Psychological Well-being for Children and Families in Fife

Resources for Children, Young People, Parents and Carers

**2014**



NHS Fife

Child & Family Clinical Psychology Service

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# Introduction

Parenting is one of the hardest jobs in the world; it is also one of the most rewarding. We have written this to help parents find helpful information. This document highlights websites, books and groups that may be helpful for parents to learn more about their child’s behaviours and/or difficulties.

# How to use this guide

If you have an electronic copy you can press control and click on the name of the topic you want to look up to take you straight to the topic. Look at the websites/books/moodcafé site suggested.

# Moodcafé

Moodcafé is a NHS Fife website promoting emotional well-being. It has general information on health and well-being and specific information on topics such as parenting (including parenting groups), disabilities and low mood.



[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

# Read to Succeed - Books to help families

‘Read to Succeed’ is a list of books recommended for families. There are general areas including those on parenting and emotional health. There are also books about specific topics such as bullying and divorce. This can be found at;



<http://www.moodcafe.co.uk/media/27491/books-to-help-families-3-1-1-.pdf>

The Royal College of Psychiatrists website also lists useful books;

<http://www.rcpsych.ac.uk/specialties/faculties/childandadolescent/public/booksforyoungerchildren.aspx>

# **Please note: We do try to keep links up-to-date on a regular basis but we cannot anticipate when they will no longer be available. If a link is not working try the homepage of the site and search key words to help find a suitable alternative.**

# Pre-Birth and Newborns

For those planning a pregnancy, who are pregnant or who have just had a baby.



|  |  |
| --- | --- |
| Phone Numbers | For practical and emotional support in all areas of pregnancy, birth and early parenthood  NCT (National Childbirth Trust) Helpline **0300 330 0700** |
| Websites | Pregnancy and baby wellbeing  [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)  [www.healthvisitors.com](http://www.healthvisitors.com)  Understanding your child’s first milestones  <http://www.babycentre.co.uk/your-babys-development> |
| Groups | Ask your local health visitor or GP about  *Mellow Bumps*  *Local Antenatal classes* |
| Books | **The Social Baby: Understanding Babies’ Communication from Birth** Lynne Murray & Liz Andrews  **Understanding Your Baby** Sophie Boswell |

# Early Years



|  |  |
| --- | --- |
| Phone Numbers | NCT (National Childbirth Trust) Helpline **0300 330 0700**  Parent Line **0800 28 22 33**  Lone Parent Helpline **0808 801 0323**  Gingerbread **0808 802 0925**  For a full list of helpful phone numbers go to  <http://www.parenting.co.uk/help/family-helplines.cfm> |
| Websites | For general parenting advice  [www.moodcafe.co.uk](http://www.moodcafe.co.uk)  [www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)  [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)  [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)  [www.netmums.com](http://www.netmums.com)  [www.parenting.co.uk](http://www.parenting.co.uk)  [www.understandingchildhood.net](http://www.understandingchildhood.net)  Lone parents:  [www.loneparenthelpline.org.uk](http://www.loneparenthelpline.org.uk)  [www.opfs.org.uk](http://www.opfs.org.uk) |
| Groups | Ask your local health visitor or GP about  *PEEP*  *Mellow Babies*  Or go to  [www.moodcafe.co.uk/parents/parenting.aspx](http://www.moodcafe.co.uk/parents/parenting.aspx) for details |
| Books | **Incredible Toddlers: A Guide and Journal of Your Toddler's Discoveries: Promoting Toddlers' Safety and their Social, Emotional and Language Development** Carolyn Webster-Stratton |

# Behaviour Problems



Advice and support for behaviour problems that children display including temper tantrums, oppositional behaviour and aggression.

