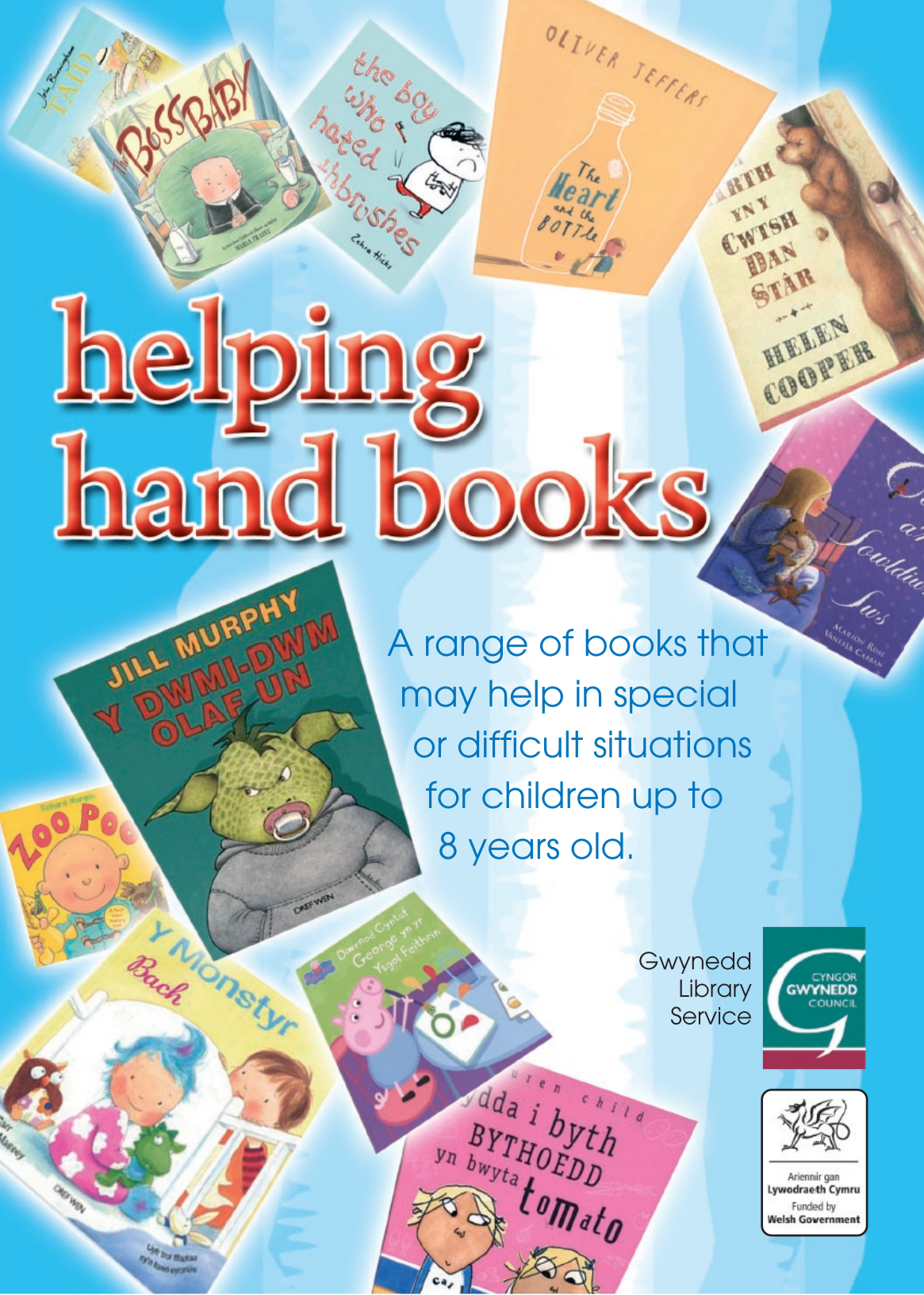


# helping hand books

A range of books that may help in special or difficult situations for children up to 8 years old.



