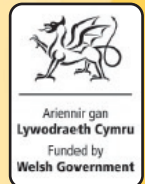


# helping hand books

A range of books that may help in special or difficult situations for children and young people 8-13

Gwynedd  
Library  
Service



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If you are a child or young person aged 8-13, this booklet will make it easier for you to find books that may help you deal with difficult or upsetting times in your life, as well as to help you find books that can give you information or explain issues to you.

Books can be a great comfort. It's good to read a story about someone who has gone through a similar event or experience to the one that you are also going through. Books can also give you accurate and unbiased information and advice.

All the books are available free of charge from Gwynedd Library Service. Please ask at your library if

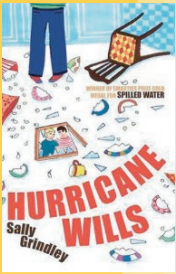
- you would like to order any of the
- books listed or you can order online
- through the Library catalogue
- **[gwynedd.prism.talis.com/catalogue](http://gwynedd.prism.talis.com/catalogue)**
- but remember you will need your
- library card number and PIN number
- to log on.

- There are many other books in the
- library covering all sorts of
- experiences and issues. Please ask a
- member of staff if you would like to
- order other books not listed in this
- booklet or please e-mail
- **[llyfrgell@gwynedd.gov.uk](mailto:llyfrgell@gwynedd.gov.uk)**

- Information for children and young
- people can also be found on
- Gwynedd Ni's website
- **[gwynedd-ni.org.uk](http://gwynedd-ni.org.uk)**

(C) = Books in Welsh

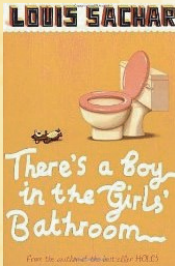
## BEING MYSELF



### ▶ Hurricane Wills – Sally Grindley

Chris's older brother Wills has *Attention Deficit Disorder*. A novel which gives a good insight into the tensions of living with someone who has ADD. 9+

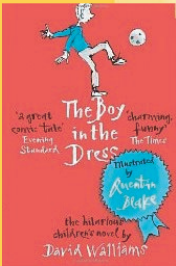
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### ▶ There's a Boy in the Girls' Bathroom – Louis Sachar

Bradley Chalkers is the only boy in the class who has never been given a gold star. He doesn't do his homework, tells lies and is rude to everybody until a new school counsellor appreciates Bradley and gives him the confidence to change. 9+

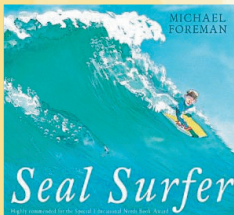
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### ▶ The Boy in the Dress – David Williams

Dennis is like other boys in his class except he loves reading the fashion mag, *Vogue*. When Lisa suggests he try on one of her dresses, it sets off a hilarious chain of events that ends in a school football match like no other. A comic novel that celebrates the right of everyone to be themselves. 9+

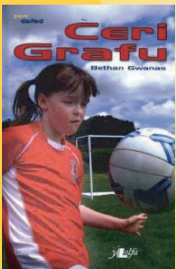
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### ▶ Seal Surfer – Michael Foreman

A story in picture book format about a boy with a disability, his love for his grandfather, his love for the ocean and a special seal that he bonds with. 8+

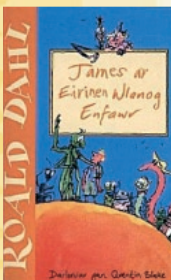
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### ▶ Ceri Grafu – Bethan Gwanas (C)

Ceri feels that the world is against her when she is not allowed to play for the school's football team just because she's a girl. 9+

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### ▶ James ar Eirinen Wlanog Enfawr – Roald Dahl (C) James and the Giant Peach – Roald Dahl

James is sent to live with two horrible aunts but manages to escape in a giant peach and an assortment of animals that he makes friends with. A great story about resourcefulness and courage. 8+

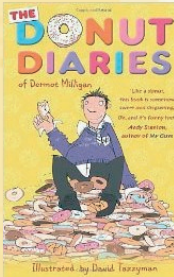
# BEING HEALTHY AND HAPPY



## ▶ **Keep Fat Class** – *Ros Asquith*

Eclairé's happy being fat but her pencil thin mum's got other ideas. Can Eclairé escape the horrors of the Twigs and Jumbos Club and keep fat rather than fit? 8+

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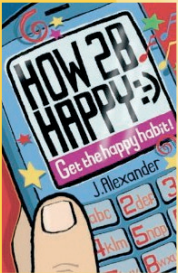


## ▶ **The Donut Diaries** – *Anthony McGowan*

Dermot is 11 and very overweight. He has an addiction to donuts and eats a lot of them every day. He is sent to a nutritionist, it's either that or fat camp. She tells him to keep a diary and not only does Dermot have to write down how many donuts he eats, but also - and this is the really rubbish part - he has to talk about HIS FEELINGS!

