

It isn't easy.

Story and information books to help children cope with life's challenges.

Childhood Issues

Fears/Worries

Owl babies	Martin Waddell	Separation anxiety	Story 2+ Picture Bk
The owl who was afraid of the dark	Jill Tomlinson	Fear of the dark	Story 7+
The worry website	Jacqueline Wilson	School kids share worries on website	Story 8+
The huge bag of worries	Virginia Ironside	Young school girl allows worries to build up.	Story 4-8 Picture Bk

Friendship

Laura's star	Klaus Baumgart		Story 3-8 Picture Bk
I'm a tiger too!	Marie-Louise Fitzpatrick		Story 2+ Picture Bk
Up on cloud nine	Anne Fine	Friendship between teenage boys. Also Dysfunctional families.	Story 11+

Being different

Dandy Lion	Lizzie Finlay	Lion who doesn't fit in to primary school.	Story 4+ Picture Bk
Love, Stargirl	Jerry Spinelli	Teenage girl who doesn't fit into American high school	Story Teens
Jack's little party	Bob Graham	Boy's family are not materially rich	Story 5+
Something else	Kathryn Cave	Looking different	Story 5+ Picture Bk
Camille and the Sunflower	Laurence Anholt	Small boy who befriends outsider Vincent van Gogh.	Story 5+ Picture Bk

Conflict

Is it right to fight? A first look at conflict	Pat Thomas		Information 4-7
I'm sorry	Sam McBratney		Story 3-7 Picture Bk

Bullying

The rainbow club	Annette Aubrey	Understanding Bullying QED	Story 4+ Picture Bk
Hugo and the bully frogs	Francesca Simon		Story 3-7 Picture Bk
Bullying	Michele Elliot	Wise Guides	Information Teens
Willy the champ	Anthony Browne		Story 4+ Picture Bk
Willy the wimp	Anthony Browne		Story 4+ Picture Bk
Taking the cat's way home	Jan Mark	Boy bullying girl.	Story 6+
Lady long-legs	Jan Mark	Girl bullying girl.	Story 6+
Indigo's star	Hilary McKay	Boy being bullied at school.	Story 10+
Monkey	Veronica Bennett	Boy who is bullied at school volunteers to visit a severely disabled patient.	Story 12+
Malarkey	Keith Gray	Fast paced thriller about hierarchy in high school.	Story Teens
Krindlekrax	Philip Ridley	Overcoming a bully.	Play of story 8+
The Time Apprentice	Val Tyler	Power, bullying and prejudice.	Story 10+
Bullies and gangs	Julie Johnson	Thoughts and Feelings series	Information 7-10 years.
Stop picking on me. A first look at bullying.	Pat Thomas	A First Look At series	Information 4-8
I feel bullied	Jen Green	Your Feelings series	Information 4-8
Is it because?	Tony Ross	Humorous look at why a child is a bully	Story 4+ Picture Bk

Racism

The skin I'm in. A first look at racism	Pat Thomas		Information 4-8
Elmer and the stranger	David McKee		Story 3-8 Picture Bk

Refugees

Eye of the wolf	Daniel Pennac	Refugees	Story 9+
Under the persimmon tree	Suzanne Fisher Staples	Refugees	Story Teens
The colour of home	Mary Hoffman	Young boy, refugee from Somalia	Story 6+ Picture Bk

Family Issues

New Baby

Title	Author		
Za-Za's baby brother	Lucy Cousins		Story 2+ Picture Bk
Brand new baby	Bob Graham		Story 3+ Picture Bk
Here come the babies	Catherine and Laurence Anholt		Story 2+ Picture Bk
Dear baby. Letters from your big brother	Sarah Sullivan	Also sibling rivalry	Story 4-8 Picture Bk

Toddler 'issues'

I want my dummy	Tony Ross		Story 2-5 Picture Bk
The red woollen blanket	Bob Graham		Story 3-6 Picture Bk
Get into bed! A story about going to sleep	Virginia Miller		Story 1+ Picture Bk
Eat your dinner! A story about table manners	Virginia Miller		Story 1+ Picture Bk

Toilet Training

On your potty! A story about toilet training	Virginia Miller	Bear learning to use potty	Story 2+ Picture Bk
Time to pee!	Mo Willems	Humorous	Story 2+ Picture Bk
Potty poo-poo wee-wee!	Colin McNaughton	Dinosaur who wont use potty	Story 2+ Picture Bk

Sibling Rivalry

You're all my favourites	Sam McBratney		Story 2+ Picture bk
Dear baby	Sarah Sullivan	Also new baby	Story 4+ Picture bk

Adoption/Fostering/Stepfamilies

My parents picked me! A first look at adoption	Pat Thomas and Lesley Harker		Information 5+
Flora's family	Annette Aubrey	Understanding adoption QED	Story 4+ Picture bk
Where I'd like to be	Frances O'Roark Dowell	Girl being shuttled from one foster home to another.	Story 9+
Driftwood	Cathy Cassidy	Fostering	Story 10+
Ruby Holler	Sharon Creech	Children's home. Fostering	Story 10+
A brief chapter in my impossible life	Dana Reinhardt	Adopted girl meets her birth mother.	Story 12+
Georgie	Malachy Doyle	Living in a home for disturbed children	Story 12+
Almost home	Nora Raleigh Baskin	Stepfamilies. Loss	Story Teens

