**All About Me Group: Resources for parents**

**Recognising and managing emotions**

Books for helping children identify and understand their feelings:

* Molly Potter’s ‘How are you feeling today?’

Books and websites for parents:

* <https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/emotional-development/helping-children-manage>
* [Adele Faber](https://www.amazon.co.uk/Adele-Faber/e/B000APW64I/ref%3Ddp_byline_cont_book_1)’s  ‘How To Talk So Kids Will Listen and Listen So Kids Will Talk’
* Youth Wellbeing directory - lists organisations across the UK that provide mental health and emotional wellbeing advice and support. It also has links to a variety of resources around emotional wellbeing <http://www.youthwellbeing.co.uk/>

Parent helpline

* Free ‘Young Minds’ parents helpline for any adult concerned about the emotions and behaviour of a child or young person. Parents' helpline: 0808 802 5544 (http://www.youngminds.org.uk/for\_parents/parent\_helpline)

**Anxiety**

Books for parents on helping children manage feelings of worry:

* Cathy Creswell's 'Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques'
* Ronald Rapee’s ‘Helping your anxious child: A step by step guide for parents’

Books, websites and apps for children about how to manage feelings of worry:

* Paul Stallard’s ‘Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People’
* Virginia Ironside’s story book on ‘A Huge Bag of Worries’
* [www.YoungMinds.org.uk](http://www.YoungMinds.org.uk)
* [www.WorryWiseKids.org](http://www.WorryWiseKids.org)
* SmilingMind (free app with relaxation exercises for all ages)

**Anger**

Books for parents on managing feelings of anger:

* Whitehouse and Pudney’s book ‘A Volcano in My Tummy: Helping Children to Handle Anger. A Resource Book for Parents, Caregivers and Teachers’
* The Orange Rhino Challenges ‘Yell Less, Love More: A 30-Day Guide That Includes: 100 Alternatives to Yelling’

Books for young people on managing feelings of anger

# Dawn Huebner’s ‘What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger (What-to-Do Guides for Kids)’

# Brian Moses ‘I feel angry’

**Self-esteem**

# [Deborah M Plummer](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&text=Deborah+M+Plummer&search-alias=books-uk&field-author=Deborah+M+Plummer&sort=relevancerank)’s ‘Helping Children to Build Self-Esteem: A Photocopiable Activities Book’ for schools and parents

# Richards and Hague’s ‘Being me and loving it: Stories and activities to help build self-esteem, confidence and resilience in children’ for schools and parents