

# South Dublin Healthy Reading Scheme

The **Healthy Reading Scheme** is a collection of recommended self-help books for people experiencing stress or emotional difficulties.

All families face challenges and worries at some stage or another in life. There is evidence to suggest that using specialist high quality self-help resources can be very beneficial during these times.

The **South Dublin Healthy Reading Scheme** has been set up to assist you to gain access to books that offer such information and encouragement.

## How does it work?

The scheme recommends worthwhile self-help books for adults, children and families. You can borrow the books free of charge from your local library. If you are not already a member, it's easy to join—just bring along some ID with your address on it to one of our libraries and you can get your ticket immediately. Our staff ensure **absolute confidentiality**, and if the book is on loan to someone else, you can reserve it, and we will contact you (*no-one else*) when it comes in for you.

## Who is the Scheme for?

Self-help books can be used at any time, for example:

- By parents who hope to identify with and help their children or teenagers.

- As a first measure to helping work out difficulties that are a cause of stress and unhappiness to you or others close to you.
- While you are on a waiting list to consult a professional.
- To assist you while working with a professional.

## Looking at other options:

Using self-help books to work out difficulties can be rewarding and empowering, but creating changes in your life requires effort. Time must be made for reading and undertaking any suggested exercises.

If you've read one of the books, and it hasn't worked out as you'd hoped, there may be a number of reasons why: Possibly your book didn't cover exactly what you were looking for? Or maybe you didn't like the author's approach? If this is the reason, you may wish to look up some of the alternative books we have recommended on the list.

It would be important if you feel you need more help to talk to your GP or a health care professional in order to access additional support.

Topics addressed by the books in the scheme for Family & Children include bullying, self-esteem, parenting from 0—Teens, eating disorders, bereavement, feelings and much more.

*"You cannot open a book without learning something"*  
Confucius



Feidhmeannas Seirbhíse Sláinte  
Health Service Executive



Comhairle Contae  
Átha Cliath Theas  
South Dublin County Council

Connecting you to...

## Library Services

# South Dublin Healthy Reading Scheme



## Family & Children Reading List

Helping you to help yourself to better mental health & wellbeing

[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)



Feidhmeannas Seirbhíse Sláinte  
Health Service Executive

# South Dublin Healthy Reading Scheme: Families & Children

Issues Addressed	Books that Can Help	Author	Dealing with
<b>Adolescence</b>	The Creative Journal for Teens, Making Friends with Yourself Understanding 12-14 year olds	Lucia Capacchione Margot Waddell	age 12-18 age 12-14
<b>Adoption</b>	<a href="#">Next Steps in Parenting the Child Who Hurts</a>	<a href="#">Caroline Archer</a>	<a href="#">age 0-18</a>
<b>Bereavement</b>	Finding a Way Through When Someone Close has Died* Beyond the Rough Rock	Pat Mood & Lesley Whittaker Diana Crossley	age 6-16 age 6-16
<b>Bullying</b>	<a href="#">Bullying - A Parents Guide</a> <a href="#">How to Handle Bullies, Teasers and other Meanies</a>	<a href="#">Jennifer Thomson</a> <a href="#">Kate Cohen-Posie</a>	<a href="#">age 5-16</a> <a href="#">age 8-14</a>
<b>Confidence</b>	Confident Children	Gael Lindenfield	age 0-16
<b>Depression</b>	<a href="#">Coping with Depression in Young People</a>	<a href="#">Carol Fitzpatrick &amp; John Sharry</a>	<a href="#">age 12-18</a>
<b>Feelings</b>	Taming the Dragon in Your Child So Young, So Sad, So Listen (*) The Angry; Lonely; Sad; Jealous; Afraid; Hurt series of books*	Meg Eastman Philip Graham & Carol Hughes Janine Amos	age 1-16+ age 12-16+ age 6-12+
<b>New Parents</b>	<a href="#">The Rough Guide to Pregnancy and Birth*</a>	<a href="#">Kaz Cooke</a>	<a href="#">pre-birth-newborn</a>
<b>Parenting</b>	The Parenting Puzzle* STEP Parenting Young Children* The House of Tiny Tearaways How to Talk so Teens will Listen Raising Teenagers The Incredible Years - A Troubleshooting Guide for Parents of Children aged 2-8Yrs Parent Power- Bringing Up Responsible Children and Teenagers New Toddler Taming Raising Happy Children Parenting The ADD Child Parenting is Childs Play*	Candiada Hunt Donald Dinkmeyer Tanya Bryon Adele Faber Lynn Huggins-Cooper Carolyn Webster-Stratton John Sharry Dr Christopher Greene Jan Parker David Pentecost David Coleman <a href="#">Gershen Kaufman et al.</a>	age 4-18 age 0-5 age 1-7 age 12-18 age 12-18 age 2-8 age 4-18 age 0-4 age 0-11 age 3-12 age 0-11 <a href="#">age 8-12</a>
<b>Self Esteem</b>	<a href="#">Stick Up For Yourself</a>	<a href="#">John Sharry et al.</a>	age 0-18
<b>Separation &amp; Divorce</b>	When Parents Separate, Helping Children Cope Childrens, Feelings and Divorce Dinosaurs Divorce - A Guide for Changing Families	Heather Smith Laurene Krasny Brown & Marc Brown	age 0-18 age 2-8
<b>Worries</b>	<a href="#">Huge Bag of Worries*</a>	<a href="#">Virginia Ironside</a>	<a href="#">all the family</a>

\* **Easy To Read**