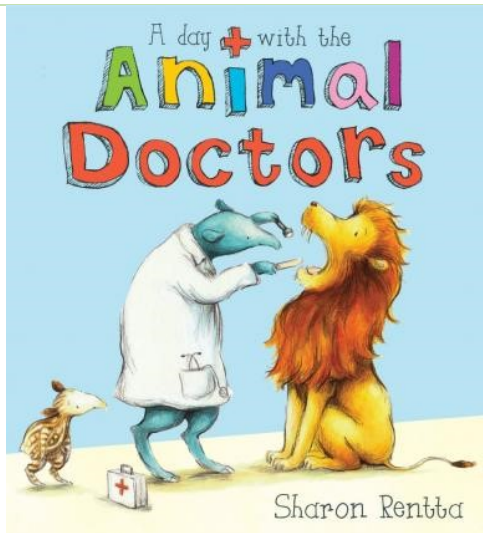


AISTEAR – Well-being

The theme of **well-being** is about children being confident, happy and healthy. The books in this set cover nutrition, self-care and safety. They will also help children to understand the notion of respect for themselves and others, to be resilient and take learning risks. They promote a positive outlook on life and learning and inspire children to be confident in their own abilities and unique qualities.



comhairle chontae na mí
meath county council

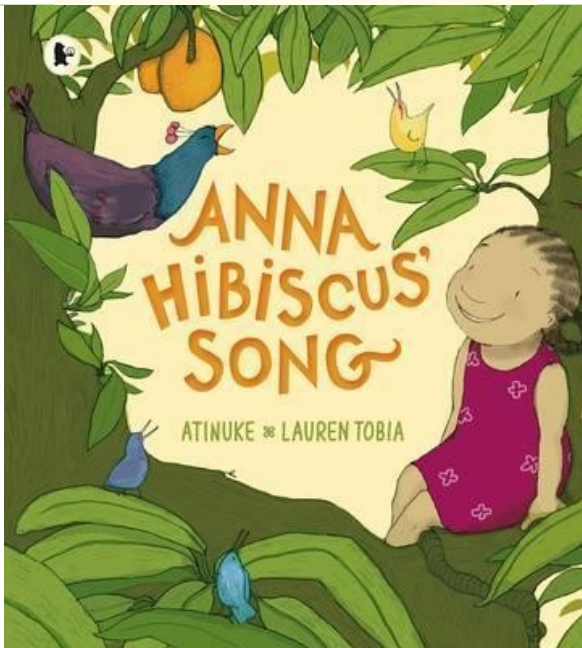


'A Day with the Animal Doctors'

Sharon Rentta

Alison Green Books

Terence is going to be a doctor today - just like his mummy. Well, sort of. Terence's mummy is a proper doctor at the animal hospital. Terence is just a mischievous little tapir who causes an awful lot of chaos - in the nicest possible way. Full of warm, witty details and deadpan humour, this hilarious trot round the wards with the animal doctors will entertain every child who loves playing doctors and nurses.

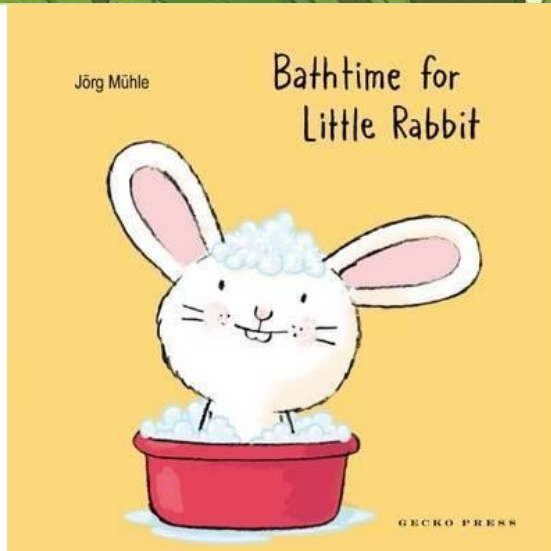


'Anna Hibiscus' Song'

Atinuke and Lauren Tobia

Walker Books

A beautiful, vibrant story, with rich colours and words. This is the first picture book featuring Anna Hibiscus and she is very happy in it! So happy, in fact, that she can't quite decide what to do with herself!! So, she turns to her grandparents, her aunts, her cousins Chocolate, Angel and Benz, her uncle Tunde and her father, who each offer her a way to express her boundless joy. But being around the people she loves so much only makes her happiness grow and grow; she is SO happy, she is going to EXPLODE! It is her mother who finally helps her to channel her brimming happiness. Sitting in her mango tree Anna sings an amazing song. Amazing is Africa. Amazing is Anna Hibiscus.



'Bathtime for Little Rabbit'

Joerg Mühle

Gecko Press

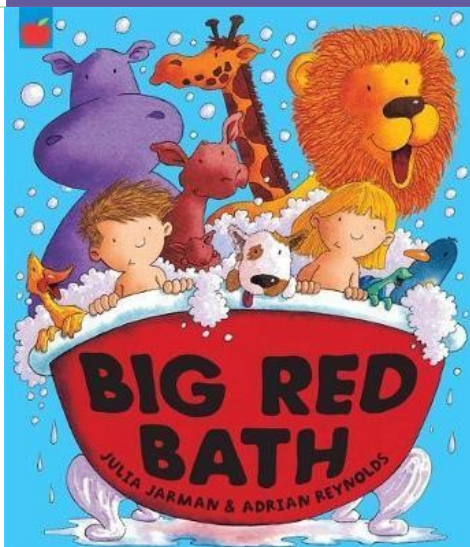
Who enjoys having their ears washed? Little Rabbit doesn't like the idea, but it turns out to be not so bad after all. But he does need your young reader's help. When the blow-dryer breaks, we must blow his ears dry. Wfffff! Keep blowing! Now wrap him in the towel and bath time is over. Squeaky clean, Little Rabbit!



'Touch and Feel Bedtime'

DK

It's bedtime! Put on your fleecy dressing gown, brush your teeth with the bumpy toothbrush, and pull up your comfy, cushioned duvet. Let their little hands roam and feel all the different textures as they read about the objects associated with a bedtime routine. Touch and Feel Bedtime is one of the Touch and Feel chunky padded board books that help encourage your child's early learning and language. Perfect for encouraging tiny fingers to explore and great for sensory development.

