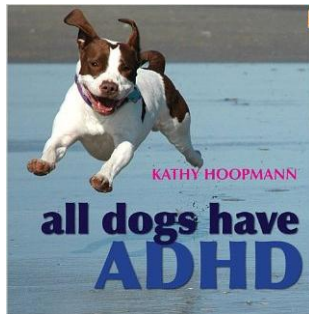


# Carers Bromley's Child Friendly Library

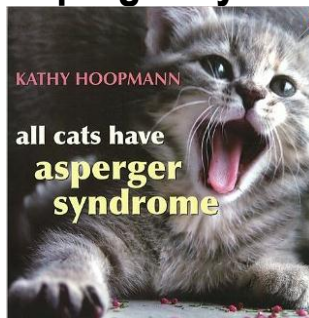
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## ADHD



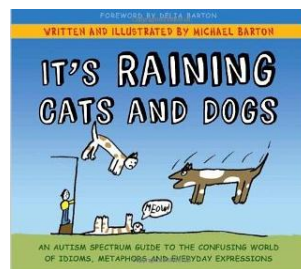
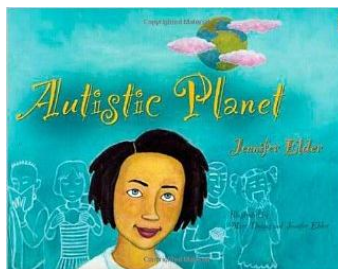
- All dogs have ADHD, by Kathy Hoopmann,
- Living with ADHD, resource items, Stop and Think, Teenagers with ADHD

## Asperger Syndrome



- All cats have Asperger syndrome, by Kathy Hoopmann

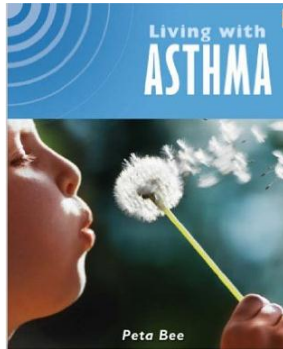
## Autism



- Autistic Planet, by Jennifer Elder
- It's raining cats and dogs, by Michael Barton
- "If I tell them how I feel, then they'll understand", Adults with autism in their own words. by The National Autistic Society

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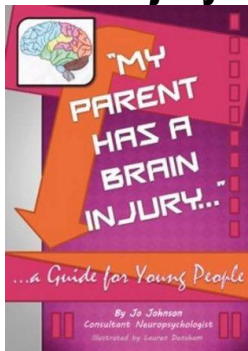
## Asthma



- Living with Asthma, by Peta Bee

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## Brain Injury



- 'My parent has a brain injury, by Jo Johnson

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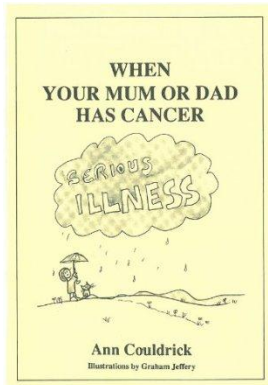
## Bereavement



- Teenage grief
- Helping children when someone close dies
- Questions, children may want to ask when someone close to them has died by Marie Curie

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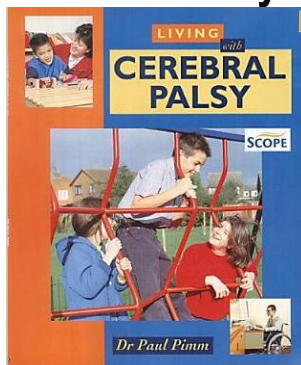
## Cancer



- When your Mum or Dad has Cancer, by Ann Couldrick
- Talking to children when someone close is very ill, by Marie Curie

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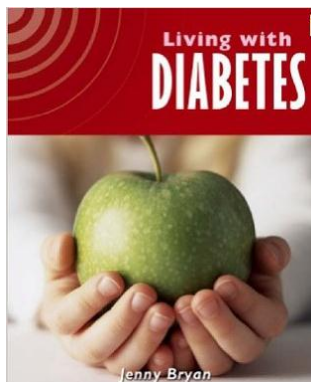
## Cerebral Palsy



