

Book List



 For age 3+

I Feel Frightened
I Feel Sad
I Feel Angry
It's Not Fair
I'm Worried *All by Brian Mosen*

This series of picture books examines a range of emotions in an amusing but reassuring way, and provides the opportunity for adults to explore with children their feelings and emotions in a non-threatening way.

Goodbye Mousie by *Robie H. Harris*

This story is about a little boy coming to terms with the death of his pet mouse. At first he finds it difficult to understand that Mousie is not coming back.

Grandpa by *John Burningham*

This picture book tells the story of the special relationship between a little girl and her grandfather. Towards the end of the book he is seen not to be well and on the second to last page his chair is empty, allowing for discussion between the child and adult reader about what they think has happened to him.

What Makes Me Happy by *Catherine & Laurence Anholt*

This rhyming picture explores a range of children's emotions and provides adults with an opportunity to talk with children about their feelings.

 For age 4+

The Huge Book of Worries by *Virginia Ironside*

This story is about a girl who has a big blue bag of worries that follows her everywhere she goes. Finally her Gran notices and together they sort out the worries. The story encourages young children to share their worries with others too.

I'll Always Love You by *Hans Wilhelm*

This is a story about a young boy's relationship with his dog and how he takes care of him as the dog gets older and becomes unable to do the things he used to do. It describes how he copes when one day he wakes up to discover his dog has died.

Badgers Parting Gifts by *Susan Varley*

When old badger dies his friends think they will be sad forever. Over time they are able to remember Badger with joy and to treasure the gifts he left behind for every one of his friends.

Scrumpy by *Elizabeth Dale & Frederic Joos*

This story is about the grieving process a young boy goes through when his pet dog dies.

Waterbugs & Dragonflies by *Doris Stickney*

This story, written from a Christian perspective, uses the analogy of the water bugs short life under water and their emergence as dragonflies into the bright sunlight, as a way for children to understand the human's time on earth and what happens when he dies.

When Dinosaurs Die – A Guide to Understanding Death
 by *Laurie Krasny Brown & Marc Brown*

This picture book provides answers to many of the questions young children have about the death of a loved one and the feelings associated with bereavement.

Gentle Willow by *Joyce C. Mills*

This story about a tender-spirited tree and her friends in the forest can help children to understand about death and dying. It gently addresses feelings of sadness, love, disbelief and anger.

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 For age 5+

Grandpa & Me by Marlee & Benny Alex

This book tells the story of a young girl's first encounters of death – first of a kitten and then of her grandfather. Her questions are answered in an honest and straight forward way, from a Christian perspective, showing that as well as sadness, there is hope and happiness.

Remembering My Brother by Ginny Perkins & Leon Morris

This is a true story describing how after the death of Chris, the family's middle child, the rest of the family miss him but remember him in positive ways.

Remembering Mum by Ginny Perkins & Leon Morris

This is a true story about two young boys one year after their mother's death. With the help of their dad they make a special book for their mum and describe how they remember her at home, at school and at her grave.

Angry Arthur by Hiawvn Oram

This book tells the story of a boy whose anger grows so powerful that it blows the universe to pieces. It can provide the opportunity for adults to discuss with their child any angry feelings they may have and the importance of dealing with anger rather than letting it build up into a deep frustrated rage.

The Day the Sea Went Out and Never Came Back by Margot Sutherland & Nicky Armstrong

This book tells the story of a sand dragon called Eric and explores the feelings of loss he experiences when the sea, which he loves so much goes out and does not come back. There is an accompanying guidebook called 'Helping Children With Loss' (see adult section).

 For age 6+

The Accident by Carol Carrick

This is the story of Christopher whose dog is hit by a car and killed. It describes his sense of guilt and how he comes to terms with his grief.

 For age 7+

The Secret C by Julie Stokes

This book can help adults and children to talk openly about the difficult issues and feelings involved, when someone they know has cancer.

When Your Mum or Dad has Cancer by Ann Couldrick

(available from the Child Bereavement Trust 0845 3571000)

This booklet helps to answer some of the questions that children may have when a parent has cancer.

