



PHOENIX PLACE

Resources We Recommend

Books, games, and other bits and pieces that we love, and that we use regularly with our own kiddos and our clients

Books

For Parents and Caregivers

“The Playful Parent: 7 Ways To Happier, Calmer, More Creative Days With Your Under-Fives” by Julia Deering (Harper Thorsons, 2014)

“The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind” by Daniel Siegel & Tina Payne Bryson (Bantam Books, 2012)

“The Yes Brain Child: Help Your Child Be More Resilient, Independent and Creative” by Dr Daniel Siegel & Dr Tina Payne Bryson (Simon & Schuster, 2018)

“Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child” by Kim Golding and Daniel Hughes (Jessica Kingsley, 2012)

“The Science of Parenting” (2nd edition) by Margot Sunderland (DK Publishing, 2016)

Picture Books

“My Calm Me Down Book” by Trace Moroney (Five Mile, 2020)

Trace Moroney’s Feelings book series (Five Mile, various dates)

Shona Innes’ “Big Hug Book” series – e.g. “Anger is like Armour”, “Worries are like Clouds” and “The Playground is like the Jungle” (Little Hare, various dates)

“The ABC Book of Feelings” by Helen Martin, Judith Simpson & Cheryl Orsini (ABC Books, 2017)

“A Shelter for Sadness” by Anne Booth & David Litchfield (Templar, 2021)

“All the Ways to be Smart” Davina Bell & Alison Colpoys (Scribe Publications, 2018)

“Rain Before Rainbows” by Smriti Halls & David Litchfield (Walker Books, 2020)

“Beautiful Oops” by Barney Saltzberg (Workman, 2010) – *reframes mistakes as opportunities*

Card Sets

Anxiety Solutions for Kids: 50 Ways to Ride the Waves – card deck by Innovative Resources

Conversation Cards (with questions to prompt conversation – great for dinnertime, car trips, etc)

- e.g. “Conversation Starters: Question and Picture Cards” Kmart’s Anko Education range

Activity Cards (with ideas for activities to do)

- e.g. Usborne’s **Things to Do With Your Baby** card sets
- Zen Zoo’s **Mindful Cards**

Affirmation Cards – you can make your own with your child to match it exactly to what they need to hear, or buy a set (search Etsy for affirmation cards for kids for lots of beautiful options)

Art & Craft Materials

Washable felt-tip pens

Crayons

Coloured pencils

Paints (poster paints in basic colours, neon, and metallic, watercolour paints) and paintbrushes (as well as print making implements like dish brushes – great for painting dandelion clocks or fireworks – animal figurines to make pawprints across the page, sponges, etc)

When it comes to felt-tip markers, crayons, pencils and other art-making implements, many brands have a recommended age of 3+, but there are a couple of brands (e.g. Micador) which have crayons and felt-tip markers that are designed to be used from 1+. Micador’s “Safety Markers” have bright, vibrant colours, but wash off clothes and skin easily.

Stamps and ink pad, self-inking stampers

Different types of sticky tape (plain sticky tape, masking tape for construction, etc) and glue

Different types of “paper” – plain white, colour paper, paper on a roll, paper plates, paper bags, watercolour paper, cardstock/thin card

Child-friendly scissors

Decorative bits & pieces – stickers, googly eyes, feathers, sequins, buttons, glitter, pipe cleaners, paddlepop sticks, scrap paper bits for collage, etc

(Remember that young children will need supervising when using small bits and pieces in craft, and when using scissors)

Journals

Different types of journals, for self-expression, to help process thoughts and feelings, and to help communicate

- Gratitude journal (great for kids and adults who have a tendency to focus on the negative)
- Art journal (for drawing, doodling, etc)
- Feelings journal (to track the ups and downs of the day)
- Prayer journal
- “Scribble Book” for recording everything and anything – interesting snippets of conversation, thoughts, quotes, poems, drawings, lists, character ideas, dreams etc – great for budding writers
- Diary (the traditional, recording the events of the day type of journal)
- Shared journal for written conversations and ideas and paper-based games between siblings, or parent + child

Card and Board Games

For fun, and for skill-building – learning turn taking, managing disappointment and other big emotions, improving attention span and focus, developing language, improving processing speed, practicing logical and creative thinking, and lots more

First games

Orchard Games’ **Farmyard/Jungle Heads and Tails** (for 18 mths+)

Peaceable Kingdom’s **Monkey Around** and **Acorn Soup** (for 2 yrs+)

Orchard Games’ **Sleepy Sloths** (for 2 yrs+)

Lotto (e.g. Orchard Games’ **Little Bus Lotto**, **Dinosaur Lotto**, or **Old Macdonald Lotto** for 2 or 3 yrs+)

Educational Insight’s **The Sneaky Snacky Squirrel Game** (for 3 yrs+)

Dominos (picture dominos can start earlier than traditional number dot ones)

Pairs

Go Fish, Donkey (Old Maid)

Uno Junior (from 3 yrs+)

Preschool and up

My First Castle Panic (4+) – a co-operative game

Carcassonne Junior (4+)

Settlers of Catan Junior (6+)

Ticket to Ride: First Journey (6+)

Carcassonne (7+) – and expansions

Blink (7+)

Sleeping Queens (8+)

Dix It (8+)

Kingdomino, Queendomino (8+)

Ticket to Ride (8+)

Castle Panic (10+) – a co-operative game

Settlers of Catan (12+)