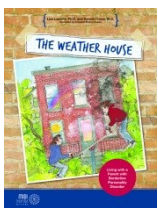

Books for children about Borderline Personality Disorder and/or Mental Illness

The following books are offered as a guide to give an idea of books that may be helpful in explaining the mental illness of a parent or other adult to young children. Many do not actually specify mental illness. Instead they use analogies children can easily understand. They are not listed in any order.

The Weather House: Living with a Parent with Borderline Personality Disorder by Lisa Laporte, PhD and Ronald Fraser M.D.



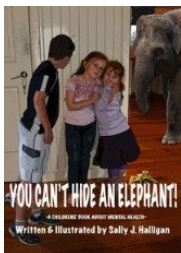
This book provides clinically sound and age-appropriate information for children, answering questions about the borderline personality disorder of a parent, and suggesting ways to cope with the difficult situations.

Through analogies of weather patterns, the book provides psycho-educational comments by a “weather wiz” who explains the mother’s sometimes strange behaviours that can be challenging to comprehend.

The wonderful illustrations help with the understanding, and lighten the story with humour. This book will help teach children to better understand what is happening at home and how not to feel responsible for their parents’ stormy times.

May be ordered from Unhooked books - <http://unhookedbooks.com/the-weather-house-living-with-a-parent-with-bpd/>.

You Can't Hide An Elephant - book 1 (Ages 7-12) by Sally Halligan



A Children's Book About Mental Health. This illustrated book is used as supported reading for children with a parent with a diagnosed mental illness. The book encourages the 'elephant in the room' or the stigma of mental illness, to be discussed openly in an age appropriate manner.

A wonderful book for families facing the associated challenges when a parent has a mental illness.

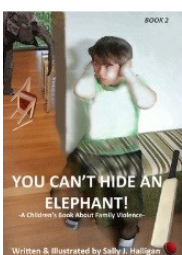
The story is told through the voice of a female middle child.

This book comes with a Safety Plan to complete with appropriate support. The book is the perfect way to start a conversation about mental health, feelings and experiences. It provides hope and guides the development of strategies that will help to empower children.

It is a wonderful resource for therapists, case workers, counsellors, welfare officers, social workers, mental health nurses, group facilitators and parents.

Purchase direct from the author: website: www.write4lifebooks.com or Halliganbooks@gmail.com

You can't hide an elephant - book 2 (Ages 7-12) by Sally Halligan



A Children's Book About Family Violence. This book is designed to be used as supported reading for children who have experienced family violence. The book is a wonderful way to start a conversation about family violence in an age appropriate manner.

It also helps children voice their feelings about their personal experience.

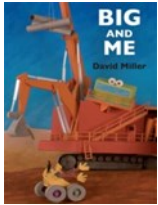
The story is told through the voice of the eldest boy, and identifies situations that children may face when someone in the family has been using violence.

Children readily identify with the boy's feelings, which are conveyed thoughtfully within the text and illustrations.

The book comes with a Safety Plan to complete and is 'must have' resource for therapists, case workers, group facilitators, refuge workers, welfare officers and parents.

Purchase direct from the author: website: www.write4lifebooks.com or Halliganbooks@gmail.com

Big and Me by David Miller (age 7+)



Big and Small are machines that work together as a team. 'But some days Big goes a bit wobbly, and I get a lot worried.' Big malfunctions in a variety of ways and Small tries to help with the assistance of The Boss and Mechanic.

The story is a metaphor for a child living with an adult who suffers from mental illness.

Big and Me is dramatically illustrated with paper sculpture.

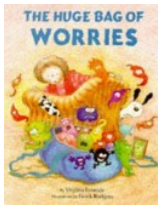
A youtube trailer is available on the publisher's website - [http://](http://fordstreetpublishing.com/ford/index.php/ford-street-titles/books/130-big-and-me)

fordstreetpublishing.com/ford/index.php/ford-street-titles/books/130-big-and-me.

ISBN: 978-1-876462-69-7; Ford Street Publishing, Melbourne.

The Huge Bag of Worries by Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her?



Publisher Hachette Children's, 2011; ISBN 1444902725, 9781444902723

Between you and me (for children 8 – 12 years) and Let's talk About 'It' (for parents).....

... a colourful 44 page 'flip' book, so two books in one. It describes mental illnesses, some myths, what helps and much more, in clear simple language. It includes art and messages from children who have learnt about mental illness by attending a group called CHAMPS. Parents' comments and activities are also included.

The aim for this book is to encourage children and parents to talk more, ask more questions and find some answers about mental illness. This book was developed in 2015 by FaPMI at Mid West Area Mental Health Service (MWAMHS) with the contributions of many people.

To obtain copies of this book please contact: Mid West Area Mental Health Service, FaPMI Coordinator 4a Devonshire Rd, Sunshine 3020 (03) 9288 7000 or Helen.Carter@mh.org.au.

An Umbrella for Alex by Rachel Rashkin-Shoot

This book narrates a young boy's journey as he attempts to understand and cope with his mother's abrupt mood swings. Written to be read with a therapist, parent, or other trusted adult, the story of Alex reassures affected children that they did not cause and are not responsible for the volatile behavior of their parent.



