



newbooks for kids

compiled by Melanie Peake

***Go Away, Mr Worrythoughts!* by Nicky Johnston, Nicky's Art Publishing, p/b, RRP \$14.95, available at www.nickysart.com.au**

This book is written for children who suffer from Generalised Anxiety Disorder or other anxiety issues. It tells the story of Bayden as he battles to overcome 'Mr Worrythoughts'. The story is simple and direct and is accompanied by beautiful illustrations to help encourage children to manage and overcome their anxiety.

***We Belong Together: A Book About Adoption and Families* by Todd Parr, ABC Books, p/b, RRP \$14.95**

This book uses child-like illustrations and bold text to describe what it means for a family to belong together. Using child-friendly language, it focuses on the many different types of families and explains adoption in a sensitive and positive manner.

***Caring for myself: A Social Skills Storybook* by Christy Gast and Jane Krug, Jessica Kingsley Publishing, distributed by Footprint Books, p/b, RRP \$32.95**

This is an educational social-skills storybook that aims to help children with autism spectrum disorders understand the importance of taking care of their bodies. The book contains clear language and colour photographs and provides simple steps to follow, as well as a page for parents that offers tips and strategies to help children with each activity.

***All dogs have ADHD* by Kathy Hoopmann, Jessica Kingsley Publishers, distributed by Footprint Books, h/b, RRP \$24.95**

This book offers a view of attention deficit hyperactivity disorder (ADHD) using images and ideas from the canine world. Using colour photographs of various dogs, the book brings to life familiar ADHD characteristics such as being restless and easily distracted, and positively demonstrates the difficulties and joys of raising a child with ADHD.

***What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep* by Dawn Huebner, Magination Press, distributed by Footprint Books, p/b, RRP \$24.95**

This is an interactive self-help book designed to help guide children and their parents through the cognitive-behavioural techniques used to treat problems with sleep. The book contains activities and games for children to complete in order to define and overcome the causes of sleep fears.

