



warrnambool books

First Aid Kit for Kids



*A child is born, our life
complete;*

*The future now, you cannot
beat.*

*But sometimes things just do
not jell;*

*And that's a sign that all's not
well.*

*We ask the school and see the
Doc;*

*It's hard to say it's such a
shock.*

*We all need help, that's the
thing;*

Open the door and let them in.

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Introduction

The health and wellbeing of children is in the spotlight today more than ever before. At Warrnambool Books, our mission as a children's book specialist is to provide children, teenagers and adults with the resources to better understand the social issues that the 21st century brings.

We have designed this catalogue as a 'go-to' resource to help:

- ❖ Promote wellbeing in children of all ages
- ❖ Provide information on a wide range of social issues
- ❖ Provide strategies to cope with stress and anxiety
- ❖ Build self esteem and confidence
- ❖ Strengthen social and emotional needs
- ❖ Supply updated and current resources for caregivers and professionals



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Table of contents

Anxiety & Depression

Explores the complexities of and offers strategies for dealing with these mental illnesses

Autism & ADHD

Resources for parents, teachers and children about the Autism Spectrum Disorder and ADHD

Bullying & Resilience

Covers bullying at all levels (ie cyber, play ground), positive coping mechanisms and self acceptance

Dyslexia

Resources for parents, teachers and children (of all ages) on dyslexia and other learning disabilities

Emotions

Explores feelings, worries, self control and behaviours

Family Dynamics

Covers the different types of family units in today's society

Friendship

Explores forming positive relationships with others

Gender Equity

Covers gender stereotypes, gender diversity, LGBTQIA+ and sexuality

Growing Up

Explores puberty, first experiences and teenage years

Health

Covers illnesses, conditions, social issues, different abilities and wellbeing

Death and other traumatic events