



Acknowledgement: This list was compiled from a number of sources and is used here with kind permission and gratitude to Penhaligon's Friend Children's Bereavement Charity in Cornwall.

Bereavement Resources for Children and Parents:

Useful Books when someone in the family has a serious illness

Ask Me

Antje Damm 2005

ISBN 978-1-84507-386-2,

This book offers an engaging way to generate those really special conversations that happen when the defences are down and a child feels more able to open up.

Suitable for primary age children

The Huge Bag of Worries

Virginia Ironside-1998

ISBN 0-750026391

This book relates the simple story of a girl who finds she is carrying an ever growing 'bag of worries'. Eventually she receives help to share the worries with others. This book is a very useful starter to conversations about anxieties and concerns. Suitable for after someone has died as well as when a relative is very ill.

Suitable for children under 11 years

My Mommy Has Cancer

Carolyn Stearns-Parkinson-1991

ISBN 0963028707

This is an American story book about a child whose mother is in hospital for treatment for cancer.

Suitable for use with children aged from three to six.

There's NO Such Thing as a Dragon

Jack Kent- 2010

ISBN 978-0375851377

. It is a funny, quirky story about a little dragon that gets bigger – eventually becoming an overwhelming size because no-one is noticing him. It subtly conveys to a child that even tough stuff can and needs to be talked about to make it more manageable.

This is story for children aged from 4-8 years

The Secret C: Straight Talking About Cancer

Julie Stokes-2000

ISBN 0-9539123-0-2-

This book aims to help children ask questions about cancer and answers some common questions.

Suitable for use with children aged from 4 to 11 years.

What about Me?

Peterkin.A.-1992

ISBN978-0-945354-49-9

A story to help children deal with all the complicated feelings they might experience when a sibling is ill.

Suitable for children age 3-5 years

My Special Book

Horsley SC-2005

ISBN: 978-1419610202

An anticipatory grief book for children and their parents who have a loved one who is sick or terminally ill.

Suitable for children age 3-6 years

My brother and me

Sara Courtland 2009

ISBN 978-0521661-2-2

Child Bereavement charity

The simple story deals with the issues surrounding a sibling's serious illness,

Suitable for children age 8-12

A Dragon in Your Heart

LeBlanc S 1999

ISBN: 1-85302-701-4

Written by a mother who has cancer to explain to her five year old daughter about her illness. . I think it can be used with children much older.

Suitable for children age 5-11 years

Gentle Willow: A Story for Children about Dying

Mill J-1993

ISBN: 978-1591470724

Written for children who may not survive their illness and for children generally, to help them deal with the death of friends, family or even pets.

Suitable for children 6-9 years

Help Me Say Goodbye

Silverman J-1998

ISBN: 978-1577490852

An art therapy and activity book for children coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis.

Suitable for children 6-9 years

Sammy's Mommy Has Cancer

Kohlenberg S-2003

ISBN: 978-0945354550

A story to help young children understand changes when a parent is diagnosed with a life threatening illness.

Suitable for children 6-9 years

When Your Mum or Dad Has Cancer

Couldrick.A.-1991

ISBN: 978-0951753736

A booklet for children who have to make sense of the crisis that hits the family.

Suitable for children 4-8 years

When Someone Has a Very Serious Illness:

Marge Eaton Heegaard- 1996

ISBN-10: 0962050245

Children Can Learn to Cope with Loss and Change (Drawing Out Feelings)

This workbook aims to help children understand their feelings when someone in their family is seriously ill.

Children can work with this book from age 5-12

On Eagles' Wings-2004

Sue Mayfield

ISBN 0-745948901

Tony's mother is dying. There's nothing he can do about it and he can't always put a brave face on things. Often he wishes he could just fly away from everything, like an eagle, powerful and free. A very readable and sensitive story about growing up, family relationships and facing bereavement

Suitable for young people age 8 year upwards.

Help Me Say Goodbye

Silverman J 1998

ISBN: 978-1577490852

An art therapy and activity book for children coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis.

Suitable for children 6-9 years

Dear Grandma Bunny (Miffy)

Brunna D 2005

ISBN: 978-1405219013

This tells the story of what happened and how Miffy felt when Grandma Bunny died.