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| Phone Numbers | Parent Line **0800 28 22 33** |
| Websites | Temper Tantrums  <http://www.readysteadytoddler.org.uk/growing-up/toddler-tantrums/index.aspx>  <http://www.understandingchildhood.net/posts/tempers-and-tears-in-the-twos-and-threes/>  Oppositional Behaviour/Aggression  <http://www.zerotothree.org/child-development/challenging-behavior/coping-with-defiance.html>  <http://www.parenting.co.uk/help/Aggressive-Behaviour.cfm>  <http://www.parenting.com/article/aggression> |
| Groups | Ask your health visitor, nursery or GP about  *Incredible Years and Triple P Parenting Groups*  Or go to  [www.moodcafe.co.uk/parents/parenting.aspx](http://www.moodcafe.co.uk/parents/parenting.aspx) for details |
| Books | **The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years** Carolyn Webster-Stratton |

# Crying and Sleeping



|  |  |
| --- | --- |
| Phone Numbers | CRY-SIS Helpline **08451 228669**  Sleep Scotland Helpline **0131 651 1392** |
| Websites | Crying  <http://www.parentingacrossscotland.org/info-for-families/tag-listing.aspx?tag=Baby%20crying>  [www.cry-sis.org.uk](http://www.cry-sis.org.uk)  <http://www.understandingchildhood.net/posts/crying-and-sleeping-in-the-first-months-of-life/>  <http://www.nct.org.uk/parenting/coping-crying-baby>  Sleep problems  [www.sleepscotland.org](http://www.sleepscotland.org)  <http://www.parentingacrossscotland.org/info-for-families/tag-listing.aspx?tag=Baby%20sleep%20problems>  <http://www.youngminds.org.uk/for_parents/worried_about_your_child/sleep_problems> |

# Feeding Problems in the Early Years

Feeding difficulties can be very distressing for parents and can impact on a child’s development.



Feeding problems include:

* children with behavioural feeding problems in the context of long-lasting illness/medical problems; selective eaters and food faddiness
* infant feeding problems and failure to thrive
* emotional eating difficulties (e.g. food phobias)

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| Websites | [www.childrenfirst.nhs.uk/families/features/behaviour/fussy\_eaters.html](http://www.childrenfirst.nhs.uk/families/features/behaviour/fussy_eaters.html)  <http://www.babycentre.co.uk/toddler/nutrition/howtocopefeedingproblems/>  [http://www.babycenter.com/formulaFeedingSolver.htm](https://web.nhs.net/OWA/redir.aspx?C=o5TAxhE-xEu55gnTnIfIIs4QRT6YJtFIVg2xnQCjjs9NpvIh3cS3xurU_94aQjymTQP66G4OgO0.&URL=http%3a%2f%2fwww.babycenter.com%2fformulaFeedingSolver.htm) |
| Books | **The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years, Part 3,** Carolyn Webster-Stratton |

# Toileting problems



Toileting problems arise when children wet or soil but are old enough to exercise control. Medical assessment should be undertaken to rule out any physical causes.

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| Phone Numbers | ERIC (toileting support charity helpline)  **0845 370 8008** |
| Websites | [www.eric.org.uk](http://www.eric.org.uk) includes a free downloadable toolkit for parents and professionals  <http://www.handsonscotland.co.uk/topics/troubling_behaviours_topic_frameset.htm>  <http://www.bedwetting.co.uk/children-bedwetting.html> |
| Books | **The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years, Part 3,** Carolyn Webster-Stratton |

# Anxiety

Anxiety difficulties are very common problems in children. Anxiety (fearful worry, stress or panic) is a normal part of childhood. In most cases, anxiety in children is temporary, and may be triggered by a specific stressful event, e.g. young child may experience separation anxiety when starting school and being away from parents for the first time.



Sometimes, anxiety in children persists and interferes with a child’s daily routines and activities. Anxiety problems include phobias, general anxiety, panic or persistent unexplained physical symptoms, e.g. headache or stomach-ache, where no physical cause has been identified.

