

# Resilience Resources for Parents

## Books

Title	Author	Blurb
The Disappointment Dragon	Kay Al-Ghani	<i>The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.</i>
The Green-Eyed Goblin	Kay Al-Ghani	<i>This illustrated storybook explains jealousy through the story of Theo and his Green-Eyed Goblin. It will encourage children to talk about their feelings and learn how to subdue their own Green-Eyed Goblin for good. A section of tried and tested techniques for using with children, and a helpful introduction for parents and carers is included.</i>
The Panicosaurus	Kay Al-Ghani	<i>Have you ever felt a sense of dread and worry creeping over you? That might be the Panicosaurus coming out to play...</i>  <i>Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her.</i>  <i>This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosaurus with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.</i>
The Red Beast	Kay Al-Ghani	<i>This vibrant, fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to tame the red beast and guidance for parents on how anger affects children with Asperger's Syndrome.</i>
Giraffes Can't Dance	Giles Andreae	<i>Number One bestseller Giraffes Can't Dance from author Giles Andreae has been delighting children for over 15 years. Gerald the tall giraffe would love to join in with the</i>

		<p><i>other animals at the Jungle Dance, but everyone knows that giraffes can't dance . . . or can they?</i></p> <p><i>A funny, touching and triumphant picture book story about a giraffe who finds his own tune and confidence too, with joyful illustrations from Guy Parker Rees and a foiled cover.</i></p> <p><i>A joyful read about an outsider who finds acceptance on his own terms.... there's also a simple moral about tolerance and daring to be different. -</i></p>
The Underwater Fancy Dress Parade	Davina Bell and Allison Colpoys	<p><i>The day before the underwater fancy-dress parade, Alfie got that feeling ... Sometimes it's hard to be brave. Sometimes you get that feeling. Sometimes you're just not ready ... until, one day, you are.</i></p> <p><i>From a dynamic new picture-book partnership comes the story of Alfie and a big octopus wearing a tiny hat and the things you can only whisper to the cowboys on your wallpaper.</i></p>
Sunday Chutney	Aaron Blabey	<p><i>Sunday Chutney has the most extraordinary life - she has lived all over the world! Of course, moving around does mean she's always the new kid at school and never really has a place to call home. But Sunday Chutney doesn't care about that. Or does she?</i></p>
Willy and the Cloud	Anthony Browne	<p><i>From the former Children's Laureate and twice winner of the Kate Greenaway Medal comes a stunning and perceptive story about facing your fears.</i></p> <p><i>One day Willy goes to the park. It's a sunny day, but a cloud hovers over him and he can't join in the fun. What can Willy do to make this mysterious cloud go away? Exceptional illustrations combined with the insightful story makes this an essential book for young children.</i></p>
Wilma Jean the Worry Machine	Julia Cook	<p><i>(Grades 2-5) Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked.</i></p> <p><i>Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability.</i></p> <p><i>This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can</i></p>

		<i>lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather, ) a worry hat is introduced. A fun read for Wilmas of all ages!</i>
Gus the Asparagus	by Kaylene Hobson and Ann-Marie Finn	<i>Meet Gus! Gus might be the only asparagus in his family, but he is happy. However, when he goes to school he starts to realise that he doesn't always 'fit in'. Gus is here to help kids understand that it's okay to be different. He will soon become a favourite with anyone who has ever felt a little bit out of place, kids and adults alike.</i>
The Huge Bag of Worries	Virginia Ironside	<i>Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her?</i>  <i>A compelling picture book which can be used as a spring board into what worries children today.</i>
Be a Perfect Person in Just Three Days!	Stephen Manes	<i>One day at the library, a book falls off the top shelf and hits Milo on the head. It's called Be a Perfect in Just Three Days! The book's author, Dr. K. Pinkerton Silverfish, doesn't look too perfect himself, In the picture on the back cover he's wearing a clown nose, and mustard is dripping down his chin. Milo figures the boor is worth a try anyway. Perfect is obviously the perfect thing to be! But who's ever heard of wearing a stalk of broccoli around your neck for twenty-four hours? And that's only the first day....</i>
How Big are Your Worries Little Bear?	Jayneen Sanders and Stephanie Coleman	<i>Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all. Through this engaging and beautifully illustrated story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener, and an understanding that making mistakes is how we learn. Also included are Discussion Questions for parents, caregivers and educators, and extra hints to help children manage anxiety.</i>
Oh the Places You'll Go	Dr Seuss	<i>A brand new paperback edition of this classic tale from Dr. Seuss encouraging us to take life in our stride.</i>  <i>From fun times and triumphs to lurches and slumps, Dr. Seuss takes an entertaining look at the adventures that life may have in store for us.</i>  <i>This brand new paperback edition is perfect for everyday reading for all ages, as well as for those important life events such as graduations, weddings, christenings or changing school.</i>

