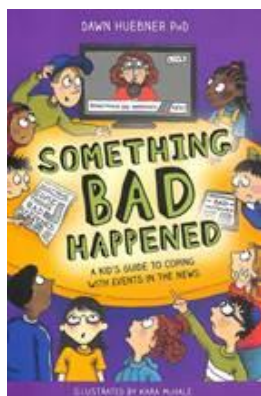


Something Bad Happened – what can we do to help?

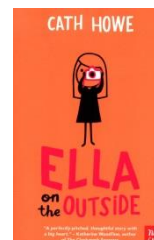
There is so much anxiety about at the moment, unsurprisingly, that families may be finding it hard to explain what is going on to their children. What can we offer that helps them all to deal with these unprecedented times?



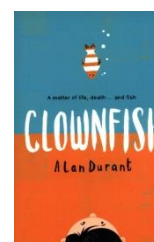
Reading Well for children author **Dr Dawn Huebner** has provided a free reading of her book **Something Bad Happened**, which is available to view on YouTube here <https://youtu.be/utXVEq03JQI>. The book supports children to deal with difficult events in the news, using positive coping strategies. When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. Where did it happen? Why did it happen? And especially, will it happen again? '**Something Bad Happened**' guides children ages 6 to 12 and the adults who care about them through tough conversations about national and international tragedies. Fear, sadness and uncertainty about the 'bad thing' all are normalised, and immediately usable practical coping tools provided – just using paper and pencil.

We look forward to Hertfordshire Libraries' *Reading Well for Children* collection – books to support children's mental health – being available to borrow again, but in the meantime, there are some of the books available in BorrowBox our eLibrary.

Ella on the Outside by **Cath Howe** (for children aged 8+) - Ella is the new girl at school. She doesn't know anyone and she doesn't have any friends. And she has a terrible secret. Ella can't believe her luck when Lydia, the most popular girl in school, decides to be her new best friend - but what does Lydia really want? And what does it all have to do with Molly, the quiet, shy girl who won't talk to anyone? A gripping story of lies, friendship, and blackmail...



Clownfish by **Alan Durant** (for children aged 10+) - Grief takes many forms, and manifests itself in strange ways. Sometimes very strange indeed. When, on an ordinary morning, Dak's father suddenly dies of a heart attack, Dak's mother falls apart. Desperate to escape the atmosphere at home, Dak finds himself going to his dad's favourite place – the local aquarium. And there, to his amazement, is Dad, who it seems is alive and well as a clownfish! Gently funny, moving and undoubtedly strange, this is a haunting story of life after loss from an award-winning author.



Check Mates by **Stewart Foster** (for children aged 8+) - Felix is struggling at school. His ADHD makes it hard for him to concentrate and his grades are slipping. Everyone keeps telling him to try harder, but no one seems to understand just how hard he finds it. When Mum suggests Felix spends time with his grandfather, Felix can't think of anything worse. Granddad hasn't been the same since Grandma died. Plus he's always trying to teach Felix boring chess. But sometimes the best lessons come in the most unexpected of places, and Granddad soon shows Felix that there's everything to play for.

