



Books and Resources

The suggestions below are suitable to use with children and young people, looking at the life cycle including the end of life, or to use when someone they know has died. Young people can find reading about others in similar situations reassuring and sometimes easier to do than talking about their loss. The books, films and resources below will help with this.

EARLY YEARS

1. Someone I know has died

Author: Trish Phillips.

Innovative activity book with interactive features written for bereaved children to do by themselves or with adult help. For pre-school and early years. **Usually available from Child Bereavement UK.**

2. Missing Mummy

Author: Rebecca Cobb.

Beautifully illustrated and with moments of wonderful warmth, this is a touching, honest and helpful book about the death of a parent. With minimal text, it covers some of the worries and fears that a young child may have after a death, offering reassurance and hope. For pre-school and early years.

3. I Miss You: a First Look at Death

Author: Pat Thomas

This book helps children understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have. For pre-school and early years.

4. Is Daddy Coming Back in a Minute?

Author: Elke Barber & Alex Barber

Alex is only three when his father has a heart attack. All on his own, Alex manages to get help but his beloved Daddy dies at the scene. Explains sudden death to pre-school children using words and illustrations they will understand.

5. Goodbye Mousie

Author: Robie H Harris

The story of a young boy dealing with the death of his pet mouse is handled with the sure touch of an author familiar with children's tender emotions. Simply told by the boy, in a matter of fact tone with a dash of humour, he recounts his reactions to the death of his pet mouse.



6. Suzie Goes to a Funeral

Author: Charlotte Olson

Join Suzie as she goes to Grandma's funeral and says goodbye. Suzie can help explain to a child who may be anxious about going to a funeral for the first time. A simple story to help and show what they might experience on this day.

KEY STAGE 1 & 2

1. Remembering

Author: Dianne Leutner. Illustrated by: Daniel Postgate.

It's part book, part scrapbook and was created to help keep a child's memories alive after the loss of someone special and to give children a place to return to whenever they wish.

2. Waterbugs and Dragonflies: Explaining Death to Young children

Author: Doris Stickney

Written from a Christian perspective, this acclaimed book can be used to help explain the concept of death to young children. The story illustrates that death is inevitable, irreversible but natural.

3. Badger's Parting Gifts

Author: Susan Varley

Badger is so old that he knows he will soon die. He tries to prepare his friends for this event, but when he does die, they are still grief-stricken. Gradually they come to terms with their grief by remembering all the practical things Badger taught them, and so Badger lives on in his friends' memories of him.

The new, 35th anniversary edition of the book features a reading guide from Child Bereavement UK that provides tips for reading Badger's Parting Gifts with children and helping them better understand grief.

Download the online information sheet [*Talking With and Supporting Bereaved Children*](#) with further notes and guidance, using examples and illustrations from the book.

4. Ben's Flying Flowers

Author: Inger Maier

When Emily loses her brother after a long illness, she feels alone, angry, and very, very sad. With the understanding and support of her parents, Emily learns that it helps when she snuggles with her parents. It helps when she talks about her feelings and asks questions about Ben. And it helps when she does regular kid stuff too. But mostly, she learns that remembering Ben and their happy life together builds health and helpful images that soothe her sad feelings and provide much comfort to her and her family. Written for children aged 4-8.

5. Guess How Much I Love You

Author: Sam McBratney

When you love someone to the moon and back...



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Sometimes when you love someone very, very much, you want to find a way of describing how great your feelings are. But, as Little Nutbrown Hare and Big Nutbrown Hare discover, love is not an easy thing to measure!

6. **The Boy Who Built a Wall Around Himself**

Author: Ali Redford

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all. Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

7. **Michael Rosen's Sad Book**

Author: Michael Rosen

A very personal story that speaks to adults as well as children. The author describes feeling sad after the death of his son and what he does to try to cope with it.

8. **Am I Like My Daddy?**

Author: Marcy Blesy

Join seven-year-old Grace on her journey through coping with the loss of her father while learning about the different ways that people grieve the loss of a loved one. In the process of learning about who her father was through the eyes of others, she learns about who she is today because of her father's personality and love. This story is based in the United States but relevant to all.

9. **The Invisible String**

Author: Patricia Karst

This story teaches of the tie that really binds. Mums (and Dads) feel the tug whenever kids give it; and kids feel the tug that comes right back: the Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach anyway? Whether it is a loved one who has died, or a parent who is just in the next room, this book illustrates a new way to cope with a child's fear of loneliness and separation. Here is a warm and delightful lesson teaching young and old that we aren't ever really alone.

10. **The Scar**

Author: Charlotte Moundlic

A little boy responds to his mother's death in a genuine, deeply moving story leavened by glimmers of humour and captivating illustrations.