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| Phone Numbers | Anxiety UK **08444 775 774**  No Panic Helpline: **0808 808 0545** or  **01952 590 005** |
| Websites | <http://www.youngminds.org.uk/parents/im-concerned-about/anxiety-and-phobias>  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/worriesandanxieties.aspx>  For Teens  [www.stressandanxietyinteenagers.com](http://www.stressandanxietyinteenagers.com) |
| Books | **Cool Cats, Calm Kids: Relaxation & Stress Management for Young People** Mary Williams  **Getting through anxiety with CBT: A young person’s guide** Ben Gurney-Smith & Claudia Herbert  **Overcoming Anxiety: A Self-Help guide using Cognitive Behavioural Techniques** Helen Kennerley  **The Worry Box, All You Need to End Anxiety** Chris Williams  Self-help guide for Teens  [www.moodjuice.scot.nhs.uk/anxiety.asp](http://www.moodjuice.scot.nhs.uk/anxiety.asp) |

# Mood problems

Low mood is a normal part of childhood and, in most cases, is temporary and resolves without help. When low mood persists it can lead to difficulties with sleeping, eating, irritability, having less energy, social isolation and school performance. A child or young person may express some thoughts of self-harm (see self-harm section).



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| --- | --- |
| Phone Numbers | Young Minds Helpline **0808 802 5544**  Parent Line **0800 28 22 33**  Samaritans **08457 909090**  Child Line **0800 1111** |
| Websites | <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/children-depressed-signs.aspx>  <https://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/depression>  <http://www.mentalhealth.org.uk/help-information/mental-health-a-z/C/children-young-people/>  Teens  <http://www.helpguide.org/mental/depression_teen.htm>  [www.depressioninteenagers.com](http://www.depressioninteenagers.com)  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/ucancope.aspx>  <http://www.childline.org.uk/talk/Pages/Talk.aspx> |
| Books | **Getting through Depression with CBT: A Young person’s guide** Dr Louise Dalton & Dr Alice Farrington  **The 7 day Self Esteem Super-Booster** J. Alexander  **Stick Up for Yourself: Every Kid’s Guide to Personal Power & Self-Esteem** Gersten Kaufman  Teen Self-help guides  [www.moodjuice.scot.nhs.uk/depression.asp](http://www.moodjuice.scot.nhs.uk/depression.asp)  **Think Good, Feel Good** Paul Stallard  **Overcoming Teenage Low Mood and Depression** Chris Williams |
| Other Resources | **‘That Feels Better’** is an online resource to help children and young people deal with their feelings  *Pre-school*  <http://www.moodcafe.co.uk/for-children-and-young-people/that-feels-better/that-feels-better-for-pre-school-children.aspx>  *Primary School*  <http://www.moodcafe.co.uk/for-children-and-young-people/that-feels-better/that-feels-better-for-primary-school-children.aspx>  *Teenagers*  <http://www.moodcafe.co.uk/for-children-and-young-people/that-feels-better/that-feels-better-for-teenagers.aspx> |

# Self-harm

Some children and young people can feel so low that they think about, or do self harm. Self-harm without suicidal feelings can be seen as a way of dealing with difficult feelings. Self-harm with suicidal thoughts should always be taken seriously. At the same time, many children and young people express such thoughts without any intention of harming themselves.



