

BOOKS WORTH NOTICING: APRIL

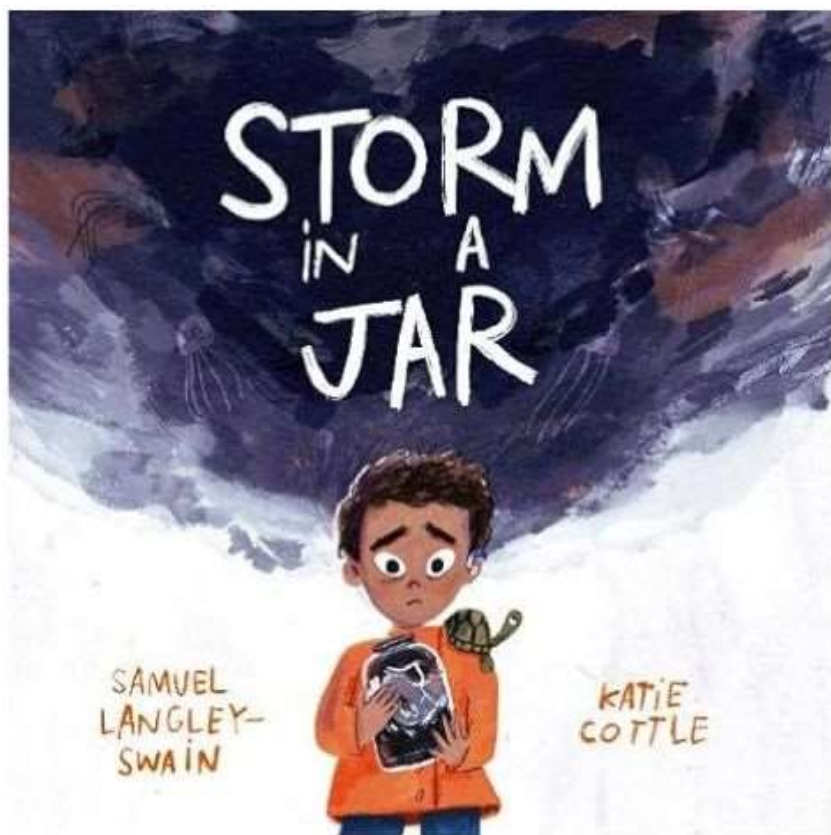
This month features a range of picture books with a mental health theme. Enjoy.

WHEN THE SUN GOES HOME BY MOMOKO ABE

This book broke my heart!

The poor sun tries and tries to be perfect but realises he doesn't need to be and that sometimes people need rain as much as they need the sun. A heartwarming story about responsibility. Great for those of us who cannot go.

