

Innovative Children's Support Booklets

10 popular, practical support resources for 8 - 12 year olds on the topics below:

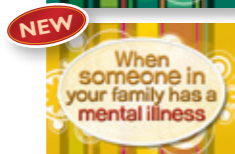
NEW: WHEN SOMEONE IMPORTANT TO YOU HAS DIED

(for bereaved children)



NEW: WHEN SOMEONE IN YOUR FAMILY HAS A MENTAL ILLNESS

(giving understanding, strategies to cope and ways to keep safe and ask for help)



NEW: WHEN SOMEONE YOU KNOW HAS AN ADDICTION

(giving understanding, strategies to cope and ways to keep safe and ask for help)



NEW: WHEN SOMEONE IN YOUR FAMILY IS ILL OR INJURED...

(giving understanding and strategies to cope, and ways to find support)



NEW: KEEPING SAFE

(general safety strategies, body safety, thoughts & feelings if bad touching happens, ways to tell and asking for help to make it stop)



WHAT ARE YOU WORRIED ABOUT?

(for children who worry a lot)



ANNOYED, MAD AND ANGRY

(for children needing to learn to understand and manage their anger)



WHEN PARENTS FIGHT

(giving strategies to cope with this situation, strong personal safety messages and ways to ask for help)



WHEN PARENTS BREAK UP

(addresses the common thoughts, feelings and issues involved, and ways to manage them)



LIVING IN A BLENDED FAMILY

(addresses the common thoughts, feelings and issues involved, and ways to manage them)



Memories Matter

NEW

A fantastic, colourful box of cards that feature activities and ideas to support bereaved people of all ages, including children and teens, to find personal ways to remember someone who has died, and to celebrate their life. A new and innovative resource for everyone. This new title will be available in April 2011.



Skylight helps children, young people and their families/whānau move forward through change, loss, trauma and grief - whatever the cause



Youth Support Leaflet Series - 10 different titles

Our very successful series of youth support leaflets (50 in each set) used widely in a broad range of contexts:



Life Tips for Hard Times

Getting Stronger

- Building up your resilience



Stressed Out

Managing Anger



Split - When your parents break up

Behind Bars - When someone you know is in prison



Heart Break

Fitting In - About getting on well with others



New Home - Arriving to live in a new country

Bullying - Info for bullies and those being bullied



To view our extensive support resource range, to find out more detailed product information and to order see the Skylight shop at

www.skylight.org.nz

or 0800 299 100

SKYLIGHT SHOP 2011

NEW ZEALAND

Support Resources to help children, young people and adults pick up the pieces

200+ titles and products see our online shop www.skylight.org.nz or 0800 299 100



Because grief happens and support matters...



Skylight is an innovative New Zealand social enterprise charity that specialises in assisting and supporting children, young people, adults and families/whānau through tough times - whatever the cause. Skylight also equips the caregivers, relatives, friends, neighbours, workmates, community groups and professionals caring for them.

Our publishing arm develops excellent, respected and innovative support resources that we make available across New Zealand, and internationally.

The Journey Through

- ideas for getting through tough times

A stylish, colourful, graphic-rich, single edition youth magazine for teens facing tough times, or to support others they know.



When Tough Stuff Happens

- an activity book for tough times for 7 - 12 year olds

Designed to be personalised by 7-12 year olds who are facing tough stuff in their lives, whatever it is.



Something Has Happened

An activity book for young children, 3-6 years old, who are facing tough times.



What's Happened to Baby?

An inviting, sensitively written and colourfully illustrated story for children 3-7 years old, who have had a baby die in their family/whānau.



Death Without Warning

- information and support after an unexpected death in New Zealand

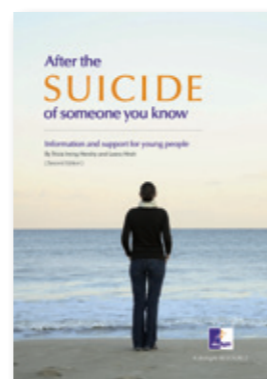
For those affected by any kind of sudden or unexpected death, this invaluable and respected New Zealand handbook offers up to date, key information to help get through this difficult and demanding time.