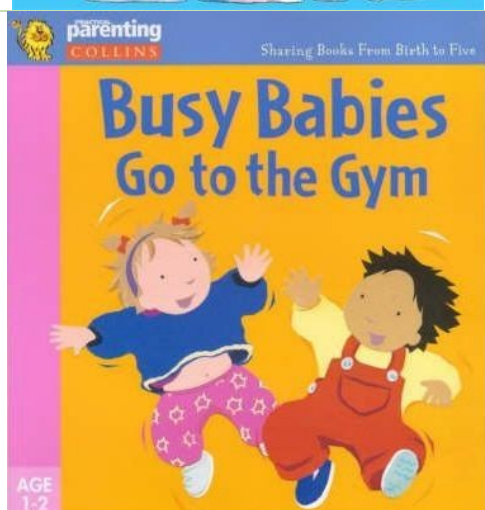


'Big Red Bath'

Julia Jarman and Adrian Reynolds

Orchard Books

Ben and Bella are having such a lovely, splashy time in the big red bath that soon everyone wants to join in the fun! But will there be room for all the animals . . . even Hippopotamus? A riotous story - brought to life by young, bright, friendly illustrations from a bestselling, award-winning artist.

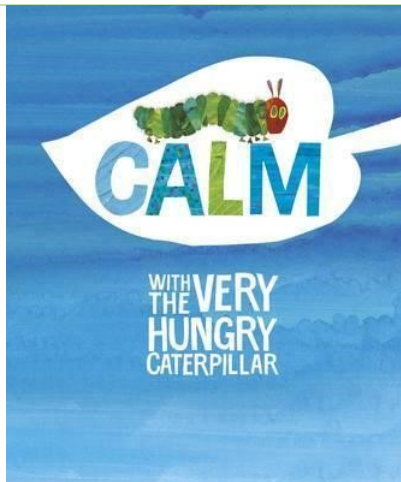


'Busy Babies Go to the Gym'

Jane Kemp, Clare Walters and Alex Ayliffe

HarperCollins

Busy babies always have fun. Join them on exciting days out and sing along to the songs! When the busy babies go to the play gym with their mums there is so much to see and do. They want to play on everything! There are tubes to crawl through, slides to slide down and rockers to rock on. And with songs to sing along to going to the baby gym has never been so much fun! AGE 1-2

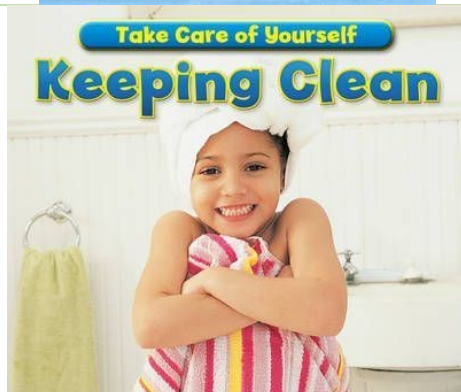


'Calm with the Very Hungry Caterpillar'

Eric Carle

World of Eric Carle

The Very Hungry Caterpillar is here to guide you to peace and quiet in this little book of calm. Featuring the beautiful, contemplative artwork of Eric Carle, this book introduces simple, mindful relaxation practices accessible to children. The stylish and quirky design makes it a great gift for adults too.



'Keeping Clean'

Sian Smith

Raintree

Teach young readers about basic personal hygiene in this simple, easy-to-read series. This book uses clear photographs and easy-to-follow instructions to help children keep their bodies clean. A simple picture glossary reinforces new vocabulary.

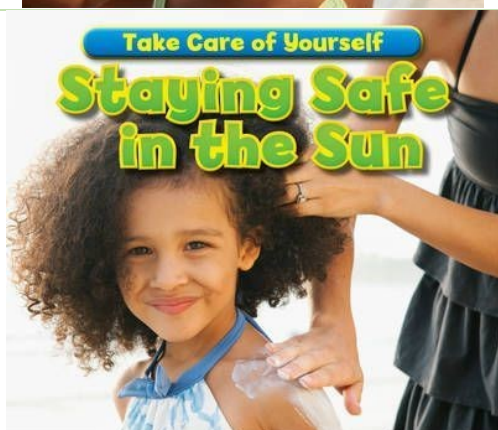


'Looking After Your Teeth'

Sian Smith

Raintree Publishers

Teach young readers about basic personal hygiene in this simple, easy-to-read series. This book uses clear photographs and easy-to-follow instructions to help children keep their teeth healthy and clean. A simple picture glossary reinforces new vocabulary.



'Staying Safe in the Sun'

Sian Smith

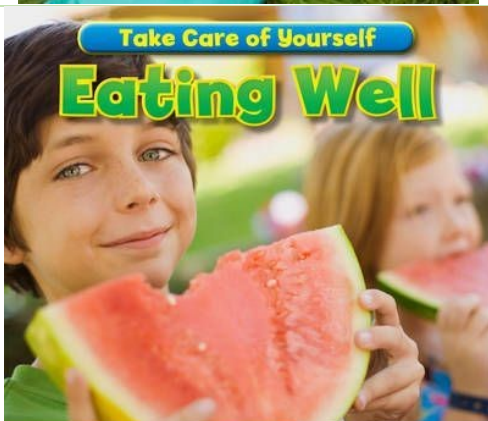
Raintree Publishers

Teach young readers about basic personal hygiene in this simple, easy-to-read series. This book uses clear photographs and easy-to-follow instructions to help children understand how to stay safe in the sun and why it is important. A simple picture glossary reinforces new vocabulary.



'Resting'
Sian Smith
Raintree Publishers

Teach young readers about basic personal hygiene in this simple, easy-to-read series. This book uses clear photographs and easy-to-follow instructions to help children stay rested and healthy. A simple picture glossary reinforces new vocabulary.



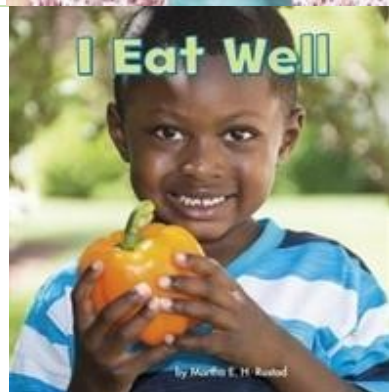
'Eating Well'
Sian Smith
Raintree Publishers

Teach young readers about basic personal hygiene in this simple, easy-to-read series. This book uses clear photographs and easy-to-follow instructions to help children make healthy food decisions. A simple picture glossary reinforces new vocabulary.



'I Care for My Teeth'
Martha E. H. Rustad
Raintree

Learning to care for teeth is a tough job! Carefully levelled text allows the youngest readers to read independently and learn all about caring for their teeth.