- Living with Cerebral Palsy, by Dr Paul Pimm

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## Diabetes



- Living with Diabetes, by Jenny Bryan
-

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## Parkinson's disease



- My Mum has Parkinson's, by Virginia Ironside
- My Gran has Parkinson's, by Virginia Ironside
- My Grandad has Parkinson's, by Virginia Ironside
- Grandma has Parkinson's Disease, by Patricia Reading

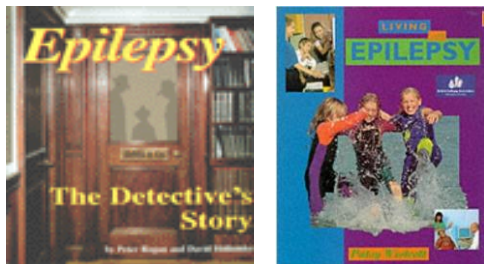
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## Multiple sclerosis

- My Mum's got MS, by Penny Sayer and Carolyn Young

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## Epilepsy



- Epilepsy, The Detective's Story, by Peter Rogan and David Hollomby
- Living with Epilepsy, by Patsy Westcott

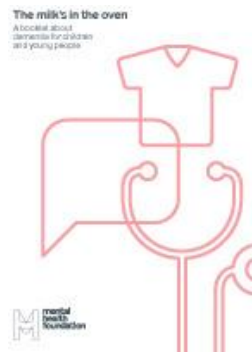
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## Motor Neurone Disease

- When someone special has Motor Neurone Disease, for 6 – 12 years
  - When your parent has Motor Neurone Disease, for teenagers  
By the Motor Neuron Disease Association
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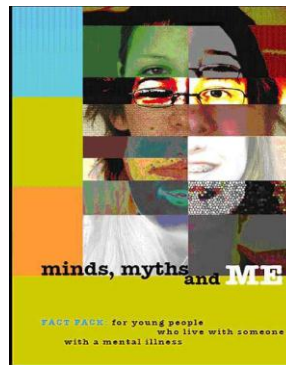
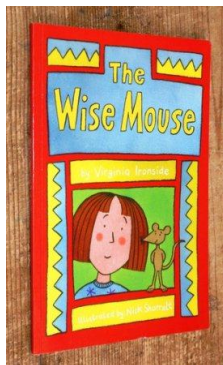
## Dementia



- **The milk's in the oven - A booklet about dementia for children and young people. by Mental Health Foundation**

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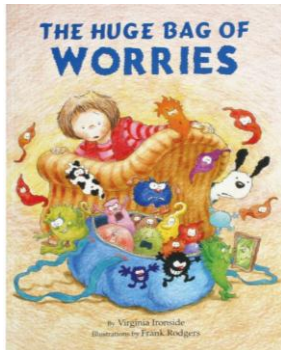
## Mental Health



- **The Wise Mouse, by Virginia Ironside**
- **The Flying Dream, by Samantha Tidy**
- **Minds, myths, and me**  
**Fact pack: for young people who live with someone with a mental illness**  
**By Gloucester Young Carers**
- **Information for children and young people who have parents or family members with a mental illness**  
**By Oxleas NHS Foundation Trust.**
- **My Care, caring for a parent with a mental health problem**  
**By Mental Health Foundation**

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## Emotional well-being



- The Huge Bag of Worries, by Virginia Ironside
- Stress; Tackling it with teenagers, by Adrienne Katz
- Hope and the Bullies the girl who draw the line at bullying, by Louise Alexander

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## Young Minds Booklets



- Mental illness in your family?
- Do you ever feel depressed?
- Want to know more about psychosis?
- Worried about eating problems and disorders?
- Feeling angry?
- Worried about self injury?
- In school, stay cool
- Entering Adulthood

Top tips for staying emotionally healthy – small card

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## Caring Role

- Caring around the clock