After The Suicide of Someone You Know

- Information and Support for Young People

Specifically written for young people affected by the suicide of someone they know.



Grief is Like a Huge Wave...

A colourful, youth-friendly, hand sized booklet highlighting key ideas about the nature of grief and what it can be like. It also includes practical ideas about handling it.



What Happens Next?!

- a handbook for parents, caregivers and family/whānau of young people who have a mental illness.

A very practical, supportive and informative handbook for those who are looking after and supporting a young person with a serious mental illness.



Explain to me... What's A Protection Order?

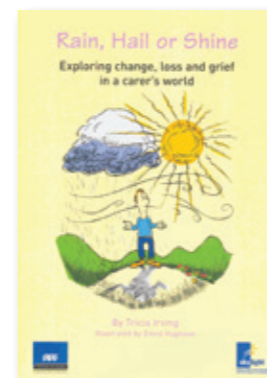
A colourful, illustrated booklet for children 7-12 years who've been affected by family violence that clearly explains what a Protection Order is, why they are needed sometimes and what they mean for a family.



Rain, Hail or Shine

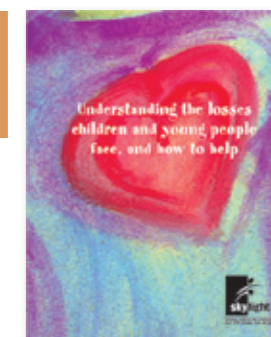
Exploring Change, Loss and Grief in a Carer's World

Talking honestly to carers about the kinds of changes, losses and grief - often unacknowledged - that carers can experience and strategies for managing them.



Understanding the Losses Children and Young People Face and How to Help

Important and very practical information for adults to better understand and support children and teens who are grieving - whatever the cause.



200+ titles and support products at our online shop
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The Getting Stronger Game

Building Yourself Up To Get Through Tough Times

A resilience building game for young people (8-14 yrs) who are facing tough times.

A relationship building tool for the professionals supporting them.

Game Price: **\$65 (NZ\$)**
Each set of Topic Cards: **\$10 (NZ\$)**

The Getting Stronger Game uses the non-threatening, positive power of an engaging game to give young people (8-14 years) an opportunity to safely talk about who they are, things they think and feel, and about ideas they can use to help manage the tough issues in their lives.

This innovative, ground-breaking game encourages young people to open up and gently begin first conversations around sensitive topics. The game is intended to be used with a professional or support person who the child feels comfortable with, such as a social worker, family support worker, teacher, psychologist, or counsellor. The game comes with instructions and with detailed notes about how best to use it safely and effectively with a young person.

Getting Stronger is designed to be played with any of the topic cards available in the Getting Stronger Topic Series. This means



the game can be used for a wide range of difficult life topics just by using different card sets. In this way, it can be easily tailored to the unique needs of young clients, either individually or as a group.

Topic Card Sets Available:

- ★ For those who have witnessed, or been impacted by, **domestic violence**
- ★ For those with a family member with an **addiction**
- ★ For those with a family member who has a **mental illness**
- ★ For those with a family member who has a **serious illness** or **injury**
- ★ For bereaved children when someone close has **died**
- ★ For those affected by a **disaster**

New topics will be added regularly, including bullying, living with learning disabilities, when a family member's in prison and when a family member has a brain injury.



12 NEW Information Sheets - for both young people and adults

With photos, great graphics and clear, easy to read text, these freshly updated leaflets cover some of the core topics people request information about, including new topics for 2011.

- ★ Supporting children and young people after a traumatic event or disaster
- ★ Helping someone who is grieving
- ★ Answering a child's questions about death and dying
- ★ Making a Memory Book
- ★ When your grandparent has died
- ★ When your Mum or Dad has died

- ★ When a friend dies
- ★ When your pet dies
- ★ When someone you love is dying
- ★ When your brother or sister has died
- ★ Helping a friend through difficult times
- ★ Keeping your children safe from sexual abuse