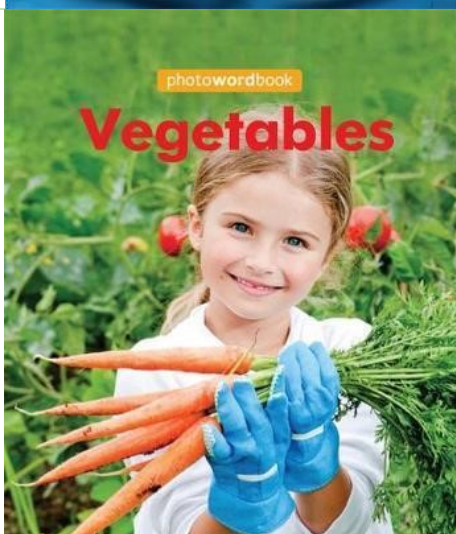
'I Eat Well'
Martha E. H. Rustad
Raintree

Learning to eat healthily is a tough job! Carefully levelled text allows the youngest readers to read independently and learn all about eating well.



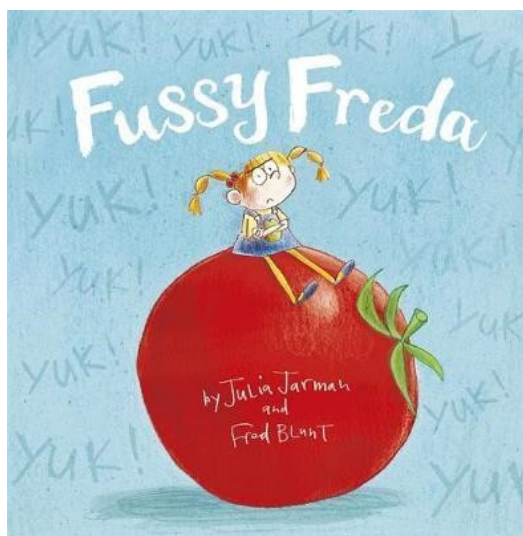
'Photo Word Book: Fruit'
Camilla Lloyd
Wayland

The Photo Word Book series of books are simple, non-fiction reading books to help establish vocabulary, basic grammar and comprehension alongside current reading schemes. The book uses a new typeface with specially designed letter shapes to help with children's literacy development. Each word is featured with one sentence to introduce it. A second sentence relates the word to the charming pictures. Includes a bibliographical quiz to turn the index and contents page into fun games.



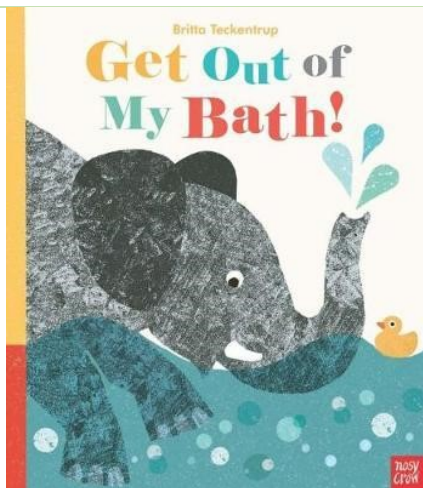
'Photo Word Book: Vegetables'
Camilla Lloyd
Wayland

Photo word books are simple, non-fiction reading books to help establish vocabulary, basic grammar and comprehension alongside current reading schemes. Designed to bridge the gap between nursery and the national curriculum, these books will introduce emergent readers to curriculum topics in a charming and visually stimulating way. Ideal for emergent readers, reluctant readers and those diagnosed with dyslexia.



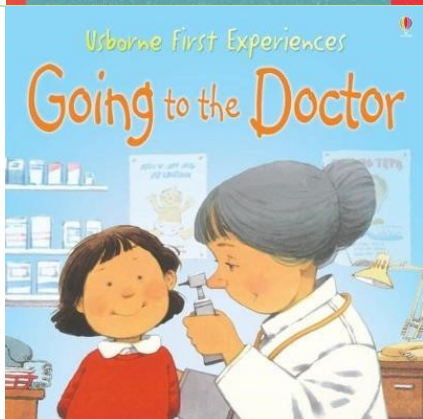
'Fussy Freda'
Julia Jarman and Fred Blunt
Hodder Children's Books

A deliciously funny rhyming tale. Perfect for fussy eaters and their despairing parents!
 Dinnertime isn't easy in Freda's house.
 Mum cooks beans. YUK!
 Grandma cooks fish and chips. YUK!
 Dad cooks crispy duck. YUK! YUK! YUK!
 There just isn't any pleasing Fussy Freda. But her cat is not so fussy, and this causes a culinary catastrophe! This cautionary tale will have toddlers calling out for more, and more, and MORE!



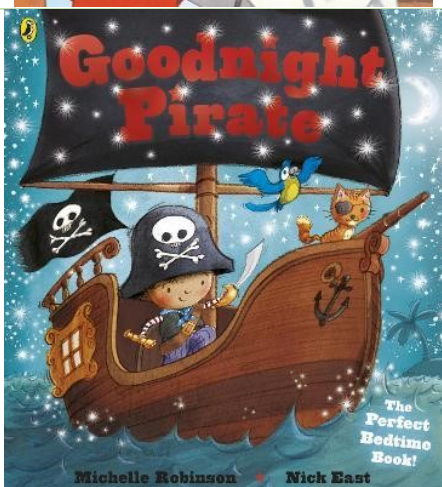
'Get Out Of My Bath!'
Britta Teckentrup
Nosy Crow

Ellie the elephant loves to have fun in the bath but she's not the only one... her fun is interrupted when a crocodile decides to join in followed by a flamingo, then a mouse and even a tiger! Poor Ellie's bath is ruined. What can she do?



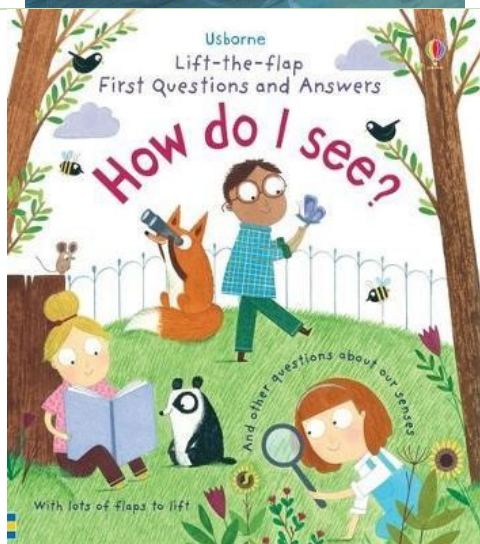
'Going to the Doctor'
Anne Civardi and Stephen Cartwright
Usborne

This book is designed to introduce young children to unfamiliar situations in an amusing and friendly way. It features Stephen Cartwright's delightful illustrations, providing lots to look at and talk about. It provides an ideal starting point for young children and adults to discuss first experiences.



