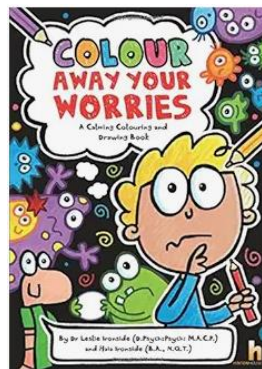


## Children known to Social Care: Suggested books and stories to share with children and young persons



### **The Blanket Bears** Samuel Langley-Swain

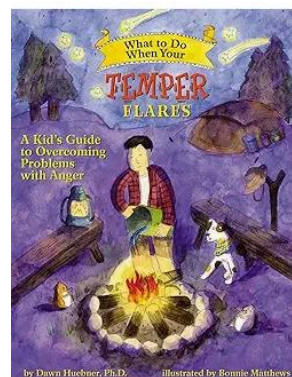
A sensitive picture book endorsed by experts, that helps young children understand adoption by gently covering the complete adoption journey, from foster care to finding a forever family. Non-gendered characters and inclusive illustrations celebrate adoptive families of all kinds including single parents, same-sex parents and special guardians.



### **Colour away your worries** Leslie and Haia Ironside

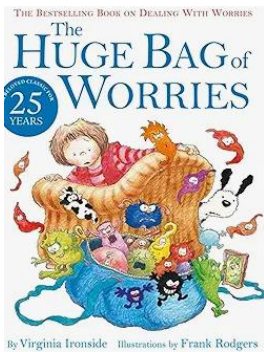
Help children and young people to de-stress and relax through colouring, doodling and drawing. Everybody has worries and fears, and if we don't talk about them we can sometimes feel alone and our worries can grow and get bigger.

These images and guided activities, narrated by a friendly Worry Worm, will open up new areas for discussion in a fun format and enable young people to talk about their worries and fears while benefitting from the stress-relieving effects that increased focus and creativity can provide. The activities explore common sources of worries, the different feelings children have when they are worried and how to distinguish between things that it is OK to worry about and those times when our worries can get too big.



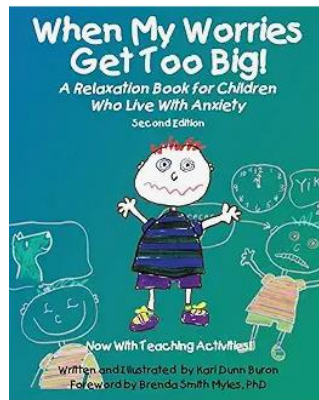
### **What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger** Dawn Huebner

The book guides children and their parents through the cognitive-behavioural techniques used to treat problems with anger. This interactive self-help book teaches children a set of 'anger dousing' methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.



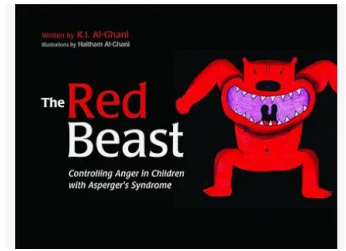
**The Huge Bag of Worries**  
Virginia Ironside

A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.



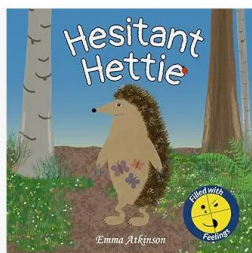
**When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety**  
Karl Dunn Buron

Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies.



**The Red Beast**  
K.I. Al-Ghani

This vibrant fully illustrated children's storybook is written for children aged 5-9, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast'



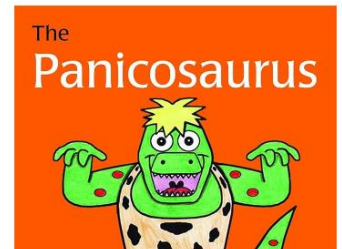
**Hesitant Hettie**  
Emma Atkinson

A children's book full of feelings: A story to help children talk about worry and being brave.

The story of an anxious hedgehog who finds the courage to show her true self and discovers a whole lot more.

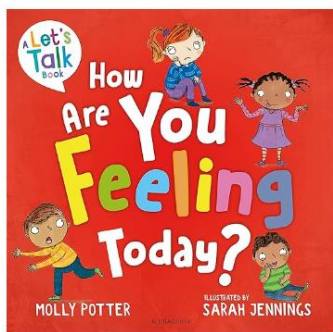
A tale of bravery, friendship and acceptance.