Divorce

There for you	Annette Aubrey	Understanding divorce QED	Story 4+ Picture bk
Family survival	Jan Clark	Step families	Information 5-8
Two homes	Claire Masurel	Small child living in two homes	Story 2+ Picture bk
Two of everything	Babette Cole	Humorous	Story 5+ Picture bk
The suitcase kid	Jacqueline Wilson	Ten year old girl	Story 8-12

Dysfunctional families

Any Joey title	Jack Gantos	Flawed adults Alcoholism Divorce. Also ADHD	Story 10+
Up on cloud nine	Anne Fine	Boy who 'falls' from an upstairs window. Parents preoccupied. Also Friendship btw boys.	Story 11+

Health Issues

Illness

The secret C. Straight talking about cancer	Julie A. Stokes		Information 5+
Why Mum? A small child dealing with a big problem	Catherine Thornton	Mother talks to her son about her breast cancer	Information and Story 7+
Cancer	Kirsten Lamb	For older children Fact book	Information Teens
Why, Charlie Brown, why? A story about what happens when a friend is very ill	Charles M. Schulz	Leukaemia	Story 8+
When someone has a very serious illness	Marge Heegaard	For adult to work thro with child	Information 8-12

Death

I miss you. A first look at death	Pat Thomas	Grandmother/General	Information 4-8
Remembering Mum.	Gina Perkins and Leon Morris	A look at everyday life for father and 2 sons after the death of their mother	True story 4-10
Her mother's face	Roddy Doyle	A girl's mother died when she was very young	Story 4-10 Picture bk
It isn't easy	Margaret Connolly	Life of young boy after his brother dies in a car accident	Story 5-10 Picture bk
All shining in the Spring. The story of a baby who died	Siobhan Parkinson	Baby who dies at birth	Story 6-9
A place in my heart	Annette Aubrey	Grandfather	Story 4-8 Picture bk
When people die	Sarah Levette		Information book 7+
35 Kilos of hope	Anna Gavalda	Grandfather	Story 10+
The thing with Finn	Tom Kelly	Death of twin brother	Story 10/teen
What every girl (except me) knows	Nora Raleigh Baskin	Girl coming of age without mother who died when she was a baby.	Story Teens
Red sky in the morning	Elizabeth Laird	Brother born with hydrocephalus. Brother dies in the story.	Story Teens
Death in a nut	Eric Madden	Humorous look at the necessity of death	Story 6+ Picture Bk
See ya, Simon	David Hill	Nathan's friend Simon has muscular dystrophy. Simon dies in the story.	Story 10+/Teens

Disability

General

Don't call me special. A first look at disability	Pat Thomas	First look at children with various disabilities.	Information Picture Book 4+
Views from our shoes. Growing up with a brother or sister with special needs	Donald Meyer (ed.)	Siblings age 4-18 of children with various special needs.	Information 9+
Saffy's angel	Hilary McKay	Girl in wheelchair	Story 10+
Susan laughs	Jeanne Willis	Girl in wheelchair	Story 4+ Picture bk
Face	Benjamin Zephaniah	15 year old boy with facial scars.	Story Teens 12+
A different life	Lois Keith	Teenage girl who becomes wheelchair user	Story Teen
See ya, Simon	David Hill	Nathan's friend Simon has muscular dystrophy. Simon dies in the story.	Story 10+/Teens
The Willow Man	Sue Purkiss	Effects of a serious illness (sister has a stroke) on family life.	Story 10+
Red sky in the morning	Elizabeth Laird	Brother born with hydrocephalus. Brother dies in the story.	Story Teens

Blindness/Visual Impairment

Being blind. Think about series.	Peter White	Author is blind.	Information 8+
Bumposaurus	Penny McKinlay	Dinosaur who needs glasses	Story 4+ Picture bk
Dan and Diesel	Charlotte Hudson	Boy and his guide dog	Story 5+ Picture bk
The silver donkey	Sonya Hartnett	Blind soldier in WW1	Story 8+

Cerebral Palsy

Stoner and Spaz	Ron Koertge	Drug abuse and cerebral palsy	Story 12+
Margaux with an X	Ron Koertge	Friend has cerebral palsy. Dysfunctional family	Story Teens

Cystic Fibrosis

Cystic Fibrosis explained for children	Eleanor Walsh	CF explained for children by two children aged 6 and 10 years.	6-12
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Explaining cystic fibrosis	Jillian Powell	Fact book. Part of the 'Explaining' series	Information 9-12

Deafness/Hearing Impairment

A birthday for Ben	Kate Gaynor	Main character wears hearing aid	Story 5+ Picture Bk
Being deaf. Think about series.	Maggie Wooley	Author is deaf.	Information 9+
My friend is deaf	Anna Levene	Clear facts about deafness told simply.	Information 8+
Read my lips	Jana Novotny Hunter	Teenage girl who is deaf	Story Teen 12+
Moonbird	Joyce Dunbar	Five year old boy who is deaf	Story 5+ Picture bk
Dovey Coe	Frances O’Roark Dowell	Brother of main character is deaf	Story Teen 12+
The Listener	Elizabeth Laird	Girl in story is deaf	Graffix 10+