Suitable for children age 3-6

I Miss You

Thomas P 2000

ISBN: 978-0764117640

A first look at death. This book very simply talks about life and death. It clearly explains the basic facts such as what dead means.

Suitable for children age 3-6

Goodbye Mousie

Harris RH 2003

ISBN: 978-0689871344

A small boy is told that his pet mouse has died. Very useful book to introduce death to young children.

Suitable for children age 3-6

A Volcano in my Tummy

Whitehouse E & Pudney W 1996

ISBN: 978-0865713499

This book is about helping children handle their anger.

Suitable for children 4-8 years

Drawing Together to Manage Anger. Workbook.

Marge Eaton Heegaard 2003

ISBN 1-57749-137-8

This art therapy book helps children understand anger.

Suitable for age 6-11

Always and Forever

Alan Durant and Debi Gliori 2004

ISBN 9780152166366

The story of how the animals cope with the death of Fox.

Suitable for children age 3-8

Someone I know has Died (Activity Book)

Child Bereavement Charity- 2009,

ISBN: 978-0-9521661-3-9

Written for bereaved children to help them explore their thoughts and feelings with an adult. Can be used as a work book

Suitable for preschool and early year's children.

Temper Temper

Norman Silver 2010

ISBN 9781903269190

This book is about helping young children handle their anger. Useful techniques included.

Suitable for children age 4- 6

I Miss my Sister

Sara Courtland 2009

ISBN: 978-0-9521661-1-5

Helps to guide the child through the different emotions they may encounter following the death of a sibling.

Suitable for children 4-10

Beginnings and Endings with Lifetimes in Between

Melanie B 1983

Explanations of life cycles for children.

Suitable for children age 4-9

Morris and the bundle of worries

by Jill Seeney 2007

ISBN 1905664311

Allows a child to explore worries and concerns

Suitable for children 4-7 years

A Place in my heart

Annette Aubrey 2008

ISBN 978184835004

An introduction to understanding bereavement.

Suitable for children 4-9

The Huge bag of worries

by Virginia Ironside and Frank Rodgers- 2004

ISBN 0-750026391

Allows children to look at ways of coping with worry.

Suitable for children age 4-10

The Invisible string

Patrice Karst 2000,

ISBN 978-0-87516-734-3

This book is helpful for explaining continuing bonds to young children

Suitable for children age 4-8

Missing Mummy: A book about bereavement [Illustrated] [Paperback]

Rebecca Cobb 2012

0230749518

This book deals with the loss of a parent from a child's point of view

Suitable for a child age 4-10 years

The Copper Tree: Helping a Child Cope with Death and Loss

Robinson and Stanley 2012

0957124503

It's the story of a class who have to cope with the death of their teacher.

Suitable for children in primary school

We Had an Angel Instead

Schweibert P., 2003,

ISBN: 0-9724241-1-3

A book to help very young children cope with the death of a sibling before birth, at birth or shortly after birth.

Suitable for children 4-8.

Goodbye Papa

Leavy A 1996

ISBN: 978-1841210834

Two young boys mourn the death of their grandfather

Suitable for children age 4-9

Samantha Jane's Missing Smile

Kaplow J & Pincus D 2007

ISBN: 978-1591478089

A Story about coping with the loss of a parent.

Suitable for children age 4-9

What on Earth Do You Do When Someone Dies?

Romain T 1999

ISBN: 978-1-57542-055-4

Explains death and feelings well. Describes the strong, confusing feelings and suggest ways to feel better.

Suitable for children 6-11years

Badger's Parting Gifts

By Susan Varley, 1992

ISBN: 978-0006643173

Badger is old and knows he is going to die soon. This is a book about memories.

Suitable for children 5-9 years

When Dinosaurs Die: (A guide to talking to children about death)

Laurie Krasny Brown, 1998

ISBN: 978-0316119559

This factual picture book uses cartoon dinosaurs to illustrate the text and comment on what is said..

Suitable for children age 5-10

The Frog Who Longed for the Moon to Smile:

Margot Sunderland, 2001,

0863885020,

A Story for Children Who Yearn for Someone They Love (Helping Children with Feelings)

Suitable for children age 6-11

The Day the Sea Went out and Never Came Back (Helping Children with Feelings)

Margot Sunderland 2003,

0863884717

A story to help children with feeling associated with loss.