A fun rhyming story book filled with feelings words to help the next generation understand and talk about their emotions.



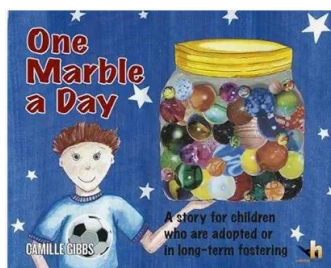
**The Panicosaurus**  
K.I. Al-Ghani

This storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety.



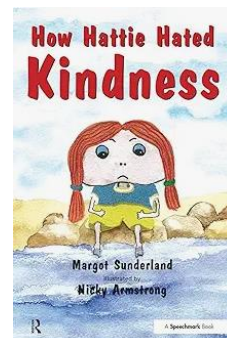
**How are you feeling today?**  
Molly Potter

A Let's Talk picture book to help young children understand 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



**One marble a day**  
Camille Gibbs

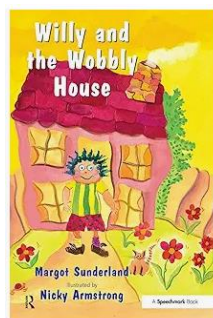
An Adoption Story for Children Who Are Adopted, in Long-term Fostering or Waiting for a Permanent Family.



**How Hattie hated kindness**  
**The Red Beast**

Margot Sunderland and Nicky Armstrong

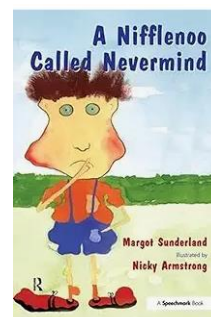
Story for children locked in rage or hate.



**Willy and the wobbly house**

Margot Sunderland and Nicky Armstrong

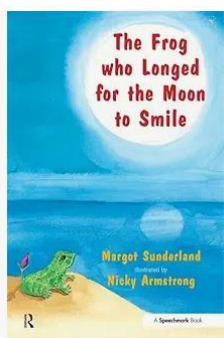
A Story for children who are anxious or obsessional. The book helps children to break out of their fixed patterns and find richer ways to live.



**A Niffleloo called Nevermind**

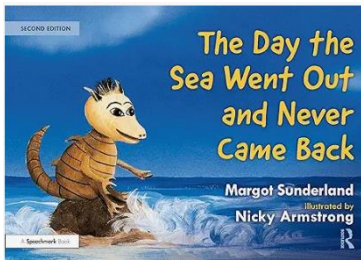
Margot Sunderland and Nicky Armstrong

A Story for children who bottle up their feelings. Supporting children to express themselves and stand up for themselves.



**The frog who longed for the moon to smile**  
Margot Sunderland

A storybook for children who yearn for someone they love.



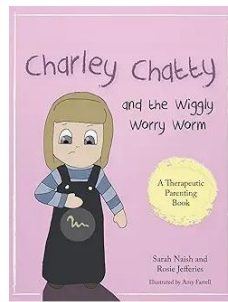
## The day the sea went out but never came back

Margot Sunderland

A story for children who have lost someone they love.

The beautiful illustrations and sensitively written story offer a wealth of opportunities to begin a conversation about the difficult emotions that can follow a loss, helping children to acknowledge and express their emotions. The story shows them that it is brave to feel sad, that they are surrounded by support, and that memories of a loved one are a special treasure that can never be lost.

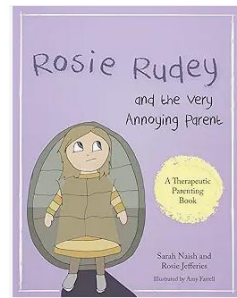
Ideal for starting conversations about grief and sadness, this is an essential resource for anybody supporting children aged 4-12 who have experienced loss.



## Charley Chatty and the wiggly worry worm

Sarah Naish and Rosie Jefferies

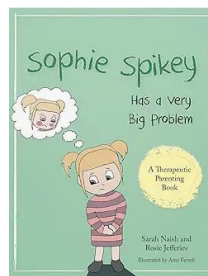
A story about insecurity and 'attention seeking'.



