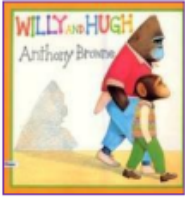

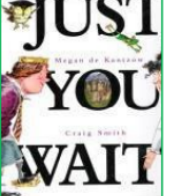
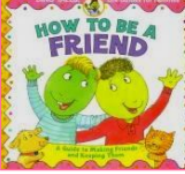
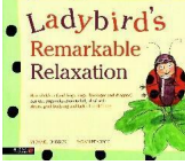


Children's Book List with tips for parents and caregivers

Check out this list of books for younger children that look at the themes of bullying, teasing, friendship, difference, coping skills and problem-solving. These stories may be a useful way of helping children understand these important issues and develop skills to address the trickier things in life.

Title and Author	Suggested age range/Information and ideas
 <p>Willy and Hugh Written and illustrated by: Anthony Browne 1992, Red Fox</p>	<p>5-8</p> <p>The story of an unlikely friendship. Will and Hugh are very different, but they are able to help each other in different ways, and they enjoy spending time together. A story of friendship, standing up for, and helping your friends.</p> <p><i>Friendship, difference, bullying and emotional regulation skills.</i></p>
 <p>The Recess Queen By: Alexis O'Neill Illustrated by: Laura Huliska-Beith 2002, Scholastic</p>	<p>5-7</p> <p>This story uses colourful pictures and a rhyming text to examine a strategy for dealing with a bully. Considers topics such as being new, bystanders, and bullying as a reaction to being left out. Useful to start a discussion of what strategies to use, and also standing up for yourself. Both the bully and victim are girls.</p> <p><i>Bullying, teasing, strengths, coping and social skills.</i></p>
 <p>Just you wait By: Megan de Kantzow Illustrated by: Craig Smith 2004, Omnibus books, Scholastic Australia</p>	<p>5-7</p> <p>How do you deal with being bullied at fairy tale school? This story of turning the tables on a bully will appeal and is a good starting point for discussing different strategies for handling bullies, given most of us can't turn them into frogs! This story has a girl being bullied by a boy - somewhat unusual for children's stories.</p> <p><i>Bullying, teasing, strengths, coping and social skills.</i></p>
 <p>How to be a friend: A guide to making friends and keeping them By: Laurie Krasny Brown Illustrated by: Marc Brown 2001, Little, Brown & Company</p>	<p>5-10</p> <p>This book is from the people who produce the 'Arthur' cartoon. Dinosaur characters, and cartoon style make this an appealing format. There are quite a few words, but the style means you could read only what you need to for those with less concentration. Information and ideas for kids on being and having a friend, and other friendship issues, such as bullying. An excellent conversation starter.</p> <p><i>Friends, problem solving, social and emotional regulation skills.</i></p>
 <p>Ladybird's remarkable relaxation By: Michael Chissick Illustrated by: Sarah Peacock 2014, Singing Dragon</p>	<p>5+</p> <p>"How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence."</p> <p><i>Mindfulness, guided imagery and emotional regulation skills.</i></p>