**LIBOR-FUNDED RESOURCES FOR FAMILIES EXPERIENCING SEPARATION AND/OR DEPLOYMENT (SPONSOR: DIR EV & STRAT)**

This is a 24-month project, funded by Libor funds, to provide Naval Service families with printed resources, the purpose of which is to support resilience and enhance coping strategies during periods of separation and deployment. Once the funding has been spent, the project will cease.

Guidelines for provision of books/resources are as follows:

* A maximum of one book for each Naval Service person or family member.
* Books are subject to availability. When the fund is used, it’s used.
* A bookplate, which will be provided, is to be placed in the front of each book. This indicates how the project is funded, which is a condition of the funding.
* A feedback card is to be placed in the front cover of the book, and recipients are to be encouraged to post, email or Tweet their feedback to the NFF.
* The provision of a book is not to be a transactional arrangement; it is a gift. NFF staff may, however, wish to take the opportunity to encourage sign-ups to the newsletter and Homeport, and show how to contact the NFF or take part in our surveys.
* NFF staff may request stocks of books in advance for events. Requests should be emailed to Dir Ev&Strat in sufficient time to allow processing and postage (usually via Amazon).
* Books may be selected from the examples listed below, or if there is a need/recommendation for another specific book, please contact Dir Ev&Strat.

**Books about deployment and separation**

**The Invisible String – Patricia Karst**

Mum tells her twins that they're all connected by an Invisible String. Mums and Dads feel the tug whenever kids give it; and kids feel the tug that comes right back: the Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach anyway? A book to help children cope with a fear of loneliness and separation.

**My Daddy’s Going Away**

Written by Lieutenant Colonel Christopher MacGregor and based on his own experiences of going away from home, this comforting book helps to explain why parents sometimes have to go away and shows ways to help children cope. With a foreword by HRH The Prince of Wales and in support of Combat Stress.

**Mummy’s Home**

Written by Lieutenant Colonel Christopher this book helps to explain why parents sometimes have to go away and shows ways to help children cope. A soothing read-aloud with lots to explore in the pictures.

**Mummy Goes to Work – Kes Gray**

My mummy goes to work but I know she still loves me and cares about me. How do I know? Because my mummy comes home from work and tells me she loves me SO MUCH! A delightful and contemporary book that will reassure parent and child alike that all is well when a parent goes to work.

**Owl Babies – Mark Waddell**

A gentle tale of three baby owls reassures young children that Mummy will always come home. Three baby owls wake up one night in their hole in a tree to find that their mother has gone. So, they sit on a branch and wait. Darkness gathers and the owls grow anxious, wondering when their mother will return. But, at last, she does and they bounce up and down with joy, welcoming her home.

**Sometimes: My Daddy’s Gone Away with Work** **– Clare Shaw**

**Sometimes: My Mummy’s Gone Away with Work – Clare Shaw**

A beautifully written book aimed at helping children who are experiencing a parent being away from home. It subtly deals with the conflicting emotions that can arise and offers ideas that could help. There is a Daddy and a Mummy version – the same story adapted.

**Billie Templar’s War – Ellie Irving**

Billie Templar desperately wants her dad to come home. He's a soldier and has been away for seven weeks, fighting for 'Queen and country' - but how can the two of them possibly defend their four-year record of winning the three-legged race at the school carnival if he's thousands of miles away? Then, when one of the other soldiers in Dad's regiment is seriously hurt, the stakes get even higher. Billie needs her dad home, sharpish. There's only one person who can help - Her Majesty. She's in charge of the army, right? She can send Dad home!

**Lily Hates Goodbyes – Jerilyn Marler**

Lily's daddy is deployed for about a billion days. She feels angry, sad, stubborn, and naughty. Her mummy helps Lily understand her emotions and cope with them in healthy ways. Lily finds ways to be happy despite the separating miles. She collects mementos in a box and adds stickers to a calendar to help count down the days to daddy's return. When the big day finally, finally arrives, she jumps joyfully into her daddy's arms. Lily loves hellos! (US spellings and uniforms)

**Daddy's Boots – Sandra Miller Linhart**

It's Boots’ task to take Daddy where he's needed, but it's Daddy's job to explain why. Daddy is a soldier. Boots are preparing to take him away. If Bean can hide Boots, will Daddy be able to stay? Daddy explains the many jobs he's called to do, and how his work isn't that much different than the work other daddies do. Being deployed is a fact of life for serving people. Sometimes it means leaving little ones behind wondering why. Daddy's Boots is a loving description of a few quiet moments between a father and his child, as Daddy prepares to deploy for his job with the military.