Geranium Morning by E. Sandy Powell

This is a story of a young boy whose father dies in a road accident and the friendship he makes with a girl whose mother is dying of cancer. Both children find ways of coping and helping each other.

Book List

 **For age 8+**

Becky Bananas – This Is Your Life *by Jean Ure*

This is the story of an 11 year old girl who has leukaemia. It tells of her thoughts, her hopes and dreams and how she deals with the realisation she is not going to get better.

Vickie Angel *by Jacqueline Wilson*

This story is about how a young girl copes with the death of her best friend.

Michael Rosen's Sad Book *by Michael Rosen & Quentin Blake*

In this illustrated book Michael Rosen describes his own feelings of loss following the death of his teenage son. It is suitable for children experiencing any bereavement.

 **Teens**

Straight Talk About Death For Teenagers *by Earl Grollman*

This book is written for bereaved teenagers to help them to understand their emotions and manage their grief.

Something I've Never Felt Before *by Doris Zagdanski*

In this book young people aged between 12 and 21 share their experiences of death, loss and grief so that other teenagers will know they are not alone in their sadness.

Charlotte's Web *by E. B. White*

This classic tale of the friendship between Wilbur the pig and Charlotte the spider provides an accessible introduction to the natural life cycle, including death and the renewal of life.

Tiger Eyes *by Judy Blume*

Davey is just an average 15 year old girl until her father is shot dead. This moving novel describes how the family is affected by his death, and how Davey experiences grief and learns how to cope.

The Grieving Teen *by Helen Fitzgerald*

Offers advice for helping a teenager cope with the death of a parent, friend, or loved one, discussing the emotional impact of bereavement on adolescents, signs and symptoms of a teenager in trouble, and teens' special needs and concerns during the grieving process.

 **Children of all ages**

Sad Isn't Bad *by Michaelene Mundy*

Describes what children understand about death and how they grieve, and shares practical advice on answering their questions and helping them work through the grieving process.

Finding a Way Through When Someone Close Has Died
by Pat Mood & Lesley Whittaker

Written by children for children, this workbook is both written and illustrated by children and teenagers who have experienced the death of someone close to them - a parent, grandparent, sibling or friend. They describe their often confusing thoughts and emotions after the bereavement.

Looking into My Body, Readers Digest

This book clearly explains the body basics to young readers. It may be helpful for children who want to make sense of how the body works in relation to the bereavement.

Book List

 **For Adults & Children**

Talking About Death by *E. Grollman*

This is a book for parents and children to read together. It helps a parent explain the death of a loved one to their child.

Beyond The Rough Rock

(available from *Winston's Wish* 0845 2030405)

This book provides advice for families in the days and weeks following a death by suicide.

 **Adults**

Helping Children Cope With Grief – Facing A Death In The Family
by *Rosemary Wells*

This book contains practical advice for adults who want to help a child respond to grief.

Grief & Bereavement – Understanding Children by *Ann Couldrick*

(available by *The Child Bereavement Trust* 0845 3571000)

This booklet helps adults to understand how children respond to grief.

“You’ll Get Over It” by *Virginia Ironside*

By drawing on other people’s accounts as well as her own experience of bereavement, the author has written in a truthful way about what it is like to be bereaved.

When Parents Die by *Rebecca Adams*

The author draws on her personal and professional understanding of the loss of a parent, as well as the experiences of many other adults, teenagers and children. It covers the entire process of grieving from the immediate aftermath of a parent’s death through to the point of recovery, and considers circumstances that can complicate mourning.

Coping With Suicide by *Maggie Helen*

This book describes the trauma that follows a death by suicide. It provides emotional and practical support for the relatives or friends left behind.

A Special Scar by *Alison Wertheimer*

This book looks in detail at the stigma surrounding suicide and offers practical help for survivors, relatives and friends of people who have taken their own lives.

Helping Children with Loss by *Margot Sutherland*

This guidebook which accompanies the story ‘The Day the Sea Went Out and Never Came Back’ explains how children are affected by loss and contains exercise designed to help children to express their feelings.