## Rosie Rudey and the very annoying parent

Sarah Naish and Rosie Jefferies

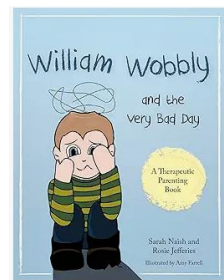
A story about a prickly child who is scared of getting close.



## Sophie Spikey has a very big problem

Sarah Naish and Rosie Jefferies

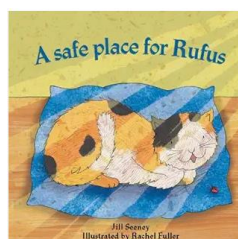
A story about refusing help and needing to be in control.



## William Wobbly and the very bad day

Sarah Naish and Rosie Jefferies

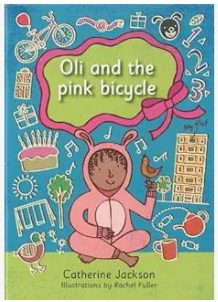
A story about when feelings become too big.



## A safe place for Rufus

Jill Seoney

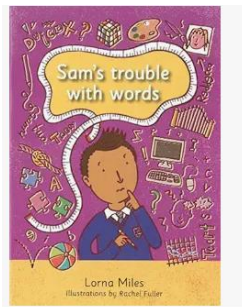
This picture book for young children, aged 4-8 years old, explores the importance of feeling safe and banishing fears, particularly for adopted and fostered children.



## Oil and the pink bicycle

Catherine Jackson

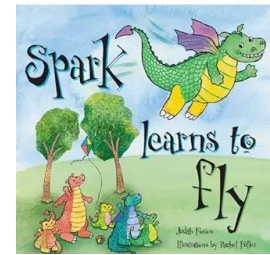
This story about Foetal Alcohol Syndrome will be helpful for any child aged seven to 11 whose development and behaviour has been affected by parental substance misuse, or who knows someone else who is affected. The book includes a question and answer section which covers a wide range of queries and concerns, and provides practical information and advice in a straightforward and child-friendly style.



## Sam's trouble with words

Lorna Miles

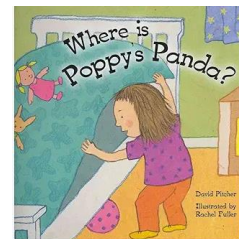
This story about dyslexia will be helpful for any child aged seven to 11 who has difficulty reading and writing, or who knows someone who does. The book includes a question and answer section which covers a wide range of queries and concerns about dyslexia, and provides practical information and advice in a straightforward and child-friendly style.



## Spark learns to fly

Judith Foxon

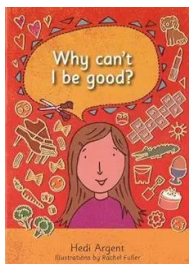
The simple story and colourful illustrations make this book an excellent resource to use with children aged four to seven years who have been affected by domestic abuse.



## Where is Poppy's panda?

David Pitcher

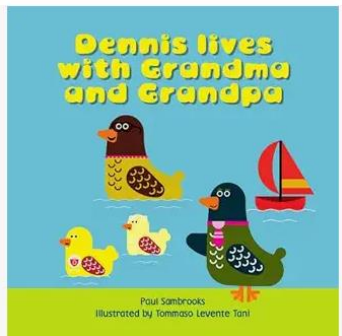
This book for children (aged three and above) explores transition, loss and change and the importance of maintaining continuity in a child's life. The book is accompanied by practical guidelines for adults reading the story with children that provide examples of questions and statements to encourage and initiate interaction.



## Why can't I be good?

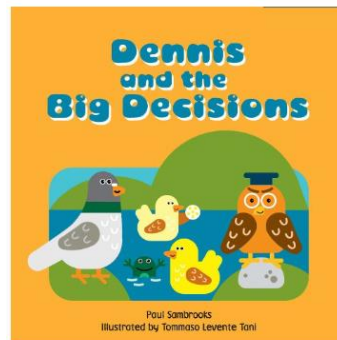
Hedi Argent

This book supports trying to discuss behaviours a child may be presenting. It supports how to explore why they may be behaving in a certain way. How it makes them feel. Do they want to change? How can they change.