**Countdown 'Til Daddy Comes Home**

Countdown 'til Daddy Comes Home is the story of a young boy waiting for his daddy to come home from a trip. To make their separation easier, his family creates rituals to stay connected and make the countdown fly by. Inspired by her experiences, Kristin Ayyar shares how her family copes with the separations that are part of everyday life.

**My Father’s Shirt – Sally Huss**

Many children experience the loneliness created by military separation. The little boy in this story is such a child who describes his struggle with sadness when his father is deployed. But, he has a wise and creative father who knows how to turn his son’s unhappiness into an opportunity for growth, with the help of his favourite shirt. How does he do it? You’ll have to read the book to find out.

**My Dad's A Hero – Rebecca Christiansen**

A book to help young children understand deployment and the nature of serving fathers’ work. There is also a space at the beginning to put a picture of their military dad and a place at the end for the child's picture so that it can be personalised. (VERY US military).

**I Miss You: A Military Kid's Book About Deployment – Beth Andrews**

Based on many years of experience as a social worker, who has assisted military families experiencing stress, author Beth Andrews has created an excellent tool for allowing children and their loved ones to deal with the many emotions caused by deployment. The text and illustrations encourage children to discuss their feelings and to draw their own pictures to express themselves. The accompanying parents’ guide is designed to validate parents’ feelings and give them ways to help their children cope. (US military).

**When I Miss You – Cornelia Maude Spelman**

Young children often experience anxiety when they are separated from their mothers or fathers. This newest title in The Way I Feel series features a young guinea pig who expresses her distress when her mother and father go away.

**Books about feelings, including books that may help children with special needs**

**The Huge Bag of Worries – Virginia Ironside**

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? The Huge Bag of Worries was written by Virginia Ironside, one of Britain's leading agony aunts, and has sold 140k copies to date. A compelling picture book which can be used as a spring board into what worries children today.

**How are you Feeling Today? – Molly Potter**

This book provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out.

**Worries Go Away! – Kes Gray**

A comforting and compelling story about worries and self-esteem. When a little girl feels worried she goes into a world of her own. At first the world is full of cream cakes and cola but soon the worries begin to take hold...only her family and friends can help.

**I'm Worried (Your Feelings) – Brian Moses**

A picture book that helps young children with feelings of anxiety and worry they may feel in their early years. From feeling left out when playing with friends, taking a test, or speaking in a school assembly, to a stay in hospital or seeing other family members worry during anxious times, this book suggests ways that can help children put their worries into perspective. This book is part of the Your Feelings series, which examines feelings in an amusing but ultimately reassuring way. Each book contains notes for parents and teachers with suggestions of ways to help children deal with their emotions.

**No Matter What – Debi Gliori**

A little fox is in a big bad mood, and is worried that its mother won't love it forever. The clever and resourceful mother proves to her child that a parent's love is limitless - no matter what! In this reassuring and warm picture book, Debi Gliori manages to treat the familiar subject of childhood worries in a very fresh, original and inventive way.

**Leon and Bob – Simon James**

Bob is Leon's best friend. He shares Leon's room. Everywhere Leon goes, Bob goes too. Then one day a boy moves in next door. But when Leon goes to ask his new neighbour to go to the park with him, he discovers Bob has gone...

**The Lion Inside – Rachel Bright**

A feel-good rhyming story about one little mouse trying to make himself heard and discovering along the way that even the smallest of us has the heart of a lion.

**Have You Filled a Bucket Today? – Carol McCloud**

This heart-warming book has become a classic, selling over a million copies, and is listed as one of the top children's books that encourage kindness towards others. It encourages positive behaviour by using the concrete concept of an 'invisible bucket' that holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings. This book focuses on how our social interactions positively or negatively affect others.

**What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety (What-to-Do Guides for Kids) – Clare Freeland**

What To Do When You Feel Too Shy is meant to help kids with social phobias and anxiety using an approach based on cognitive behavioural principles. Through a variety of examples, activities and step-by-step instructions, children can learn how to speak up, participate, and expand their comfort zones. Includes a 'Note to Parents and Caregivers'. Ages 6-12.

**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids) – Dawn Huebner**

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.

**What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger (What-to-Do Guides for Kids) – Dawn Huebner**

This book guides children and their parents through the cognitive-behavioural techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of ""anger dousing"" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

**What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep (What-to-Do Guides for Kids) – Dawn Huebner**

Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and are convinced that nothing short of magic will make night-time easier, this book is for you. “What to Do When You Dread Your Bed” guides children and their parents through the cognitive-behavioural techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights.

