

Books on Prescription for Families 2015/16

If you wish to recommend a book or require more prescription pads, please contact warren.matofsky@sussexpartnership.nhs.uk If you would like to review a book, we can request review copies from the library. Please let us know what families think of the books.

Issue Addressed	Title	Author	Age Range	Keywords
Anger	Taming the dragon in your child	Meg Eastman/Sydney Rozen	1-16+	Anger, promoting relationships
	The explosive child	Ross W. Greene PhD	5-16	Advice on managing a child's anger
	"I'm not bad..." A workbook to help kids control their anger	Lawrence E Shapiro, Zach Pelta-Heller and Anna F Greenwald		
Autism	Everybody is different – a book for young people who have brothers or sisters with autism	Fiona Bleach		
	Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence'	Luke Jackson		Autobiography. Insider knowledge for teens, siblings and parents
	It can get better.....Dealing with common behaviour problems in young autistic children. A guide for parents and carers'	Paul Dickinson and Liz Hannah		Jargon free, practical advice with illustrations
	Toilet Training for Individuals with Autism and Related Disorders: A comprehensive guide for parents and teachers.	M. Wheeler		
	George and Sam	Charlotte Moore		Autobiography- a parent's memoir
	From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively	Deborah Lipsky		
Behaviours	Parenting with Positive Behaviour Support: A Parent's Guide to Problem-solving Solutions for Difficult Behaviour.	M. Hieneman, K. Childs, & J. Sergay		
	The house of tiny tearaways (*)	Dr. Tanya Byron	1-7	Parenting, specific behaviours
	New toddler taming (*)	Dr. Christopher Greene	0-4	Parenting, specific behaviours
	Raising happy children	Jan Parker/Jan Stimpson	0-11	Parenting, specific behaviours

	The parenting puzzle (*)	Candida Hunt	3-12+	Parenting, promoting relationships
	The Incredible Years	C. Webster-Stratton	3-8	Strategies for parents
	1-2-3 Magic : Effective Discipline for children 2-12	Thomas Phelan	2-12	American program for parents based on social learning theory
	No: Why Kids--Of All Ages--Need to Hear It and Ways Parents Can Say It	David Walsh		
Bereavement	Helping children cope with the loss of a loved one (*)	William C. Kroen PhD	3-16+	
	Finding a way through when someone close has died (*)	Pat Mood/Lesley Whittaker	6-16+	A workbook for families-good for teens
	Badger's Parting Gifts (*)	Varley, S.		Picture book about loss and bereavement
Bullying	Bullying – a parents guide (*)	Jennifer Thomson	5-16+	Bullying and information sharing
	How to handle bullies, teasers and other meanies (*)	Kate Cohen Posey	8-14+	Coping strategies for children
Complex needs	Helping Children with Complex Needs Bounce Back: Resilient Therapy for Parents and Professionals	Kim Aumann & Angie Hart		Recommended by FISS
	The Out of Sync Child: Recognising and coping with sensory processing disorder.	Carol Kranowitz		
	Sensational Kids: Hope and Help for Children with Sensory Processing Disorder	L. Miller & D. Muller		
	Understanding ADHD: A Parent's guide to ADHD in children	C. Green & K. Chee		Parent guide for use in specialist ADHD clinics
	Step by step help for children with ADHD: A self help manual for parents	C. Laver-Bradbury		Parent guide for use with younger children
	Smart but scattered teens: the 'executive skills' program for helping teens reach their potential	Richard Guare, Peg Dawson, and Colin Guare	13-18	Guide for parents on promoting teens' independence by helping them get organized, stay focused, and control their impulses.
	Tics and Tourette syndrome: a handbook for parents and professionals	Uttom Chowdhury		Includes practical strategies for dealing with associated difficulties
Confidence and Self Esteem	Self esteem for girls (*)	Elizabeth Hartley Brewer	3-16+	Covers topics in brief with tips for parents and school staff
	Self esteem for boys (*)	Elizabeth Hartley Brewer	3-16+	Covers topics in brief with tips for parents and school staff
	Confident children	Gael Lindenfield	0-16+	Advice on being a good-enough parent
Development	Ages and stages	Charles Schaefer	0-10	Main focus 0-6 years, written by a play therapist
	Potty training boys: the easy way	S. Cave & C. Fertleman		
	Understanding 12-14 year olds (*)	Margot Waddell	12-14	Brief introduction for parents and