When the boy in this story wakes to find that his mother has died, he is overwhelmed with sadness, anger, and fear that he will forget her. He shuts all the windows to keep in his mother's familiar smell and scratches open the cut on his knee to remember her comforting voice. He doesn't know how to speak to his dad anymore, and when Grandma visits and

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throws open the windows, it's more than the boy can take -- until his grandmother shows him another way to feel that his mom's love is near.

11. When Someone Very Special Dies: Children Can Learn to Cope with Grief - Workbook

Author: M Heegard

This work book was designed to teach basic concepts of death and help children understand and express the many feelings they have when someone special dies. Communication is increased and coping skills are developed as they illustrate their books with their personal story.

12. Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died

Author: Winston's Wish

Offering practical and sensitive support for bereaved children, this book suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear. It aims to help children make sense of their experience by reflecting on different aspects of their grief.

13. Resolving Bereavement

Author: Fiona McAulsan

The story focuses on how loss affects Joe and Lisa in different ways, but how they both find support and learn how to talk about their feelings. They begin to regain confidence and learn how to be happy again. The story will help children understand and deal with grief and all the emotions that come with it, such as isolation, anger, depression, guilt, fear and insecurity. The book also has a very useful toolbox section, with tips, games and information to help children put into practice what they have learned from the book. It is also supported by a website, which has additional material available for download for both children and parents.

KEY STAGE 3 & 4 (and some KS2)

1. Sad Book- Author: Michael Rosen – See above

2. Sometimes Life Sucks: When someone you love dies

Author: Molly Carlile

Teenagers can experience death in all kinds of ways. Full of tips and stories, this will help them to make some sense of their shock and grief.

3. Still Here With Me: Teenagers and Children on Losing a Parent

Author: Suzanne Sjoqvist

In their own words, children and young people of a variety of ages talk openly and honestly about the death of their mother or father. They describe feelings of pain, loss and anger, the struggle to cope with the embarrassed reactions of others and the difficulties involved in rebuilding their lives



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4. The Grieving Teen

Author: Helen Fitzgerald

Written about, but also for teenagers, this book covers the entire range of situations in which grieving teens and their friends may find themselves. It offers explanations and guidance in a very accessible format.

5. What On Earth Do You Do When Someone Dies?

Author: Trevor Romain

Written by the author after his father died, this book suggests ways of coping with grief and offers answers to questions such as 'Why do people have to die?' and 'How can I say goodbye?' Friendly, accessible text and illustrations aimed at ages 8-14.

6. The Savage

Author: David Almond

Blue's father has died suddenly, and finding that the school's counselling increases his anguish, he turns to writing a story instead. Recommended 8+.

7. Out Of The Blue www.winstonswish.org.uk

This book has been written and designed specifically for adolescents and teenagers with the aim of supporting them through their bereavement using a range of activities.

8. A Monster Calls

Authors: Patrick Ness and Siobhan Dowd

Connor's mum has cancer and life is irrevocably, disturbingly changing. First there is the nightmare, filled with screaming and falling; then there is school, where people avoid him (not knowing what to say), or persecute him.

9. If Only

Author: Carole Geithner

Corinna's world is crushed after her mother dies of cancer. How does she get through the funeral, trays of ziti, a father who can't communicate, the first day of school, Mother's Day, people who don't know what to say, and the entire eighth grade year?

Short films

Several films created and made by Child Bereavement UK's Young People's Advisory Group (YPAG) including A Message for bereaved young people and A Message For Friends. Other topics include: What is grief? Stories from other young people. How to find help. Contributed to and created by bereaved adolescents and teenagers. On Child Bereavement UK's website www.childbereavementuk.org

LAD – A Yorkshire Story A film by Dan Hartley When 13 year-old Tom Proctor's dad dies his world falls apart; his brother joins the army, his mum is threatened with eviction and Tom gets into trouble with the police. Tom comes to terms with the loss of his dad through the

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friendship he forms with national park warden, Al Thorpe. This enchanting coming-of-age story is set in the stunning Yorkshire Dales.

Leaflets

A Teenage Guide to coping with Bereavement by Sarah Darwen.

Available from Child Bereavement UK's online shop This pocket-sized leaflet contains practical advice and guidance for a young person managing confusing emotions when someone important in their life dies. Devised by teenager Sarah Darwen following her father's death.

When Your Mum Or Dad Has Cancer by Ann Couldrick

Available from Child Bereavement UK's online shop This is a useful booklet for younger children (7+) to teenage children. It has an introduction for parents but then explains cancer in a simple way children can relate to. It also covers many questions children ask such as whether the person will die and what exactly happens, but tackles the answers with insight and honesty.

Free app for Apple and Android

'Grief: Support for Young People'

An app designed by bereaved young people for bereaved young people. Can also be used by friends, parents and professionals supporting bereaved young people.

Includes:

- Information about bereavement, grief, feelings
- Stories from bereaved young people and short films that they have written and made
- Links to search for local support organisations



The app enables you to get the support that you want in your own space and your own time.

Charlie, aged 17



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