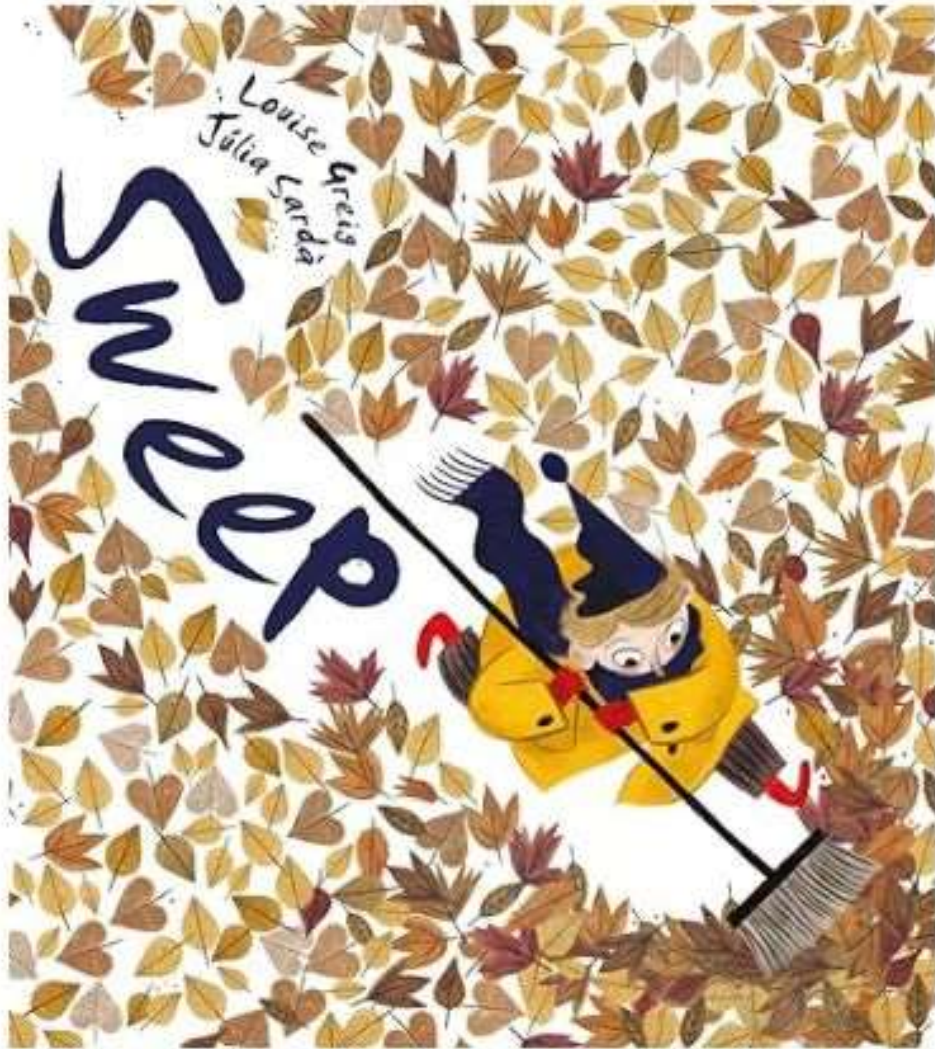




Storm in a jar

Arlo visited Nana every Sunday, and she would always have new sweets waiting for him inside a special jar. So when Arlo finds out Nana has passed away, he keeps the jar with him to feel safe and closer to his Nana. But as his sadness turns to anger, a storm builds inside the jar, until Arlo has enough – and smashes it open! What will happen when the storm rushes out?

A story that encourages children to talk about bereavement and anger, and explore ways to manage, embrace, and safely release them. It also includes a science experiment, and a guide to make a 'glitter jar' to help with anger.



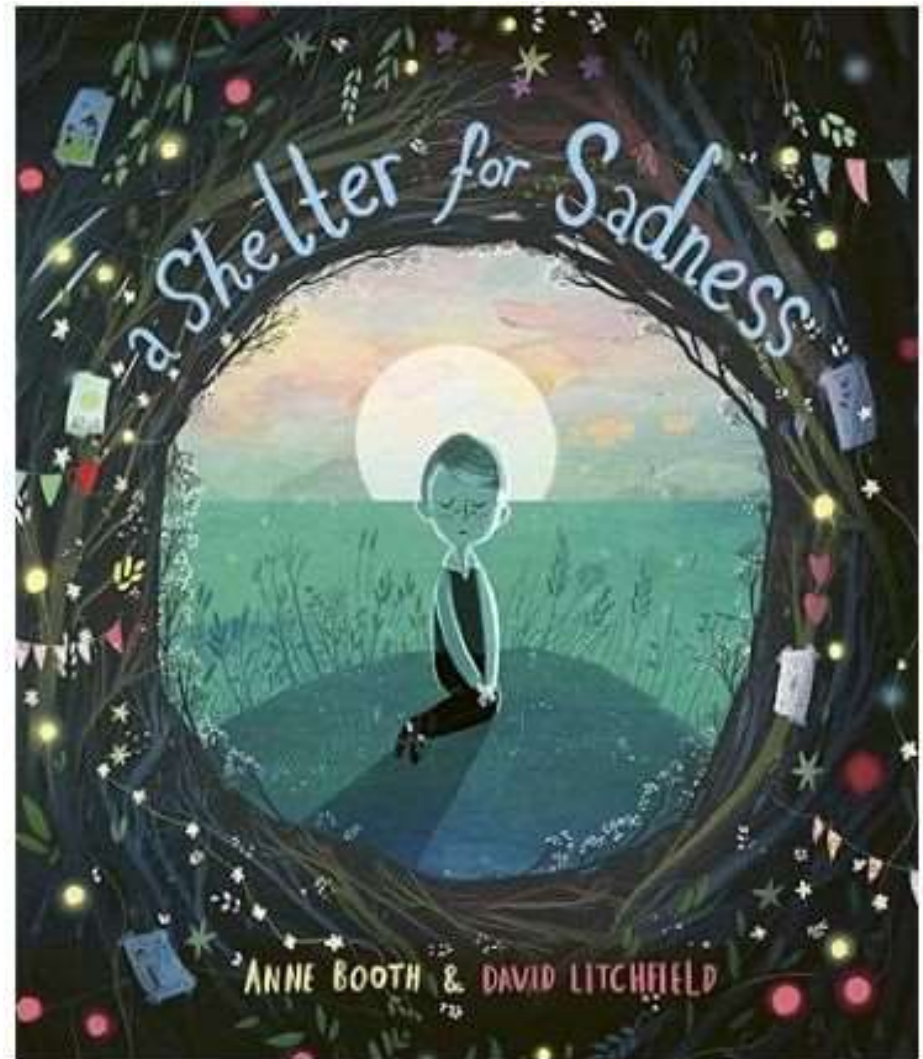
An uplifting story about confronting big emotions.