**The Red Beast: Controlling Anger in Children with Asperger's Syndrome (K.I. Al-Ghani children's colour story books) - Kay Al-Ghani**

Deep inside everyone, a red beast lies sleeping. When it is asleep, the red beast is quite small, but when it wakes up, it begins to grow and grow. This is the story of a red beast that was awakened. Rufus is in the school playground when his friend John kicks a ball that hit him in the stomach, and wakes up the sleeping red beast: `I hate you - I'm gonna get you!'. The red beast doesn't hear the teacher asking if he's okay. It doesn't see that John is sorry - how can Rufus tame the red beast? This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.

**The Disappointment Dragon: Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome) – Kay Al-Ghani**

The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. He visits Bobby when he is not picked for the school football team, he also finds Lucinda when she has to miss an exciting school trip because she has the Chicken Pox. He even tries to take the whole of Class Three down to the Valley of Despair when their favourite teacher moves away. Will the Dragon of Hope be able to chase away the Disappointment Dragon and help them see things more positively? The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.

**Dude, I’m an Aspie – Matt Friedman**

A book to help explain your child's Asperger's traits to others in a way that's clear, positive and fun. Written by an author with autism, cartoons are used to explain the condition.

**A Handful of Quiet: Happiness in Four Pebbles - Thich Nhat Hanh**

Pebble meditation is a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature. Practising pebble meditation can help relieve stress, increase concentration, nourish gratitude, and can help children deal with difficult emotions. A Handful of Quiet is a concrete activity that parents and educators can introduce to children in school settings, in their local communities or at home. Any adult wishing to plant seeds of peace, relaxation, and awareness in children will find this unique meditation guide helpful. Children can also enjoy doing pebble meditation on their own.

**Books for Bedtimes**

**Stormy Weather – Debi Gliori**

A wonderful lullaby picture book, populated with a rich cast of animals, from rabbits and bears, to owls and seals, as every parent and child prepares for a safe night's sleep. The text takes a ride through a night-time of possibilities as stormy weather assails the characters. Each fearful moment is calmly laid aside with warm cuddles and reassurance. Combining soothing text that gently addresses bedtime fears with adorable artwork.

**Tell Me Something Happy Before I Go To Sleep – Debi Glori**

Little bunny Willa is scared to go to sleep, just in case she has a bad dream. She asks her older brother Willoughby for help. Wise Willoughby knows that she just needs to think of all happy things that will be waiting for her in the morning. A beautiful text, illustrated in an adorable style, this book has won widespread critical acclaim.

**I Wish You More – Amy Krouse Rosenthal**

In what is essentially a string of secular blessings, an unseen parent/caretaker expresses their hopes for a child's future. Rhymes, wordplay, and relatable metaphors, with an upbeat and hopeful tone. "I wish you more ups than downs,", as two children race across a windswept green field, a tiny red kite trailing overhead. "I wish you more will than hill," depicts a boy sweating under the exertion of toting a to-be-planted sapling uphill, and "I wish you more can than knot," is represented by a girl's dog staring intently as she attempts to tie her shoes. "I wish all of this for you, because you are everything I could wish for... and more." Ages 5–8.

**Books for children about loss through bereavement**

**Up In Heaven – Emma Chichester Clark**

Elderly Daisy the dog can't keep up with Arthur any more, and then one day she wakes up to find herself in heaven! How marvellous - now she no longer feels tired or ill, and she can run as fast as she used to! But she worries about Arthur because he is so miserable, and so she sends him dreams to show him where she is, and how happy she is now. One of the questions children regularly ask is: 'Do dogs go to heaven?' This unusual book provides the dog's answer.

**Badger’s Parting Gifts – Susan Varley**

Badger is so old that he knows he will soon die. He tries to prepare his friends for this event, but when he does die, they are still grief-stricken. Gradually they come to terms with their grief by remembering all the practical things Badger taught them, and so Badger lives on in his friends' memories of him.

**Always and Forever – Debi Gliori**

When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.

**The Heart and the Bottle – Oliver Jeffers**

Award-winning picture book star Oliver Jeffers explores themes of love and loss in this life-affirming and uplifting tale. Once there was a girl whose life was filled with wonder at the world around her. Then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back? In this deeply moving story, Oliver Jeffers deals with the weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.

**Books for teenagers**

**Fighting Invisible Tigers: Stress Management for Teens – Earl Hipp**

Stress is something we all experience, but research suggests that adolescents are affected in unique ways that can lead to increases in impulsive and risky behaviour. While eliminating stress completely isn't realistic, young people can learn to control how they respond to it. "Fighting Invisible Tigers" offers proven techniques that teens can use to deal with stressful situations in any environment - in school, at home, even among friends. It also includes fully up-to-date information on how stress affects health and decision making, as well as the latest stress management skills. Filled with interesting facts, real life stories, and fun activities, this is a great resource for teens everywhere.

