

How to access these books:

- ◆ Buy them online using a site like www.booko.com.au
- ◆ Take this brochure to your local bookshop
- ◆ Take this brochure to your local public library or check the library catalogue online
- ◆ Some of these books may be available to borrow from a health service such as 0-4 CYMHS. Check with your clinician or health worker.

The Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) supports parents, caregivers and communities to have the confidence, knowledge, skills and resources to support their own wellbeing and raise emotionally healthy and resilient children.

Queensland Centre for Perinatal and Infant Mental Health (QCPIMH)
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BOOKS ABOUT...

Scary Situations



BOOKS ABOUT...

Scary situations

Stories can be powerful tools to help young children make sense of difficult feelings, and can help parents and caregivers support children experiencing challenging situations.

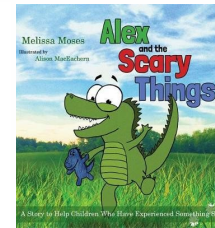
As you share these books, you may find your child resists finishing a particular story. This may mean they are not yet ready for it, or the story may be too similar to their own experience and hard to hear. Put the book aside in a place where your child can explore it independently. Your child may return to the story when they are ready.

You may find your child requests the same book over and over. Repetition helps children make sense of new ideas. Hearing the same story again and again can be very comforting.

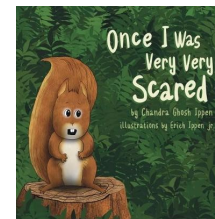
Not every book is for every child. Because some of the books listed address sensitive topics, it is always a good idea to read them yourself before reading them to your child.

Alex and the scary things: A story to help children who have experienced something scary by Melissa Moses, 2015

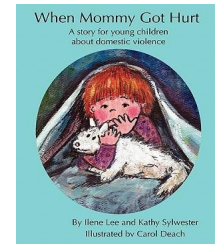
Alex the alligator uses strategies to cope with his big feelings. (US)
Age range: 4–8 years
ISBN: 9781849057936



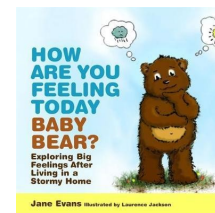
Once I was very very scared by Chandra Ghosh Ippen, 2017
A little squirrel announces that he was once very very scared, and finds out that he is not alone. (US)
Age range: 4-8 years
ISBN: 9780998412603



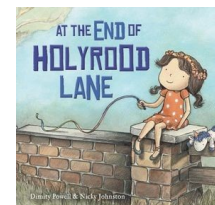
When Mommy got hurt by Ilene Lee, 2011
A story to help children understand that violence is wrong, it happens in other families too, it's not their fault, and it's okay to talk about it. (US)
Age range: 2 -7 years
ISBN: 9780982909706



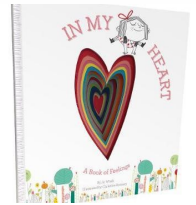
How are you feeling today baby bear? Exploring big feelings after living in a stormy home by Jane Evans, 2014
A gentle story to help children who have lived with violence in their home. (UK)
Age range: 2 -6 years
ISBN: 9781849054249



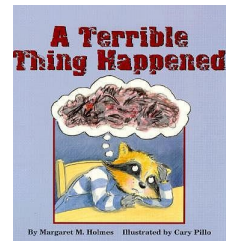
At the End of Holyrood Lane by Dimity Powell, 2018
A story to help young children who have experienced violence at home. (Australia)
Age range 3+
ISBN: 9781925335767



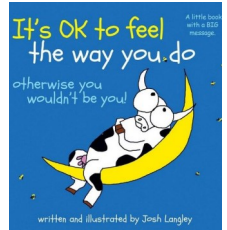
In my heart : a book of feelings by Jo Witek, 2014
This book helps young children recognise and talk about their emotions. (France)
Age range: 3+
ISBN: 9781419713101



A terrible thing happened by Margaret M Holmes, 2000
A story for children who have witnessed violence. (US)
Age range: 4 -8 years
ISBN: 9781557987013



It's OK to feel the way you do: otherwise you wouldn't be you by Josh Langley, 2017
Happy, sad, lonely, angry, anxious, proud, scared – they're all feelings and they're all OK! (Australia)
ISBN: 9781925520965



Under the love umbrella by Davina Bell, 2017
Reminds children that comfort and love are ever-present, even when you are not near your family. (Australia)
Age range: 3-6 years
ISBN: 9781925321265