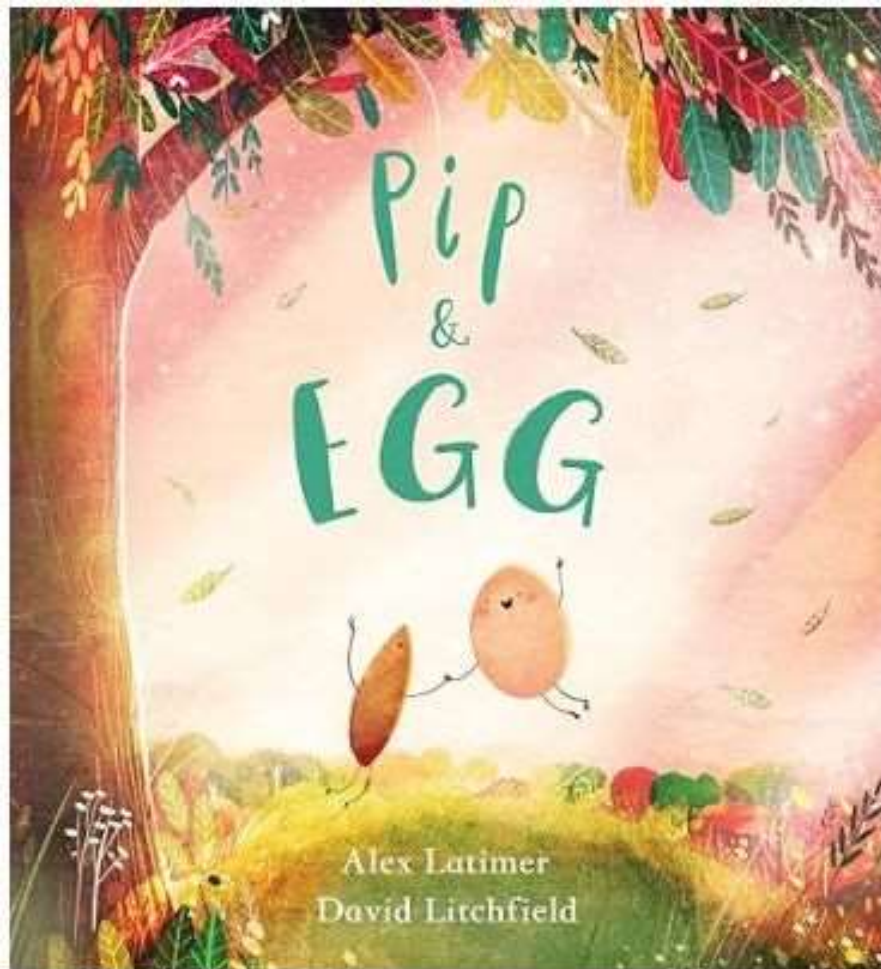
Ed's bad mood begins as something really small, hardly a thing at all. But before long it grows, gathers pace, and spreads through the whole town. Can Ed sweep his troubles away?

A small boy creates a shelter for his sadness, a safe space where Sadness is welcome, where it can curl up small, or be as big as it can be, where it can be noisy or quiet, or anything in between. The boy can visit the shelter whenever he needs to, every day, sometimes every hour, and the two of them will cry and talk or just sit, saying nothing.

And the boy knows that one day Sadness may come out of the shelter, and together they will look out at the world, and see how beautiful it is.

A poignant and heart-warming picture book exploring the importance of making space and time for our own griefs, small or large, sensitively visualized with David Litchfield's stunning illustration.





One bright afternoon, Pip met Egg.

Pip is a seed from a glorious tree, and Egg is a bird's egg from a nearby nest. When Pip and Egg first meet, they are almost the same size and shape - like **two peas in a pod**.