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| Phone Numbers | Child and Adolescent Mental Health Service (CAMHS) has a specialist self-harm service that young people aged 12-18 years can self refer to. You can contact them directly yourself by telephoning between Monday and Friday, 9 am to 4.30 pm, and asking for an appointment with the Self-harm Support Service. Or you can ask your G.P. (Family Doctor), Guidance Teacher, School Nurse, Social Worker, Parent or Carer to contact the Service. DUNFERMLINE Aileen McGurk – Senior Nurse Therapist  Abbeyview Clinic  Abbeyiew  DUNFERMLINE  KY11 4HA 01383 733754  Julie-Anne Hopkins – Senior Nurse Therapist  Abbeyview Clinic  Abbeyiew  DUNFERMLINE  KY11 4HA 01383 733754 GLENROTHES AND NORTH EAST FIFE Linda Page – Senior Nurse Therapist  Playfield House  Stratheden Hospital  CUPAR  KY15 5RR  Tel: 01334 696250 KIRKCALDY AND LEVENMOUTH Susan Matson – Clinical Nurse Specialist/Team Leader  Fair Isle Clinic  Fair Isle Road  KIRKCALDY  KY2 6ED  Tel: 01592 208460  Or  Playfield House  Stratheden Hospital  CUPAR  KY15 5RR  Tel: (01334) 696250  Young suicide prevention society HOPElineUK **0800 068 4141**  Young Minds Helpline **0808 802 5544**  Parent Line **0800 28 22 33**  Child Line **0800 1111**  Samaritans **08457 909090** |
| Websites | <http://www.harmless.org.uk/downloads/factSheet1_AdviceForYoungPeople.pdf>  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/self-harm.aspx>  <http://www.youngminds.org.uk/my-head-hurts/treatments/mental-health-difficulties/self-harm>  Teen websites  [www.selfharm.co.uk/](http://www.selfharm.co.uk/)  [www.harmless.org.uk/downloads](http://www.harmless.org.uk/downloads) |

# Obsessive Compulsive Problems

Obsessions and compulsions get in the way of daily activities. Obsessions are intrusive and repetitive thoughts. Compulsions are repetitive and ritualistic actions, for example counting things, flicking switches or checking behaviours. These can be very distressing and can interfere with daily functioning at school and home.



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| Phone Numbers | OCD UK Helpline **0845 120 3778**  OCD Action Helpline **0845 390 6232** |
| Websites | <http://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Helpling-your-child-with-Obsessive-Compulsive-Disorder.pdf>  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/obsessivecompulsivedisorder.aspx>  <http://www.youngminds.org.uk/parents/im-concerned-about/obsessions-and-compulsions>  <http://www.ocduk.org/childrens-ocd-guide>  <http://www.ocduk.org/parents-guide-to-ocd>  For Teens  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/ocd.aspx>  <http://www.ocduk.org/young-peoples-ocd-guide> |
| Books | **Mr Worry: A Story about OCD** Holly Niner  **Obsessive-compulsive disorder: the facts** S. Rachman, P. de Silva. Oxford University Press, 2001  **Overcoming Obsessive Compulsive Disorder** David Veale (2005) Constable and Robinson |

# Trauma or Post-traumatic Stress Disorder (PTSD)

Trauma or PTSD can occur after experiencing one or more difficult events. Post-traumatic symptoms include flashbacks, nightmares related to the event, re-enactment through play, increased irritability, high emotion and physical symptoms such as tummy aches and headaches. Psychological work is not likely to be possible when a child’s living situation continues to be insecure.



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| Phone Numbers | ASSIST Helpline - **01788 560800** |
| Websites | [http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/traumaticstressinchildren.aspx](https://web.nhs.net/OWA/redir.aspx?C=3f7jaRWxfUC_7SsRpZaKW8foQMJyRNFI5bg_mqrxeT6ahMRwOWKJZ8-YjSDrQ3bUCZlO9K4KJcI.&URL=http%3a%2f%2fwww.rcpsych.ac.uk%2fhealthadvice%2fparentsandyouthinfo%2fparentscarers%2ftraumaticstressinchildren.aspx)  [http://www.nctsnet.org/resources/audiences/parents-caregivers/parenting-in-a-challenging-world](https://web.nhs.net/OWA/redir.aspx?C=3f7jaRWxfUC_7SsRpZaKW8foQMJyRNFI5bg_mqrxeT6ahMRwOWKJZ8-YjSDrQ3bUCZlO9K4KJcI.&URL=http%3a%2f%2fwww.nctsnet.org%2fresources%2faudiences%2fparents-caregivers%2fparenting-in-a-challenging-world)  [http://www.childtrauma.com/publications/par-info](https://web.nhs.net/OWA/redir.aspx?C=3f7jaRWxfUC_7SsRpZaKW8foQMJyRNFI5bg_mqrxeT6ahMRwOWKJZ8-YjSDrQ3bUCZlO9K4KJcI.&URL=http%3a%2f%2fwww.childtrauma.com%2fpublications%2fpar-info) |
| Books | Helping your child after an accident  <http://www.moodcafe.co.uk/for-children-and-young-people/feeling-worried,-frightened,-stressed-or-anxious.aspx>  Self-help guide for Teens  <http://www.moodjuice.scot.nhs.uk/posttrauma.asp> |

