

Book review



A Guide to Rocks

Author: Sacha Cotter & Josh Morgan

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I read this book with my daughter, and while she's probably still a bit young to grasp the full weight of its message, she was instantly drawn in by the illustrations. She kept pointing excitedly and saying, "Rocks! Rocks!" as we turned the pages. It felt like one of those books that meets children exactly where they are. It invites curiosity and recognition, and one I know we'll return to as she grows older. I can imagine future readings opening up different kinds of conversations, as her understanding of feelings and worries deepens alongside the story.

As a man who's had difficulty sharing my feelings and emotions, this book felt close to home. The 'rock' metaphor offers a simple, thoughtful way to talk about a topic that many guys find difficult and gives parents a starting point for those conversations with their kids. Rather than telling children what to feel, the story creates space to notice, name, and share what's weighing them down, without judgement or pressure.

I also appreciated how reassuring the book felt as a parent. It offers a shared language that adults and children can return to, making emotional wellbeing feel approachable rather than overwhelming. It's warm, gently humorous, and deeply relatable. A book I'm glad to keep on our shelf, not just for my daughter, but for myself as well.

Review by Astley Nathan, Programme Manager Nōku te Ao

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