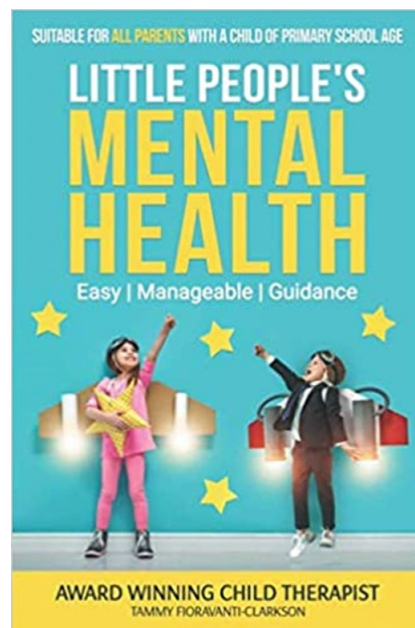
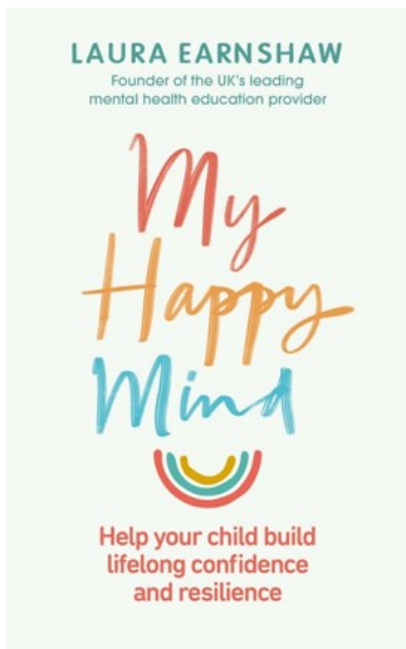


## Book Recommendations from Kirklees Mental Health Support Team



Whether your child is struggling already, or you want to future proof their mental health, this book looks at the five ingredients to building resilient, balanced and happy minds.

What a growth mindset is and how to encourage this in your child

The power of dreaming and the importance of setting goals.

How to teach your child to self-soothe when they feel stressed.

Aimed at parents of Primary School children, it has easy, manageable ideas and tips, and will not just help sustain your child's mental health but can in fact enhance it too. With chapters focusing on everyday occurrences that almost all families will face, it aims to inspire parents with ways in which they can raise confident, self-assured, resilient and emotionally healthy children, ready to face whatever life may throw at them.

**Please speak to the Emotional Wellbeing Lead in school if you need support or help around children's mental health or emotional wellbeing.**

**These books are suitable for parents of primary aged school children and support parents in understanding their child's emotions, whilst providing practical strategies and techniques that will support their child's wellbeing. Don't forget local libraries have a fantastic range of books you can borrow!**

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2 MARCH 2023