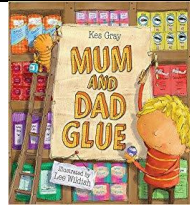


Books for children aged three to ten years

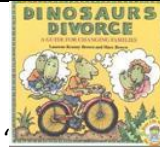
You can find some of these books read out loud on You Tube



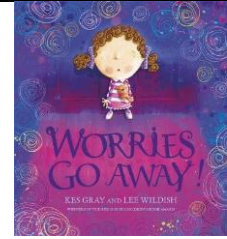
'The Huge Bag of Worries' by Virginia Ironside. Jenny has many worries and they follow her everywhere in a big blue bag. She meets her friendly old neighbour who opens Jenny's bag of worries and shows her that talking/sharing helps to get rid of the problems..



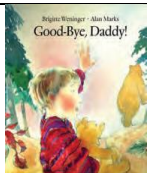
'Mum and Dad Glue' by Kes Gray & Lee Wildish -a little boy realises his parents' separation cannot be fixed but it isn't his fault and they will both still love him.



Dinosaur's Divorce by Marc Brown and Laurie Krasny Brown- Shows a range of possible feelings that 'divorce' produces using cartoon dinosaur characters. This is not a story, but a book of practical information explaining why parents divorce, what children might feel about it and what might happen afterwards.

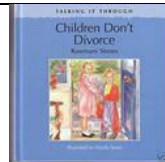


'Worries Go Away' by Kes Gray & Lee Wildish- helps children to realise that it's better if they talk to someone if they feel worried.



'Goodbye Daddy'

Brigitte Weninger -Tom is feeling sad after one of his father's regular visits. So Teddy tells Tom a story of a little bear in a similar situation. Father and Mother Bear live apart, although Father Bear often comes to visit. Like Tom, Little Bear gets upset when he leaves. Mother Bear explains that she and Father Bear used to argue a lot when they lived together, but now they are both happy and nothing changes their love for Little Bear. A useful book for discussing separation with young children.



Children don't divorce by Rosemary Stones & Nicola Spoor-Covering issues around divorce eg the effects on friends at school, visits by a social worker and the arrival of a new partner. The book looks at separation and divorce from the child's angle and offers a good opportunity for children to explore and express their feelings.



Was it the chocolate pudding?

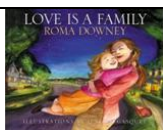
by Sandra Levins and Bryan Langdo

A story about divorce in a typical family, with age-appropriate explanations with childlike innocence and humour, this book explains divorce from a kid's point of view.



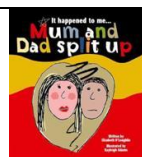
What are

Parents? by Kyme FoxbyLee Playfully rhyming words and beautifully illustrated pictures lead a child through a journey to discovering diversity while learning to accept their unique family. The book teaches children that there are all types of families in this world and what makes a parent is someone who loves, teaches, sings, laughs and is devoted to their child.



Love is a Family by Roma Downey-

Lily storms home to her mother one day, demanding a real family. She's positive they are the weirdest family. Her single parent mum doesn't seem overly fazed, reminding her daughter that they are a



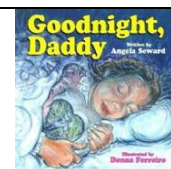
Mum and Dad split up by Elizabeth O'Loughlin and Kayleigh Adams

The simple story of a family splitting up is told from a child's point of view and illustrated by a child, letting young readers know they are not alone. Designed for adults



'Two Homes' by Claire Masurel

Alex has two front doors, two bedrooms and two very different favourite chairs. He has a toothbrush at Mummy's and a toothbrush at Daddy's. But whether Alex is with Mummy or Daddy, one thing



Goodnight Daddy by Angela Seward

This is a realistic portrayal of a little girl's love for her absent father and her disappointment at being "stood up" by him. Her mother helps her realize that she can cope with being