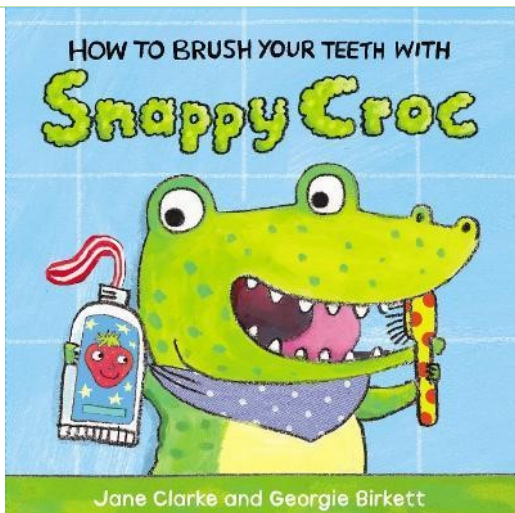
'Goodnight Pirate'
Michelle Robinson and Nick East
Puffin

Ahoy there! As a little boy says goodnight to his dressing-up clothes and toys he is transformed into a swashbuckling pirate. Michelle Robinson's beautiful rhyming text is perfectly accompanied by Nick East's gentle and atmospheric illustrations, which will delight and soothe little ones everywhere as they snuggle up in bed.



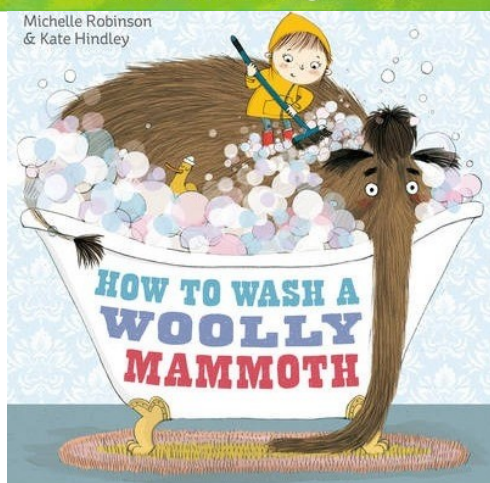
'First Questions and Answers: How do I see?'
Katie Daynes and Christine Pym
Usborne

With lots of flaps to lift on every page, this informative book answers the questions that all young children have about their senses. Each page asks a different question, such as 'How do I taste things?', 'How do I see?' and 'How do I hear?'. A wonderful introduction to the senses for inquisitive young minds.



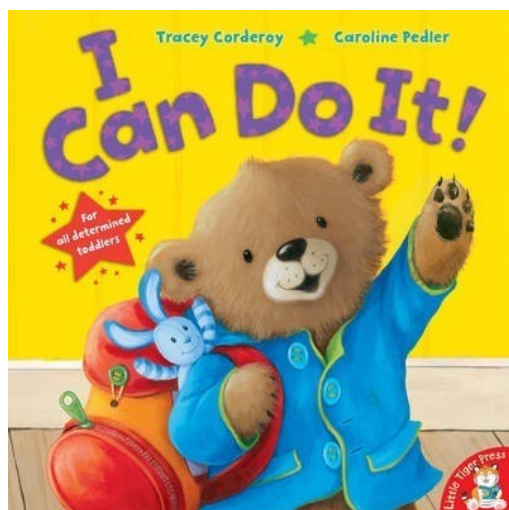
'How to Brush Your Teeth with Snappy Croc'
Jane Clarke and Georgie Birkett
Penguin Random House

Little Croc's been crunching, snip, snap, SNIP! She doesn't want to clean her teeth. Watch out! She can nip. Discover the big moments and daily routines of every toddler's life, with lovable animal characters and a playful, rhyming text. Each story features a child and their very own baby animal, brought to life by the creator of The Big Night-Night Book.



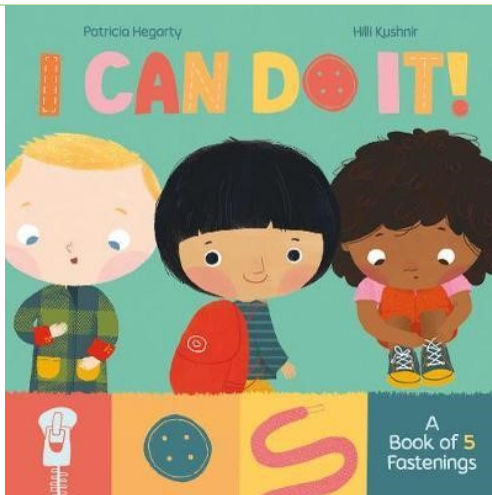
'How to Wash a Woolly Mammoth'
Michelle Robinson and Kate Hindley
Simon and Schuster

Does your woolly mammoth need a wash? It's not a very easy thing to do... Find out exactly how to wash your mammoth in this hilarious instruction manual - just remember don't get any soap in its eyes or it might escape up a tree!



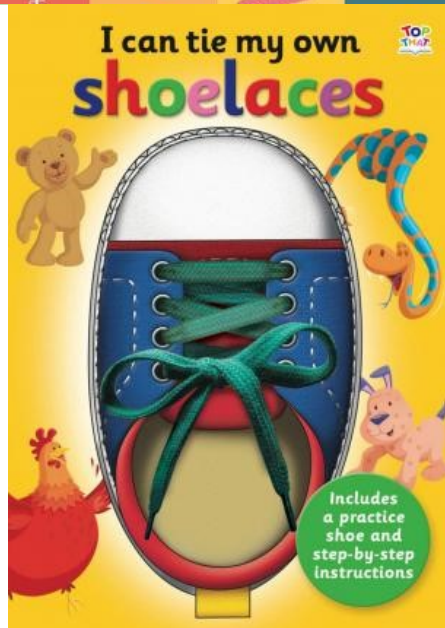
'I Can Do It!'
Tracey Corderoy and Caroline Pedler
Tiger Tales

If your toddler thinks they can do just about anything, then you'll love the third Baby Bear book from the talented author and illustrator team, Tracey Corderoy and Caroline Pedler. Determined little fingers will love touching the soft, fuzzy textures, while bold, simple illustrations and a gorgeously warm story will help small children learn why it's ok to accept a little help from Mummy sometimes. It's a big day for Baby Bear. He can now do up buttons all by himself - even the tricky one on his new rucksack! He is so happy. But now Baby Bear wants to do everything himself...