# Autism Spectrum Disorder

Having a diagnosis of Autism Spectrum Disorder or Asperger’s Syndrome has a significant impact on the way in which that individual experiences the world. Individuals with Autism have difficulties in core areas –



-Relating to other people

-Developing social skills

-They may have unusual / fixed interests and behaviours including sensory sensitivities

-Have a strong preference for routine, finding it harder to adapt to change

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| Phone Numbers | National Autistic Society Helpline **0808 800 4104**  One Stop Shop for Autism – Fife Telephone :**01383 724200** |
| Websites | **Asperger’s Foundation -** [www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk)  **National Autistic Society -** <http://www.autism.org.uk/>  **Scottish Autism -** <http://www.scottishautism.org/>  **One Stop Shop Autism Advisor -** [Eileen.McCrossan@scottishautism.org](mailto:Eileen.McCrossan@scottishautism.org) **or** [www.scottishautism.org](https://web.nhs.net/OWA/redir.aspx?C=3Qh0V3N0CUWthpne7ijAEFgbOjasUdBIUP8aShwuCO2DQMTOqVB_G2XwtVRGrJNKaviGpJ-Q7UY.&URL=http%3a%2f%2fwww.scottishautism.org%2f)  **Autism Initiatives -** <http://www.autisminitiatives.org/>  **Contact a Family -** [www.cafamily.org.uk](http://www.cafamily.org.uk)  **Kindred -** [www.kindred-scotland.org](http://www.kindred-scotland.org) **or** [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)  **Fife Carers Centre -** [www.fifecarerscentre.org.uk/](http://www.fifecarerscentre.org.uk/)  **Disability Sport Fife –** [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)  **Enable –** [www.enable.org.uk](http://www.enable.org.uk)  **Crossroads-** [www.crossroadsfifecentral.org.uk/](http://www.crossroadsfifecentral.org.uk/)  **The Right Click programme (Scottish Autism)** [rightclick@scottishautism.org](mailto:rightclick@scottishautism.org)  **Contact a Family -** <http://www.cafamily.org.uk/>  <http://www.mentalhealth.org.uk/help-information/mental-health-a-z/A/autistic-spectrum-disorder/>  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/autismandaspergerssyndrome.aspx> |
| Groups | If a child has received a diagnosis of ASD either through the ASCA (Autism Spectrum Community Assessment) process or at a FAST clinic (Fife Autistic Spectrum Team) parents will be invited to attend a group following the diagnosis-   * *Early Bird – Preschool age* * *Early Bird Plus – 5-8 years old* * *PAPAS – 9-14 years old* |
| Books/  resources | **Why does Chris do that?** Tony Attwood  **Autism and Play** – Bayer and Gammeltoft  **Asperger Syndrome: A Guide for Parents and Professionals** Tony Attwood  **Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence** Luke Jackson  **The New Social Story Book**- Carol Gray  **What’s that look on your face? All about faces and feelings** – Snodgrass.  Grandin T 1996 ***Thinking in Pictures***New York: Vintage  Sainsbury C 2000 ***Martian in the Playground*** London: Sage Publications Ltd  **Can I tell you about Asperger Syndrome?** – Jude Welton  **Kevin Thinks … about outer space, confusing expressions and the perfectly logical world of asperger syndrome**- Gail Watts  **Blue Bottle Mystery**- Kathy Hoopmann  **Lisa and the Lacemaker**- Kathy Hoopmann  **Of Mice and Aliens**- Kathy Hoopmaan  **Raising martians from crash-landing to leaving home**- Joshua Muggleton  **Ten Things every child with autism wishes you knew** – Ellen Notbohm  A is for Autism DVD |

# Learning Disabilities



Learning disabilities are normally noticed from early childhood and are defined as significant impairment of intellectual functioning including impaired communication, social skills, daily living skills and social functioning.

