

# Recommended Books for Parents On Children's Worries and Anxiety



**It's raining and I'm okay : a calming story to help children relax when they go out and about by Adele Devine and illustrated by Quentin Devine**

Oh no! It's raining! Oh no! People everywhere! Oh no! It's getting noisy! But I count to ten, take a deep breath and I'm okay. This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about.

**Okay Kevin : a story to help children discover how everyone learns differently by James Dillon and illustrated by Kara McHale**

At school Kevin feels that he is not 'okay.' He finds that all the other kids in his class are faster than him at answering the teacher's questions, and he feels like he will never catch up with them. But, one day, his reading teacher asks him to help out with the school store and Kevin soon begins to recognise his strengths and think differently.

**Little Meerkat's big panic : a story about learning new ways to feel calm** by Jane Evans and illustrated by Izzy Bean  
Little Meerkat flies into one big panic after waking up to find the whole meerkat gang has disappeared! Luckily, Small Elephant and Mini Monkey stumble across Little Meerkat during the big panic, and offer to help find the missing meerkat gang.

**Frankie's foibles: a story about a boy who worries by Kath Grimshaw**

Frankie has a lot of worries. He's worried about stepping on cracks in the pavement and about what will happen if he brushes his teeth for two minutes, rather than three. This brightly illustrated story for children aged 7+ with OCD or anxiety, reveals how Frankie learns to ignore his foibles - those pesky creatures that whisper worries in his ear!

**Silly Limbic: A Tail of bravery by Naomi Harvey**

Beautiful, funny and heartwarming tale of an anxious boy and his invisible but ever-present best friend, Limbic the dog who is both the solution and the cause of his fear.

**Bomji and Spotty's frightening adventure: a story about how to recover from a scary experience by Anne Westcott, C. C. Alicia Hu and illustrated by Ching-Pang Kuo**

Starring a brave little rabbit named Bomji, this picture book will help children aged 4-10 open up and feel better when a scary thing has happened. After Bomji is frightened by a coyote, his friend Spotty the Cat and the kind Teacher Owl help him to feel like himself again. The book includes a guide for grownups and a game to play after reading.

**Hey Warrior by Karen Young**

Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.

**Tapping away my worries: a book for children, parents and teachers by Heather Todd**

Children of all ages face situations where they may feel angry, frustrated, sad, frightened, nervous, humiliated, or embarrassed. They can find themselves in situations where they may face peer pressure, bullying, test anxiety, parental separation and the sadness from the death of a pet. The book focuses on the Emotional Freedom Techniques for children, parents, and teachers. EFT is a remarkably easy and effective tool for children and adults to self-apply for emotional and physical problems.

**Worries by Paul Christelis and illustrated by Ximena Jeria**

This hands-on work is designed to help children with their questions and feelings about tricky topics that can be hard to talk about. The illustrations give a comforting story book feel, particularly aimed at 5-7 year olds, while also appealing to both younger and older children. This is a much-needed aid to help children open up and explore how they feel and give them steps they can take to help them cope.

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



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## **Worries go away! By Kes Gray and Lee Wildish**

When a little girl feels worried she goes into a world of her own. At first the world is full of cream cakes and cola but soon the worries begin to take hold. Only her family and friends can help.

## **Ladybird's remarkable relaxation by Michael Chissick and illustrated by Sarah Peacock**

This title teaches an effective yoga relaxation technique that can be used anywhere and anytime to deal with a problem. Little Ladybird flutters from big toe to knee to thumb and onwards around the body, showing children how to focus their attention and calm their thoughts. They will relate to the cast of characters and learn that they can use relaxation to cope with anxiety, bullying or grief, and face their worries.

## **A book about anxiety by Holly Duhig**

This informative and supportive book explores in detail some common mental health issues affecting the lives of children today. Readers can learn about causes, symptoms and practical coping strategies including mindfulness, talking therapies and when to seek professional help. We look at how to look after your own mental health and support others around you.

## **But what if? by Sue Graves and illustrated by Desideria Guicciardini**

Daisy is moving to a new house and a new school. She is worried. What if she doesn't like her new neighbours or teacher? What if her cat runs away? Can Grandpa help her feel less worried? This series introduces young children to different aspects of our emotions and behaviour. A fictional story is backed up by suggestions for activities and ideas to talk about, while a wordless storyboard encourages children to tell another story.

## **Stand tall like a mountain: mindfulness & self-care for children & parents by Suzy Reading**

'Stand Tall Like a Mountain' is specifically designed to help parents empower their children to: Learn tools for dealing with everyday emotions; Express how they are feeling; Learn about their bodies and minds in easy-to-read and understandable language; Develop tools for nourishment and coping with challenges; Use easy and fun yoga poses to promote positive feelings. We teach our children how to brush their teeth and cross the road safely; this book is about broadening their toolkit to include emotional first aid. Suzy Reading introduces practices to encourage noticing emotions, feeling calm, expressing feelings, falling asleep more easily, coping with anger and feelings of anxiety and nurturing confidence and kindness. Children are natural masters of curiosity and mindfulness, so the learning is not a one-way street.

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