Suggested reading and useful websites

**Under 5s**

**Sad isn’t Bad:** A Good-Grief Guidance for Kids Dealing With Loss - Michaelene Mundy (1998) Abbey Press
Realistic and look at loss offering comforting ways for children to cope.

**Always and forever** - A Durant (2004) Picture Corgi
Moving and sensitive story about a fox dying gently explaining death.

A simple moving story about the loss of a parent.

**I Miss You** - Pat Thomas (2009) Wayland
A first look at death.

An explanation about death and frequently asked questions.

A moving and beautifully illustrated story about the life cycle of an Oak tree.

A comforting introduction to death told around the owner’s dog daisy.

Wonderfully illustrated colour book telling the story of 4 grandchildren trying to find the best place to scatter Granddads’ ashes.

**Come Back, Grandma** - Sue Limb (1995) red Fox
Bessie misses her grandmother when she dies, but when Bessie grows up, she has a little girl of her own just like Grandma. Explains that sadness does not entirely go away.

A picture book gently explaining death to young children.

**When Uncle Bob Died** - Althea (2001) Happy Cat Books
A simple book about a boy, whose uncle dies from an illness. Explains the facts around death and explores some of the feelings people have.

This picture book shows happy memories of a girl and her grandfather. The last picture shows his chair empty - children may need some explanation of what might have happened.

**Goodbye Mousie** - Robie Harris (2003) Simon and Schuster Children's Books
A little boy's pet mouse dies and his parents help him to understand what death means by answering his questions.
**Key Stage 1 (5-7)**

**The Little Flower Bulb** - Eleanor Gormally (2011) Veritas  
This is a story of Jamie and how he comes to deal with the death of his father through suicide.

**Badger’s Parting Gifts** - Susan Varley (1994) Picture Lions  
A story of animals learning to remember their friend.

Angela and Carole always spend Saturdays with their grandparents. Their Granny becomes ill and dies, and the book shows the family coping and managing to have fun, while still remembering her.

**Waterbugs and Dragonflies: explaining death to young children**  
Doris Stickney (2002) Continuum International  
This book uses the analogy of a water bug transforming into a dragonfly to illustrate the idea of life after death. Written from a Christian viewpoint, children may need an adult to help, understand the relevance of the story.

**What do we think about death?** - Karen Bryant-Mole (2000) Hodder Wayland  
Talks about life, death and the feelings associated with bereavement. Useful as a general education book as well as for bereaved children.

A boy finds ways to remember his brother in positive ways.

Adorable Granpa gamely nurses his granddaughter’s dolls, eats her pretend strawberry-flavored ice cream, takes her tobogganing in the snow, and falls in step with her imaginary plans to captain a ship to Africa—like all good grandfathers should. Winner of the Kate Maschler Award, this poignant tale of friendship and loss is one children will long remember.

**Key Stage 2 (7-11)**

**Two Weeks with the Queen** - Morris Gleitzman (1999) Puffin Books  
When Luke gets cancer, his brother Colin is sent to stay with relatives in the UK from their home in Australia. He has adventures trying to get the Queen to lend him the best cancer doctor to treat his brother.

A classic story of Wilbur the pig and other animal friends of Fern who lives on a farm. Charlotte the spider saves Wilbur’s life, but dies herself after her babies are born.

A short story of Milly, whose father has died, and the way her family finds through bereavement. She knows that when people die they can’t come back, but she keeps a wish to see her Dad one more time.

When Andrew’s father dies, he finds he cannot talk to his friends or teachers about it. His teacher casts him as the golden bird in a school play and he learns to express himself again.

**What on earth do you do when someone dies?**  
Describes the overwhelming emotions involved when a loved one dies, and discusses how to cope.

**Someone special has died** - Department of Social Work (1989) St Christopher’s Hospice  
Describes emotions likely to occur after bereavement and what happens to a body after death.

**Someone has died suddenly** - Department of Social Work (1999) St Christopher’s Hospice  
Explains what might happen in the aftermath of an unexpected death including procedures such as inquests and funerals, as well as practical suggestions about how to cope.

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**Jigsaw (South East)**

Registered Charity Number: 1147696  
Company Number: 08014061
Key Stage 3 (11-14) and above

When Gary and John's mother dies suddenly, the boys and their father are thrown into turmoil. John feels responsible for Gary who starts hanging out with the wrong crowd.

Reassuring the reader that grief is normal, this book covers a range of feelings and reactions in response to different deaths.

After Vicky was run over and died, her best friend Jade is confused to find that Vicky is an even more distracting presence than, when she was alive. Covers the power of friendship and the overwhelming feelings around a sudden death.

When Simon's mother dies suddenly from a brain haemorrhage, he clams up. But his new friend Charlie helps him to talk again to his family and friends, and to find ways of enjoying life.

Someone close to you has died - Candle Project (2001) St Christopher's Hospice
Describes feelings experienced by bereaved teenagers and issues including not being understood, wondering if normality can be possible again, changes and unfinished business.

Deals with the particular experience of losing a parent, sibling, partner or friend between the ages of around 18 and 25.

Discussing the need to help children regain self-esteem and self control after a bereavement, this book covers breaking bad news to children, separation reactions and seeking meaning.

This information booklet for adults supporting children through bereavement covers a variety of issues which may affect a child and offers practical suggestions and activities.