**Stuff that sucks - Ben Sedley**

Each of us has thoughts that are painful at times; sometimes the pain is sadness, sometimes worry or anger or shame or grief or some feeling that you don't even have words for. If you are a young person struggling with your emotions, you do not want to be told that 'everyone feels like that' or that 'you will grow out of it'. You want to feel that your emotions are valid and that the person offering help truly understands how painful life can feel at times. With a strong emphasis on validation and compassion, Stuff That Sucks encourages you to accept your emotions rather than struggling against them. It also shows how to reconnect with what is really important to you, giving you the tools to help clarify your personal values and take steps towards living a life where those values can guide you in your day-to-day behaviour. Helpful for adults too if looking for a way to talk with a young person about difficult feelings.

**Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (An Instant Help Book for Teens) – Joseph Ciarrochi**

Hundreds of thousands of people have read Get Out of Your Mind and Into Your Life to identify the things that are most important to them and give focus and direction to their lives. Get Out of Your Mind and Into Your Life for Teens finally brings these essential skills to teen readers, presenting a comprehensive acceptance and commitment therapy (ACT), positive psychology, and emotional intelligence plan for moving past depression, anxiety, unhealthy behaviours, and simple self-doubt. This engaging book follows the journey of the characters Jess and Sam as they learn to control their impulses and focus on becoming the captains of their own ship. Readers come to see their dreams clearly and take steps to make them happen, even though these actions may risk criticism from others and cause them to feel temporarily embarrassed or afraid. By learning that feelings do not need to be translated into actions, teens learn to see their lives in the long term and gain self-control and emotion regulation skills that will serve them well as they move into adulthood.

**Mind Your Head – Juno Dawson and Dr Olivia Hewett**

From the critically acclaimed author of THIS BOOK IS GAY, James Dawson, now writing as Juno Dawson. We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health. Juno Dawson leads the way with this frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them. With real-life stories from young people around the world and witty illustrations from Gemma Correll.

**Books for adults**

**Quiet the Mind** **– Matthew Johnstone**

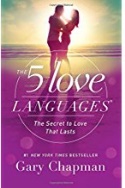
In a world where finding even ten minutes to 'do nothing', the benefits of meditation can be profound. This beautifully illustrated guide is an inspiring and practical book, with humorous and insightful pictures and text, and a complete absence of ‘woo woo’.

**The Little Book of Resilience – Matthew Johnstone**

The Little Book of Resilience is about how we can fortify our lives mentally, emotionally and physically. It is not about what happens when we get knocked down but more about what happens when we get up again. It is a book about what resilience is and how we grow and maintain it. Johnstone’s illustrations are witty and insightful – a lovely book for someone working through tough times.

**Mindfulness: A practical guide to finding peace in a frantic world – Mark Williams**

Based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day. MBCT has been clinically proven to be effective for preventing recurring episodes of depression and it is recommended by the UK's National Institute of Clinical Excellence. It also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. Contains a CD of meditations in a plastic wallet inside the back cover. MBCT isn’t suitable for people who are in the grip of a drug or alcohol dependency, who are recently bereaved, or during an episode of severe depression. These people should be signposted to appropriate professional support.

**The 5 Love Languages – Gary Chapman**

This sounds and looks cheesy but is actually a very helpful book which comes in a variety of editions for couples, families and teenagers. It is based on the idea that people express and understand emotional love in different ways – so that, for example, one person might express their love through doing helpful jobs around the house, whereas their partner might actually want their quality time and attention to feel loved. A useful, no-blame, practical guide to help people give and receive love in ways that ‘hit the spot’ for partners and family members.

**Books about parenting skills with younger children – particularly useful when parents are absent from home and want to develop a more consistent approach to parenting, or for grandparents and other carers may be involved in childcare.**

**Commando Dad – Neil Sinclair**

As used by Prince William himself, here's the basic training manual for fatherhood recruits!

Attention! In your hand is an indispensable training manual for new recruits to fatherhood. Written by ex-Commando and dad of three, Neil Sinclair, this manual will teach you, in no-nonsense terms, how to: • Survive the first 24 hours • Prepare and Plan to Prevent Poor Parental Performance • Maintain morale in the ranks • Feed, clothe, transport and entertain your troops • Transport the troops successfully on manoeuvres • Increase your flash to bang’ time and ‘square away’ tasks along the way. And much, much more. Let Training Commence.

