

## Books recommended for children

Lots of wonderful books for children and families about feelings, emotions and diversity.

### **Kindness, compassion and empathy**

Help put your child in another person's shoes with these books that inspire compassion: whether that's towards animals, friends or people in very different situations to your own.

[www.booktrust.org.uk/booklists/k/kindness](http://www.booktrust.org.uk/booklists/k/kindness)

### **Books about bullying for 8-12s**

Here are some books to help older primary school children who may be experiencing bullying or finding it tricky to make friends.

<https://www.booktrust.org.uk/booklists/d/difference-acceptance-and-bullying-childrens/>

### **13 books to help your child feel more calm and mindful**

These books are great if your child has particular worries or just wants to explore their identity and place in the world.

<https://www.booktrust.org.uk/booklists/c/calming-mindfulness/>

### **Books with positive images of disability**

Here are 12 children's books that are useful for discussing disability and inclusive issues with young readers.

<https://www.booktrust.org.uk/booklists/b/bookmark-disability-childrens-books-of-the-year/>

### **My family is different (Author: Carolyn Brock)**

A workbook for children with a brother or sister on the autism spectrum.

<https://www.autism.org.uk/shop/products/books-and-resources/my-family-is-different>

### **My friend Sam (Author: Liz Hannah)**

A story about introducing a child with autism to nursery school.

<https://www.autism.org.uk/shop/products/books-and-resources/my-friend-sam>

### **The Book You Wish Your Parents Had Read (Author: Philippa Perry)**

In this absorbing, clever and funny book, renowned psychotherapist Philippa Perry tells us what really matters and what behaviour it is important to avoid - the vital dos and don'ts of parenting.

<https://www.penguin.co.uk/books/292159/the-book-you-wish-your-parents-had-read-and-your-children-will-be-glad-that-you-did-by-perry-philippa/9780241251027>