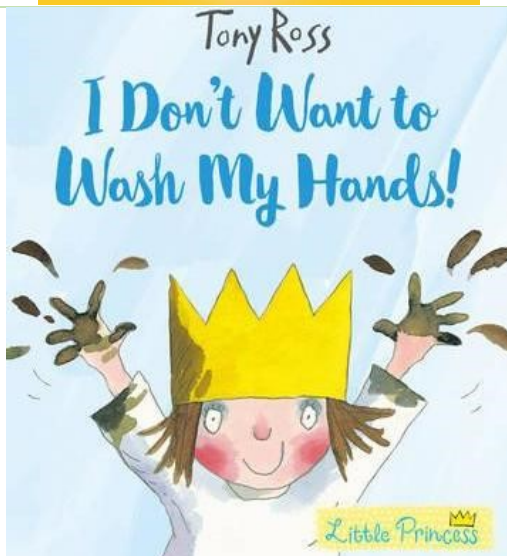
'I Can Do It'
Patricia Hegarty and Hilli Kushnir
Caterpillar Books

You can do it!
 Have fun tying shoelaces, fastening buttons and more, by using the step-by-step instructions and interactive elements.



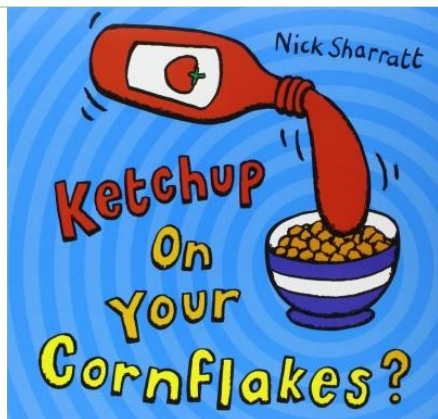
'I Can Tie My Own Shoelaces'
Oakley Graham and Barry Green
That Publishing

Includes a practice shoe and step-by-step instructions! Children will confidently master the key life skill of tying shoelaces with this best-selling, step-by-step instruction book. With the help of Red Hen and friends, children aged 4 and up will be tying their laces in no time at all! A perfect title to encourage mastering this important skill in line with starting school., Features fun rhyming text throughout., Clear images and instructions included., Includes strong, durable laces for children to practice what they have learnt.



'I Don't Want to Wash My Hands!'
Tony Ross
Anderson Press

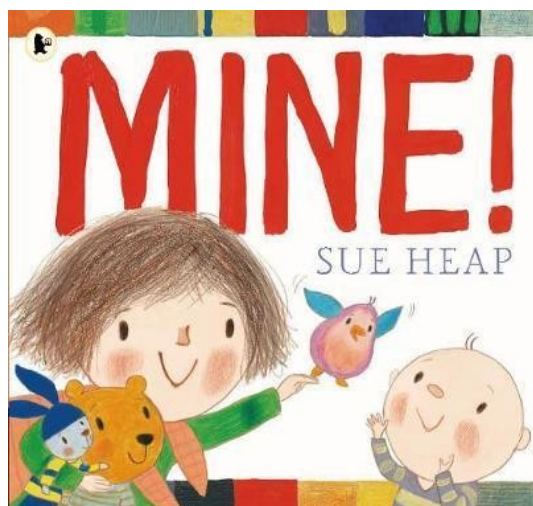
The Little Princess loves getting her hands dirty. The trouble is, she hates washing them. Until she learns all about the nasties, the dirties and all the other horrible things that lurk and make you ill



'Ketchup on Your Cornflakes?'

Nick Sharratt
Scholastic

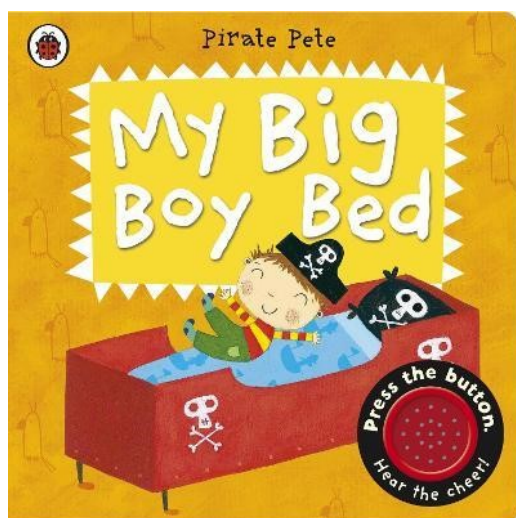
Text and movable flaps offer readers the choice of putting toppings ranging from ketchup to custard on foods ranging from cornflakes to apple pie.



'Mine!'

Sue Heap
Walker

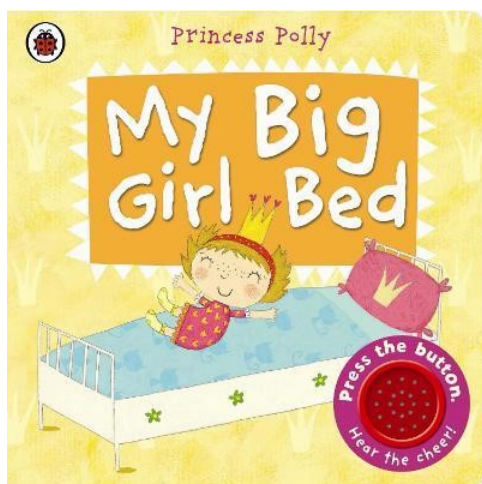
A very funny warm-hearted picture book about the difficulty of sharing. Amy snuggles on her blankie with her three toys. "I love you all," she says, "because we're together, and because you're MINE." When Jack and Zak want to play and they grab Bear and Bunny, Amy grabs them back. "MINE!" she says. When Baby Jo picks up Bird and kisses it, Amy takes it away. "MINE!" she says. But then she realizes that what she's done has made Baby Jo very sad. He's all alone, without a toy and suddenly Amy has a difficult decision to make. What will she do?