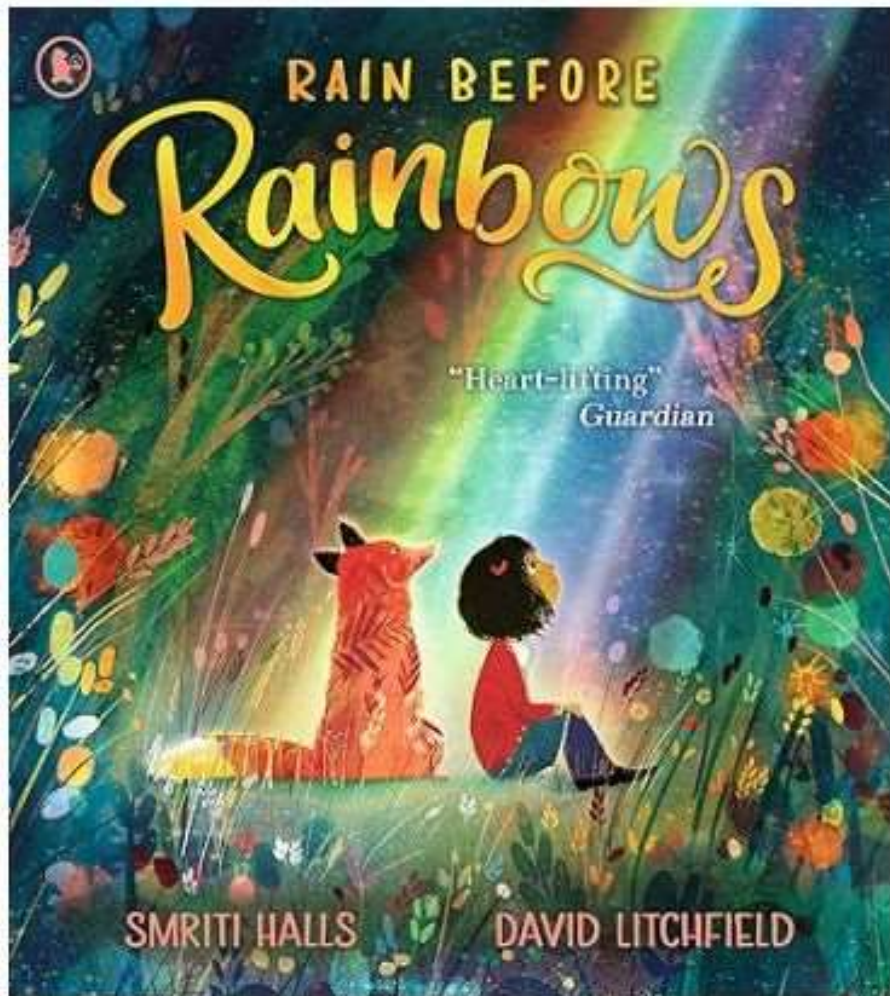
But as their friendship grows, so do they - for Pip this means **growing roots**, but for Egg?

Well, Egg grows **wings**, and she can't wait to use them. Though Pip wishes he can follow Egg on her adventures, his roots are strong.

So he watches his friend fly away.