Gwynedd  
Library  
Service





When children face difficult situations in their day to day lives, reading stories that reflect their own feelings and experiences can be a great comfort.

For parents, teachers and guardians, reading a carefully chosen picture book can help children to start talking about difficult issues.

This booklet contains only a selection of the books available in the Helping Hand collection. There are many more titles available for children up to 8 years old, and the whole collection includes books suitable for those up to the early teenage years.

Please ask at your local library if you would like to order any of the books.

You can view the full list online:-

[www.gwynedd.gov.uk/library](http://www.gwynedd.gov.uk/library)

or you can order through the library catalogue:-

[gwynedd.prism.talis.com/catalogue](http://gwynedd.prism.talis.com/catalogue)

Remember you will need your library card number and PIN number to log on.

For any further information please email

[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)

It's free to join the library and no-one is too young to have a library ticket.

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## CHILDHOOD EXPERIENCES

### New Baby in the Family



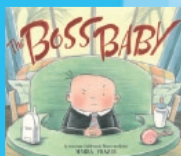
#### ▶ **I Want a Sister • Chwaer rydw i eisiau - Tony Ross**

We see how the Little Princess learns to accept and love her little brother, even though what she really wanted was a sister.



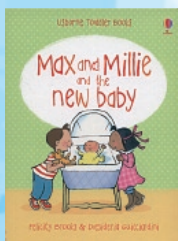
#### ▶ **Y Monstyr Bach • Monster Baby - Lee Carr**

It's Rhys's turn to play with Mum, but first his baby sister needs her nap. She turns into a real monster otherwise, says Mum. But baby Meg does not want to sleep. She pulls Rhys's hair, throws her toys at him - and then starts to sprout fur! What a little monster!



#### ▶ **The Boss Baby - Marla Frazee**

From the moment the baby arrived, it was obvious that he was the boss. The boss baby is used to getting his way - but when his demands aren't getting proper responses, he has to go to new lengths to achieve the attention he deserves.



#### ▶ **Max and Millie and the New Baby - Felicity Brooks**

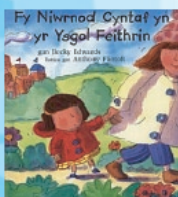
Everyone loves the new baby, but Millie's feeling a bit left out. Can a visit from her friend, Max, help Millie overcome her jealous feelings?



### Starting Playgroup and School

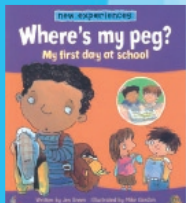
#### ▶ **George's First Day at Playschool - Mark Baker** **Diwrnod Cyntaf George yn yr Ysgol Feithrin**

It is George's first day at playgroup, and Peppa doesn't really want him there. But when all of her friends want a little brother too, will Peppa change her mind?



#### ▶ **Fy Niwrnod Cyntaf yn yr Ysgol Feithrin** **My First Day at Nursery - Becky Edwards**

A little girl is worried about her first day at nursery school and she wants her mummy. But after she gets involved with glue-y projects, singing and dancing, painting, game playing and meeting new friends, she gradually changes her mind about nursery school.



#### ▶ **Where's My Peg? - Jen Green**

Using humorous illustrations, this book introduces the first day at school in a positive way.



#### ▶ **Going to Playgroup - Catherine and Laurence Anholt**

Too little to go to school, too big to stay at home all day. Tom and Anna discover all the fun things there are to do at playgroup.



Choose the right book and read it beforehand

### Moving House



#### ► **Moving House** • Symud Tŷ – Anne Civardi

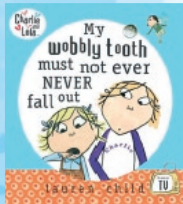
Explaining to a young child what will happen when their family moves house is not easy, but this book can help them to understand. The action packed illustrations and simple story have plenty to keep pre-schoolers amused, whether reading with an adult or reading alone.