'My Big Boy Bed: A Pirate Pete book'

Amanda Li
Ladybird

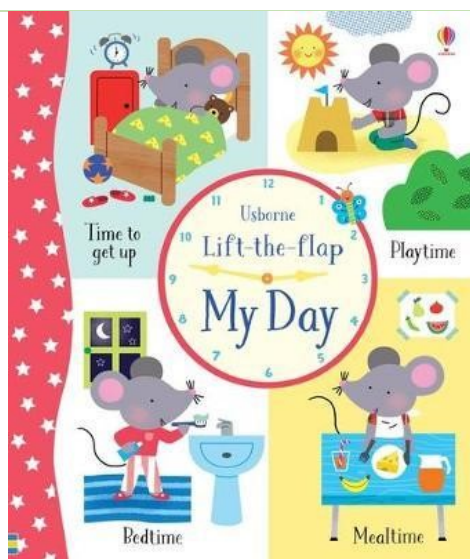
Pirate Pete: My Big Boy Bed describes the excitement of moving from a cot to a new big bed and all the stages that every child will go through along the way, such as choosing new bedding, getting rid of the cot and finally Pirate Pete discovering what it's like to sleep all night in a big bed of his own. The simple text and colourful illustrations will help little ones understand more about what moving from a cot into a big bed means; even why it may at first seem a bit daunting, but how in the end moving to a big bed is an important stage of growing up. Pressing the cheer sound button on every page is also a fun way to motivate your child and involve them in the story!



'My Big Girl Bed: A Princess Polly book'

**Amanda Li
Ladybrid**

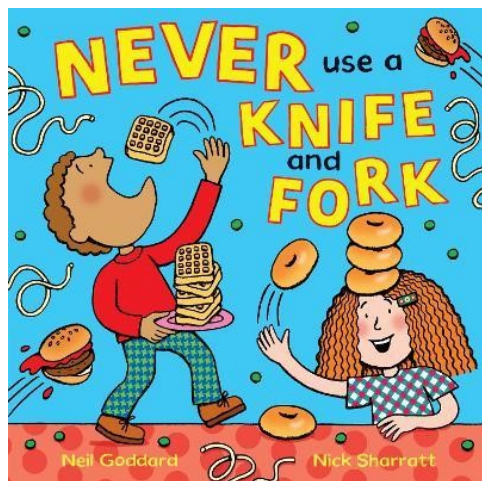
Princess Polly: My Big Girl Bed describes the excitement of moving from a cot to a big bed and all the stages along the way, such as choosing bedding, getting rid of the cot and finally Princess Polly discovering what it's like to sleep all night in a big bed of her own. The simple text and colourful illustrations will help little ones understand more about sleeping in a big bed; even why it may at first seem a bit daunting, but how in the end moving to a big bed is an important stage of growing up. Pressing the cheer sound button on every page is also a fun way to motivate your child and involve them in the story!



'Lift-the-Flap My Day'

**Holly Bathie and Melisande Luthringer
Usborne**

With over 75 flaps to lift, this charming book will help children learn about routine and everyday events such as getting dressed, eating lunch and going to bed. Each page is filled with things to spot and talk about, and there are counting and matching activities too. A delightful book to share and to help develop language skills.



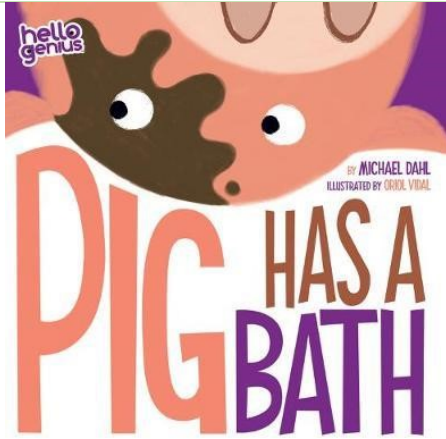
'Never Use a Knife and Fork'

**Neil Goddard and Nick Sharratt
MacMillan Children's**

Hide spaghetti in your hair,
Keep crisps in your underwear.

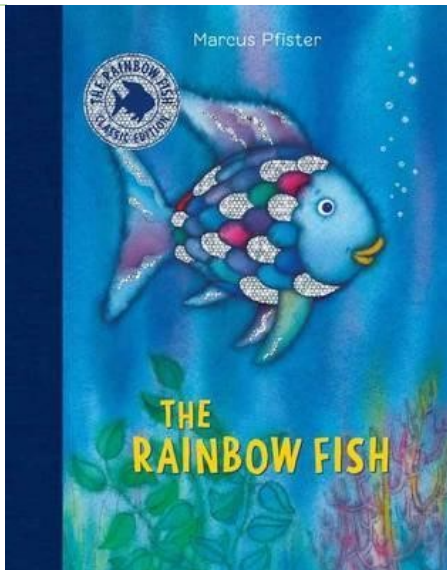
Never Use a Knife and Fork is an outrageous, tongue-in-cheek exploration of mealtime chaos that will have children in stitches. Full of mischief and mess, it shows exactly what you **SHOULDN'T** do with food -- squish it, slosh it, squirt it, squeeze it!"

Rollicking rhymes combine perfectly with Nick Sharratt's trademark witty illustrations for a laugh-out-loud look at table manners.



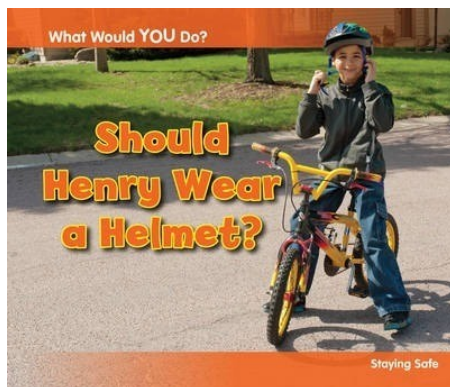
'Pig Takes A Bath'
Michael Dahl
Capstone Press

A muddy little pig takes a bath and gets clean before escaping back to his messy fun. Fun, cheerful books that help guide young children through their first steps in learning and growing.



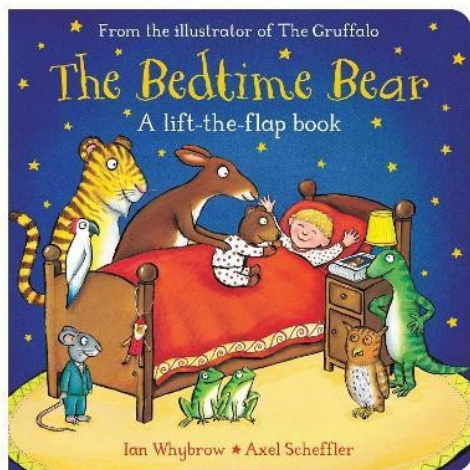
'The Rainbow Fish'
Marcus Pfister
North-South Books

The Rainbow Fish can begin a discussion on the nature of sharing, beauty, and happiness. In the beginning, the most beautiful fish in the ocean does not want to share one of his shining scales with a little blue fish. All the other fish in the sea ignore him after this and he does not understand why. He goes to the wise octopus for advice, and she tells him to give away his scales. Rainbow Fish reluctantly gives away all but one of his scales. In the end, he is less beautiful than he was before, but he has new friends and is now the happiest fish in the sea.



