much: a kid's guide to overcoming anxiety (J618.928) Dawn Huebner

The Huge Bag of Worries Virginia Ironside

I Feel Frightened (J155.412) Brian Moses

