

TED'S BOOK RECOMMENDATIONS – BOOKS FOR SUPPORTING WITH SEPARATION

PLEASE STAY HERE, I WANT YOU NEAR



Here are four of our favourite books to support conversations about separation and drop offs. If you are viewing this in your browser you can click on the picture to buy.

Please stay here, I want you near by Dr Sarah Mundy.

Written by a Consultant Clinical Psychologist and mother, this story is specifically designed to support children with separation anxiety. It follows the adventures of Bartley Bear as he navigates the big feelings involved with going to school. There are colourful illustrations and clever question prompts for discussion hidden behind the flaps. It's an engaging and fun way to help you and your little one talk about separation and understand how to manage the feelings involved.

THE INVISIBLE STRING



The Invisible String

A beautiful and heartwarming story giving children a tangible understanding of connection between loved ones – the invisible string. The book helps children to know that when they are at school they are still loved and that they don't have to be 'with' everyone to feel that love. It gives a lovely way to talk to your child about being apart from them but using the invisible string as connection.

NOTE – this story is written with the American spelling 'Mom' and as well as school also mentions the connection to a family member who is in Heaven.

SPLAT THE CAT



Splat the Cat by Rob Scotton

Splat the cat is a firm favourite in our house! This is a story about splat trying to avoid school. The pictures are fantastically entertaining and a great opportunity to talk about how Splat might be feeling and ask questions about his behaviour. Splat is brave and goes to school and what happens when he is there is very funny. There are lots of books about characters feeling nervous and the outcome being positive but this book manages to do it with an extra sprinkling of humour!

TALES OF ME



Tales of me books

If your child has started school then the Tale of Starting school is perfect for supporting them with the transition and separation involved. But Tales of Me Books also have some free downloads which use the same concept as their books – to use pictures to personalise a routine and experience for children. The free downloads can be printed and added to with pictures or drawings to help discussion about school for older children.

EVERY DAY'S A SCHOOL DAY