'Should Henry Wear a Helmet?: Staying Safe'
Rebecca Rissman
Raintree

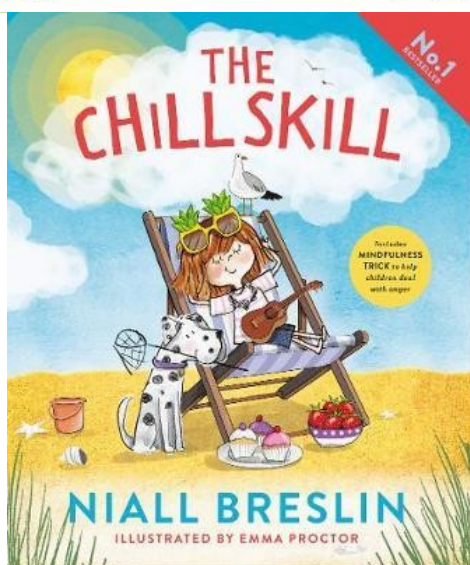
Should Henry wear a helmet? Guide readers through the decision-making process with this simple title that shows possible outcomes for common safety-related choices. Clear photographs present the scenario and possible outcomes, while simple text asks readers "What would you do?" Brief explanations after each scenario spark conversation for a deeper discussion of the issue



'The Bedtime Bear'

Ian Whybrow and Axel Scheffler
Macmillan Children's

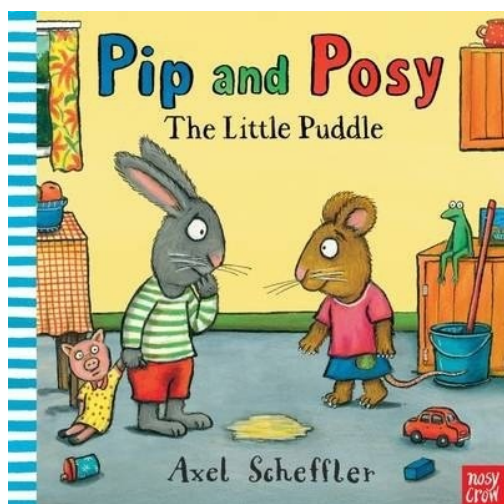
Bedtime isn't bedtime without your favourite bear - and Tom's bear is on his way! Follow Bear on his adventures as he finds his way back to Tom, from cycling through the jungle with a tiger to hitching a lift with a sheep on a jeep. This fun board book features a laugh-out-loud text full of witty rhymes and silly scenarios that are bursting with funny details. The Bedtime Bear is a bedtime book with a difference - and there's a flap to lift on every page, so children can join in the fun!



'The Chill Skill'

Niall Breslin and Emma Proctor
Gill

When Sam's mum takes her phone back, Sam begins to feel cross ... So, Grandad teaches her a breathing technique, which puts out the angry flames that are making her feel hot and bothered. It really works and soon Sam is feeling much better - and enjoying a great day at the beach with her family. Bressie's third picture book helps children manage anger when things don't go their way.

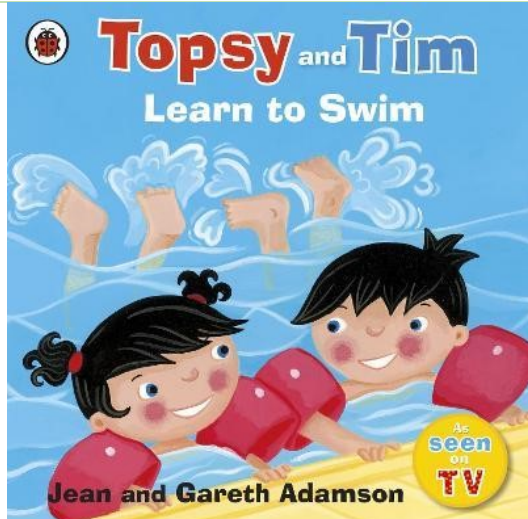


'Pip and Posy: The Little Puddle'

Camilla Reid and Axel Scheffler
Nosy Crow

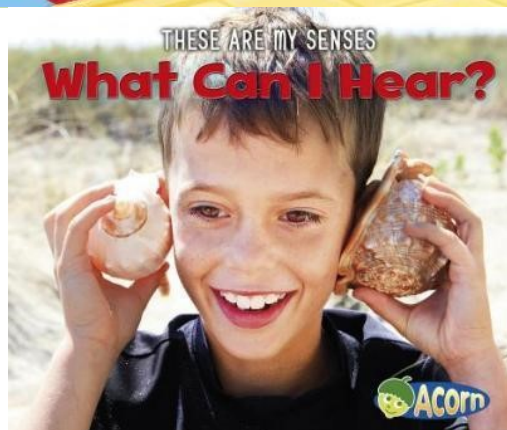
Pip and Posy are best friends - they love to play, and make things, and have fun. But just occasionally they get cross or sad, and sometimes things go wrong that are beyond their control. And that's when kindness and understanding - and a cuddle - make everything better. In *The Little Puddle*, Pip comes to play at Posy's house. The friends have such a fun time playing that Pip forgets he needs to go to the loo, and soon there's a little puddle on the floor. But everyone has accidents sometimes, so Posy mops it up, and lends him some clothes. The next time Pip needs a wee, he does it in the potty all by himself.

