

CHILD AND PARENTING LIST

There are very few people who will not encounter some emotional or psychological difficulty at some point in their life. Self-help books can be a very effective source of help, with or without prescribed medication or other professional support.

Launched in 2009 as a joint initiative between the HSE and Mayo Co. Libraries, the Mayo Healthy Reading Scheme provided a list of recommended psychological self-help books. This list has now been expanded and includes a new range of self-help books from the national Power of Words scheme, covering a wide variety of mental health problems. Each of the new books have been reviewed and recommended by mental health professionals and GPs. You can borrow these books **free of charge** from your local library.

Copies of the new books will be available in Castlebar and Ballina libraries but are available to borrowers from other Mayo libraries upon request.

For further information about this scheme contact Mayo Co. Library at **(094) 9047922** or the HSE at **(094) 9042019**, or visit our website:
<http://www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/>

If you are not already a library member just call in to your local branch where staff will be happy to assist you in joining

WHO IS THIS SCHEME FOR?

Family life can create challenges and difficulties for both children and adults. Self help books can be a highly effective source of help, with or without prescribed medication or other professional support.

This leaflet lists high quality self help books for parents and guardians that have been recommended by health professionals to assist with a variety of emotional or psychological problems. You can borrow the recommended books free of charge from your local library.

Self-help books can be used at any time, for example:

- As a first step to helping resolve difficulties that are a source of stress and unhappiness.
- As a source of support for parents or guardians of children experiencing common emotional problems.
- While your child is on a waiting list to see a professional.
- As an additional helping hand while your child is working with a health professional.

Using self-help material to resolve difficulties can be satisfying and empowering, but making changes in your life takes effort. It will be important to make time for reading and trying any suggested exercise.

EXPLORING OTHER SOLUTIONS

If you feel you need more help to deal with the difficulties that you face, talk to your G.P. or a health care professional that you trust about getting access to further support. Below is a list of useful websites and contact numbers which may also be helpful.

USEFUL WEBSITES

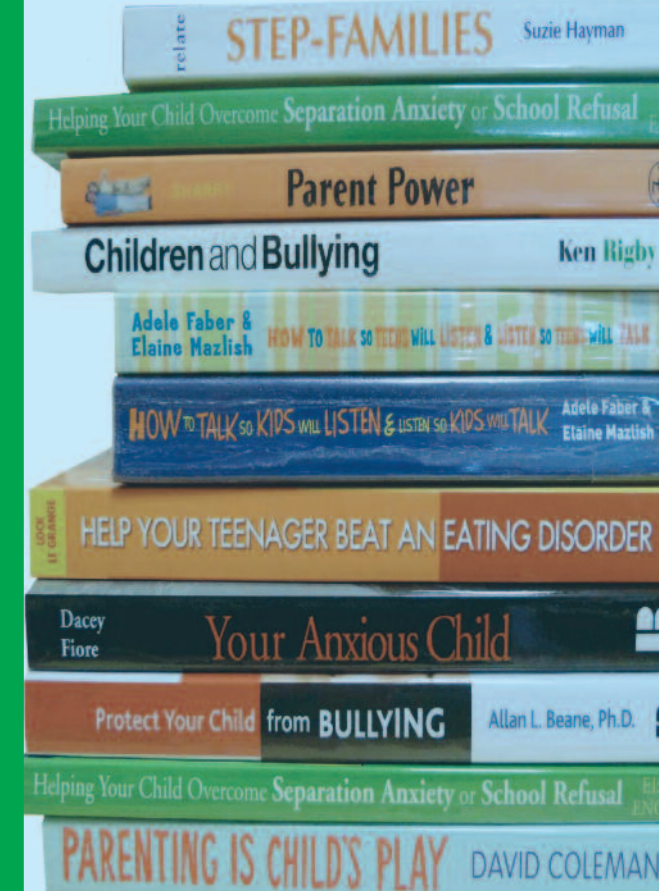
Children and Parenting List

BARNARDOS	www.barnardos.ie 1850 222 300
HELP ME TO PARENT	www.helpme2parent.ie 087 6890582
ISPC	www.ispcc.ie (094) 902 5254 (Mayo Service)
PARENT LINE	www.parentline.ie 1890 927277
PARENTING SUPPORT	www.parentingsupport.ie
PRACTICAL PARENTING	www.practicalparenting.ie 086 8759086