Children and young people with a learning disability can present with any of the mental health problems described in this document but their presentation may be complicated by factors such as communication difficulties and sensory sensitivities.

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| Phone Numbers | ‘Contact a Family’ helpline for children with disabilities  **0808 808 3555** |
| Websites | **Mencap the voice of learning disability** - <http://www.mencap.org.uk/>  **Contact a family** - [www.cafamily.org.uk](http://www.cafamily.org.uk)  **The British Institute of Learning Disabilities** - <http://www.bild.org.uk/>  **Children with Learning Disabilities and Challenging Behaviour** <http://www.challengingbehaviour.org.uk/about-behaviour/understanding-behaviour.html>  **Kindred** - [www.kindred-scotland.org](http://www.kindred-scotland.org) or [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)  **Fife Carers Centre -** [www.fifecarerscentre.org.uk/](http://www.fifecarerscentre.org.uk/)  **Disability Sport Fife** **–** [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)  **Enable –** [www.enable.org.uk](http://www.enable.org.uk)  **Crossroads**- [www.crossroadsfifecentral.org.uk/](http://www.crossroadsfifecentral.org.uk/)  **Better Info Better Lives** [www.betterinfo.org.uk](https://web.nhs.net/owa/redir.aspx?C=5fa343e08eb64a4fb8bd90e941e6ded1&URL=http%3a%2f%2fwww.betterinfo.org.uk%2f)  [www.knowledge.scot.nhs.uk/learningdisabilities](http://www.knowledge.scot.nhs.uk/learningdisabilities)  **British Institute of Learning Disabilities** [www.bild.org.uk/](http://www.bild.org.uk/) |
| Books/  resources | [www.cerebra.org.uk](http://www.cerebra.org.uk) – have an extensive library of books on a wide range of topics which professionals and parents can borrow. They also have a wide range of sensory toys parents can borrow.  **Mental health needs of children and young people with learning disabilities**- Raghavan, Bernard and McCarthy.  **Stepping Out- Using Games and activities to help your child with special needs**- Sarah Newman  **Learning Disabilities** – Bob Gates  **Nonverbal learning disabilities at school** – Pamela Tanguay  **Caged in Chaos: A Dyspraxic Guide to Breaking Free** Victoria Biggs  **Intensive Interaction DVD –** [www.intensiveinteraction.co.uk](http://www.intensiveinteraction.co.uk) |

# Attention Problems and ADHD / ADD



Attention Deficit Hyperactivity Disorder (ADHD) is characterised by a pervasive lack of attention, impulsivity and hyperactivity across two or more situations and settings – at home, school, and in public – which began before 12 years of age.

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| Websites | <http://www.youngminds.org.uk/for_parents/worried_about_your_child/adhd_children>  <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/adhdhyperkineticdisorder.aspx>  [www.moodcafe.co.uk](http://www.moodcafe.co.uk) |
| Groups | If a child receives a diagnosis of ADHD / ADD the family will be offered a place on a specialist programme:  *Parents In Control (PINC) – a six week programme for parents / carers with children with ADHD / ADD between 6 and 12 years old*  *Young People In Control (YPINC) – a five week programme for parents / carers with children with ADHD / ADD over 12 years old* |
| Books | *Read to Succeed List*  If your child has been given a diagnosis of ADD/ADHD, please request a Fife ADHD Pathway pack, which has a list of useful websites and resources.  **Understanding Attention Deficit Disorder: A Parent’s Guide to Attention Deficit Hyperactivity Disorder in Children** Dr Christopher Green & Dr Kit Chee  **Putting on the Brakes: Understanding and taking control of your ADD or ADHD** Patricia Quinn & Judith Stern |

# Eating Problems



Anorexia: is characterised by a difficulty in maintaining at least the minimum normal body weight by restricting food intake and/exercising excessively, or an intense fear of gaining weight.