How Monsters Wish to Feel	Juliette Ttofa	<i>How Monsters Wish to Feel</i> is a therapeutic story about a journey to develop emotional resilience. Through the analogy of monsters, it depicts a tale of how a child's needs can sometimes become distorted, so that the needs we see expressed through outward behaviour (the monster) mask the true, hidden emotional needs that go unmet. The story also alludes to the importance of focusing on the strengths and protective factors in a child's life, rather than the problems and risks, in order to promote emotional resilience.
The Girl Who Collected Her Own Echo	Juliette Ttofa	<i>The Girl who Collected Her Own Echo</i> is a therapeutic story about finding friendship. In the story, a little girl lives by herself and loves to sing. One day whilst she is singing in a mysterious cave, she thinks that her echo must be the sound of other children singing, but she is too shy to approach them. When she meets a boy who loved hearing her sing but was too shy to approach her, she realises that they were both lonely and they can sing together as friends.
The Hot and Bothered Air Balloon	Juliette Ttofa	<i>The Hot and Bothered Air Balloon</i> is a therapeutic story about feeling stressed. In the story, a hot air balloon is so hot and bothered that he is stuck high up in the air. With the help of a friendly puffin, the hot air balloon is able to come down to earth feeling better and more relaxed. The story teaches children about how we can use relaxation and mindfulness techniques when we are feeling stressed, and the benefits of finding an outlet for our emotional distress.
The Boy Who Longed to Look at the Sun	Juliette Ttofa	<i>The Boy who Longed to Look at the Sun</i> is a therapeutic story about self-care. It tells the story of a boy who loves playing outside and becomes fixated with looking at the sun, even though he has been warned it can hurt his eyes. Eventually the boy realises that his priorities have become skewed and he needs to look after his own well-being. The story teaches children the importance of looking after yourself and understanding what is or is not healthy.
The Tale of Two Fishes	Juliette Ttofa	<i>The Tale of Two Fishes</i> is a therapeutic story about developing resilient thinking. A little girl feeds blue fishes with up-turned mouths and red fishes with down-turned mouths. The more she feeds the red fish, the bigger and more angry they become. The girl realises that if she feeds the blue fish and ignores the red, the blue fish will thrive. The story teaches children about the importance of balanced thinking and not dwelling too much on negative thoughts.
The Boat Star	Juliette	<i>The Boat Star</i> is a therapeutic story about dealing with a

	Ttofa	<i>painful loss and taking comfort in good memories. In this poignant story, a boy loses a special feather and goes on a magical journey to try to recover it. Although he doesn't find his feather, he is comforted by the memory of the feather and realises he will feel better over time.</i>
The Day the Sky Fell in	Juliette Ttofa	<i>The Day the Sky Fell In is a therapeutic story about letting go of worries and emotional baggage. When a determined girl climbs a difficult path up a cliff, the sky rains down mystery objects on her which she catches and carries with her. Her journey becomes more and more difficult and when she arrives at the top of the cliff she is too weighed down to slide down to the sea, the very place she wants to get to. By letting go of things she doesn't really need, the girl feels lighter and is able to follow her valued direction.</i>
Mr Huff	Anna Walker	<i>Bill is having a bad day. Mr Huff is following him around and making everything seem difficult. Bill tries to get rid of him, but Mr Huff just gets bigger and bigger! Then they both stop, and a surprising thing happens . . .</i>
Hey Warrior	Karen Young	<i>Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.</i>

## Mental Health Websites

Beyond Blue	<a href="http://www.beyondblue.org.au/">http://www.beyondblue.org.au/</a>
Beyond Blue Healthy Families	<a href="https://healthyfamilies.beyondblue.org.au/">https://healthyfamilies.beyondblue.org.au/</a>
Headspace	<a href="http://www.headspace.org.au/">http://www.headspace.org.au/</a>
Hey Sigmund Blog	<a href="https://www.heysigmund.com/">https://www.heysigmund.com/</a>
Kids Helpline	<a href="http://www.kidshelp.com.au/">http://www.kidshelp.com.au/</a>
Kids Matter Families	<a href="http://www.kidsmatter.edu.au/families/role-families">http://www.kidsmatter.edu.au/families/role-families</a>
Reach Out	<a href="http://au.reachout.com/">http://au.reachout.com/</a>
Wellbeing Australia	<a href="http://wellbeingaustralia.com.au/wba/">http://wellbeingaustralia.com.au/wba/</a>