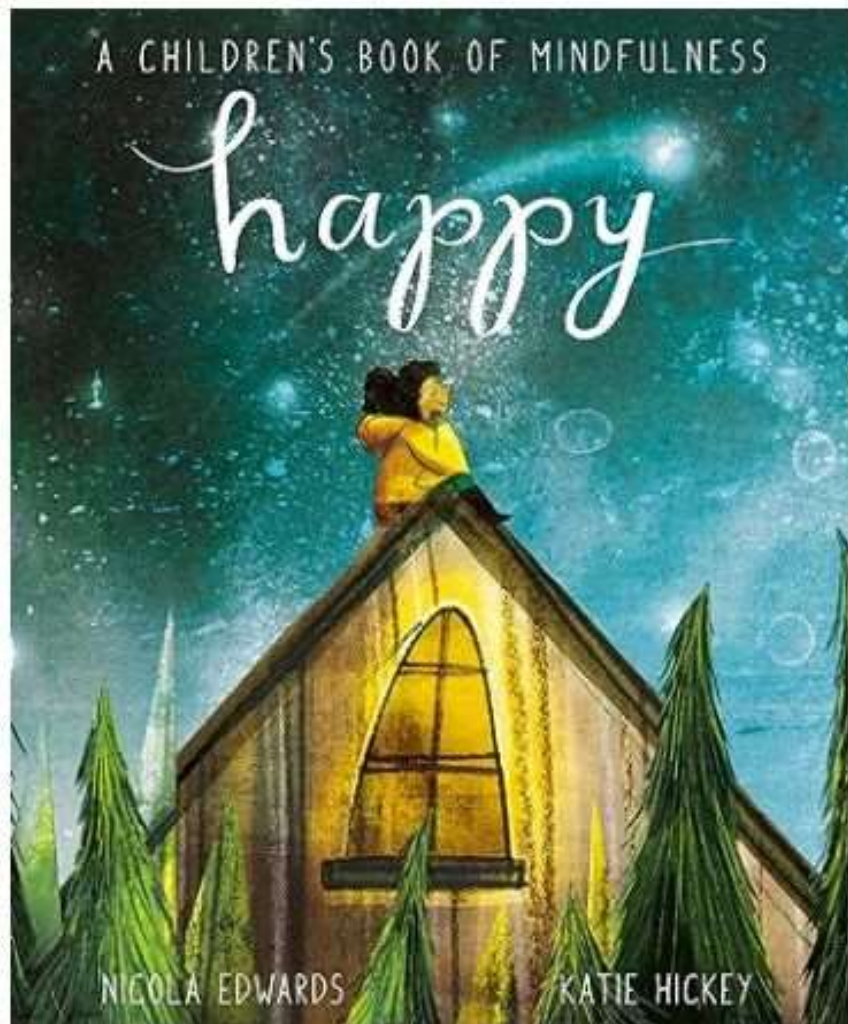
But **true friends** always find their way back to one another, and there are no truer friends than **Pip and Egg**.

And if there's one thing they learn, it's that **the circle of life will always lead them back to each other**.



A girl and her companion fox travel together from a place of loss and despair, through uncertain times, towards the hope of colour, light and life. Along the way, they find friends to guide and support them. Together, they build a glorious future and discover there is a way out of the darkness, into the light of the rainbow. A book with immense hope at its heart, this is a positive message for anyone who's ever gone through a tough time.

Another beautifully illustrated book by David Litchfield (a favourite of mine).



The perfect soothing read for quiet time, *Happy* gently encourages young readers to explore their emotions and the beautiful world around them, with stunning illustrations and thought-provoking rhymes on every page.

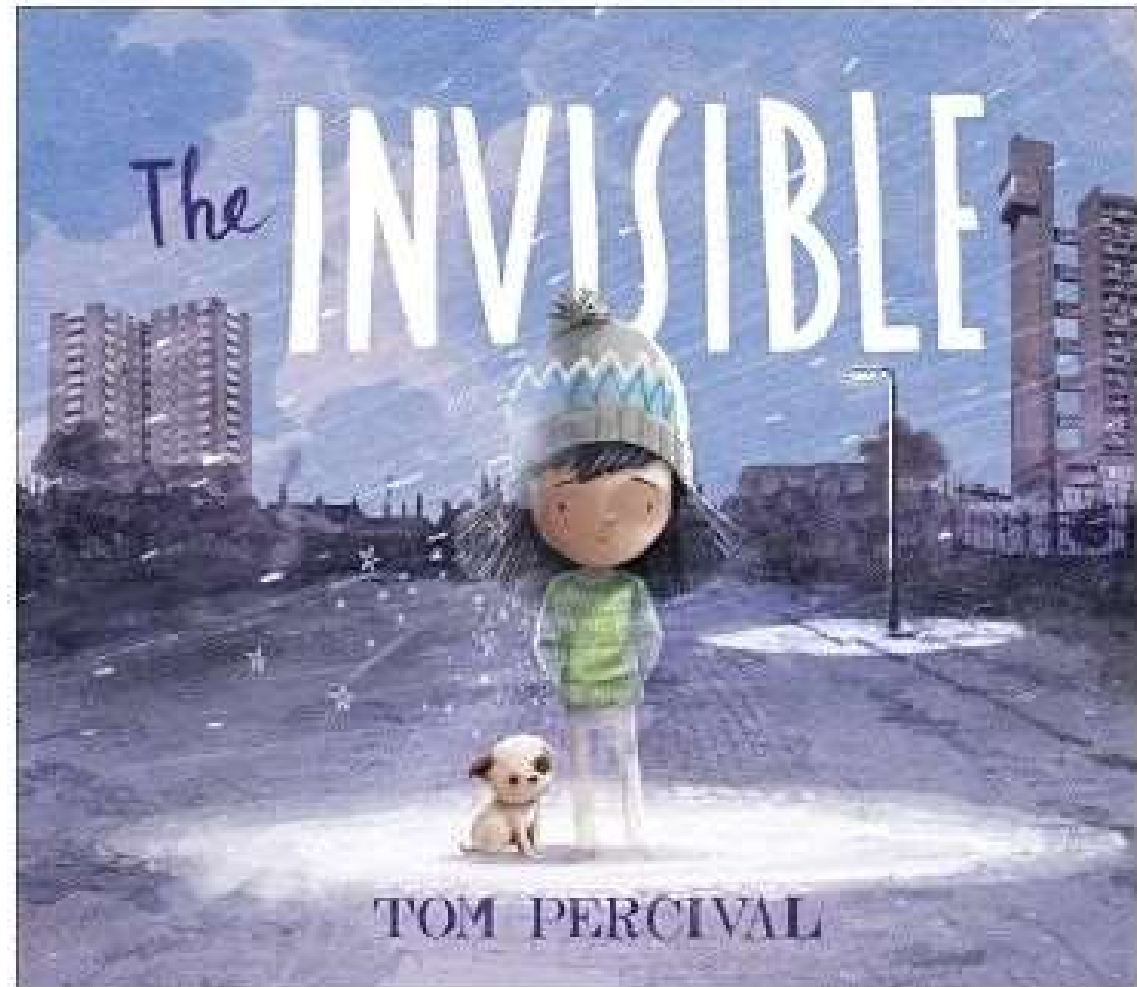
Lyrical, emotive language encourages your child to step back and really appreciate their life within the moment. From savouring the taste of every meal to taking time to explore new places, there are so many ways we can slow down and find happiness. This beautiful poetry combined with ideas for how to practice mindfulness in the real world make this a wonderful introduction to finding inner peace.

