



The Reading Well for children booklist has been created in response to concerning data about children's mental health in the UK. In 2018, Royal College of Paediatrics and Child Health reported that schools were on average making 183 Child and Adolescent Mental Health Services (CAMHS) referrals every school day, with 56% of those referrals coming from primary schools.

- Reading Well has been recognised by the Royal Society for Public Health and developed in partnership with Libraries Connected
- The list covers areas such as anxiety, bereavement and bullying with books by Michael Rosen, Tom Percival, Zanib Mian and Joseph Coelho selected by leading mental health experts to support the mental health and wellbeing of children



This new **Reading Well for children** booklist responds to concerning data about children's mental health in the UK. One in eight (12.8%) 5 to 19 year olds had at least one mental health condition when assessed in 2017. In 2018, Royal College of Paediatrics and Child Health reported that schools were on average making 183 Child and Adolescent Mental Health Services (CAMHS) referrals every school day, with 56% of those referrals coming from primary schools. In 2019, BookTrust reported that over a third of parents of children aged 4 to 11 worried about their child's mental health at least once a week

The **Reading Well for children** booklist contains 33 books covering topics relevant to the children of today, including grief, anxiety, bullying and staying safe online. In recognition of the potential impact of living with diagnosed conditions and physical disabilities, the booklist explores living well with conditions including Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), dyslexia,

Obsessive Compulsive Disorder (OCD) and physical disabilities. The booklist is targeted at children in Key Stage 2 and includes titles suitable for a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

Recognised by leading health bodies including the Royal Society for Public Health, the new Reading Well for children booklist has been developed by The Reading Agency, health professionals, and children with experience of the topics covered and their families and carers. The book selection panel included experts from public libraries, NHS England, Mind, the Royal College of GPs and the School Library Association. Created in partnership with Libraries Connected, the quality-assured booklist is completely free to access from public libraries.

The 33 books on the list, by authors including Michael Rosen, Tom Percival, Zanib Mian and Joseph Coelho, have been selected to help Key Stage 2 children (aged 7-11) understand and talk about their mental health and wellbeing. The books have been selected to encourage conversation about feelings between children and their parents or carers and to offer support outside of a clinical setting or whilst waiting for treatment.

Reading Well booklists have been created to add value to health services, and to support early intervention and prevention.