

Useful reading material following on from the Mind Map session:

- Dr Lisa Damour PhD - YouTube clips on parenting and supporting our young people
- Max Lucado - You Are Special - lovely children's storybook about not believing everything people say about you/learning to let things bounce
- Matthew Syed - You Are Awesome - great book about building resilience for boys (and girls) aged around 9-12/13
- Bryony Gordon - You've Got This! - great book about resilience for girls aged 13/14+
- Philippa Perry - The Book You Wish Your Parents Had Read - great parenting guide
- Janey Downshire and Naella Grew - Teenagers Translated - great guide for parenting teens
- Prof Steve Peters - The Chimp Paradox(adults) and My Hidden Chimp (children) and more recently The Silent Guides which is a combination of the two previous Chimp books - very accessible books looking at negative behaviours and how we can turn them around and build resilience.