



## Colour Away Your Worries A Calming Colouring and Drawing Book for Kids

Dr Leslie Ironside and Haia Ironside (Illustrated By John Bigwood)

### Keynote

*Colour Away Your Worries* allows children to de-stress and relax through colouring, doodling and drawing.

### Description

*Colour Away Your Worries* allows children to de-stress and relax through colouring, doodling and drawing.

Boys and girls will benefit from the stress-relieving effects that increased focus and creativity can provide.

There are no rules or complicated step-by-step instructions in these pages - children can simply scribble, scrawl and shade to their hearts' content.

### Sales Points

- Being worried can be a very lonely place. The colouring, drawing and writing activities in this book help children begin to develop step-by-step thought processes to manage their worries. 'You are not alone with you worries' is its wonderful message
- The book was produced with ideas and advice from both a consultant child and adolescent psychotherapist, and a primary school teacher
- The book encourages children to use pictures and words to externalise their anxieties and ideally should be used with the help and encouragement of a parent or caregiver

### Reviews

- 'This book is charming to adults and sure to keep children focused and enthralled.' - *Colouring In The Midst of Madness Blog*
- 'This drawing and colouring book is a very gentle way to encourage children to work through their worries and let go of stress. It also happens to be a lot of fun.' - *BookTrust*

### Author Biography

#### Leslie Ironside (Author)

Dr Leslie Ironside completed his training as a child and adolescent psychotherapist in 1989 and completed his doctorate, which focused on work with traumatised children in 2001. Prior to this he worked as a teacher with emotionally disturbed children. He has also developed a specialist interest in work with fostered and adopted children and is registered as Outstanding by Ofsted as an Adoption Support Agency.

Michael O'Mara.

[www.mombooks.com](http://www.mombooks.com)



9 781780 553092