



## Children's Books for Special Needs

# Growing Up



**Barnardos**  
Children, their rights  
and their needs



As children grow up, they may encounter situations that can pose problems for them. Fingal County Libraries, in association with Barnardos, have compiled a series of eight booklists which can help explain some of these situations. They include:

- Adoption & Fostering
- Bullying
- Death & Bereavement
- Disability
- Family Life
- First Experiences
- Growing Up (emotional and physical) and
- Health

Books can be very valuable in helping children begin to understand problems and fears. Furthermore, books can enable them to express themselves and provide the comfort of knowing that they're not alone, as well as supplying suggestions for ways of resolving the problem. The book should however, be followed up with the child to ensure s/he gets the most from it.

These lists are not intended to be comprehensive, but rather are selective guides to the best of children's books published on these topics in recent years. All of the titles listed are currently in print and should be available in public libraries and bookshops. The age ranges indicated are approximate. We hope you find them useful.

**Aideen Griffin**

*Librarian*

Fingal County Libraries

## Growing Up

Growing up is about important things like princesses and goblins. It's about best friends that you have ferocious fights with and making up and being inseparable all over again. It's about being afraid of the dark but wanting to camp out in the garden. It's about all those 'life and death' issues with questions needing specific answers like "Where do babies come from?" and "How did they know how to get here?" Environmental dilemmas pondering "Where does the moon go in the morning?" need explanation while seemingly unanswerable questions like "Why do grannies have hair on their chin?" test our creativity.

Growing up is a time when children are like sponges, soaking up information through all their senses. It's happening so fast that sometimes they don't have the language to question things that puzzle them and even if they have the language, the amount they are experiencing is so vast that they haven't time to even formulate questions.

But all the time they have fears and hopes and dreams and loves and hates all mixed up together. They sometimes cry when we think they should be happy and they scream when we think they should be calm, and sometimes they even feel lonely or frightened when they are surrounded by people who love them.

Often they don't have words for these feelings, so they feel their emotions in their 'tummies' or in their 'heads'. So when they complain of having a 'sore tummy' or say things like "I've a pain in my mind", perhaps it's not a physical pain but instead the place where they feel their feelings and want reassurance that things are going to be OK.

That is why the books contained here are so wonderful for children. The stories help them to identify some of the feelings and in so doing put words on what they are experiencing, thus helping them to recognise the mixture of everything we adults call 'growing up'.

I hope your child enjoys the books as much as you will!

**Catherine Carty**

*National Co-ordinator*

Irish Association of Young People in Care

## **The Bear Under the Stairs**

**Helen Cooper**

*Corgi 0385402104 h/b, 0552527068 p/b 1994 Ages 5-8*

William is afraid of bears and thinks there is one living under the stairs. A reassuring story about childhood fears.

## **Be Smart, Stay Safe**

**Michele Elliott**

*Macmillan 0330351842 p/b 1997 Ages 8-11*

A collection of stories which will help children decide what to do if confronted with situations including bullying, upsetting phone-calls and uncomfortable touching. A useful book for home or school.

## **Body Changes**

**Jillian Powell**

*Wayland 'Face the Facts' Series 0750217588 h/b, 0750221917 p/b 1997 Ages 11-14*

A simple, matter-of-fact guide to puberty which discusses the changes which take place in males and females.

## **Boys Behaving Badly**

**Jeremy Daldry**

*Piccadilly 185340456X h/b, 1853404519 p/b 1997 Ages 13-15*

An amusing, comprehensive guide to adolescence for teenage boys covering topics ranging from girls to emotions, peer pressure and drugs.

## Coping With Love

**Peter Corey**

*Scholastic 0590134469 p/b 1997 Ages 12-15*

A light-hearted look at love for teenagers.

## Don't Be Afraid, Little Foal

**Caroline Pitcher and Jane Chapman**

*Magi 1854304550 h/b 1998, 1854304445 p/b 1998 Ages 3-7*

The little foal is afraid of everything and can't imagine being without his mother. She reassures him that as he grows up, he will manage without her and become independent.

## A Duck So Small

**A.H. Benjamin and Elisabeth Holstien**

*Magi 1854304585 h/b 1998, 1854304593 p/b 1999 Ages 3-7*

All the other ducks say that Duffle is useless because he is small, but he sets out to prove them wrong.

**Feeling Angry** 0749635649 p/b 1999

**Feeling Jealous** 0749635657 p/b 1999

**Feeling Shy** 0749625996 h/b 1997, 0749635673 p/b 1999

**Feeling Worried** 0749625988 h/b 1997, 0749635665 p/b 1999

**Sally Hewitt**

*Watts Ages 6-9*

A series of stories about situations which can provoke certain feelings in children. Guidance notes for adults are included.

## **Frog is Frightened**

**Max Velthuis**

*Anderson 0862645174 h/b 1994, 0862647142 p/b 1996 Ages 4-7*

Frog hears strange noises in the night and fears the worst until Hare reassures him. One in a series of titles about Frog and his friends.

## **Girlfacts/Boyfacts**

**Aidan Herron (Editor)**

*Poolbeg 1853715042 1995 p/b Ages 11-14*

A comprehensive, light-hearted guide to puberty for boys and girls.

## **How Are Babies Made?**

**Alastair Smith**

*Usborne 'Flip Flaps' Series 0746025033 h/b, 0746025025 p/b 1997 Ages 7-9*

A brightly illustrated book which focuses on the growth of the baby inside the womb.

