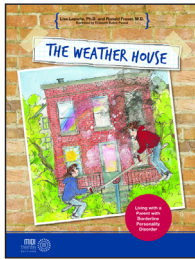




For parents, caregivers & children:

What else can I read?

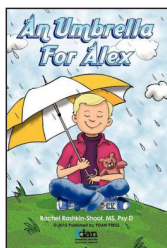
Below is a list of some publications about Borderline Personality Disorder as well as descriptions by the publishers. While the list below might be useful, it is not exhaustive. Project Air Strategy does not officially endorse these books or any of the recommendations within these publications, nor is it responsible for any effects or outcomes these books might have on readers.



***The Weather House:
Living with a Parent with Borderline Personality Disorder***

By Lisa LaPorte and Ronald Fraser

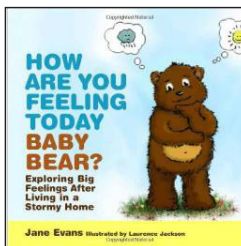
Story and picture book targeted at school aged children with a parent with Borderline Personality Disorder. The book uses a weather analogy to help children understand the symptoms of BPD.



An Umbrella for Alex

By Rachel Rashkin-Shoot

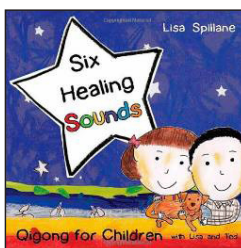
Story and picture book for children with a parent with personality disorder. The book is designed to be read with a parent, caregiver or therapist and assists children to understand their caregiver's stormy emotions.



***How Are You Feeling Today Baby Bear?
Exploring big feelings after living in a stormy home***

By Jane Evans

Story and picture book written for children living in homes with domestic violence. The book assists children to understand and name emotions and provides information to adults about how to start discussing emotions with children.

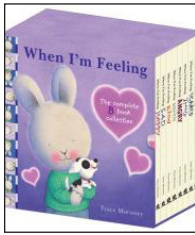


Six Healing Sounds

By Lisa Spillane

Picture and story book for children to learn about emotions, relaxation techniques, mindfulness and self-compassion.

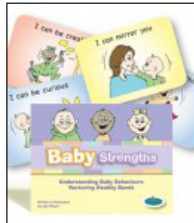
Project Air Strategy acknowledges the major support of NSW Health and MH-Children and Young People, Mental Health Drug and Alcohol Office, NSW Ministry of Health. The Project works with mental health clinicians, consumers and carers to deliver effective treatments, implements research strategies supporting scientific discoveries, and offers high quality training and education. Contact us at info-projectair@uow.edu.au or visit www.projectairstrategy.org



The “When I’m Feeling” Collection

By Tracey Moroney

A series of story books for children to assist in understanding emotions. Emotions in the collection include; happy, angry, jealous, lonely, loved, scared, kind and sad.



Baby’s Strength Cards

By Jan Plater

Available at: www.innovativeresources.org

Card series for caregivers and clinicians that can be used to facilitate reframing common child behaviours as functional and valuable.



The Bears

By Russell Deal & Ben Wood

Available at: www.innovativeresources.org

Card series for caregivers, children and clinicians that provides an illustrative depiction of different emotions, useful in developing emotional awareness, identification and understanding in children and caregivers.



Children of Parents with a Mental Illness

www.copmi.net.au

Provides information for parents, carers, family and friends to help support children who have parents with a mental illness.



Young Carers New South Wales

www.youngcarersnsw.org.au

A website designed for young carers aged 25 years and under. Provides practical advice, links to other resources and information for parents and professionals on how to work with young carers.



Raising Children Network

raisingchildren.net.au

Provides information to parents about the different developmental stages of children, and practical parenting tips.