### Losing a Tooth



#### ► **I Want My Tooth (Little Princess)** – Tony Ross Colli Dant (Tywysoges Fach)

The Little Princess has all her teeth – but her friends all seem to be developing gaps in their mouths. Then she finds a gap herself! No more sweets! But more importantly, where is that tooth? The dentist says she'll grow a new one, but she wants hers back – now!



#### ► **My wobbly tooth must not ever NEVER fall out** (Charlie and Lola) – Lauren Child

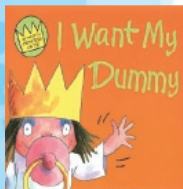
It's Lola's first ever wobbly tooth and she's determined to hang on to it – until she finds out about the tooth fairy!



### Using a Dummy

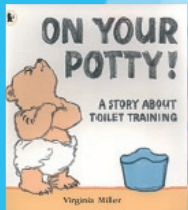
#### ► **Y Dwmi Dwm Olaf Un • The Last Noo Noo** – Jill Murphy

Maelon will not give up his dummy, not until he's good and ready to do so!



#### ► **I Want My Dummy** – Tony Ross

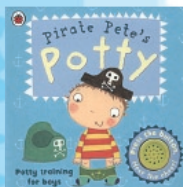
The Little Princess refuses to believe she is too grown-up for her dummy. But when her cousin tells her she looks stupid the Princess is quick to find a new owner for it!



### Potty Training and Coming Out of Nappies

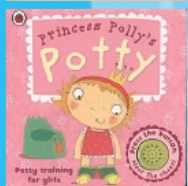
#### ► **On Your Potty** – Virginia Miller

A board book about a little bear learning to come out of his nappies.



#### ► **Pirate Pete's Potty** – Andrea Pinnington

A board book about a young pirate learning to use the potty. A book for boys.

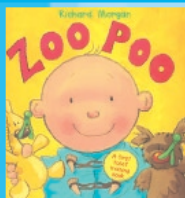


#### ► **Princess Polly's Potty** – Andrea Pinnington

Follow Princess Polly as she swaps her nappy for big girl pants and begins to use the potty. A book for girls.



## Choose a quiet time and location



### ► Zoo Poo – Guido Van Genechten

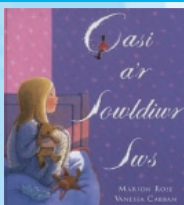
Come and visit the zoo and see how the animals poo in the funniest places! But Charlie isn't like any of these animals - he poos in the loo!

## FEARS, FEELINGS AND BEHAVIOUR

### Difficulty Sleeping

#### ► Casi a'r Sowldiwr Sws • Cassie and the Kiss Soldier – Marion Rose

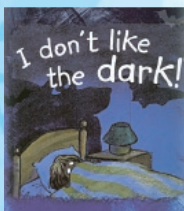
This story deals with the common childhood fear of 'monsters under the bed' in a reassuring, warm way.



#### ► Methu Cysgu Wyt Ti, Arth Bach?

##### Can't You Sleep Little Bear? – Martin Waddell

Little Bear can't sleep. He's frightened of the dark even with the biggest lantern of them all at his bedside. But Big Bear finds an ingenious way to reassure him.

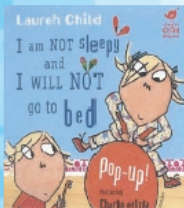


#### ► I Don't Like the Dark – Ann De Bode

Kate is afraid of the dark, but she feels better after being brave and telling her aunt about her fears.

#### ► Frog is Frightened – Max Velthuis

Every child knows what it's like to hear noises in the night. Max Velthuis deals with this well-known experience with sympathy and humour.



#### ► I am NOT sleepy and I WILL NOT go to bed! – Lauren Child

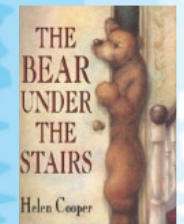
Charlie sometimes has to try and get his little sister Lola to go to bed. This is a hard job because Lola likes to stay up late.



### Fears and Feelings

#### ► Teimlo'n Swil / Teimlo'n Bryderus – Sally Hewitt

A series about situations and experiences that are familiar to young children.