**How To Talk So Little Kids Will Listen: A Survival Guide to Life with Children Ages 2-7 – Joanna Faber and Julie King**

The all-new content in this book deals with struggles familiar to every parent, relative, teacher and childminder. How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. This book will help readers do just that. Organized according to everyday challenges and conflicts, and including real-life examples and the series' trademark cartoons, this book is a survival manual of communication tools, including a chapter that addresses the special needs of children with sensory processing or autism spectrum disorders.

**How To Talks so Kids will Listen and Listen so Kids will Talk – Adele Faber and Elaine Mazlish**

A practical guide to making family life less stressful and more rewarding. Effective step by step techniques to improve and enrich relationships with children, including: breaking patterns of arguments; coping with negative feelings; engaging children’s cooperation; setting clear limits and maintaining goodwill; expressing your emotions without being hurtful; and resolving conflicts peacefully.

**Books about parenting teenagers and improving communication – useful for parents/carers wanting to ‘get on the same page’ with their approach and to understand better the concerns facing their teenagers**

**Get Out of My Life…but First take Me and Alex into Town – Tony Wolfe and Suzanne Franks**

Witty, enjoyable and genuinely insightful, Get Out of My Life is now updated with how to deal with everything from social media to online threats and porn, as well as looking at all the difficult issues of bringing up teenagers, school, sex, drugs and more. But it's the title of the second chapter, 'What They Do and Why' that best captures the book's spirit and technique, explaining how to translate teenage behaviour into its true, often less complicated meaning. One key mistake, for instance, is getting in no-win conflicts instead of having the wisdom to shut up when shutting up would be the most effective, albeit least satisfying, thing to do. Another is taking offence when the teenager views you, the adult, as idiotic. And there's advice on what to do when this happens. The message is clear: parenting adolescents is inherently difficult. Don't judge yourself too harshly!

**How to Talk so Teens Will Listen & Listen so Teens Will Talk - Adele Faber and Elaine Mazlish**

From the widely-acclaimed HOW TO TALK series, discover the tools to combat the often-stormy years of adolescence.

Packed with practical, accessible advice and guidelines, both parents and teens will learn how to: engage cooperation; take appropriate action; avoid lectures; express your feelings and understand each other; work out solutions together.

**Blame my Brain: The Amazing Teenage Brain Revealed – Nicola Morgan**

Interesting reading for parents and teenagers – accessibly written for both – that explains the science behind teenage behaviour. Can help with understanding behaviours that tend to press adult buttons and includes tests and quizzes that can be used to improve communication.

**Raising Children in a Digital Age – Bex Lewis**

Twitter, Facebook, blogging, chat rooms, email, the internet and beyond - for most parents, teachers and youth workers, getting to grips with new technology is a bit of a challenge. But keeping children safe is a much bigger one. As technology changes, and young people grasp it faster than the older generations do, it can be a real struggle to know what to do to help, equip and defend. Dr Bex Lewis is an expert in new technology. She knows how it works, what to do and where to go for the latest information. It is rarely possible to keep young people away from new technology, nor is it wise. This book will enable parents, teachers and youth workers to give young people the equipment they need to get the best out of new technology and to avoid the dangers.

**It’s Complicated: The Social Lives of Networked Teens – Danah Boyd**

Written by the Principal Researcher at Microsoft Research (and therefore based on US research), and helpful reading for anyone who wants to understand young people's use of social media. What is new about how teenagers communicate through services such as Facebook, Twitter, and Instagram? Do social media affect the quality of teens' lives? Boyd uncovers some of the major myths regarding teens' use of social media. She explores tropes about identity, privacy, safety, danger, and bullying.

**The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age - Catherine Steiner-Adair**

Clinical psychologist Catherine Steiner-Adair takes an in-depth look at how the Internet and the digital revolution are profoundly changing childhood and family dynamics. She offers insights and advice that can help parents to achieve greater understanding, authority and confidence to successfully shepherd their children through the tech revolution unfolding in homes.

**The Drug Conversation: How to Talk to your Child about Drugs – Dr Owen Bowden-Jones**

'Should I drug test my child?' 'I've just found drugs in their room, what do I do now?' The Drug Conversation is a guide for parents about how to raise the thorny issue of drugs with their children. It will help you begin a useful conversation about drugs with your child. This book provides information on the different types of drugs available, their attractions and harms, how they work in the brain, and who uses them and why. It covers issues such as how to detect drug use, drug testing, synthetic drugs (legal highs), accessing help, effective treatments and what to expect from professional medical services. The Drug Conversation also gives practical advice on how to prepare for and have a conversation about drugs with your child including examples of actual conversations between parents and children. Case studies from the author’s own clinical practice are used to illustrate the main points.