

GENERAL WELLBEING

1. You Tube link for practising the 4-7-8 deep breathing technique (for relaxation and regulating anxiety): <https://www.youtube.com/watch?v=Uxbdx-SeOOo>
2. <https://www.getselfhelp.co.uk>
3. A Hot Air Balloon guided meditation/relaxation exercise can be found on you Tube: <https://youtube.com/watch?v=vlv6Y1tq1sQ>
4. Helpful information can be found at www.kooth.com and www.mymind.org.uk. Some other useful websites include: www.time-to-change.org.uk and www.happymaps.co.uk
5. Young Minds charity offers free and confidential support to families of children/young people worried about emotional problems, behaviour or mental health. Parents' helpline number: 08008025544. www.youngminds.org.uk.
6. It is sometimes helpful to have a time-limited 'worry time' in the evening to focus and worry about all the things that have come up in the day and postponing the worries till this designated time; this may be a helpful exercise to share with a parent
7. Some young people find it helpful to have a mentor to speak to at school at a scheduled time and this is something that can be explored with school
8. <https://www.camhs-resources.co.uk/>



LOCAL SUPPORT

1. Wirral CAMHS advice line: 01514888453
2. 24/7 Mental Health helpline 0300 303 3972
3. RESPONSE (Counselling service for 13 – 18 year olds); phone number: 01516664123
4. WEB (Women's Enterprising Breakthrough) can provide time, space and flexible support to help young people regain confidence and self-esteem. The Young Women's Group Service for girls aged 9 – 18 operates on a Wednesday evening at 5pm – 7 pm., Women & Children's Services, Gautby Road Play and Community centre, 69 Gautby Road, Birkenhead, Merseyside, CH41 7DS. Tel: 0151 653 3771. Email: <http://webmerseyside.org/> in the first instance

A blue banner from the NHS. At the top left, it says 'CORONAVIRUS' and 'PROTECT YOURSELF & OTHERS'. At the top right, it says 'NHS Cheshire and Wirral Partnership and Foundation Trust'. The main text reads: 'New 24/7 mental health helpline for urgent support, for residents of Cheshire West, Cheshire East and Wirral: 0300 303 3972'. At the bottom, it says 'For people of all ages - you are not alone.'

APPS

 **headspace** <https://www.headspace.com>

 <https://www.calm.com/>

 <https://www.stopbreathethink.com/>

(kids version and version for older children available)

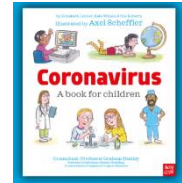


COVID-19 RELATED WELLEBING RESOURCES

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>



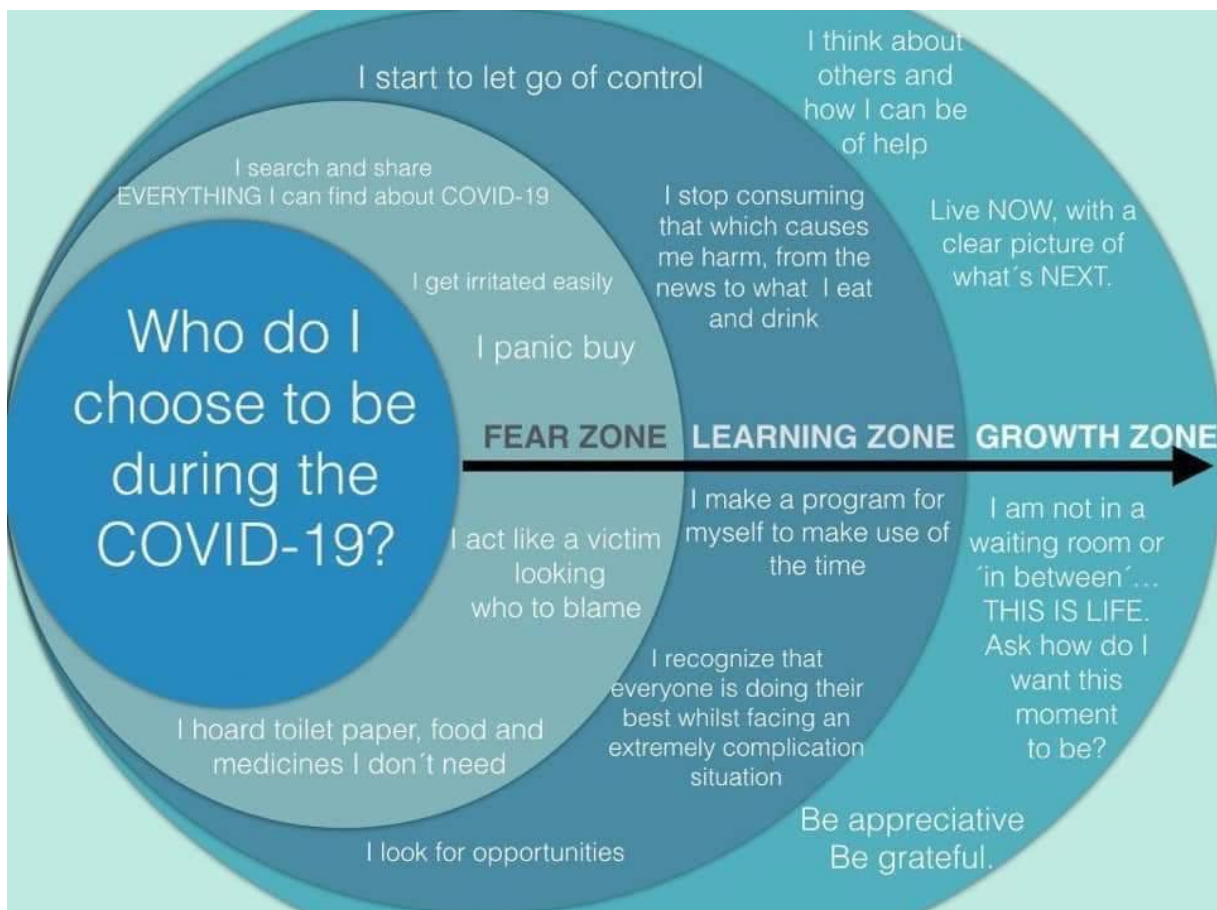
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>



