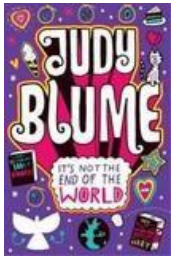


Separation and divorce, family problems and blended families



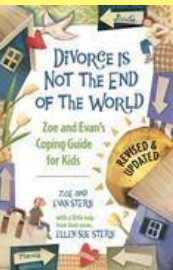
"It's Not the End of the World". Karen's parents have always argued, and lately they've been getting worse. But when her father announces that they're going to get divorced, it seems as if Karen's whole world will fall apart. Gradually, she learns that this isn't going to happen -- and realizes that divorce is not the end of the world.

Reading age: 9-12 years



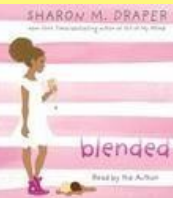
"Split Survival Kit: 10 Steps For Coping With Your Parents' Separation". From acceptance and resilience, to communication and compassion towards other people, this book will help children tackle the tricky situations that a divorce can bring, and answer some of the questions going through their head. The book talks about 10 simple steps that will help children to feel calmer, stronger, confident and more positive about the future.

Reading age: 8-13 years



"Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids". Zoe's and Evan's parents split and a few years later, when they were 15 and 13 years old, they decided to share their experience in this positive and practical guide for kids. With some help from their mom, Zoe and Evan write about topics like guilt, anger, fear, adjusting to different rules in different houses, dealing with special occasions like birthdays, adapting to stepparents and blended families, and much more.

Reading age: 8-13 years



"Blended" Eleven-year-old Isabella's blended family is more divided than ever in this thoughtful story about divorce and racial identity. Isabella has always felt pulled between two worlds. And now that her parents are divorced, it seems their fights are even worse, and they're always about her. With issues regarding race cropping up and school, when shopping, Isabella speaks to us about her identity issues, questions and thoughts many young people will have had.

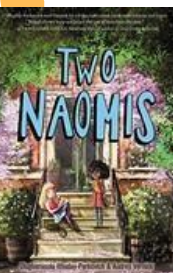
Reading age: 10-14 years



"I, Cosmo". Cosmo is a Golden Retriever. Wise, funny, and filled with warmth.

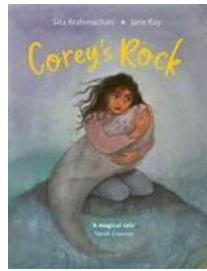
Cosmo's family is falling apart. And it's up to Cosmo to keep them together. He knows exactly what to do. There's only one problem.

Reading age: 9-13 years



"Two Naomis" A realistic contemporary story of two girls whose divorced parents begin to date. Topics of blending families, growing up, and building a friendship dominate the chapters alternated between the two view points.

Reading age: 8-12 years



“Corey's Rock”. Ten-year-old Isla has moved from Edinburgh to the Orkney Islands with her parents, to start a new life after the death of Isla's beloved young brother. Many strands are woven into this deceptively simple story – loss and discovery, legend and reality, the pleasures and problems of settling into a new place, the need to make new friends, the coming to terms with sadness.

Reading age: 9-13 years



“The Final Year “. Story about finding your place in the world and the people that matter within it. Life can be tough in your last year of primary school. Tests to take, preparing for the change to high school. Nate is ready for it all, knowing his best friend PS is at his side - they've been inseparable since Nursery. But when they are put in two different classes and PS finds a new friend in Turner, the school bully, Nate's world turns upside- down. As he struggles to make sense of this and forge new friendships, he's dealt another blow when his youngest brother, Dylan is rushed into hospital.

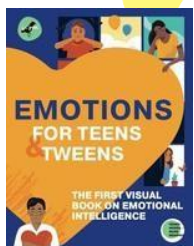
Reading age: 10-11 years



“My Hidden Chimp” Learn how ten habits can help children to understand and manage their emotions and behaviour. Professor Steve Peters explains neuroscience in a straightforward and intuitive way - offering up 10 simple habits that we as adults and children should have in our arsenal to deal with everyday life. They include:

- Smiling
- The importance of talking through your feelings
- Learning how to say sorry
- Knowing how to ask for help

Reading age: 6-12 years



“Emotions for teens and tweens : The 1st visual book on emotional intelligence for tweens and teens told through infographics”. This book for teens is packed with essential knowledge about feelings and emotions for teens. While applying the scientifically proven visual learning method, it answers crucial questions about emotional intelligence in a way that is accessible and easy to digest. Promoting emotional intelligence, nurturing mental health and resilience, fostering communication skills, and being user-friendly and interactive.