Young Adults/Adolescents

CHILD LINE	www.childline.ie 1800 666 666
HEADSTRONG	www.headstrong.ie (01) 472 7010
HEADS UP	www.headsup.ie Text "Headsup" to 50424
LET SOMEONE KNOW	www.letsomeoneknow.ie
REACH OUT	www.reachout.com (01) 764 5666
SPUN OUT	www.spunout.ie (01) 675 3554
TEEN LINE	www.teenline.ie 1800 833 634 (7-10pm)

CHILD AND PARENTING READING LIST



Mayo Healthy Reading Scheme 2014

An initiative of the HSE and Mayo County Library

Anger:

- **Taming The Dragon In Your Child** – *Meg Eastman & Sydney Rosen*

Anxiety:

- **What To Do When You Worry Too Much: A Kid’s Guide To Anxiety 6+** – *Dawn Huebner* NEW
- **Helping Your Anxious Child: A Step-By-Step Guide for Parents** – *Sue Spence et al.*
- **Helping Your Child Overcome Separation, Anxiety and School Refusal** – *Andrew Eisen, Linda Engler & John Sparrow*
- **Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children** – *John Dacey & Lisa Fiore*

Bereavement:

- **Finding a Way Through When Someone Close Has Died** – *Pat Mood & Leslie Whittaker (2001)*
- **Helping Children Cope With The Loss of a Loved One** – *William Kroen (1996)* NEW
- **Beyond the Rough Rock: Supporting a Child Who Has Been Bereaved by Suicide** – *Julie Stokes & Diana Crossley*
- **Helping Your Child Through Bereavement** – *Veritas*

Bullying:

- **How to Handle Bullies, Teasers and Other Meanies** – *Kate Cohen-Posie*
- **Bullying: A Parents’ Guide** – *Jennifer Thompson (2005)* NEW
- **Children and Bullying: How Parents and Educators Can Reduce Bullying at School** – *Ken Rigby*
- **Protect Your Child from Bullying: Expert Advice to Help You Recognise, Prevent and Stop Bullying Before Your Child Gets Hurt** – *Allan L. Beane*
- **Silent Witness (DVD to assist schools and parents on bullying)** – *A.M. O’Moore*

Communication:

- **How to Talk so Kids Will Listen and Listen so Kids Will Talk** – *Adele Faber & Elaine Mazlish*
- **How to Talk so Teens Will Listen and Listen so Teens Will Talk** – *Faber & Mazlish*

Depression:

- **Coping With Depression in Young People** – *Carol Fitzpatrick & John Sharry*
- **So Young, So Sad, So Listen** – *Philip Graham & Carol Hughes*
- **Down With Gloom** – *Bruce Pitt & Mel Calman*

Eating Disorders:

- **Help Your Teenagers Beat an Eating Disorder** – *James Lock & Daniel Le Grange*
- **How to Get Your Kids to Eat...But Not Too Much** – *Ellyn Smith (1987)* NEW

Exams:

- **Surviving The Leaving Cert** – *Marie Murray*

Parenting:

- **Supernanny** – *Jo Frost*
- **The Incredible Years: A Troubleshooting Guide for Children Aged 2-8** – *Carolyn Webster-Stratton*
- **Parenting Is Child’s Play** – *David Coleman*
- **Bringing Up Responsible Children** – *John Sharry*
- **Bringing Up Responsible Teenagers** – *John Sharry*
- **Parent Power** – *John Sharry*

Self Esteem:

- **Self-Esteem, The Key to Your Child’s Future** – *Tony Humphreys*

Separation:

- **When Parents Separate: Helping Your Children Cope** – *John Sharry et al.*
- **Mom’s House, Dad’s House** – *Isolina Ricci*
- **Chasing Rainbows** – *Bryanna Kroll*
- **Starting Again** – *Sarah Litinoff*
- **Step Families** – *Suzie Hayman*
- **Moving on** – *Suzie Hayman*