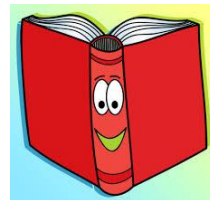
<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>



Free colouring books to download: <https://www.counter-print.co.uk/pages/happy-colouring>



BOOKS FOR KIDS (AND ADULTS TOO!)



MENTAL HEALTH / EMOTIONS

- Michael Rosen's Sad Book
- It's Ok to be not OK
- Molly Potter – How are you feeling today
- Playdate Pals Emotions Picture book set
- <https://www.scottishbooktrust.com/book-lists/12-books-that-help-children-explore-emotions>
- Dawn Huebner - What to do if you...series (eg grumble too much, negativity, anger) - basic CBT principles in easy language that can be read along with 8 – 11 year old children
- Shaun tan – The Red Tree (aimed at older children, about depression and hope)
- Have you filled a bucket today? - (for kindness)
- My hidden chimp – workbook one for children
- Ruby's worry ; Ravi's roar- good books for introducing emotions to pre-schoolers
- The colour monster by Anna Llenas – for emotions in pre-school children
- Sometime I feel sunny by Gillian Shields
- In my Heart by Jo Witek – emotions for toddlers
- The Lion Inside by Rachel Bright – being brave and developing self-esteem and confidence
- The Koala who could by Rachel bright (dealing with life changes & emotions)
- The Heart and the bottle by Oliver Jeffers
- My anxiety handbook getting back on track Sue Knowles Bridie Gallagher Phoebe McEwen
- Breathe Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens by Lisa Roberts
- Sitting Still Like a Frog Mindfulness Exercise for Kids and their Parents by Eline Snel
- Starving the Anxiety Gremlin: A cognitive behavioural therapy workbook on anxiety management for young people by Kate Collins Donnelly [same author has self-esteem, stress, anger, exam stress books)
- Hello Happy Mindful kids an activity book for children who sometimes feel sad or angry

LIFE LESSONS

- Charlie Macksey – The boy, the mole, the fox and the horse
- Antoine de Saint-Exupery – The Little Prince
- Ashley Spires – The most magnificent thing (for resilience in young kids)

SEPARATION/ LONELINESS

- Patrice Karst – The Invisible String

BEREAVEMENT

- Patrice Karst – The Invisible String
- Jenny Album – Tell me about Heaven, Grandpa rabbit
- Britta Teckentrup – The Memory Tree
- Julia Donaldson – Paper dolls
- Julia Donaldson – The everywhere bear
- <https://www.scottishbooktrust.com/book-lists/15-picture-books-exploring-grief-and-loss>
- Debi Gliori and Alan Durant – Always and Forever
- Is daddy coming home in a minute?
- Life and I (older children)
- The Scar
- Muddles, puddles and sunshine (activity style book)
- Grandad's Island by Banjo Davies
- The Building Boy
- <https://www.childbereavementuk.org/resources-for-children-and-young-people> has list of books and resources for bereaved children and young people.

DIVORCE

- Clare Masurel – Two Homes
- Kes Gray – Mum and Dad Glue
- Luna loves Library day
- Mum and Dad Glue by Kes Gray
- Dinosaur Divorce by Marc Brown and Laurie Krasny Brown
- When mum and dad separate children can learn to cope with grief from divorce (drawing out feelings) by Marge Eaton Heegaard

POTTY TRAINING/ TOILETING

- Jamie Glowacki – Oh Cap Potty Training
- Pirate Pete's potty book
- *Constipation/ Soiling/ Incontinence:*
- <https://www.eric.org.uk/>
- <https://web.ntw.nhs.uk/poo/> Poo Goes Home to Poland (App)
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BEHAVIOUR

- Elizebeth Verdick - Listening Time (Toddler tools)
- Joanna Faber & Julie King: How to Talk so Little Kids will listen (a survival guide to life with children ages 2 – 7)
- Joanna Faber & Julie King: Siblings without rivalry

BED TIME/ SLEEP

- Elizabeth Verdick – Bedtime (Toddler tools)
- What to do when you dread your bed by Dawn Huebner
- Blame my brain by Nicola Morgan (includes information how sleep patterns change during adolescence)
- <https://www.thechildrenssleepcharity.org.uk/>