

## ABOUT THE SCHEME

All families experience challenges and difficulties of their own at one stage or another. There is a lot of evidence to say that using good quality self-help materials can be very helpful at these times.

The **Fingal Healthy Reading Scheme** has been set up to help you access books that provide such information and support.

## HOW THE SCHEME WORKS

The scheme recommends quality self-help books for adults, as well as for children and families. These books are listed in two separate leaflets. You can borrow the recommended books free of charge from your local library.

If you are not already a library member, library staff will be happy to assist you in joining.

## WHO THE SCHEME IS FOR

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

- By parents who wish to understand their children better.
- As a first step to helping resolve difficulties that are a source of stress and unhappiness.
- While you are on a waiting list to see a professional.
- As an additional helping hand while you are working with a professional

## EXPLORING OTHER SOLUTIONS

Using self-help material to resolve family issues can be satisfying and empowering, but making changes in your life takes effort. Time needs to be made for reading and trying any suggested exercises.

If you've given it a good try there could be a number of reasons why it didn't work:

- Perhaps the book didn't cover precisely what you were looking for?
- Or maybe you didn't like the author's style?

If this is the case you may want to look up some of the other books we have recommended.

Alternatively, if you feel you need more help to deal with the difficulties you are facing then talk to your G.P. or a health care professional that you trust about getting access to further support.

[www.fingalcoco.ie/library/fingalhealthyreading](http://www.fingalcoco.ie/library/fingalhealthyreading)

*"The best inheritance parents can give to their children is a few minutes of their time each day".*

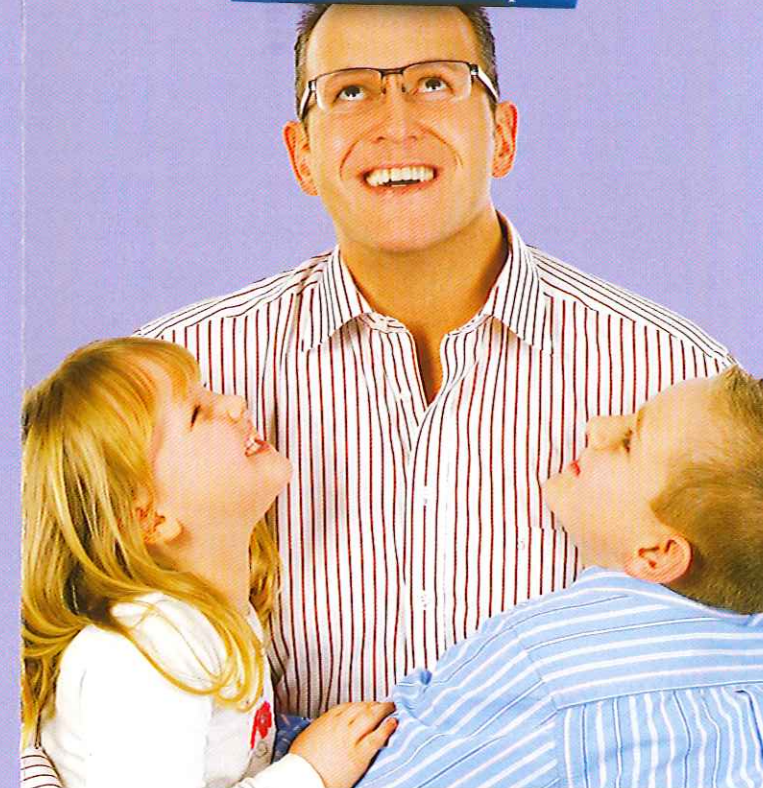
Orlando A. Battista



Daughters of Charity  
Child & Family Service

# FINGAL HEALTHY READING SCHEME

HELP TAKE THE WEIGHT OFF YOUR MIND



IF EMOTIONAL OR FAMILY PROBLEMS ARE GETTING ON TOP OF YOU...