A very funny read. 9+

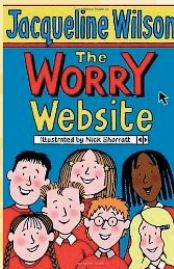
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## ▶ **How to Be Happy** - *Jenny Alexander*

A self-help book which offers practical, down-to-earth advice and helps you explore your feelings and develop a positive outlook.

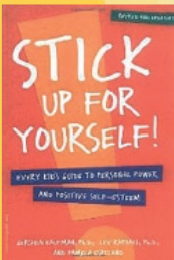
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## ▶ **The Worry Website** – *Jacqueline Wilson*

*The Worry Website* is Mr Speed the class teacher's idea. His primary school pupils can write their worries down anonymously and then get help with solving them from their classmates. 8+

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## ▶ **Stick up for yourself!** - *Gershen Kaufman*

Discusses problems such as making choices, learning about and liking yourself.

### Further reading...

**Going up!** : the no-worries guide to secondary school – *Jenny Alexander*

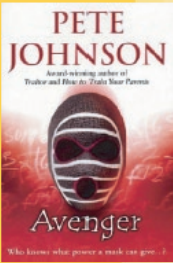
**What to do when your temper flares** – *Dawn Huebner*

**Talking about Eating Problems** – *Nicola Edwards*

**Self-Esteem** – *Jillian Powell*

**Talking About Smoking** – *Bruce Sanders*

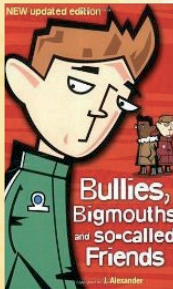
# BULLYING



▶ **Avenger** – *Pete Johnson*

Gareth's world falls apart when new boy Jake turns the whole class against him. A story about friendship, revenge and forgiveness. 8+

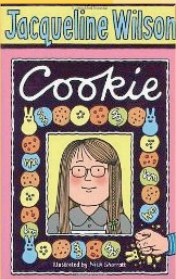
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▶ **Bullies, Bigmouths and So-called Friends** – *Jenny Alexander*

Helps you build your own defences and self-esteem and is full of practical advice.

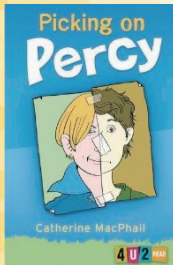
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▶ **Cookie** – *Jacqueline Wilson*

Beauty thinks her name is silly. The girls at school call her Ugly, and she and her mother live in fear of her short-tempered and violent father. When her birthday party goes wrong, Beauty and her mum leave home, but where can they go and how will they cope on their own? 8+

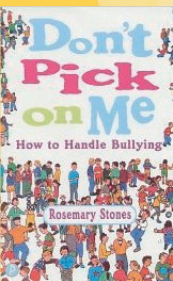
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▶ **Picking on Percy** – *Catherine McPhail*

Shawn loves picking on Percy Brown. He's such a loser, with his whiny voice and rubbish clothes. But when a magical arcade game makes the two boys swap lives, Shawn learns what being Percy is really like. Is Shawn the real loser? And can he ever get his own life back? 8+

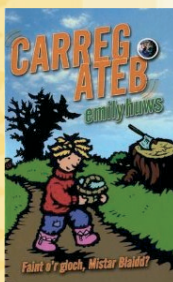
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▶ **Don't Pick on Me** – *Rosemary Stones*

Has easy to read chapters which explain why people are bullied, why people bully others and how you can stop being bullied.

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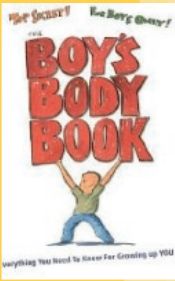
▶ **Carreg Ateb** – *Emily Huws* (C)

A story echoing Little Red Riding Hood about Blodyn Haf, who is 10 years old and lives with her mum and younger sister. Her home life is very different compared to her other classmates and she suffers bullying by other girls, but Gran is there to help. 9+

**Further reading...**

**Talking about Bullying** – *Nicola Edwards*

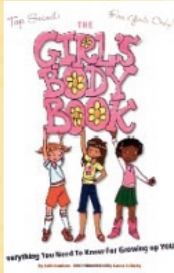
# GROWING UP AND BODY CHANGES



## ▶ **The Boy's Body Book** – *Kelli Dunham*

An easy to read book for boys 9-12, which talks about body changes and emotions, and staying healthy.

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## ▶ **The Girl's Body Book** – *Kelli Dunham*

An advice packed book which is readable and reassuring and deals with issues such as school pressures, out-of-control feelings, mean girls and stressful situations.

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## ▶ **Girls Only!** – *Vic Parker*

Talks about girls' body changes such as periods but there's also advice about losing and keeping friends, having a first boyfriend and getting along with your family.

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## ▶ **Hair in Funny Places** – *Babette Cole*

A picture book format for older children about Mr and Mrs Hormone and what growing up means in body changes for girls and boys.

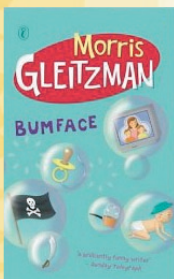
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## ▶ **Let's Talk about Where Babies Come From** – *Robie H. Harris*

Comprehensive text that answers the many questions most children have about babies, bodies, love, sex, reproduction and families.