Suitable for Children age 6-11

Water Bugs and Dragonflies:

Doris Stickney, 1997

ISBN: 978-0264674414

Explaining Death to children

Suitable for children 7-11

Milly's Bug Nut

Jill Jamey, 2002

ISBN: 978-0-9539123-4-6

A short, simple story with black and white pictures, of a young girl who's Dad has died.

Suitable for children 8-11

When Someone Very Special Has Died

Heegard M 1988

0962050202

A workbook to help children work out feelings about death. This book provides a format for allowing children to understand the concept of death and develop coping skills for life.

Suitable for children age 12 and under

Michael Rosen's SAD BOOK

Michael Rosen 2004

ISBN: 978-140631316

This book has large illustrations and small snippets of text.

It will appeal to children and adults of all ages especially teens.

Remembering (work book)

Child Bereavement Charity 2009

ISBN: 978-0-9521661-8-4

A book for children to write their memories and thoughts about the person who died.

Suitable for children 6-9

Water Bugs and Dragonflies:

Doris Stickney, 1983, New Ed edition 1997

ISBN: 978-0264674414

Explaining Death to children

Suitable for children 7-11

The Scar

Charlotte Moundlic 2012

ISBN 1406335959

A little boy responds to his mother's This book deals honestly with the sadness felt by both adults and children when a parent dies.

Suitable for age 4-10

Goodbye Boat

Mary Joslin 2005

ISBN 0745942644

A simple book which leaves plenty of space for discussion and thought and consequently could be used to explore feelings about loss in a variety of circumstances.

Suitable for children age 6-11 years

Someone has died in a road crash

Mary Williams OBE and Caroline Chisholm

ISBN 1906409013

Helping children understanding their grief after some one has died after a road crash.

Suitable for children age 6-11

Saying Goodbye to Daddy

Judith Vigna 1991

ISBN 978-0807572535

Saying Goodbye to Daddy is a good resource for when a child has lost a parent suddenly.

This book is written through the eyes of a child.

Suitable for children bereaved suddenly age 5-9 years.

The Lonely Tree

Nicholas Halliday 2006

0953945987

The Lonely Tree' follows the first year in the life of a lone evergreen growing in the heart of the ancient oak woodland of the New Forest. The evergreen is befriended by the oldest oak who has lived for hundreds of years.

Suitable for children 6-10 years

Chocolate Chipped, A Smelly Book About Grief

Shelley Gilbert & Vicky Baruch 2012

Chocolate Chipped tells the unique story of a young boy named Charlie and his grieving over his Dad's death.

Using real smells to help evoke memories, this book explores the sensitive subject of grief in an honest way.

Suitable for children age 5-9

The Yearning Tree: A Children's Bereavement Resource [Paperback]

Gina S. Farago 2011

0615414850

Useful book for opening up discussion with a child about the grieving process.

Includes 10 Developmentally Appropriate Discussion Questions in the Back.

Suitable for children 6-11 years

What Does Death Mean?

Carolling Jay and Jenni Thomas 2013

ISBN 1849053553

A Book for Young Children to Help Explain Death and Dying.

Really useful book for explaining death and funerals in a very honest way.

Suitable for age 4-8 years.

Muddles and Puddles and Sunshine. Activity Book

Diane Crossley, 2009,

ISBN 1869890582

Has many activities to help young people when someone close to them has died.

Activities cover various age groups.

Remembering Mum

Perkins G & Morris L 1996

ISBN: 978-0713644326.

The book reminds the reader of the need to express grief in a society which all too often sees death as a taboo subject.

Suitable for children 8-12 years.

After a Suicide- Work book

The Dougy Centre, 2001

ISBN 9-781890-534066

A sensitive workbook which addresses the issues that children face following a death by suicide.

Suitable or young people age 9-12, and worth considering some of the activities for younger or older children who have been bereaved by suicide.

After a Murder

The Dougy Center, 2002

ISBN: 978-1890534073,

A workbook for grieving kids

Suitable or young people age 9-12, and worth considering some of the activities for younger or older children who have been bereaved by murder.

Help for the Hard Times

Hipp E 1995

ISBN: 1 56837 085 2

Exploration of various losses that **teenagers** may be facing in their lives.

Very user friendly.

