

Reading Well for children recommends reading to help you deal with worries, feel better and boost your mood. The books have been chosen by children, carers, health experts and librarians. You can find the books in your library.

Co-created
with children
and families

Recommended
by health
experts

Other Reading Well booklists

There are Reading Well booklists for adults on mental health, long term conditions and dementia, and Shelf Help for young people. Ask in your library or visit reading-well.org.uk

How can books help?

The books on the Reading Well list have been specially chosen to help you **understand your feelings** and cope with **tough times**.

You can read the books on your own, or talk about them with brothers and sisters, friends, parents, carers, teachers, doctors or somebody else you trust.

Download a guide to the books on the list at reading-well.org.uk/children.

The library

It's **easy and free** to use your library. You can borrow books, take part in activities like the **Summer Reading Challenge**, and use computers. Ask your librarian about what your library can offer.

Recommended reading continued

Dealing with tough times

When someone dies

- ☐ **Mum's Jumper**
Jayde Perkin
Book Island
- ☐ **Michael Rosen's Sad Book**
Michael Rosen, Quentin Blake
Walker Books
- ☐ **If All the World Were...**
Joseph Coelho, Allison Colpoys
Frances Lincoln Children's Books
- ☐ **Clownfish**
Alan Durant
Walker Books

Getting through a tough time

- ☐ **The Boy Who Built a Wall Around Himself**
Ali Redford, Kara Simpson
Jessica Kingsley Publishers
- ☐ **Up and Down Mum**
Child's Play, Summer Maçon
Child's Play Ltd.
- ☐ **The Colour Thief: A Family's Story of Depression**
Andrew Fusek Peters, Polly Peters, Karin Littlewood
Wayland

When you have a condition

Attention Deficit Hyperactivity Disorder (ADHD)

- ☐ **Can I Tell You About ADHD?**
Susan Yarney, Chris Martin
Jessica Kingsley Publishers
- ☐ **Check Mates**
Stewart Foster
Simon & Schuster

Autism Spectrum Disorders (ASD)

- ☐ **Questions and Feelings About: Autism**
Louise Spilsbury, Ximena Jeria
Franklin Watts
- ☐ **M is for Autism**
The Students of Limpsfield Grange School, Vicky Martin
Jessica Kingsley Publishers

Dyslexia

- ☐ **The Illustrated Guide to Dyslexia and Its Amazing People**
Kate Power, Kathy Iwanczak Forsyth
Jessica Kingsley Publishers

Obsessive Compulsive Disorder (OCD)

- ☐ **Double Felix**
Sally Harris, Maria Serrano
Wacky Bee Books

Having a disability

- ☐ **Questions and Feelings About: Having a Disability**
Louise Spilsbury, Ximena Jeria
Franklin Watts

© The Reading Agency 2020. The Reading Well core lists are only available for use as part of the Reading Well scheme. Permission to use this resource by non-subscribing agencies should be sought from The Reading Agency.