

## Books & Resources

### **The Courage to Care**

Cheryl Koenig



'The Courage to Care', by Cheryl Koenig is a sequel to the first booklet of personal journeys from people recovering from Traumatic Brain Injury (TBI). It is of similar design and concept as the first, containing personal stories, artwork and poetry - however the stories in this booklet are about Carers of people with a TBI, and their extraordinary and inspiring lives. These very personal stories will help new or existing Carers to feel that they are not alone, as well as giving voice to issues of concern to Carers. Cheryl has retold Carers experiences openly and honestly in the hope that in so doing, others will have a better insight into the sometimes stressful, yet uniquely rewarding lives of Carers.

Contact Brain Injury Rehabilitation Directorate on (02) 9828 6133 for more information.

### **Extraordinary Parenting**

*A manual for parents of children between 0 – 12 with chronic physical, medical or emotional condition.*

Liz Bruce

The author, Liz Bruce, will be familiar to many readers through her previous books, work with families (Block and Tackle™ groupwork), psychological practice, lecturing and conference presentations. In her own words she remarks, "This book represents many years of listening to parents and working with kids for whom the ordinary business of growing up has been, and is, an extraordinary experience." As a parent, your task is similarly extraordinary.

For more information, visit [www.emotionalhealthcentre.com.au/EP.pdf](http://www.emotionalhealthcentre.com.au/EP.pdf)

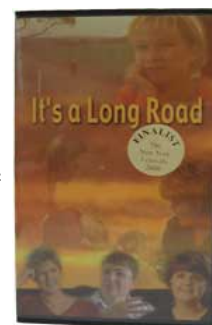
### **It's A Long Road**

Noreen Lange

A one hour video distributed by the Western Australian Carers Association. The video is a revealing and poignant portrayal of the emotional journey that four women have taken in their struggles to come to terms with having a child with a disability.

Refreshingly real and honest these women show great courage in sharing their deepest, darkest moments to help other mothers. describes the emotional journey of four women raising children with disabilities. The women talk frankly about their child, relationships, siblings and coping strategies.

Contact Carers WA (08) 9444 5922 or 1300 CARERS (227377) for more details.

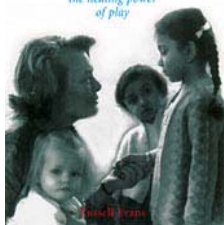


### **Helping Children to Overcome Fear**

*The Healing Power of Play*

Russell Evans

Harworth Press  
HELPING CHILDREN TO OVERCOME FEAR  
**Helping children to overcome fear**  
the healing power of play



Critical illness can cause overwhelming feelings of abandonment and loss. Difficult for adults to face alone, for children the experience is magnified. They have to leave home for an alien hospital world, without the comfort of familiar daily rhythms.

Jean Evans was a play leader who recognised ahead of her time the importance of enabling children to give voice to their feelings, providing opportunities for play and working in partnership with parents. These requirements are now core principles in the training and working practice in the fields of nursery nursing, play therapy, childcare and Paediatrics.

## My trip to hospital

[www.workingwonders.com.au/index.cfm?objectId=EC93FD16-F1F6-5DEA-B2982F9E441BE51E](http://www.workingwonders.com.au/index.cfm?objectId=EC93FD16-F1F6-5DEA-B2982F9E441BE51E)

Launched in 2007 at Brisbane's Royal Children's Hospital, the My trip to hospital program helps children and their families prepare for a hospital admission.

The books and the DVD will show you through a 'typical' admission starting at the entrance to the hospital, through to the wards and the Operating Theatre, the Wonder Factory, and even Outpatients.

Reading the age-relevant book, along with watching the video clips, will show you what happens here at the Royal Children's Hospital and what the medical staff do to help you get better, so that you don't have to worry or 'freak out' about coming here!



## Bully Blocking

*Six secrets to help children deal with teasing and bullying*  
Evelyn M Field



Bully Blocking offers practical advice to help children (aged 4 - 16) deal with bullies who tease, exclude, intimidate or harass. In this book renowned bullying specialist Evelyn Field provides parents and teachers with understandings and tested approaches to assist a child who is a target or a bully.

Importantly, this book shows how the attitudes of both bullies and their targets can be transformed to ensure that their self-destructive behaviour does not carry on into the future. The Six Secrets of Relating, the core of the book, show children how to:

- Understand their feelings
- Realise why they are being bullied or teased (or why they bully others)
- Build their self-esteem
- Become confident communicators
- Create a 'power pack' of helpful skills, and
- Develop a support network.

Bully Blocking, a fully revised edition of the highly successful Bullybusting, includes a chapter on what schools can do about bullying and a supplement to help teachers apply the book's practical exercises and activities in the classroom.

For more information visit [www.bullying.com.au/book/index.php](http://www.bullying.com.au/book/index.php)