Bulimia: is characterised by binge-eating and purging in order to control body weight, usually at an adequate body weight.

It is important that a young person has a physical check with their GP or School Nurse to rule out any physical problems before a referral is made for psychological support.

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| Phone Numbers | B-eat Helpline **0845 634 1414**  B-eat Youth Line **0845 634 7650** |
| Websites | [www.b-eat.co.uk](http://www.b-eat.co.uk)  <http://www.handsonscotland.co.uk/topics/troubling_behaviours_topic_frameset.htm>  <http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anorexia>  <http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/bulimia> |
| Books | **Mealtimes and Milestones: A Teenagers Diary of Moving on from Anorexia** Constance Barter  **Anorexia Nervosa: A Survival Guide for families, friends and sufferers** Janet Treasure  **Overcoming Anorexia Nervosa; A self-help guide using Cognitive Behavioural Techniques** Christopher Freeman |

# Bereavement

Grief is the normal response to a loss. Children’s responses to grief can vary depending on their age and developmental stage. Problems can arise when children are unable to adjust to their loss and it has a significant impact on their life.



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| Phone Numbers | CRUSE Helpline **0844 477 9400** |
| Websites | [www.winstonswish.org.uk](http://www.winstonswish.org.uk)  [www.childbereavement.org.uk](http://www.childbereavement.org.uk)  [www.cruse.org.uk/bereavement-services/children](http://www.cruse.org.uk/bereavement-services/children)  [www.understandingchildhood.net/posts/bereavement-helping-parents-and-children-cope-when-someone-close-to-them-dies/](http://www.understandingchildhood.net/posts/bereavement-helping-parents-and-children-cope-when-someone-close-to-them-dies/)  <http://www.nasponline.org/resources/crisis_safety/griefwar.pdf> |
| Groups | *Seasons For Growth*  These groups are for children and young people aged 6-18 years who have experienced significant loss, change, family breakdown or bereavement. The 8 week groups take place in schools across Fife. Speak to school staff if you are interested. |
| Books | **Badgers Parting Gifts** Susan Varley  **Out of the Blue: Making memories** **last when someone has died** Julie Stokes and Di Stubbs  **As Big As It Gets. Supporting a child when a parent is seriously ill** Lynne Murray and Liz Andrews  **Children, Bereavement and Trauma** Paul Barnard, Ian Morland & Julie Nagy  **Bereaved by Suicide** Patrick Shannon |

# Coping with long-lasting illness

Long-lasting illnesses can be extremely difficult for families to cope with, both physically and mentally. These resources focus on helping your child with the emotional strain that illness can bring.



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| Phone Numbers | Young Minds Helpline **0808 802 5544** |
| Websites | <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/chronicphysicalillnesses.aspx>  <https://www.med.umich.edu/yourchild/topics/chronic.htm>  <http://www.healthychildren.org/English/health-issues/conditions/chronic/pages/Coping-With-Chronic-Illness.aspx>  <http://www.youngminds.org.uk/for_parents/worried_about_your_child/physical_illness> |

# Psychosomatic Difficulties



This is when children experience emotional distress in the form of physical symptoms with no physical illness as well as children with real physical illness where the presentation is complicated by mental health difficulties.

Physical complaints with no apparent medical basis may be a reflection of stress, such as anxiety in social situations or a demanding school setting, separation from parents, or other stressful situations.

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| Phone Numbers | Young Minds Helpline **0808 802 5544** |
| Websites | <http://www.aboutourkids.org/families/disorders_treatments/az_disorder_guide/psychosomatic_illness_somatoform_disorder> |



NHS Fife

Child & Family Clinical Psychology Team