

Recommended Books for Parents On Children's Self Esteem and Confidence

Mindful Monkey, Happy Panda by Lauren Alderfer

This picture book for children and parents alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful characters Mindful Monkey and his mindful friend Happy Panda guiding readers to a calm and focused mind, the book will delight readers of all ages.

Once upon a touch: story massage for children by Mary Atkinson

Practice safe and positive touch, promote relaxation and boost self-esteem with children aged 3-11 using story massage. This complete manual provides everything you need to get started. It includes instruction on ten basic strokes and over 25 story massages on a range of topics, from traditional tales to hands-on learning stories.

Your Fantastic Elastic Brain Stretch it, Shape it by Joann Deak

This innovative and timely picture book is a fun and engaging way to teach children that they have the ability to stretch and grow their own brains. This title makes both a wonderful addition to a child's collection and to any growth mindset program or curriculum.

Would You Like A Story Massage? For Parent & Child by Melanie Garlick

A wonderful collection of fun rhymes and easy to learn massage routines, all beautifully illustrated to bring calm, relaxation and a positive tactile experience for parent and child.

Affirmation Weaver: A Children's Bedtime Story Introducing Techniques to Increase Confidence, and Self-Esteem by Lori Lite

Affirmation Weaver is a story that teaches children how to increase self-confidence and self-esteem by using affirmations and positive statements. This simple technique is woven into the story allowing children to follow along and read how a self-doubting dolphin uses positive statements to increase self-confidence.

Have you filled a bucket today? By Carol McCloud and illustrated by David Messing

Through simple prose and vivid illustrations, this heartwarming book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well-being of others and ourselves.

A handful of quiet: happiness in four pebbles by Thich Nhat Hanh

'A Handful of Quiet' presents one of the best known and most innovative meditation practices developed by Thich Nhat Hanh as part of the Plum Village community's practice with children.

Sitting still like a frog : mindfulness exercises for kids (and their parents) by Eline Snel.

This title features simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. It includes a 60-minute audio CD of guided exercises read by Myla Kabat-Zinn.

The most magnificent thing by Ashley Spires

Award-winning author and illustrator Ashley Spires has created a charming picture book about an unnamed girl and her very best friend, who happens to be a dog. The girl has a wonderful idea. She is going to make the most magnificent thing! She knows just how it will look. She knows just how it will work. All she has to do is make it, and she makes things all the time. But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the girl gets really, really mad. She is so mad, in fact, that she quits. But after her dog convinces her to take a walk, she comes back to her project with renewed enthusiasm and manages to get it just right.

All of the recommended titles can be borrowed from Wokingham Borough Libraries
<https://wokingham.spydus.co.uk> or visit www.wokingham.gov.uk/libraries

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How little coyote found his secret strength by Anne Westcott and C.C. Alicia Hu and illustrated by Ching-Pang

In this story of rebuilding confidence after being treated badly, a little coyote who has grown up in a horrible gang learns to see the good in himself. With a unique therapeutic focus on how our emotions feel from a sensory perspective, the book includes a guide for grownups on helping children aged 4-10 overcome identity issues.

Breathe like a bear : 30 mindful moments for kids to feel calm and focused anytime, anywhere by Kira Willey and illustrated by Anni Betts

'Breathe Like a Bear' is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath and emotions.

Manners matter! By Veronica Zysk with an introduction by Temple Grandin

For decades, Temple Grandin has been a voice and a positive force in the Autism Spectrum Disorder (ASD) community. Through her books and speaking engagements she has inspired and enlightened teachers, therapists, professionals, mother, fathers and family members with her perspectives about life with autism. Now, in 'Manners Matter!' Temple steps away from the world of adults and talks directly to kids themselves, sharing her experiences living with and growing up with autism in kid-friendly language and colorfully illustrated stories and characters.

I'm special, I'm me! By Ann Meek and Sarah Massini

Milo is fed up. He wants to play at being captain, but the other children say he's too short, he must be a deck hand. He's too small to be a lion, and not handsome enough to be the prince. But Milo's mum makes him see that the other roles can be even more fun.

It's good to be me! : boosting self-esteem to find your inner hero by Louise Spilsbury and illustrated by Mike Gordon

This book is about you. It's about feeling **good** about who you are. Feeling **good** about yourself means knowing the things that make you special and accepting yourself for who you are - inside and out. That means accepting the bits you don't like about yourself, as well as the things you do. This book shows you how.

Self-esteem and mental health by Anna Claybourne

Growing up isn't always easy - your brain is changing and there's many things to cope with from new emotions to stress. This book explores what is self-esteem and mental health and why it's important and looks at topics such as mental illness, phobias, eating disorders and self-harm. It looks at techniques to deal with issues including stress reduction, mindfulness and assertiveness

You are awesome by Matthew Syed and illustrated by Toby Triumph

If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? 'You Are Awesome' can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential.

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