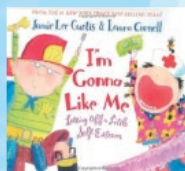


#### ► The Bear Under the Stairs – Helen Cooper

William is afraid of the dark, and of the bear that lives under the stairs. A story showing how fears can be conquered.



Make sure your child is relaxed first, and ready to settle down and listen. You can read a couple of general stories beforehand, or chat about things in general together.



► **I'm Gonna Like Me** – *Jamie Lee Curtis*

A humorous story encouraging children to like themselves for being themselves, boosting their self-esteem.

► **The Huge Bag of Worries** – *Virginia Ironside*

Wherever Jenny goes, her worries follow her – in a big blue bag! Jenny decides they will have to go, but who will help her?

**Bullying**

► **Paid Bod Mor Gas, Bwni Mawr!**

**Who's Afraid of the Big Bad Bunny?** – *Steve Smallman*

Four very hungry bunnies have run out of carrots! One by one they hop off to the vegetable patch. But someone is lying in wait. Someone big ... and bad!

► **Hen Fwli Mawr** – *Toni Goffe*

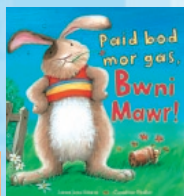
A book about bullying, why someone bullies and how to deal with bullies.

► **Is It Because?** – *Tony Ross*

A little boy is wondering why he is bullied by his classmate Peregrine Ffrogg. As he asks himself why he is being bullied, he finds that he has a greater understanding of himself and the bully.

► **Leave Me Alone** – *Kes Gray*

A young boy struggles to stand up to his bully until his friends show him that eight loud voices are stronger than one! Brilliantly told by award-winning author Kes Gray, a difficult subject is treated with a wonderfully light touch.

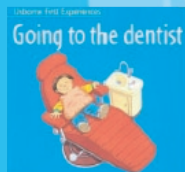


## HEALTH AND WELLBEING

**Going to Hospital and Visiting the Dentist**

► **Going to the Hospital • Going to the Dentist** – *Anne Civardi*

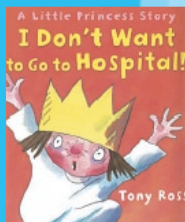
This series introduces very young children, in an amusing and friendly way, to situations they might find themselves in for the first time.







Read the book as a story first of all, and then, if your child is ready, read the book again slowly, explaining as you go and trying to answer any questions as honestly as you can



### ▶ **I Don't Want To Go To Hospital** – *Tony Ross*

The Little Princess doesn't want to go to hospital, and does everything she can to avoid it. But when she is finally forced to go, she finds that she really rather likes it. Back home again, she decides she wants to go back. After all, they treat her like a princess in there!



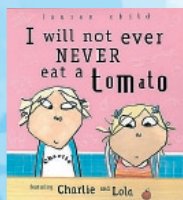
### ▶ **Sometimes** – *Rebecca Elliott*

Toby knows his sister Clemmie is very brave. When she has to go to hospital, they both have to help each other face their fears. Together they make hospital a much better place.



### ▶ **The Boy Who Hated Toothbrushes** – *Zehra Hicks*

Billy hates toothbrushes. He never cleans his teeth. But Billy's never seen a Funtastic Toothsparkler before. There are so many cool things he can do with it! But the big question is will one of them be brushing his teeth?



### **Healthy Eating**

### ▶ **I will not ever NEVER eat a tomato (Charlie and Lola)** **Fyddai i byth BYTHOEDD yn bwyta tomato (Cai a Lois)** – *Lauren Child*

This story tackles fussy eating in a fun way. Lola does not eat a lot of things, so one day Charlie plays a good trick on her to get her to eat her supper.



### ▶ **Lola's Lindys Barus** – *Pat Brown*

It's not a good idea to eat too many tasty and sweet things if you want to avoid a very bad tummy ache.



### ▶ **Vegetable Glue** – *Susan Chandler*

If things start falling off your body, it's time to reach for the vegetable glue!



