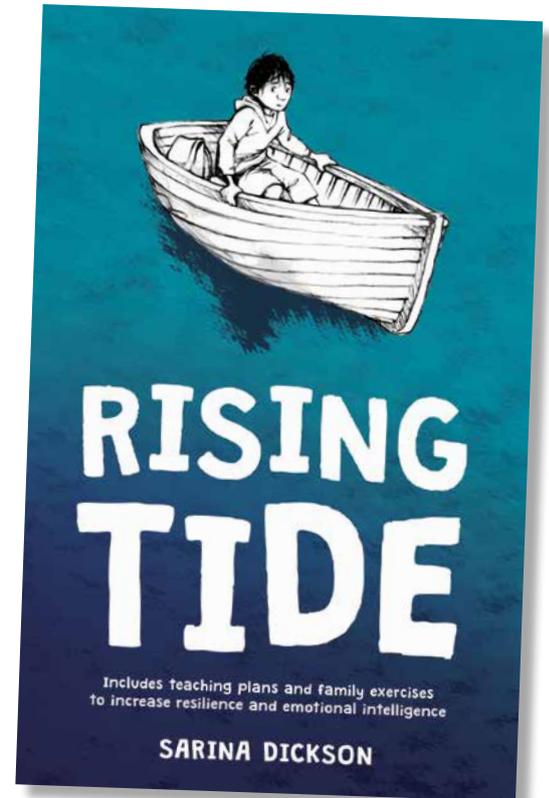


RISING TIDE / HE TAI PARI

By Sarina Dickson

Rising Tide/He Tai Pari is an engaging junior fiction self-help text for ages 8-12 that follows Ari through a series of challenging events and resolution. The book includes peer reviewed therapeutic lesson plans and family exercises. A web-based version is also available with audio in English and Te Reo that includes professional development for teachers, further support resources for families, and notes for therapists.

- Production funded by New Zealand Red Cross, who recognise this project's potential in helping children heal after disasters or times of change and stress
- Includes peer-reviewed teaching plans and family exercises to increase resilience and emotional intelligence, and to develop a culture of talking in families and classrooms
- Peer reviewed by teachers, kaiako, a psychiatrist, and a clinical psychologist
- Research is being conducted by Massey University to measure the efficacy and impact of *Rising Tide* and its support resources, and to investigate ways to engage communities in low-intensity psychological resources
- Engaging storytelling that helps children learn about managing anxiety
- Third in *The Worry Bug* series; *Maia & the Worry Bug* Julie Burgess-Manning 2015, *Wishes & Worries* Sarina Dickson 2015



Rising Tide

Publication: December 2016

ISBN: 978-0-473-36872-2

NZ RRP: \$19.90

Printing: B & W

Binding: Perfect Bound Paperback

Format: 126mm x 198mm

Extent: 128 pages

Age: 8-12 years, PB Junior Fiction

Author: Sarina Dickson

Illustrator: Jenny Cooper

Clinical Consultant: Julie Burgess-Manning

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Praise for The Worry Bug Project:

Maia and the Worry Bug, Wishes and Worries

"Both books are terrific resources for helping young children and families to better understand anxiety and how to deal with it. They are age-appropriate, engaging, well written, and well-illustrated. The exercises at the end of each book provide great guidelines for further exploring anxiety, its effect on us, and how to manage it more effectively. The exercises are clearly based on cognitive behaviour therapy, which if done well, has been shown to reduce anxiety. I would whole-heartedly suggest that Christchurch schools and parents make use of these great resources."

–Former Children's Commissioner Dr Russell Wills

Authors: Sarina Dickson and Julie Burgess–Manning

Sarina Dickson (B.Ed, Grad Dip Tch & Lng) has worked alongside families and children with emotional and behavioural special needs in the UK, USA and NZ as a classroom teacher, mentor and advocate since graduating in 1999. She has worked in the Family Violence field with adults and children in assessing needs, co-ordinating services and developing programmes. Sarina is a Teacher Notes Author for Scholastic, NZ and a tutor at Christchurch's School For Young Writers. She wrote *Wishes and Worries* in 2015.

Julie Burgess-Manning (PGDip PP, MSc (FamTher), PG CertED, BA Hons (Psych)) is a Family Therapist and NZ Registered Psychologist who has studied and practised in the UK and throughout New Zealand. She has worked in a variety of child, adolescent and family mental health settings for the past 18 years, with roles such as Senior Clinician, Therapist, Clinical Supervisor and Primary Mental Healthcare Liaison. Julie has worked as a lecturer for Otago University since 2002, currently convening the Family Therapy Post grad Certificate. She wrote *Maia & the Worry Bug* in 2015.

Illustrator: Jenny Cooper

Jennifer Cooper is a prolific, award-winning children's book illustrator with a background in graphic design. Cooper has spent time in Western Samoa, and she enjoys producing illustrations relevant to Pacific Island and Māori children.

Translator: Kaharau Keogh Ngāpuhi, Ngāti Maniapoto, Ngāti Tara

Kaharau is a student and tutor in Māori Studies at Otago University. He has excelled in education and Kapa Haka and was the 2014 Sir Edmund Hilary Scholar. He is passionate about all things Māori, particularly Māori language revitalisation and Kapa Haka and has appeared in several Māori Television shows as co-host and Lead Voice-over.



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