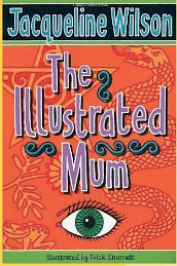
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## ▶ **Bumface** – *Morris Gleitzman*

Angus is tired of looking after his sister and baby brother and he's only eleven. His mum is a TV star, and is unaware of Angus' problems. He knows that another baby in the family could mean disaster so he must find out about contraception, and convince his mother that he is still a child.

# FAMILY ISSUES



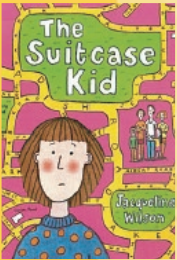
▶ **The Illustrated Mum** - *Jacqueline Wilson*

A novel about Dolphin, her sister Star and their heavily tattooed single mum, Marigold. The two sisters have to cope with their mother's mental illness at the same time as coming to terms with the discoveries of their own fathers. 11+



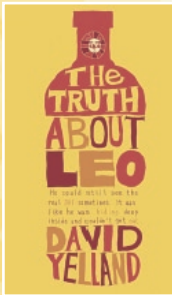
▶ **The Mum Hunt** - *Gwyneth Rees*

12 year old Esmie is on a mission to find a new partner for her lonely dad. 8+



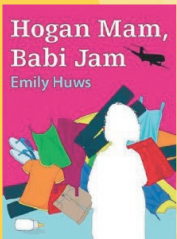
▶ **The Suitcase Kid** - *Jacqueline Wilson*

A story about a girl struggling to fit into her mother and her father's new family and constantly having to move between the two. 9+



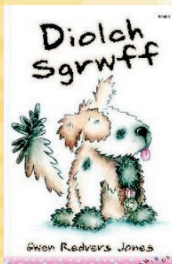
▶ **The Truth About Leo** - *David Yelland*

Leo's dad has changed. Since Mum died, his drinking is worse and now he's a different person, someone Leo doesn't recognize. The truth is that Leo is covering up for him and when things get bad Leo escapes into his own head, pretending everything's OK. Things need to change, but what can Leo do? 10+



▶ **Hogan Mam, Babi Jam** - *Emily Huws* (C)

Beca has been left looking after her brother and younger sister all on her own, since mum left for America. To make matters worse, her stepdad's family want them to move in with them, far from home. 9+



▶ **Diolch Sgrwff!** - *Gwen Redvers Jones* (C)

Twm's father has been killed in a terrible accident that left his brother severely handicapped. Twm is left to care for his brother and is struggling with school work. He desperately wants to keep Sgrwff the stray dog and be a normal boy, like his friends. 10+

**Further reading...**

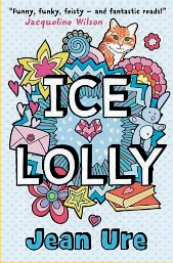
**My Parents' Divorce** - *Julia Cole*

**Talking About Stepfamilies** - *Sarah Leveté*

**Talking About Fostering and Adoption** - *Sarah Leveté*

**Talking about Domestic Violence** - *Nicola Edwards*

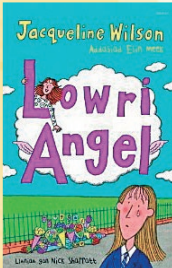
# LOSING LOVED ONES



## ▶ **Ice Lolly** – *Jean Ure*

When Laurel's mum dies, she has to go and live with Uncle Mark and Auntie Ellen and her cousins. Laurel feels desperately out of place in her new home, so she freezes, like an ice lolly, so that no one will know how she's feeling. 9+

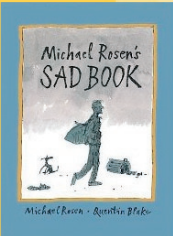
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## ▶ **Lowri Angel** – *Jacqueline Wilson (C)* **Vicky Angel** – *Jacqueline Wilson*

A story about a girl coming to terms with the sudden death of her best friend, Vicky, who was hit by a car as they walked home from school. 9+

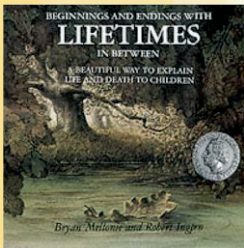
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## ▶ **Michael Rosen's Sad Book** – *Michael Rosen*

What makes Michael Rosen sad is thinking about his son Eddie, who died. A picture book that is all about a personal response to being sad.

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## ▶ **Beginnings and Endings with Lifetimes in Between** – *Bryan Mellonie & Robert Ingpen*

A moving picture book with a simple message. Every natural life cycle has a beginning and an end.

### Further reading ...

**Saying Goodbye to....  
a Grandparent** - *Nicola Edwards*

**What on earth do you do when  
someone dies?** – *Trevor Romain*

### OTHER TITLES ABOUT DIFFICULT TIMES

**When Someone you Love has Cancer** - *Alaric Lewis*

**The Secret C: Straight Talking  
about Cancer** - *Julie Stokes*

**Why are you so Sad?** - *Beth Andrews*