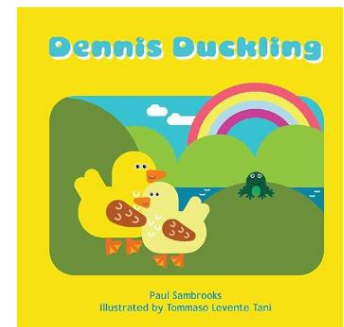
### **Dennis lives with Grandma and Grandad**

The book is designed to help very young children who live, or are going to live with family or friends, to understand what has happened, why they can no longer live with their parents, and to express their feelings about this.



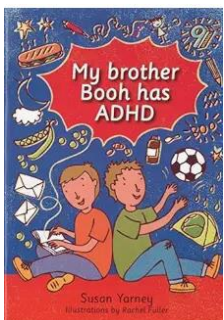
### **Dennis and the big decisions** Paul Sambrooks

This picture book explains to young children who are living in foster care about why they have moved from their family, why they may have future moves, and who will make these decisions.



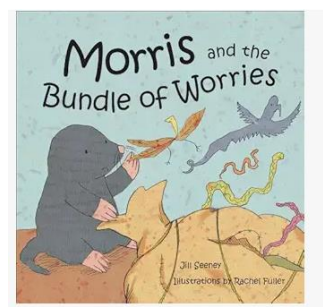
### **Dennis Duckling**

This charming illustrated book is ideal for very young children (aged 2-5 years old) who are leaving their birth families for the first time to be looked after by foster carers.



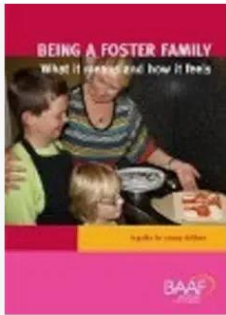
### **My brother Booh has ADHD** Susan Yarney

A book about Toby and his identical twin who were adopted when they were babies. This story about Attention Deficit Hyperactivity Disorder will be helpful for any child aged seven to 11 who finds it difficult to stay still or pay attention or whose behaviour frequently gets them into trouble. It will be equally useful for a child who knows someone with ADHD. The book includes a question and answer section which covers a wide range of queries and concerns about ADHD and provides practical information and advice in a straightforward and child-friendly style.



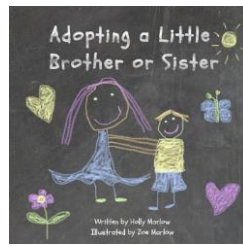
### **Morris and the bundle of worries** Jill Seeney

A picture book for young children in a range of situations, that shows that talking about problems, and facing worries with the help of others is more helpful than hiding your fears.



**Being a Foster Family:  
What it means and  
how it feels: A guide  
for Young children**  
Hedi Argent

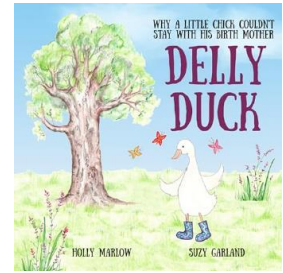
Following the story of Max and Josh, whose family is going to start fostering, this booklet explores what fostering means, how this will affect Max and Josh's lives, and how they can welcome and help the children who will come to stay with them. With full colour photographs and clear, jargon-free language, this booklet will help children to understand the complexities of being a fostering family.



**Adopting a little  
brother or sister**  
Holly Marlow

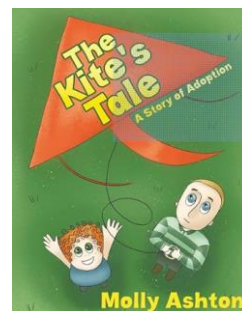
A big sister's guide to adoption for a child becoming a big sibling through adoption of a younger child or baby, Kinship Care or Special Guardianship.

The engaging story is told in the voice of a young child who is excited to be a big sister through adoption and shares her top tips for other future brothers and sisters going through the process of adoption from foster care.