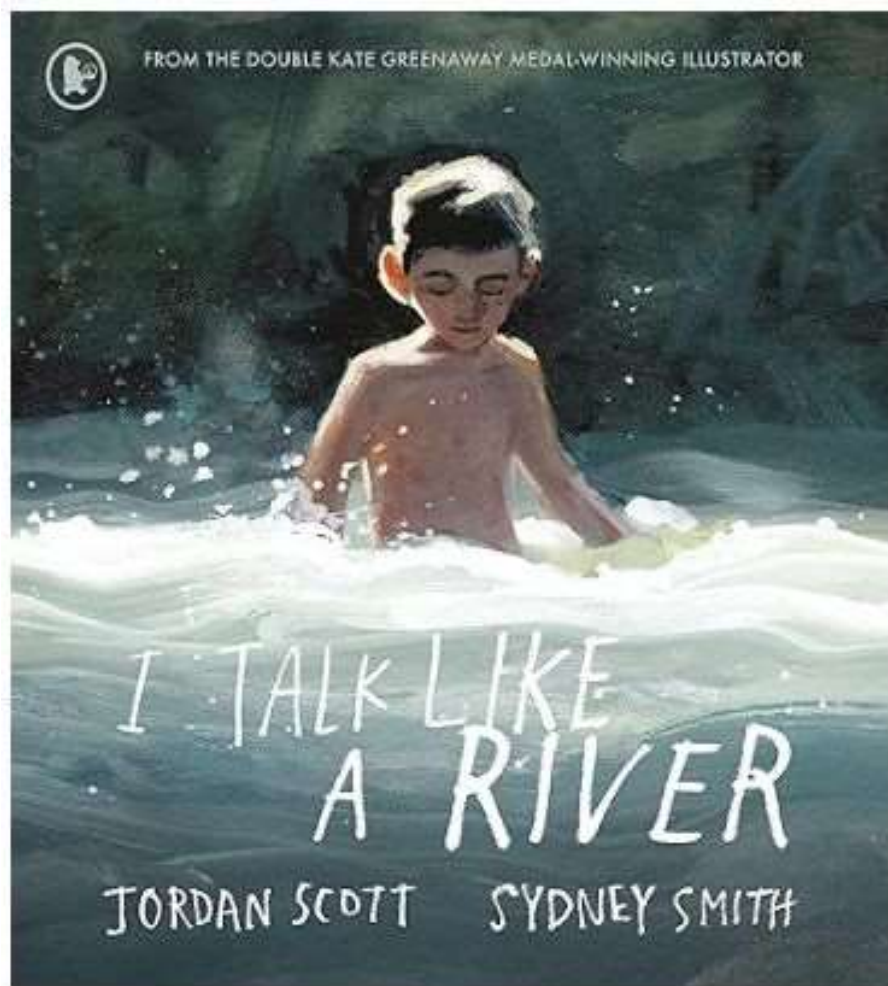
Katie Hickey's gentle, charismatic illustrations take readers on a journey to a place of happiness and calm, with bright and uplifting colours and comforting scenes of nature and home.