### **Keeping Healthy**

### ▶ **Golcha Dy Ddwyllo (Tywysoges Fach)** **Wash Your Hands (Little Princess)** – *Tony Ross*

The Little Princess loves getting her hands dirty, but how can she be persuaded of the importance of washing them after?



### ▶ **Scritch Scratch** – *Miriam Moss*

One day a tiny insect, no bigger than a freckle, climbs into Miss Calypso's classroom. Nobody notices until Polly scritches, Joshua scratches and soon the whole class is scritching and scratching! A story about head lice.



### ▶ **Whiffy Wilson the wolf who wouldn't wash** – *Caryl Hart*

Whiffy Wilson isn't keen on clean. He only has time for grime! So anyone be able to persuade him to change his grubby ways for something far less stinky?





If your child is totally disinterested, is unhappy or even hostile towards the story, perhaps this isn't the right time or this isn't the right book. However, your child may identify much with the particular situation in the book and will want to return to it time and time again.



## Like You, Like Me

### ▶ Looking after Louis – Lesley Ely

This introduction to the issue of autism shows how – through imagination, kindness, and a special game of football – Louis' classmates find a way to join him in his world. Then they can include Louis in theirs.

### ▶ Zack has Asthma – Jillian Powell

Zack shows us how he himself, his family and friends deal with day to day situations.

### ▶ Moonbird – Joyce Dunbar

A Moonchild blows a bubble that pops on an Earth baby and surrounds him in silence. He cannot hear or speak. His parents, a King and Queen, are devastated when they realize, but a Moonbird teaches the little prince how to use his hands and eyes to communicate.

### ▶ Susan Laughs – Jeanne Willis

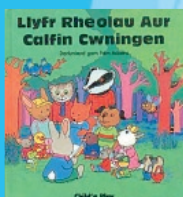
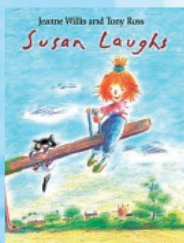
Susan uses a wheelchair. She laughs, cries, flies and she swims. She's good, bad, happy and sad. In fact, she's no different to any other child.

### ▶ Operation Fix-it – Diane Church

Tom has to go to hospital for an operation on his heart. We follow his progress through the treatment and whilst getting better, the difficulties he had to face and the new friends he made along the way.

### ▶ Victoria's Day – Maria de Fatima Campos

Victoria was born with Down's Syndrome. Here we follow a day in her life.



## Keeping Safe

### ▶ Llyfr Rheolau Aur Calfin Cwningen – Pam Adams

A colourful book which includes a tiny toy rabbit to provide young children with common sense advice on the way to behave if they are approached by strangers.

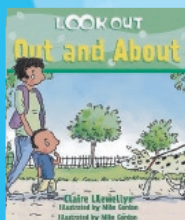
### ▶ I Can't Find You Mum – Anne de Bode

Whilst out shopping with her mum, Jessie decides to hide while her mum looks at yet more clothes, but when Jessie leaves her hiding space, there is no sign of Mum. What is the best thing to do in this situation?





Chat to your child about the character's problems or difficulties. This can be a more indirect and non-threatening way of talking about problems.



### ▶ **Staying Safe in Playgrounds / near Fire / near Water** – *Maribeth Boelts*

A series teaching children about personal safety in potentially dangerous situations.



### ▶ **Look Out : Out and About** – *Claire Llewelyn*

Personal safety for young children.

## FAMILIES

### Family Members

### ▶ **My Sister / My Brother / My Mum / My Dad** – *Mary Auld*

There are millions and millions of families but no two are ever the same. Celebrate families – in all their variety – with this series.



### ▶ **My Little Brother** – *Debi Gliori*

If you've got a younger brother, you'll know what a bother he can be! Sometimes the girl in this story wishes her little brother would just disappear – until, one night, he does....but only into the linen cupboard with the cat!



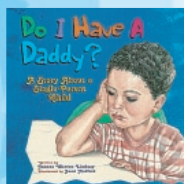
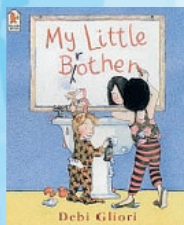
### ▶ **My Mum Goes to Work** – *Kes Gray*

A reassuring story for a small child whose Mother goes out to work.