This book is suitable for both boys and girls, and specifically for children whose mother or father has been diagnosed with Borderline Personality Disorder, Narcissistic Personality Disorder, Bipolar Disorder or other mental illness and suffers from mood swings.

Book may be ordered from Unhooked Books or is available as an ebook from Amazon, Apple etc

In My Corner On the Moon by Rachel Rashkin-Shoot (age 11+)



This book is intended for children and adolescents who have experienced some form of trauma.

Narrated by 12-year-old Abigail, the book is written in a straightforward but gentle style and has a strong psycho-educational component.

The idea is to normalize the response that many children have to overwhelming events in their lives. Through Abigail's story, trauma is put into simple terms that kids can understand and it's done without delving into details of her own or any specific trauma, but focusing instead on responses to trauma and the healing process that follows.

Interactive questions at the end of each page encourage discussion among children and the trusted adults in their lives.

Book may be ordered from Unhooked Books - <http://unhookedbooks.com/an-umbrella-for-alex/#respond> or is available as an ebook through Amazon, Apple, Nook etc

My Happy Sad Mummy by Michelle Vasiliu (2014) - Preschool



Author Michelle Vasiliu draws from her own experience of bipolar disorder, cleverly and humorously portraying the emotional roller coaster of this illness, as a young child might perceive it and how through these difficulties, the bond of love between mother and child remains true. A fantastic picture book and invaluable resource for parents, teachers and health professionals.

JoJo Publishing.

ISBN10 0987358596 - ISBN13 9780987358592

Preview available on YouTube <https://www.youtube.com/watch?v=t71BjgpmXjE>

Author's website and ordering information - <http://www.michellevasiliu.com/whats-new/>.

Happy Pants – Why is Mummy so sad? by Heather Gallagher



When Mummy wears her happy pants we build sandcastles, go out for baby cinos and have lots and lot of cuddles.

But when she comes home with baby Darcy, her happy pants stay in her wardrobe...Postnatal Depression effects 1 in 7 women. Happy Pants is a heartfelt way to help older children know that their mum's postnatal depression is not because of them, that dads are loving and caring, families can support each other and that mum will get better with help.

Story can be adapted for other mental illnesses involving depression.

ISBN: 9781921632938 - ISBN-10: 1921632933. Available from Boomerang Books - http://www.boomerangbooks.com.au/Happy-Pants/Heather-Gallagher/book_9781921632938.htm?utm_source=novella&utm_medium=aff&utm_campaign=deeplink

Go Away, Mr Worrythoughts! by Nicky Johnston



Brayden is an intelligent, confident and courageous boy. Yet, his worry thoughts can be quite unbearable. See how Brayden discovers his superpowers, takes control and is able to live free and happy.

Age 4-10+ years, 32 page softcover

To order from the author <http://www.happyhero.com.au/about-the-books/> or available via amazon.com or as an e-Book

Happy Thoughts are Everywhere....by Nicky Johnston



Join Brayden's journey as he goes in search of his happy thoughts - you'll never guess where he finds them.

Age 4-10+ years, 32 page softcover

To order from the author - <http://www.happyhero.com.au/about-the-books/> - or available via amazon.com or as an e-Book

The Worry-Tree by Marianne Musgrove

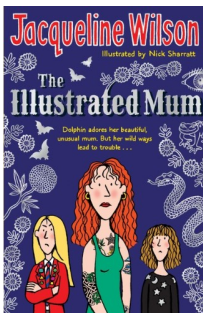


Juliet's a worrywart, and no wonder! Her little sister, Oaf, sings 'The Irritating Song' all day, her parents are arguing, and Juliet's two best friends are jealous of each other. Juliet can't fit in any more worries!

But behind the wallpaper in her new room, Juliet discovers a painting of a tree. It's the Worry Tree, and with the help of a duck called Delia and the other Worry Tree animals, Juliet might be able to solve some of life's big problems.

Paperback ISBN: 9781742757421

The Illustrated Mum by Jacqueline Wilson (Ages 9-12)



Ten-year-old Dolphin and her older sister Star lead an unusual life --- sometimes wild, sometimes stressful, but never dull. Their mother Marigold is a beautiful, compulsively creative work of art --- almost every square inch of her body is covered in fantastic, one-of-a-kind tattoos. To Dolphin, Marigold is "the most magical mother in the whole world," with her boundless imagination, her childlike enthusiasm, and her willingness to do crazy things like baking a dozen kinds of cake in a single afternoon.

The Illustrated mum is told from Dolphin's point of view and portrays a family united by love but threatened by mental illness. Dolphin fiercely loves her mother, and her willingness to admit that Marigold needs help is a sign of her own growing maturity. The words "bipolar disorder" are not included until near the end of the novel, allowing readers to get to know Marigold as a person rather than as a diagnosis. Instead, readers will see Marigold's character, and her daughters' love for her, as a complete picture --- as complex as the mural of tattoos that decorates her body. Penguin Books ISBN13: 9780440867814. Also available as an eBook, CD, mp3 through Amazon, Fishpond, Book Depository etc

While this list might be useful, it is not exhaustive. Additional resources may be found on our website www.bpdfoundation.org.au/young-carers.php.

NB. The Australian BPD Foundation Ltd does not officially endorse these books nor are they meant to replace medical care. If you are concerned about your own or the health of your child please seek appropriate medical advice.

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