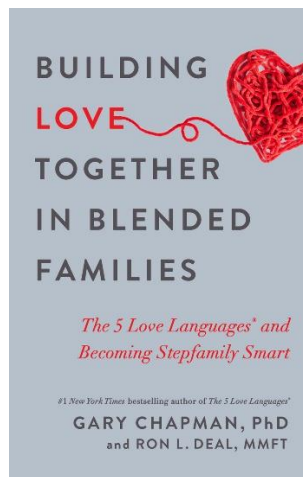
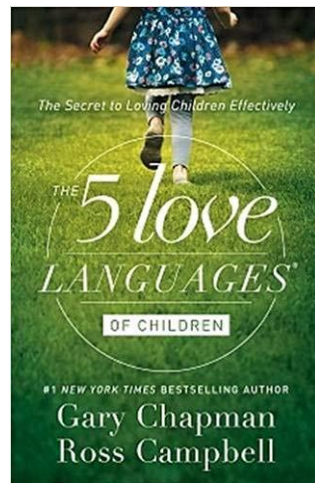
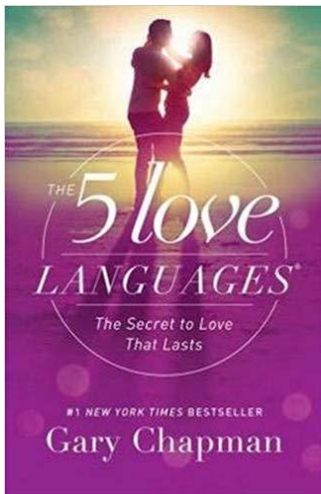
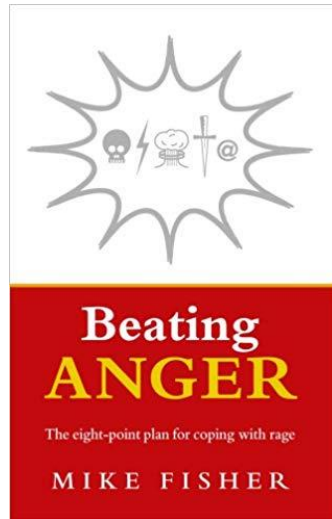
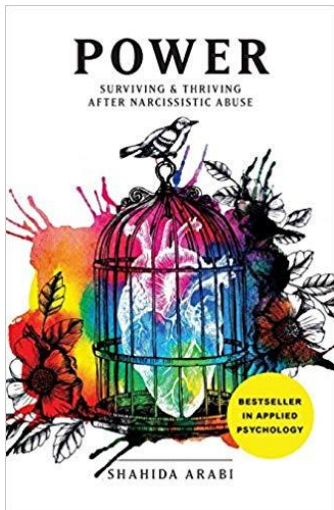
"small kind" of family, but real nonetheless.

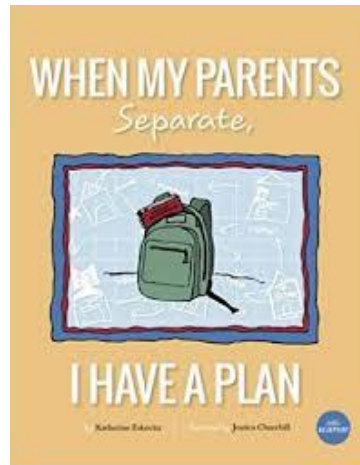
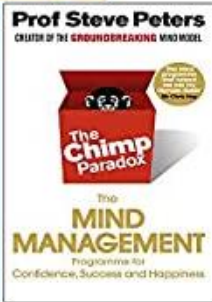
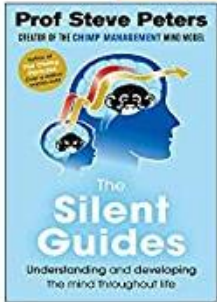
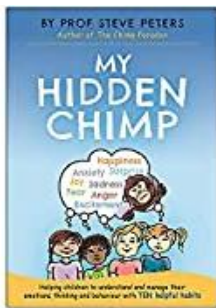
and children to read together, or for older children to read by themselves, the book acknowledges children's distress and encourages children to find their own way of coping with the trauma and upheaval life has thrown at them.