**YOUR LOCAL LIBRARY HAS SELF-HELP MATERIALS THAT COULD MAKE A DIFFERENCE.**



## SELF-HELP READING MATERIALS

ISSUES ADDRESSED	BOOKS THAT CAN HELP <small>(*) Easy to read</small>	AUTHOR	AGE RANGE
<b>Adolescence</b>	<ul style="list-style-type: none"> <li>- The Creative Journal for Teens, Making Friends with Yourself</li> <li>- The Rose that Grew From Concrete</li> <li>- Understanding 12-14 year olds</li> </ul>	Lucia Capacchione Tupac Shakur Margot Waddell	age 12-18 age 12-18 age 12-14
<b>Adoption</b>	<ul style="list-style-type: none"> <li>- Next Steps in Parenting the Child Who Hurts</li> </ul>	Caroline Archer	age 0-18
<b>Bereavement</b>	<ul style="list-style-type: none"> <li>- Finding a Way Through When Someone Close has Died (*)</li> <li>- Beyond the Rough Rock</li> </ul>	Pat Mood & Lesley Whittaker Diana Crossley	age 6-16 age 6-16
<b>Bullying</b>	<ul style="list-style-type: none"> <li>- Bullying - A Parents Guide</li> <li>- How to Handle Bullies, Teasers and other Meanies</li> </ul>	Jennifer Thomson Kate Cohen-Posie	age 5-16 age 8-14
<b>Confidence</b>	<ul style="list-style-type: none"> <li>- Confident Children</li> </ul>	Gael Lindenfield	age 0-16
<b>Depression</b>	<ul style="list-style-type: none"> <li>- Coping with Depression in Young People</li> </ul>	Carol Fitzpatrick & John Sharry,	age 12-18
<b>Feelings</b>	<ul style="list-style-type: none"> <li>- Taming the Dragon in Your Child</li> <li>- So Young, So Sad, So Listen (*)</li> <li>- The Angry; Lonely; Sad; Jealous; Afraid; Hurt series of books (*)</li> </ul>	Meg Eastman Philip Graham & Carol Hughes Janine Amos	age 1-16+ age 12-16+ age 6-12+
<b>New Parents</b>	<ul style="list-style-type: none"> <li>- The Rough Guide to Pregnancy and Birth (*)</li> </ul>	Kaz Cooke	pre-birth-newborn
<b>Parenting</b>	<ul style="list-style-type: none"> <li>- The Parenting Puzzle (*)</li> <li>- STEP Parenting Young Children (*)</li> <li>- The House of Tiny Tearaways</li> <li>- How to Talk so Teens will Listen</li> <li>- Raising Teenagers</li> <li>- The Incredible Years - A Troubleshooting Guide for Parents of Children aged 2-8Yrs</li> <li>- Parent Power- Bringing Up Responsible Children and Teenagers</li> <li>- New Toddler Taming</li> <li>- Raising Happy Children</li> <li>- Parenting The ADD Child</li> <li>- Parenting is Childs Play (*)</li> </ul>	Candiada Hunt Donald Dinkmeyer Tanya Bryon Adele Faber Lynn Huggins-Cooper  Carolyn Webster-Stratton John Sharry Dr Christopher Greene Jan Parker David Pentecost David Coleman	age 4-18 age 0-5 age 1-7 age 12-18 age 12-18  age 2-8 age 4-18 age 0-4 age 0-11 age 3-12 age 0-11
<b>Self Esteem</b>	<ul style="list-style-type: none"> <li>- Stick Up For Yourself</li> </ul>	Gershen Kaufman, Lev Raphael & Pamela Espeland	age 8-12
<b>Separation &amp; Divorce</b>	<ul style="list-style-type: none"> <li>- When Parents Separate, Helping Children Cope</li> <li>- Childrens, Feelings and Divorce</li> <li>- Dinosaurs Divorce - A Guide for Changing Families</li> </ul>	John Sharry, Peter Reid & Eugene Donohoe Heather Smith Laurene Krasny Brown & Marc Brown	age 0-18 age 0-18 age 2-8
<b>Worries</b>	<ul style="list-style-type: none"> <li>- Huge Bag of Worries (*)</li> </ul>	Virginia Ironside	all the family