Suitable for teens.

Straight Talk about Death for Teenagers

Grollman E 1993

ISBN 9780807025017

Teenagers express their feelings through poems and talk of their own experience.

Suitable for teens

When a Friend Dies

Marilyn E. Gootman 2005

ISBN: 1 57542 170 4

Speaks directly and simply to anyone who has suffered the loss of a friend,

Suitable for teens .

Books for Parents and Professionals Children and Young People's Grief

A Child's Grief: Supporting a Child When Someone in Their Family Has Died

Di Stubbs 2008

ISBN 0955953936

A helpful book for adults who are supporting children through bereavement

Beyond the Rough Rocks

Di Stubbs, Julie Stokes and Heidi Baker Jun 2008 2001

ISBN: : 095391237X

Offer practical advice for families in the immediate days and weeks when suicide has been the cause of death

Hope Beyond the Headlines

200 Di Stubbs, Kate Gardner, Danny Nugus and Heidi Baker 2008

ISBN 0955953910

Supporting a child bereaved through murder and manslaughter.

Forgotten Mourners: Guidelines for working with bereaved children

Pennalls M et al 1995

ISBN: 1853027588

Raises awareness of the issues involved for bereaved children, highlighting their needs and their emotional and behavioural responses when bereavement occurs

Communicating with Children – When a Parent is at the end of life.

Fearney R. 2012

ISBN 9781849052344

The author outlines the concept of a 'communication continuum' which can be used to assess how much a child knows or understands about their parent's illness and how much they would like to know.

Grief in Children (A Hand book for Adults)

Dyregov A 1999

ISBN: 18530 2113

Explains children's understanding of death at different ages and how adults can help them.

Grief in Young Children

Dyregrov A 2008

ISBN 9781843106500

Explains young children's understanding of death.

Good Grief 1 & 2

Workbooks especially useful for group work and in schools

Ward B & Associates 1993

ISBN 0 951 882 2

This book offers practical advice for families in the immediate days, weeks and months following a murder. It is written for both parents and professionals,

Helping children cope with grief

Wells R

ISBN: 0 85969 559

To help parents cope with a child's grief.

Helping children with loss (A Guidebook)

Sunderland M

ISBN 0-86388-467-9

Accompanied by a storybook that will serve as an excellent resource

Interventions with bereaved children

Smith SC & Pennells M

ISBN: 1 85302 285 3

Looks at ways of working with bereaved children.

The Colors of Grief

Di Ciacco J 2007

ISBN: 978-1-84310-886-3

Understanding a child's Journey through Loss from birth to adulthood

Creative Interventions For Bereaved Children

Liana Lowenstein, 2006

This book contains intervention suggestion when working with bereaved children

Working with Bereaved Children and Young People

Mallon, B. 2011

ISBN 978849203708

Brings together new research in working with bereaved children and covers the creative approach when working with children.

Counselling and supporting young People

Prever M. 2010

ISBN 978847879349

Covers both information for counselors and other support workers

Good introduction to the subject.

Saying Goodbye to Greg: Understanding Bereavement at Foundation, KS1 and KS2

Christine chapman 2004

1841012106

Saying Goodbye to Greg is a bereavement training resource set in story form, using a real-life situation involving children in a primary school. Its aim is to lead primary teachers through the bereavement process in the event of a tragic death of a pupil

Talking About Death and Bereavement in School: How to Help Children Aged 4 to 11 to Feel Supported and Understood

Ann Chadwick

This short, easy to read book offers simple but important advice and guidance for school teachers and staff on what to do when a child is grieving.

Remember Me

Bereavement & Critical Incident Handbook for Schools and Early years Settings

Penhaligon's Friends 2005

ISBN: 978-0-950757-0-4

Bereavement & Critical Incident Handbook for Schools and Early years Settings

Remember Me Too

Penhaligon's Friends 2006

ISBN 978-0-9550757-1-1

Bereaved children handbook for Healthcare Professionals.

Remember Me Always

Penhaligon's Friends 2008

ISBN: 978-0-9550757-3-5

Handbook to help bereaved families care for grieving children

Where's Molly Now?

Penhaligon's Friends 2008

ISBN: 978-0-9550757-2-8

Handbook for Christian churches & fellowships to support bereaved children