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# Reading Well for families



[readingagency.org.uk/reading-well](https://readingagency.org.uk/reading-well)

Books to support family wellbeing  
in pregnancy and the early years



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**Reading Well for families recommends reading to support parents and carers to look after their wellbeing in pregnancy and the early years from conception to aged two. The books provide information on wellbeing, mental health and coping with loss.**

The books are for parents and carers during pregnancy and the early years.



**Tried and tested  
by parents and carers**



**Recommended by  
health professionals**



Reading Well is delivered by The Reading Agency, a UK charity with a mission to empower people of all ages to read.

**For more information visit**  
**[readingagency.org.uk/reading-well/families](https://readingagency.org.uk/reading-well/families)**

## **How can books help?**

These books have been chosen by parents and health professionals. They provide information and support on looking after your **wellbeing** in **pregnancy** and the **early years**.

You can read these books on your own or talk about them with someone you trust.

They are **free to borrow** from your local library.

You may have been recommended a Reading Well book by your GP, midwife, health visitor or another professional. The books can be used alongside other support and care.

## **The library**

Look for the Reading Well for families books in your local library – they're free to borrow.

It's **easy and free to join** your local library if you are not already a member. A member of library staff can help you join.

Once you have a library card you can borrow books, including eBooks and audiobooks.

Your local library also provides **information and activities** for families including Bookstart Baby Packs, Bounce and Rhyme activities, and information about local services.

To find out more speak to your local library team.

## **Other Reading Well booklists**

As well as Reading Well for families, you might find Reading Well for mental health helpful. This collection includes recommended books for common mental health conditions such as anxiety and depression.

**Find out about other Reading Well booklists at your local library or visit [readingagency.org.uk/reading-well](https://readingagency.org.uk/reading-well)**

# Recommended reading

## Book Key

- ▲ General information
- Personal stories
- ◆ Poetry

## Mental health

### Break Free from Maternal Anxiety

Fiona Challacombe,  
Catherine Green,  
Victoria Bream  
*Cambridge University Press* ▲

### Coping with Birth Trauma and Postnatal Depression

Lucy Jolin  
*Sheldon Press* ▲

### How to Help Someone with Postnatal Depression

Jenn Cooper  
*Trigger Publishing* ▲

### Hello Baby, Goodbye Intrusive Thoughts

Jenny Yip  
*New Harbinger* ▲

### My Black Motherhood

Sandra Igwe  
*Jessica Kingsley Publishers* ▲

### Why Birth Trauma Matters

Emma Svanberg  
*Montag & Martin* ▲

### Bonkers

Olivia Siegl  
*HQ* ■

### What Have I Done?

Laura Dockrill  
*Vintage Publishing* ■

## Coping with loss

### Loving You From Here

Susan Clark, Sands  
*Yellow Kite* ▲

### The Worst Girl Gang Ever

Bex Gunn, Laura Buckingham  
*HQ* ▲

### No One Talks About This Stuff

Kat Brown  
*Unbound* ▲

### How to Help Someone After a Miscarriage

Clare Foster  
*Trigger Publishing* ▲

## Becoming a family – Your wellbeing

### The Little Book of New Mum Feelings

Anna Mathur  
*Penguin Life* ▲

### Mindful New Mum

Caroline Boyd  
*DK* ▲

### You the Daddy

Giles Alexander  
*Vie* ▲

### Autistic and Expecting

Alexis Quinn  
*Pavilion Publishing and Media Ltd* ▲

### Having a Baby

Kathryn Hollins, Anna Cox,  
Milli Miller, Tessa van der Vord,  
Scott Watkin, Beth Webb  
*Books Beyond Words* ▲

### OMG It's Twins!

Alison Perry  
*Ebury Publishing* ▲

### Surviving Solo Motherhood

Emma Cotterill, Amy Rose  
*Trigger Publishing* ▲

### The Queer Parent

Lotte Jeffs, Stu Oakley  
*Bluebird* ▲

### Nobody Told Me

Hollie McNish  
*Fleet* ■ ◆

## Digital Resources



Alongside the Reading Well for families books, there are recommended digital resources. These provide information to help you understand and manage your health and wellbeing.

Scan the QR code or visit [readingagency.org.uk/reading-well/families](https://readingagency.org.uk/reading-well/families) to find out more.

## What if I need more help?

If you need more information or support, you can talk with someone you trust such as a family member, carer, friend or faith leader. You can also talk to professionals in the community such as your GP, midwife or health visitor.

### You can contact one of the following organisations for support:

**Mind:** Free advice and support to empower anyone experiencing a mental health problem.

#### Mind Infoline on:

 **0300 123 3393**  [mind.org.uk](https://www.mind.org.uk)

An interpreter is available by requesting the Language Line when calling.

**NHS England:** Free information about accessing mental health services and support with pregnancy, labour and birth.

#### NHS:

 **111** (select the mental health option)

 [nhs.uk/pregnancy](https://www.nhs.uk/pregnancy)

**Tommy's:** Free information and support throughout the pregnancy journey.

#### Tommy's Midwives' Helpline:

 **0800 0147 800**  [tommys.org](https://www.tommys.org)

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Tell us what you think at [readingagency.org.uk/reading-well](https://readingagency.org.uk/reading-well)

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