				teachers
	Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen.	D. Walsh		Guide for parents on adolescent development
	What every parent needs to know : the incredible effects of love, nurture and play on your child's development	Margot Sunderland		Includes how to build emotional wellbeing and strategies for dealing with tantrums and tears.
Divorce	Children, feelings and divorce	Heather Smith	3-16+	Divorce and separation
Looked After Children	Brain-based parenting: the neuroscience of caregiving for healthy attachment	Daniel A. Hughes and Jonathan Baylin		A brain science approach to emotional regulation, strengthen reflective capacities & expand attunement.
	First steps in parenting the child who hurts: tiddlers and toddlers.	Archer, C		
	How to talk so your kids will listen & listen so kids will talk.	Faber, A & Mazlish, E		
	Next steps in parenting the child who hurts: Tykes and teens.	Archer, C		
	Parenting a child with developmental delay	Pamela Bartram		Accessible summary of the effects of development delay with facts, figures and recommendations.
	Attachment in common sense & doodles	Miriam Silver		
	Why love matters: how affection shapes a baby's brain	Gerhardt, S		Easy to read introduction on the impact of disrupted attachments
Mindfulness	The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (Book & CD)	M. Williams, J. Teasdale, Z. Segal, & J. Kabat-Zinn	16+	Written for adults but suitable for older teens and includes CD with guided mindfulness exercises
	Mindfulness: a practical guide to finding peace in a frantic world	Mark Williams and Danny Penman		Written for adults but suitable for older teens and includes CD with guided mindfulness exercises
	Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed.	C. Willard		Guide for informed parents on how to introduce mindfulness practices to their children
	The stress reduction workbook for teens	Gina M. Biegel	13-18	Workbook to develop stress management skills using mindfulness.
Other forms of distress	Young people hearing voices	Marius Romme & Sandra Escher		Guide for parents & young people on coping with hearing voices.
Parental mental health	Wise Mouse (*)	Virginia Ironside	6-10	Storybook for young children about living with a parent with mental health problems
Sadness	So young so sad, so listen (*)	Philip Graham/Carol Hughes	5-16+	Parent guide on spotting depression

Sibling Rivalry	Siblings without rivalry	Adele Faber/Elaine Mazlish	5-16+	Promoting relationships
	Raising happy brothers and sisters	Jan Parker/Jan Stimpson	0-16+	Relationships, specific behaviours
Sleep	The sleep book for tired parents (*)	Rebecca Huntley	0-6	Brief summaries of problems and strategies
	Solving children's sleep problems	Lyn Quine	0-18	A dense text but with easy to read flow charts and corrective sleep programmes for parents to follow
	Sleep Better! A guide to improving sleep for children with special needs	V. Mark Durand PhD		
	Rest and sleep (Audio CD)	Lynda Hudson	8+	CD of relaxation and visualisation exercises for use at bedtime
Worries, Fears & Anxiety	Helping your anxious child	Dr. David Lewis	3-16+	Worrying and coping strategies
	Breaking free from OCD: A CBT guide for young people & their families	J. Derisley, I. Heyman, S. Robinson & C. Yurner	11-18	
	The anxiety workbook for teens	Lisa M. Schab	13-16	
	Huge bag of worries (*)	Virginia Ironside	Whole family	Story book with picture about worrying-for children and their families
	The shyness and social anxiety workbook for teens	Jennifer Shannon	13+	A programme for helping teens break free from social anxiety and stop worrying about what others think.
	The stress reduction workbook for teens	Gina M. Biegel	13+	Workbook to develop stress management skills using mindfulness.
	Overcoming your child's fears and worries	Cathy Creswell/Lucy Willetts		A guide for parents on the CBT approach
	What to do when you worry too much: A kid's guide to overcoming anxiety	Dawn Huebner	6-12	Accessible guide for parents and children to read together
	Let your worries fly away (Audio CD)	Lynda Hudson	6-9	CD of relaxation and visualisation exercises
	Let go of anxiety (Audio CD)	Lynda Hudson	10-15	CD of relaxation and visualisation exercises
Understanding services	A straight talking introduction to child mental health	Sami Timimi		Understanding how mental health services work and the jargon they use