Reading age: 10-15 years



“Relationships. The Visual Book for Teens and Tweens. A Comprehensive Guide to Friendship, Love, Self-Acceptance, Family Relationships, and ... Teens and Tweens”.

This book offers practical strategies and effective techniques you can apply in any sphere of relationships, be it within the family, friends, colleagues, or partners. It will also be a guide to answering questions that your kid might not be ready to ask. It can provide valuable tips about building healthy relationships, and teach them how to live in harmony with both their inner self, and the world around them.

The presentation of this material, supplemented by fun illustrations and infographics, is what makes it easy to navigate and comprehend. The book is divided into seven chapters, each ending with a QR code to a TED talk and extra reading materials for those interested.

Reading age: 11-16 years

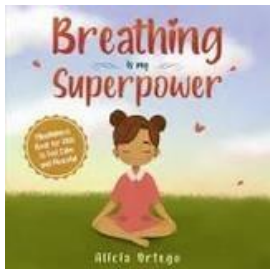
Coping with Worries, Anxiety and Anger



“The Huge Bag of Worries” is a reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings and to soothe worries during stressful times. Wherever the main character Jenny goes, her worries follow her - in a big blue bag.

Reading age: 2-9 years

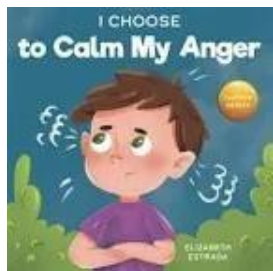
[Click HERE for audible online version](#)



“Breathing is my Superpower” is a book that teaches children to regulate their emotions, especially if they are feeling upset, angry, or stressed. The main character Sofia will show little ones how to control their breathing in various situations, whether at school, at home, or on the playground.

Reading age: 3-10 years

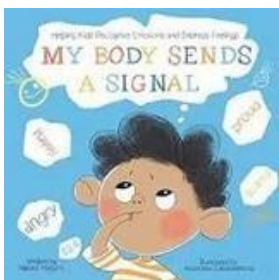
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“I Choose to calm My Anger” is a story with social emotional learning (SEL) in mind. Jackson gets upset and doesn't understand how his emotions are controlling his behavior. Through colourful illustrations and rhythmic rhymes, he learns coping mechanisms on how to deal with big emotions like anger.

Reading age: 3-10 years

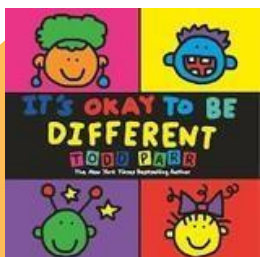
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“My body sends a signal” is a book that includes a cute story that children can relate to, calming-down activities for children, instructions to adults on the follow-up activities, emotions cards, feelings cards, colouring pages and related short stories to teach kids empathy.

Reading age: 3-10 years

[Click HERE for audible online version](#)



“It's ok to be different” is a book that delivers the important messages of acceptance, understanding, and confidence in an accessible, child-friendly format. Targeted to young children first beginning to read, this book will inspire kids to celebrate their individuality through acceptance of others and self-confidence.

Reading age: 2-6 years

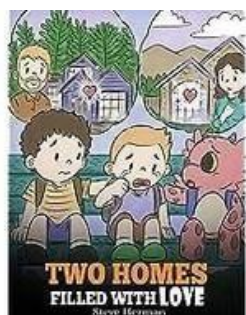
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“Mum and dad glue” is a comforting, reassuring picture book which will help young children come to terms with divorce and separation. A little boy tries to find a pot of parent glue to stick his mum and dad back together. His parents have come undone and he wants to mend their marriage, stick their smiles back on and make them better. But, as he learns, even though his parents' relationship may be broken, their love for him is not.

Reading age: 3-10 years

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“Two homes filled with love” this book is a perfect tool to help children cope with parental separation, breakup or divorce, and to teach them that whether living in one home or two, they're always loved and supported. Join Drew and his dragon Diggory Doo on this uplifting story to help a friend during the most difficult change in his life when his parents live apart and he's now living in two homes.

Reading age: 3-10 years

[Click HERE for audible online version](#)



“Where is my Dad” is a book filled with a positive approach that makes the awkward conversations easy and fosters a sense of understanding, love, and wisdom; promoting healing and forgiveness. Taylor is a fun-loving girl follow her experience as she struggles to figure out who she is without her father and ponders about the one thing that seems to be missing.

Reading age: 3-10 years

[Click HERE for audible online version](#)



“The Invisible String” book is the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string.

Reading age: 3-10 years

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