## **How Did I Begin?**

**Mick Manning and Brita Granstrom**

*Watts 0749624213 h/b 1997, 074963409X p/b 1999 Ages 4-8*

A picture book for sharing which answers many of the questions young children ask about the facts of life.

- I Don't Care: Learning About Respect** 0750220937 h/b, 0750221364 p/b 1997  
**Excuse Me: Learning About Politeness** 0750220945 h/b, 0750221380 p/b 1997  
**It Wasn't Me!: Learning About Honesty** 0750220929 h/b, 0750221356 p/b 1997  
**I'll Do It!: Taking Responsibility** 0750220953 h/b, 0750221372 p/b 1997

## **Brian Moses**

Illustrated by Mike Gordon

*Wayland 'Values' Series 1997 Ages 5-7*

A series of books for younger children which tackle basic values in a simple and humorous way.

## **I'm Falling to Bits!**

### **Tedd Arnold**

*MacDonald 0750024801 h/b, 075002481X p/b 1998 Ages 5-7*

A little boy notices some of his hair coming out when he combs it, then one of his teeth is loose - he's afraid his body is falling apart! A funny, reassuring picture book for any child worried about their body.

## **I Want To Be**

### **Tony Ross**

*Anderson 086264447X h/b 1993, Collins 0006643574 p/b 1994 Ages 3-7*

A funny picture book about a little princess who decides that it's time to grow up but isn't sure how.

## **The Last Noo-Noo**

### **Jill Murphy**

*Walker 0744532280 h/b, 0744552982 p/b 1997 Ages 1-5*

A humorous picture book about a monster who doesn't want to give up his soother.

## Let's Talk About Where Babies Come From

**Robie H. Harris**

Illustrated by Michael Emberley

*Walker 0744540844 h/b 1999 Ages 8-12*

A brightly illustrated, accessible book which tackles every aspect of sex education from chromosomes to keeping safe.

## Loneliness and Making Friends

**Sarah Levete**

*Watts 'How Do I Feel About' Series 0749624922 h/b 1996, 0749636270 p/b 1999*

*Ages 6-9*

Four children discuss loneliness and different aspects of friendship, including why friends are important, making friends and working at friendship.

## Looking After Myself

**Sarah Levete**

*Watts 'How Do I Feel About' Series 0749624588 h/b 1996, 0749636262 p/b 1999*

*Ages 6-9*

Four children discuss personal safety from hygiene to dealing with strangers.

## Mummy Laid an Egg!

**Babette Cole**

*Cape 0224036549 h/b 1993, Red Fox 0099299119 p/b 1995 Ages 6-9*

A humorous, frank look at the facts of life with a twist – the children explain it to their parents using their own drawings.

## **My Amazing Journey: A First Look at Where Babies Come From**

**Pat Thomas**

*MacDonald 0750025735 h/b, 0750025743 p/b 1998 Ages 4-8*

A simple, straight-forward look at the facts of life from conception through birth. Includes a helpful page of advice on how to use the book with a child.

## **Nearly But Not Quite**

**Paul Rogers and John Prater**

*Red Fox 0099714213 p/b 1999 Ages 3-7*

Simon's mum tells him to be a big boy when he goes to play with Harriet and James. But he feels quite small...A story about becoming independent.

## **Oscar Needs A Friend**

**Joan Stimson**

*Scholastic 0590543318 h/b 1998, 0590113267 p/b 2000 Ages 4-7*

Oscar the bear wants to make friends with Ollie, a new bear on the mountain. However, Ollie doesn't seem too keen. A gentle story about give and take in friendship.

## **Periods**

**Charlotte Owen**

*Hodder 'Wise Guides' Series 0340636041 p/b 1995 Ages 11-14*

A matter-of-fact, reassuring guide for girls expecting their first period.

## Useful Addresses

### **Childline**

20 Molesworth Street  
Dublin 2  
**Tel:** 1800 666666

18 St Patricks Hill  
Cork  
**Tel:** (021) 552100  
**Fax:** (021) 552120  
**E-mail:** ncrcc@cork.barnardos.ie

### **Children at Risk in Ireland Foundation (CARI)**

110 Lower Drumcondra Road  
Dublin 9  
**Tel:** (01) 8308529  
**Fax:** (01) 8306309

### **Steps Youth Advice and Counselling Service**

<i>Clonmel</i>	<b>Tel:</b> (052) 27711
<i>Cork</i>	<b>Tel:</b> (021) 318600
<i>Dublin</i>	<b>Tel:</b> (01) 6707690
<i>Limerick</i>	<b>Tel:</b> (061) 400088
<i>Sligo</i>	<b>Tel:</b> (071) 46822
<i>Tralee</i>	<b>Tel:</b> (066) 20078
<i>Wexford</i>	<b>Tel:</b> (053) 23864

### **National Children's Resource Centre**

Barnardos  
Christchurch Square  
Dublin 8  
**Tel:** (01) 4549699  
**Fax:** (01) 4530300  
**E-mail:** info@barnardos.ie  
**Website:** www.barnardos.ie

10 Sarsfield St  
Limerick  
**Tel:** (061) 208680  
**Fax:** (061) 440214  
**E-mail:** ncrcc@midwest.barnardos.ie

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