Diabetes

My friend has diabetes	Anna Levene	Clear facts about diabetes told simply.	Information 8+
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Epilepsy

My friend has epilepsy	Anna Levene	Clear facts about epilepsy told simply.	Information 8+
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Mental illness

My mum is from planet Pluto	Gwyneth Rees	Mother of main character has a mental illness	Story 10+
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ME/CFS

This strange new life	Rachel Anderson	Family affected by severe Chronic Fatigue Syndrome	Story Teen
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Special needs

ADHD

Learn to slow down and pay attention. A book for kids about ADHD.	Kathleen G. Nadeau Ellen B. Dixon	Practical tips, day to day help.	Information 6-11
Eukee the jumpy elephant	Clifford L. Corman	Eukee the elephant is diagnosed ADD	Story 4-8 Picture bk
Zak has ADHD	Jenny Leigh	Zak the Zebra is diagnosed with ADHD.	Story 5+ Picture bk
Joey Pigza loses control	Jack Gantos	Main character has attention disorder – also dysfunctional family	Story 10+
Joey Pigza swallowed the key	Jack Gantos	As above	Story 10+
What would Joey do?	Jack Gantos	As above	Story 10+

Asperger Syndrome

Lisa and the lace maker. An Asperger adventure	Kathy Hoopmann	Mystery is solved by Lisa who has AS	Story 8+
Tobin learns to make friends.	Diane Murrell	Difficulties faced by children with AS and similar in making friends	Story 5-8 Picture bk
The curious incident of the dog in the night-time	Mark Haddon	Teenage boy who has AS.	Story Teen
The London Eye mystery	Siobhan Dowd	Main character, Ted, has AS.	Story Teens
Freaks, Geeks and Asperger Syndrome. A user guide to adolescence	Luke Jackson	Biographical account by 13yr old boy with AS.	Information Teens, parents, teachers.

Autism

Everybody is different. A book for young people who have brothers or sisters with autism.	Fiona Bleach	For friends or siblings of someone with autism.	Information 8-13
Play with me. Including children with autism in mainstream primary schools.	Isabel Cottinelli Telmo	Problems that may occur in primary schools	Story 6+
My special brother Rory	Ellie Fairfoot and Jenny Mayne	Girl whose brother has autism	Story 4-7

Autistic planet	Jennifer Elder	A girl with autism describes her world.	Story 6+ Picture Bk
My brother Sammy	Becky Edwards and David Armitage	Boy comes to terms with his brother who has autism	Story 5+ Picture book
Al Capone does my shirts	Gennifer Choldenko	Sister with autism	Story 12+
Looking after Louis	Lesley Ely	School boy with autism	Story 6-10 Picture Bk

Down's Syndrome

Victoria's day	Maria de Fatima Campos	Factual. Young children.	Information 5+
Bobby, Charlton and the mountain	Sophie Smiley	Brother with Down's syndrome	Story 5+

Dyslexia

Brian has dyslexia	Jenny Leigh	Brian the Bear is diagnosed with dyslexia.	Story and Information 5+
Dyslexia. Talking it through series	Althea	Explanatory resource. Excellent starting point.	Information 6+

Dyspraxia

Stephen Harris in trouble. A dyspraxia drama in several clumsy acts.	Tim Nichol	Boy with dyspraxia about to start secondary school.	Story 10+
My friend has dyspraxia	Nicola Edwards	Information on dyspraxia told simply.	Information 8+

Other Issues

Abuse

Claiming Georgia Tate	Gigi Amateau	Sexual abuse	Story 14+
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Drugs

Down the rabbit hole	Peter Abrahams	References drugs	Story 10+
Stoner and Spaz	Ron Koertge	Drug abuse and cerebral palsy	Story 12+

Eating Disorders

Pumpkin pie	Jean Ure	12 year old girl	Story 12+
Massive	Julia Bell	14 year old girl	14+

Emotional problems

Mighty Fizz Chilla	Philip Ridley	Boy dealing with anger and family problems	Story 10+/Teens
So much to tell you	John Marsden	Girl who refuses to speak following family problems. Post traumatic stress	Story Teens

Peer Pressure

Bad girls	Jacqueline Wilson	Girls. Peer pressure and bullying	Story 10+
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Teenagers

Blame my brain. The amazing teenage brain revealed.	Nicola Morgan	Teenage issues, biology and psychology.	Information Teens, parents/teachers.
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Teen Pregnancy

Megan 1	Mary Hooper	Megan is unexpectedly pregnant and has to make some very big decisions.	Story Teens
Megan 2	Mary Hooper	15 year old Megan has just had her baby	Story Teens
Megan 3	Mary Hooper	Now Jack is one and Megan has new problems to sort out.	Story Teens
Make lemonade	Virginia Euwer Wolff	Girl, 14, babysits for 17 year old mother of two.	Story Teens

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