	<p>‘The Very Hungry Caterpillar’ Eric Carle Puffin</p> <p>Eric Carle's The Very Hungry Caterpillar is a perennial favourite with children and adults alike. Its imaginative illustration and clever cut-out detail charts, the progress of a very hungry caterpillar as he eats his way through the week.</p>
	<p>‘Topsy and Tim: Meet the Firefighters’ Jean Adamson and Belinda Worsley Ladybird</p> <p>Topsy and Tim find fun and adventure in the real world. Their engaging stories are reassuring for young children having first experiences of their own. In Topsy and Tim Meet the Firefighters the twins have an exciting day out at the fire station! They get to see all the fire appliances and learn about fire safety.</p>
	<p>‘Topsy and Tim: Go to the Doctor’ Jean Adamson and Belinda Worsley Ladybird</p> <p>Topsy and Tim find fun and adventure in the real world. Their engaging stories are reassuring for young children having first experiences of their own. In Topsy and Tim: Go to the Doctor, Tim wakes up with a sore throat, so Mummy and Dad decide he needs to visit the Doctor. Dr Sims looks in his mouth, listens to his chest and soon knows what's wrong. Tim goes home with a bottle of medicine to make him feel better, but Topsy soon starts to feel worse!</p>



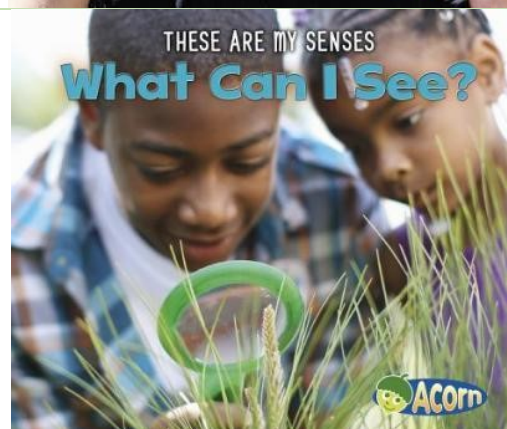
'Topsy and Tim: Learn to Swim'
Jean Adamson and Belinda Worsley
Ladybird

Topsy and Tim are always finding fun adventures in the real world, and this story is reassuring for young children having first experiences of their own. Going to the swimming pool for the first time can be daunting but Topsy and Tim are having fun! Follow the twins on their adventures as they have lessons, learn to swim without their armbands and take part in a swimming competition.



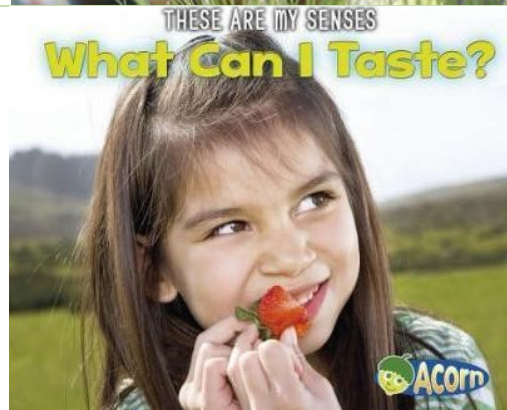
'What Can I Hear? (These are My Senses)'
Joanna Issa
Capstone

This book takes a very simple look at children's sense of hearing. Levelled text with repeated use of high frequency words makes the book perfect for beginning readers, while bright, colourful photographs complement the text and maintain readers' interest.



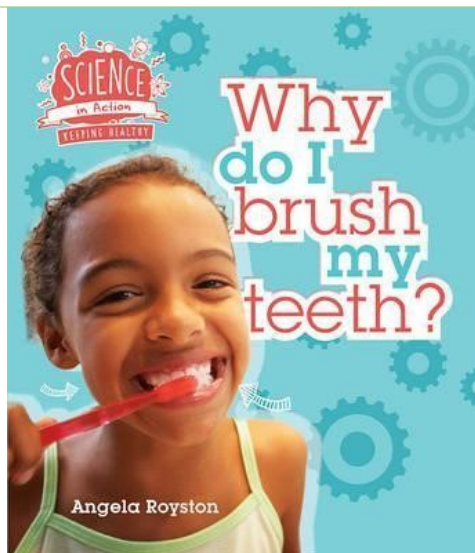
'What Can I See? (These are My Senses)'
Joanna Issa
Capstone

This book takes a very simple look at children's sense of sight. Levelled text with repeated use of high frequency words makes the book perfect for beginning readers, while bright, colourful photographs complement the text and maintain readers' interest.



'What Can I Taste? (These are My Senses)'
Joanna Issa
Capstone

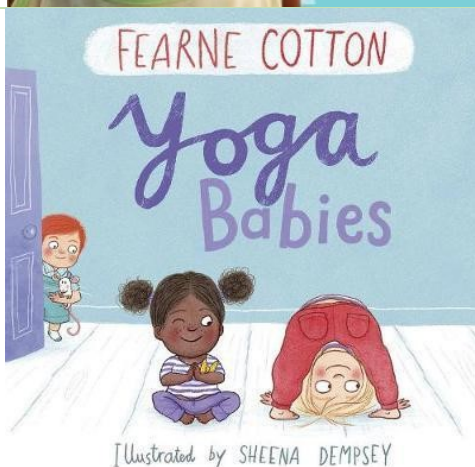
This book takes a very simple look at children's sense of taste. Levelled text with repeated use of high frequency words makes the book perfect for beginning readers, while bright, colourful photographs complement the text and maintain readers' interest.



'Science in Action: Keeping Healthy - Why Do I Brush My Teeth?'

Angela Royston
QED Publishing

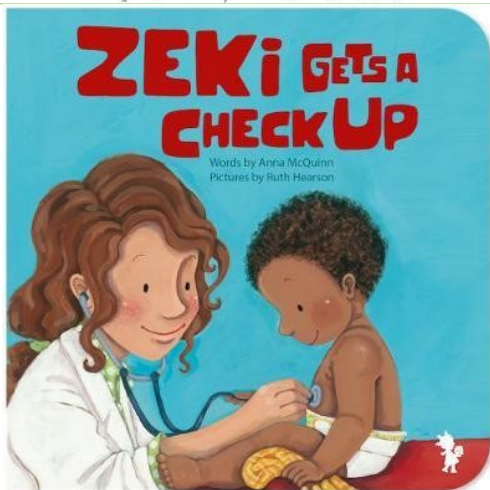
Why is brushing your teeth important? How do you make sure your teeth are clean? Find the answers to these questions and much, much more in this picture-packed introduction to the human body. An ideal first introduction to biology and health, Science in Action explores the human body with fun experiments and activities



'Yoga Babies'

Fearne Cotton and Sheena Dempsey
Andersen Press

We're the Yoga Babies, look what we can do!
The Yoga Babies love to have fun trying new poses. Sometimes life is busy and tricky, but not to worry! Yoga can help everyone chill out. Follow these babies big and small as they practise yoga at home, in the garden and before bedtime, then you can have a go at home, too!



'Zeki Gets A Checkup'

Anna McQuinn and Ruth Hearson
Charlesbridge Publishing

Zeki is never daunted by new experiences. Daddy and Mummy prepared him well, so he's excited to show the doctor all the things he can do now he's a big boy: drinking from a cup; standing; clapping; playing; eating and being ever so brave. He well deserves the book and sticker he gets at the end for being such a good boy!