

Recommended Books for Parents On Empathy and Wellbeing



Ollie and the golden stripe by Alison Knowles and illustrated by Sophie Wiltshire

When Ollie doesn't help his bullied classmate Adam, the Captain decides that it's time to introduce him to one of his most important superpowers, Empathy. Using Empathy, Ollie has the chance to earn his first Captain's stripe and help Adam. Will he succeed?

A boy and a bear by Lori Lite

This story of a young boy who encounters a polar bear while climbing a snow-covered mountain teaches children relaxation techniques to reduce stress, prepare for sleep, and improve self-confidence.

The same inside: poems about empathy and friendship by Liz Brownlee, Matt Goodfellow and Roger Stevens

A sweet and thoughtful collection of poems about friendship, diversity, empathy and respect. These poems deal sensitively with tolerance for differences (including race, religion and gender identity), feelings, empathy, respect, courtesy, bullying, disability and responsibility. They are the perfect springboard to start conversations.

Looking after your mental health by Alice James & Louie Stowell ; designed by Vickie Robinson and illustrated by Nancy Leschnikoff and Freya Harrison

The mental health of children and teenagers hits the headlines on a regular basis, with more and more young people reporting mental health difficulties. This book provides a gentle guide to good mental health, with input from experts in both psychology and psychiatry.

The whole-brain child by Daniel J. Siegel and Tina Payne Bryson

In this pioneering, practical book for parents, neuroscientist Daniel J. Siegel and parenting expert Tina Payne Bryson explain the new science of how a child's brain is wired and how it matures.

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