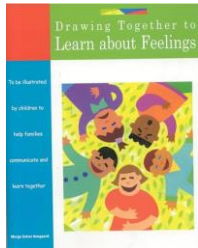
**Delly Duck**  
Holly Marlow

Delly Duck is intended to help support and stimulate discussion around some of the questions an adopted or fostered child (or another child trying to understand adoption) may have. The story can be used to help answer difficult and emotive questions, such as *Why can't I live with my birth mother?* and *Why didn't someone just teach her how to parent me safely?*



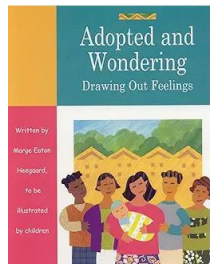
**The kite's tale: A story of adoption**  
Molly Ashton

The Kite's Tale follows the story of Archie, who longs for a brother or sister, and Posy, who needs a forever home.



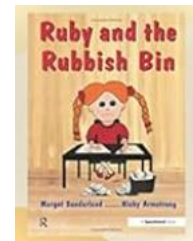
## **Drawing Together to Learn about Feeling** Marge Heegaard

This art therapy book helps children: Understand feelings and the proper way to express them, Learn to be sensitive to the feelings of others, and develop coping skills for the difficult times in their lives. Adults can use this book to see how children express in pictures what they are unable to express in words.



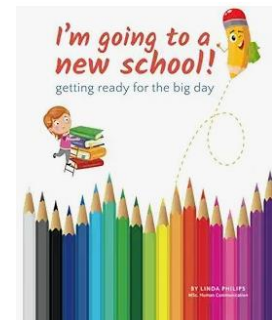
## **Adopted and Wondering** Marge Heegaard

This art therapy book helps children cope with the emotional impact of adoption. Children can use this book's interactive exercises to realize that their birth parents were good people who loved them but were unable to give them a good home; understand that they were placed, rather than abandoned; and develop a strong sense of personal identity. The interactive drawing exercises help children explain in pictures what they are unable to say in words.



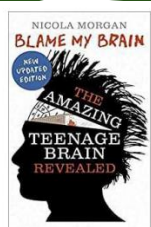
## **Ruby and the Rubbish Bin** Margot Sunderland

A story for children with low self esteem. The aim of this book is to help and support children to explore their feelings.



## **I'm going to a new school! Getting ready for the big day.** Linda Philips

Going to a new school can be very daunting for young children. This workbook helps to prepare little ones for their big day. There are spaces for photographs, pictures and drawings to help them participate in the process of getting ready for their new school.



## **Blame my Brain: The Amazing Teenage Brain Revealed** Nicolas Morgan

During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. This book examines the ups and downs of the teenage brain has chapters dealing with powerful emotions, gender differences, the need for more sleep, the urge to take risks and the reasons behind addiction or depression. The contains important research and a chapter on social media, making it an essential guide for teenagers and adults alike.



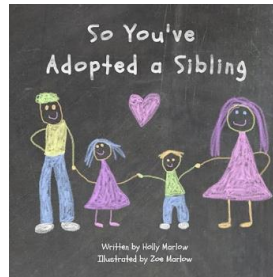


## **Am I supposed to feel this way?**

**Elizabeth Archer**

This book enables parents to sit with their children to discuss the possible issues that may arise when having an adopted sibling placed.

It can also help children who already have an adopted sibling to understand what might be going on for them, and that they are not alone in feeling the way they do. This book has been written specifically for children to write and draw in, and to personalise as their own. They are encouraged to express themselves as much as they wish.

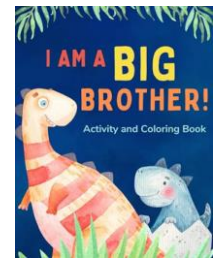


## **So you've adopted a sibling**

**Holly Marlow**

The engaging story is told in the voice of a young child who is enjoying being a big sister through adoption, and shares her top tips for other children who have a younger brother or sister who has joined their family through adoption.

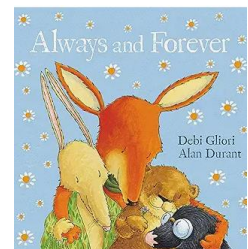
The story touches upon some of the emotions and changes to routine that children may experience in the early months as a big brother or sister.



## **I am a big brother!**

**Zady Rose**

This book explores the anticipation, excitement, and role of being a big brother through fun big brother activities.



## **Always and Forever**

**Alan Durant**

When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.

Peterborough Virtual School are committed to updating this document with other high quality and recommended texts. If you come across any you feel would benefit others, please contact Peterborough Virtual School.

V1:07/24