The Invisible is the story of a young girl called Isabel and her family. They don't have much, but they have what they need to get by. Until one day, there isn't enough money to pay their rent and bills and they have to leave their home full of happy memories and move to the other side of the city.

It is the story of a girl who goes on to make one of the hardest things anyone can ever make...a difference.

And it is the story of those who are overlooked in our society - who are made to feel invisible - and why everyone has a place here. We all belong.



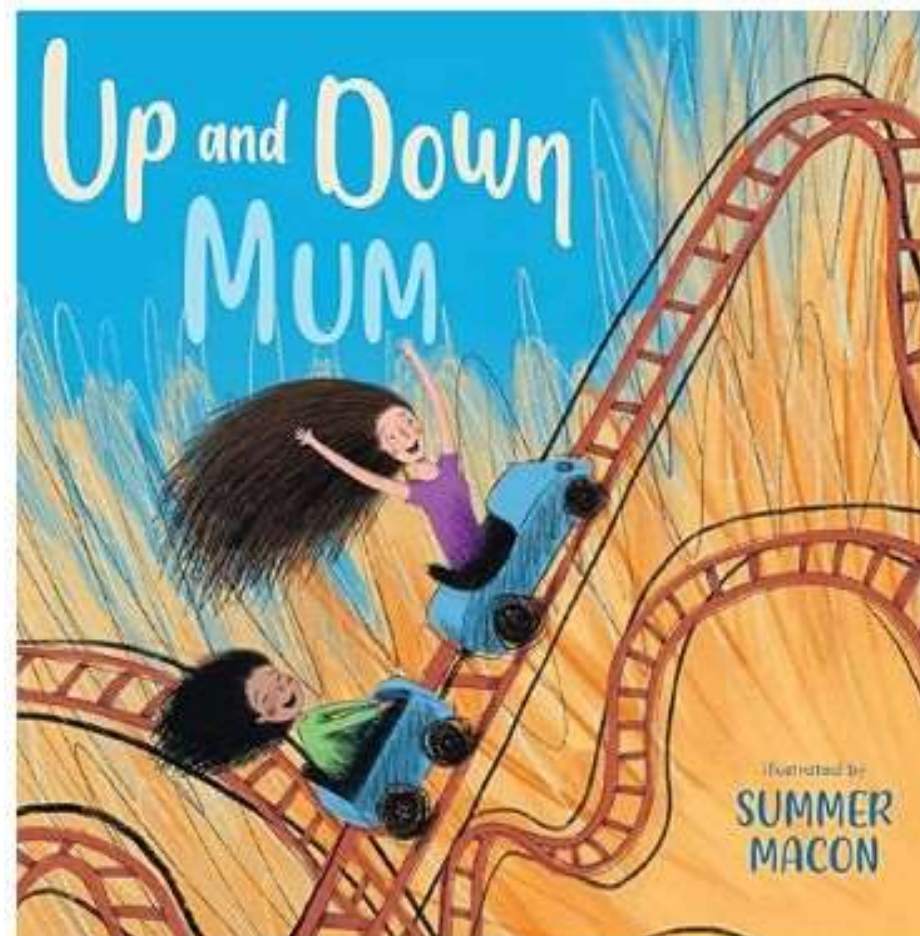


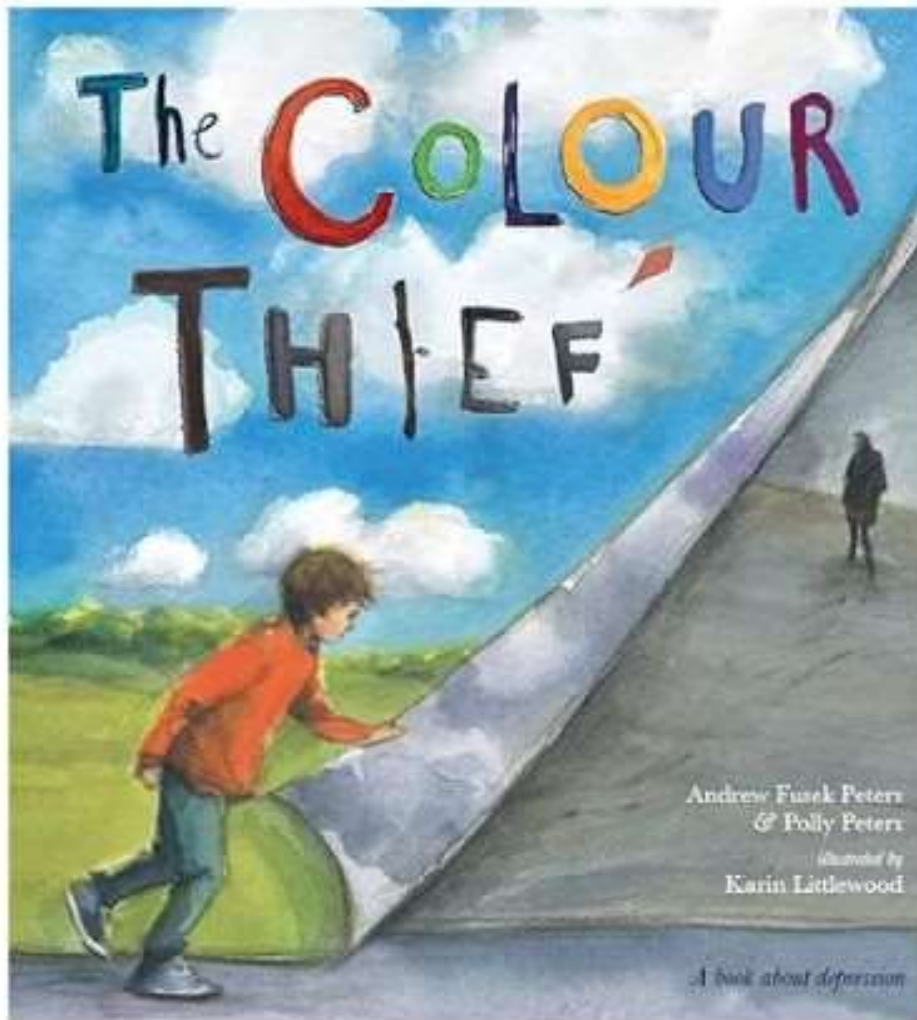
After a day of being unable to speak when asked, and of being stared at, a boy and his father go to the river for some quiet time. "It's just a bad speech day," says Dad. But the boy can't stop thinking about all the eyes watching his lips twisting and twirling. When his father points to the river bubbling, churning, whirling and crashing, the boy finds a way to think about how he speaks. Even the river stutters. Like him. "I talk like a river," he says.

An incredibly moving picture book that offers understanding rather than a solution, and which will resonate with all readers, young and old. Masterfully illustrated by Sydney Smith, winner of the Kate Greenaway Medal.

A favourite of mine. I have a copy in my room.

Living with Mum is a bit like a roller coaster ride. At times, she is excited and full of energy, but at others, she is tired and withdrawn. But she's always my mum, and we're sharing the ride. For children who grow up in the care of a parent who has bipolar disorder, life can be filled with anxiety and uncertainty. With the aid of a clear and simple information spread, this story helps us to understand the causes of bipolar disorder and how we can learn to live with someone who has it. Developed in close consultation with families who have a parent with bipolar disorder, and created in collaboration with the Wellcome Trust.





We follow a young boy who loves spending time with his dad, doing fun things together. When his father becomes sad and distant, he doesn't understand and believes he has done something to make his dad so, despite being told otherwise. Time passes and his father begins to get happier again and they have fun together like before. Narrated from the child's perspective and illustrated with beautiful pictures by the award-winning artist Karin Littlewood, this is the perfect book to read with children aged 7-9 years old who are trying to understand the cause and effects of depression, and reassure them that depression passes and their parents are not lost to them.



By the door there is an umbrella. It is big. It is so big that when it starts to rain there is room for *everyone* underneath. It doesn't matter if you are tall. Or plaid. Or hairy. It doesn't matter how many legs you have.

Don't worry that there won't be enough room under the umbrella. Because there will always be room.

Lush illustrations and simple, lyrical text subtly address themes of inclusion and tolerance in this sweet story that accomplished illustrator Amy June Bates cowrote with her daughter, Juniper, while walking to school together in the rain.

