



### **Therapeutic books for children**

'William Wobbly and the Very Bad Day' and 'Sophie Spikey has a Very Big Problem' tackle the underlying behaviours of aggression or lack of trust that our children sometimes display.

These books are written by Sarah Naish using simple language and illustrations that could help begin a dialogue with your child about what is happening in their inner world.

The parent in these books uses PACE techniques to accept and be curious with their child to identify what their initial problem was. The parent then shares her understanding of the child's early life experiences and offers healing support.

The books also relate to the sensory feelings that our children may be experiencing when they begin to dysregulate and through the acceptance and empathy of their parent they are offered compassionate support.

Sarah Naish who has experience of fostering and adoption, also talks about therapeutic parenting in a short video on You Tube where her advice is practical and from her own experience.

<https://www.youtube.com/watch?v=Y-oWUZNhEXo&feature=youtu.be>

Other books that can enable a dialogue to begin about feelings are a selection by Margot Sunderland, such as 'Ruby and the Rubbish Bin', 'How Hattie Hated Kindness' and 'A Wibble called Bipley'.