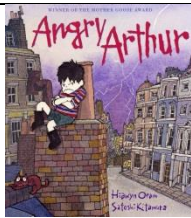
stays the same: Alex is loved by them both by always. This portrayal of the life of a child whose parents are divorced is full of warmth, comfort and affection.

disappointed by someone she loves and move ahead with her life.

Other useful books.....

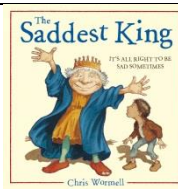






'Angry Arthur'

By Hiawyn Oram, Satoshi Kitamura A brilliantly illustrated book about a small boy's escalating rage when he is told that it's too late to watch television. His anger mounts and mounts, culminating in a 'universequake'! At the end of the story, Arthur can't remember why he was so angry in the first place. Good for opening up chats about feeling angry.



The Saddest King

By Chris Wormell

The king has decreed that everyone must be happy, so the people smile all day long, even when bad things happen. One day, a small boy is found crying, so he is sent to the king to be punished. As the boy tells the king the reason for his sadness – his dog has died – the king begins to sob, and his smiling face is found to be a mask. Thanks to the boy, the king realises it's all right to be sad sometimes, and revokes his decree, at which point everyone has a good cry!



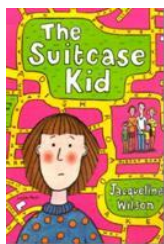
The Visitors who Came to Stay

by Annalena McAfee

Katy lives a quiet life by the sea with her dad, occasionally visiting her mum at weekends. Then one day, Dad brings home a friend and her son, and their loud and colourful ways totally disrupt her peaceful world. In time, it gradually dawns on her that these visitors are going to stay for good – because the woman is her dad's new partner.

Books for children 10+ years...

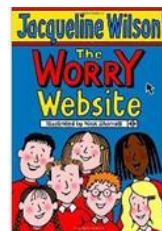
Suitcase Kid by Jacqueline Wilson - this book deals very sensitively and humorously with divorce and how to cope with having two homes.



Distraught at her parents' divorce, Andy cannot decide who she wants to live with. She spends one week at Mum's house, the next at Dad's, but never really feels that she belongs anywhere. This difficult situation, which is worsened by animosity between Andy and her new stepfamilies, has no simple solution. Approached with humour and understanding, this is a very readable tale of confusion, guilt and ultimately optimism, with which many children (and adults) will identify.

The Worry Website by Jacqueline Wilson

The Worry Website is Mr Speed the class teacher's idea of a place for his pupils to write their worries down anonymously and then get help with solving them from their peers. Linking the worries of seven children in the book through short stories, from divorced parents to living with a disability, and from feeling useless at school to nightmares at home.

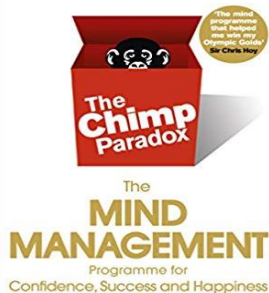


My parents are divorced: how to keep it together when your mum and dad are splitting up by Florence Cadier, Melissa Daly and Claire Gandini

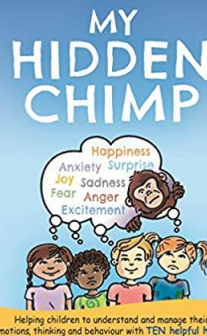
Practical and calming advice for any preteen or teen whose family is splitting up. The book includes sections on tension at home, being in the middle, visitation, what to expect at court, learning not to blame yourself, and much more.



Prof Steve Peters
CREATOR OF THE **GROUNDBREAKING MIND MODEL**



BY PROF STEVE PETERS
Author of *The Chimp Paradox*



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