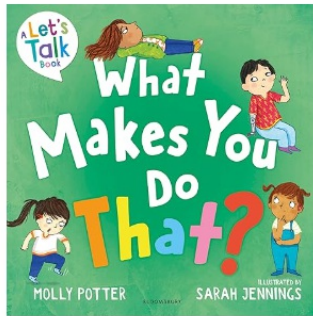




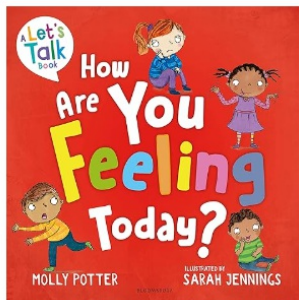
EYFS/KS1

Book

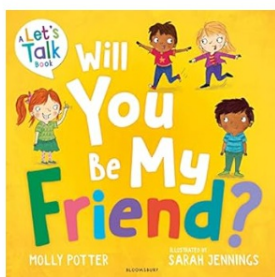
Recommendations



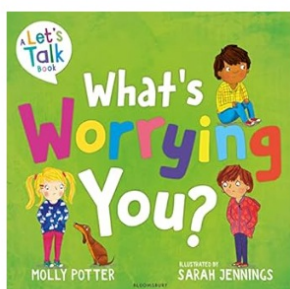
This important book prompts children to question certain behaviours and why they happen. Addressing common situations sympathetically and humorously, What Makes You Do That? answers key behavioural concerns and encourages children to self-reflect, consider how their actions affect others and manage their emotions.



How Are You Feeling Today? is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions.



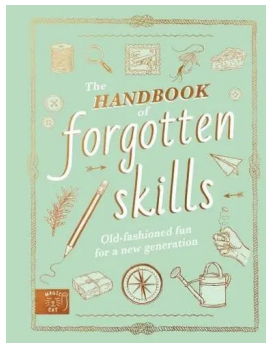
Practical advice on helping children understand how to make friends, what it means to be a true friend and how to cope with the tricky parts of friendship.



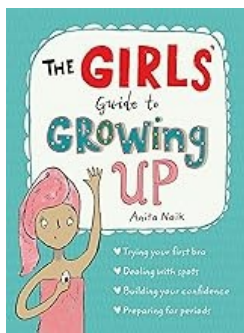
What's Worrying You? is a book all about helping children understand their worries, and what to do when they feel overwhelmed by their thoughts and feelings.



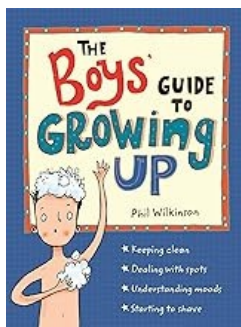
KS2 Book Recommendations



Use this book to teach children how you used to amuse yourself before the internet in this fun and engaging book. Children will discover that 'old-fashioned fun' was more rewarding than playing with technology.



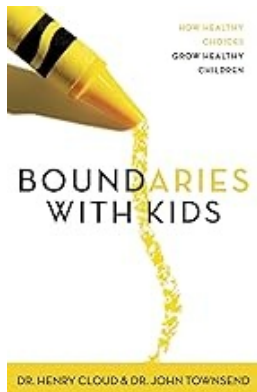
Puberty is a natural and inevitable part of growing up, and having accurate knowledge about it helps children navigate the changes they experience with confidence and understanding. Knowledge is key because it helps children feel prepared and less anxious about what's happening to their bodies.



Death is a natural part of life, and while it can be a difficult topic to approach, stories that involve death allow children to explore and process the emotions related to loss. Reading about characters who experience death helps children understand grief and may help them cope with any personal loss they may experience in the future.



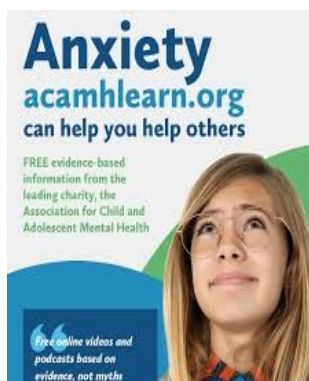
Adult Book Recommendations and Signposting



One of the most loving things you can do for your children is set firm boundaries with them. *Boundaries with Kids* will help you raise your kids to take responsibility for their own actions, attitudes, and emotions. In eight sessions, Drs. Henry Cloud and John Townsend help you bring order to problematic circumstances and cultivate healthier ways of relating with your kids.



In this Sunday Times bestseller, leading psychotherapist Philippa Perry reveals the vital do's and don'ts of relationships. This is a book for us all. Whether you are interested in understanding how your upbringing has shaped you, looking to handle your child's feelings or wishing to support your partner, you will find indispensable information and realistic tips in these pages.



The Association for Child and Adolescent Mental Health has launched a new CPD platform for anyone interested in supporting young people's mental health.

<https://www.acamh.org/>