

Recommended reading list (books)

- This is Going to Hurt by Adam Kay
- The Fault in Our Stars by John Green
- Elizabeth is Missing by Emma Healy
- One Flew Over The Cuckoo's Nest by Ken Kesey
- No Child of Mine by Susan Lewis
- Unnatural Causes- Dr Richard Shepherd
- A Child Called It by David Pelzer
- How Children Learn, John Holt
- Child of our Time, Tessa Livingstone
- The Boy Who Couldn't Stop Washing: Experience and Treatment of Obsessive Compulsive Disorder by Dr Judith Rapoport
- Vaxxers (2022)
Sarah Gilbert and Catherine Green
- The Plague Cycle (2021)
Charles Kenny
- The Health Gap (2016) Michael Marmot
- War Doctor (2019) David Nott
- Frontline Midwife (2022) Anna Kent
- Bad Science (2009)
- Bad Pharma (2012)
- I Think You'll Find it's a Bit More Complicated Than That (2015)
Ben Goldacre
- Somebody I Used to Know (2019)
- What I Wish People Knew About Dementia (2022) Wendy Mitchell
- The Body (2020) Bill Bryson

Recommended reading list (books)

- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive (Hardcover)
- NurtureShock: New Thinking About Children (Hardcover)
- How to Talk So Kids Will Listen & Listen So Kids Will Talk (Paperback)
- Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five (Audiobook)
- No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind (Kindle Edition)
- How Children Succeed: Grit, Curiosity, and the Hidden Power of Character (Hardcover)
- Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder (Paperback)
- What's Going On in There? How the Brain and Mind Develop in the First Five Years of Life (Paperback)
- Einstein Never Used Flashcards: How Our Children Really Learn--and Why They Need to Play More and Memorize Less (Paperback)
- Bringing Up Bébé: One American Mother Discovers the Wisdom of French Parenting (Audiobook)
- The Montessori Toddler: A Parent's Guide to Raising a Curious and Responsible Human Being (Paperback)
- The Scientist in the Crib: What Early Learning Tells Us About the Mind (Paperback)
- Mind in the Making: The Seven Essential Life Skills Every Child Needs (Paperback)
- The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer (Mass Market Paperback)
- Parenting From the Inside Out (Paperback)
- How Children Learn (Paperback)
- The Power of Play: How Spontaneous, Imaginative Activities Lead to Happier, Healthier Children (Hardcover)
- The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook (Hardcover)
- The Hurried Child: Growing Up Too Fast Too Soon (Paperback)
- How to Talk so Little Kids Will Listen: A Survival Guide to Life with Children Ages 2-7 (Hardcover)
- The Importance of Being Little: What Preschoolers Really Need from Grownups (Hardcover)
- Bright From the Start: The Simple, Science-Backed Way to Nurture Your Child's Developing Mind from Birth to Age 3 (Hardcover)
- Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason (Paperback)
- The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two (Paperback)
- Raising Cain: Protecting the Emotional Life of Boys (Paperback)
- Thirty Million Words: Building a Child's Brain (Hardcover)
- Playful Learning: Develop Your Child's Sense of Joy and Wonder
- Cinderella Ate My Daughter: Dispatches from the Frontlines of the New Girlie-Girl Culture

Recommended reading list (Magazines)

- Care Management Matters
- Care Magazine
- Community Care
- Disability Now
- Nursing Times

There are many magazines within the health and social care sector that look at a range of issues, professionals and research. Most of these can be found online as digital copies. What types of occupations in health and social care can you find? What kinds of research are these magazines looking at?

Recommended watch list

- Still Alice, 2014 (12A)
- Hidden Figures, 2016 (PG)
- To the Bone, 2017 (15)
- Three Identical Strangers (12A)
- The Secret Life of 4 and 5 Year Olds (Channel 4)
- Old People's Home for 4 Year Olds (Channel 4)
- Born to Be Different (Channel 4)
- Mum, Dad, Alzheimer's and Me, Real Stories (YouTube)
- 24 Hours in A&E (Channel 4)
- Crisis in Care (BBC Panorama)
- The Nine to Five with Stacey Dooley: Caring and Sharing (BBC)
- The News!

Recommended websites

- [DrugWise](#) Promotes evidence-based information on drugs, alcohol and tobacco.
- [Ethics Unwrapped](#) A free ethics video series. Topics include Science, Medicine & Research, Professional & Behavioural.
- [Healthtalk.org](#) Free, reliable information about health issues, by sharing people's real-life experiences.
- [Joseph Rowntree Foundation](#) An independent organisation working to inspire social change.
- [The King's Fund](#) An English health charity that shapes health and social care policy and practice.
- [The National Autistic Society](#) Research papers, books, articles, videos & other materials on Autism.
- [National Institute for Health and Care Excellence](#) Provides guidance on how to prevent and treat ill health.
- [Poverty and Social Exclusion](#) This website reports research into poverty and social exclusion.
- [Students 4 Best Evidence \(S4BE\)](#) An international network for students interested in evidence-based healthcare.
- [The Trussell Trust](#) Runs a network of foodbanks, which provide emergency food to people referred for support.
- [Welfare weekly](#) A socially responsible & ethical news provider, specialising in social welfare related news & opinion.
- [Young Minds](#) The UK's leading charity championing the wellbeing and mental health of young people