### ▶ **Do I Have a Daddy?** – *Jeanne Warren Lindsay*

A story about a child who lives with one parent. It includes a special section for single parents.





If a child is worried or unhappy about something, reading about someone who's going through a similar experience can be a great comfort.



## Separation and Divorce

### ▶ Mum and Dad Glue – Kes Gray

A little boy searches for a pot of glue to stick his mum and dad's marriage back together. But he soon realises that even though his parents may be broken, their love for him is not.



### ▶ Dinosaurs Divorce – Laurence Krasny Brown

With simple, direct text and illustrations of dinosaurs, this book aims to help young children and their families to deal with the confusion, misconceptions and anxieties which can arise from divorce.



## Stepfamilies

### ▶ My Stepfamily – Julie Johnson

Illustrated throughout with questions & answers, help boxes & readers experiences. This book encourages children to explore their feelings and to talk about how they cope with their stepfamily.



### ▶ How Can I Deal with My Stepfamily – Sally Hewitt

Sometimes you can sort out a problem on your own. But sometimes you need to ask for help. This book helps young children to make this decision and adapt to life in a stepfamily.



## Fostering and Adoption

### ▶ Over the Moon – Karen Katz

A magical, reassuring story of one adoptive family's beginnings, told in words and pictures just right for the youngest children.



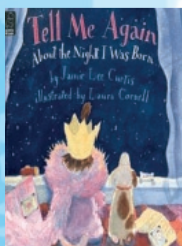
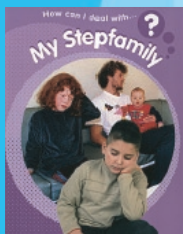
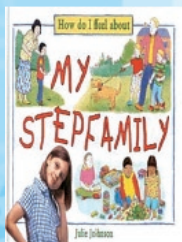
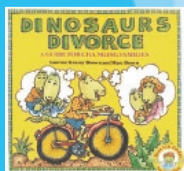
### ▶ Our Twitchy – Kes Gray

In this humorous and touching story about adoption, Milfoil the cow and Sedge the horse decide to tell Twitchy they are not his real mum and dad, even though they all eat carrots and live in a burrow just like an ordinary rabbit family.



### ▶ Tell Me Again About the Night I Was Born – Jamie Lee Curtis

A little girl asks her parents to tell her again the story of the night of her birth, a story she knows by heart. This tale is a celebration of the love and joy a baby brings into the world.







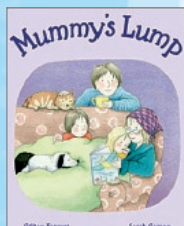
Stories can put experiences and feelings at a distance, removing the focus from the child. It is often easier for a child to talk about what a character in a story may be feeling, before they are ready to talk about their own feelings.

## DIFFICULT EXPERIENCES

### Serious Illness

#### ► **Mummy's Lump** – Gillian Forrest

This book provides a reassuring and realistic account which may dispel some of the fears young children have about breast cancer, the treatments which are given for it and how it affects family life.



### Losing Someone Special

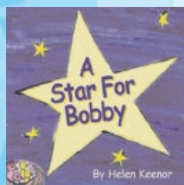
#### ► **Granpa • Taid** – John Burningham

The special friendship between one small girl and her grandfather is captured in this gently humorous, touching story that will delight adults and children alike.



#### ► **A Star For Bobby** – Helen Keenor

A family of birds hatch three eggs, one of which produces a sickly chick. After a few days, it dies. The parents and surviving chicks find a way to cope with the loss.



#### ► **Missing Mummy** – Rebecca Cobb

Missing Mummy is a sensitive, moving and beautifully illustrated book which will help children and adults together to share their feelings about the loss of a mother.



#### ► **The Heart and the Bottle** – Oliver Jeffers

In this deeply moving story, Oliver Jeffers deals with the weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.