Beyond the Rough Rock supporting a child who has been bereaved through suicide
Diana Crossley and Julie Stokes (2001) Winston's Wish
An information booklet offering practical advice for families where someone has died by suicide, aiming to give parents and professionals the confidence to involve children in discussions about the nature of death by suicide. Includes activities for the child to do with the family to start making sense of what has happened.

A teenager guide to coping with bereavement - Author: Sarah Darwen (Booklet)
Contains practical advice and guidance for a young person managing confusing emotions when someone important in their life dies. Written by a young person whose father died.

After someone dies: a leaflet about death, bereavement and grief for young people (Leaflet)
http://www.crusebereavementcare.org.uk/Booklets.html

Understand bereavement (Practical information and further sources of support)
www.minds.org.uk
http://www.mind.org.uk/help/diagnoses_and_conditions/bereavement

Tell me again what happens - Fiona Mitchell and Mark MacKenzie-Smith 1997
For children who have a parent with a terminal illness.
Schools and other settings

Grief in School Communities: effective support strategies
This book aims to help individuals and school communities to create environments in which grief, while a difficult experience, is seen as a normal life event. It demonstrates the components in a school that can be used to support grieving individuals in times of personal crisis and to support whole school communities when traumatic incidents occur.

Then, now and Always - Julie A Stokes (2004) Winston’s Wish
Firmly based on theory, research and practice, this book presents the accumulated experience and wisdom of a community bereavement service for children who are faced with the consequences of a family death. It presents creative ideas about how to facilitate the grieving process, cope with difficult feelings, preserve important memories and share experiences with other bereaved families.

Intervention with bereaved children
Effective strategies for managing bereavement and loss take a whole school approach. There is a clear policy context for promoting the well being of bereaved children and young people. This is an empowering book sharing effective ways of supporting and helping them in their loss. Case studies are sensitively given, and there are moving accounts of individual, family and group work.

Childhood Bereavement: developing the curriculum and pastoral support
Gill Frances and Nina Job (2004) National Children's Bureau
Covering areas in the curriculum where death and bereavement can be introduced, this book also discusses ways of supporting bereaved pupils. It draws on good practice from a variety of schools, including a special school, and gives a selection of lesson plans.

The Forgotten Mourners: Guidelines for working with bereaved children
Aimed at teachers and social workers, this book outlines children's grieving at different ages, discusses secondary losses, and outlines some of the useful techniques which the adults around them can use in support.

About childhood bereavement Children and Grief: when a parent dies
The volume presents major findings from the Harvard Child Bereavement Study and places them in the context of previous research, covering the wide range of normal variation in children's experience of grief and the factors that put bereaved children at risk. The book compares parentally bereaved children with those bereaved of a sibling or who have, experienced divorce, exploring similarities and differences between these losses. A concluding section explores the clinical implications of the findings and includes review of intervention models and activities, as well as a screening instrument designed to help identify high-risk bereaved children.


This book provides teachers and teaching assistants with new perspectives, practical tools and the confidence for supporting children with attachment difficulties within the school environment.

What do we tell the children? - Kirsten Phillips 1996
To use with children affected by illness and bereavement.

What Can You Say or Do to Help Someone Who Is Suffering Bereavement?
http://www.crusebereavementcare.org.uk/what_can_help.html
Workbooks

Good Grief 1: exploring feelings, loss and death with under 11s (1995)  
Good Grief 2: exploring feelings, loss: and death with over 11s and adults (1996)  
With 20 educators contnbultmgkleasp11oted with children of different abilities and backgrounds in their care; this text has been designed to explore and demystify the experience of loss - in different contexts within the framework of the National Curriculum.

A range of fun and thoughtful; creative activities and exercises for bereaved children.

Grief Encounter Workbook - Shelley Gilbert (2003) Grief Encounter Project  
A workbook to encourage conversations about death and bereavement between bereaved children and adults.

When someone very special dies - Marge Heegard (1991) Fairview Press  
For children and adults to use together to talk about general concepts of death and loss, as well as around a particular bereavement.

When a family is in trouble – Marge Heegard (1993) Woodland Press  
For children and adults to use together to talk about grief from drug and alcohol addiction

Finding a way through when someone dose has died: what it feels like and what you can do to help yourself  
Pat Mood and Lesley Whittaker (2001) Jesssica Kingsley Publisher  
Written and illustrated by children and young people who discuss their own feelings after a bereavement and make practical suggestions of what helped them to cope.

Talking with children and young people about death and dying  
Covers concepts of death, dying and aspects of bereavement including anger, fear, dreams and ways of remembering. Can be used as a basis for opening discussions between a bereaved child and an adult.

The authors of this book provide information, insight and strategies for understanding and managing anger more effectively. Includes photocopiable resources; ideal for teachers, parents, carers, social workers, psychologists and health care workers.

Lost for Words is an innovative 'loss awareness' training package designed for teach-ers and carers supporting children who are experiencing bereavement, be it through death or any other kind of loss. Photocopiable, for teachers, carers and social workers, modular structure, activities, templates and handouts

A workbook to help children work out feelings about a traumatic event.  
Traumatic events in the lives of their families, friends or community leave children feeling confused, insecure and frightened. Recreating the event on paper reduces the child's terror and creates feelings of empowerment. Drawing puts the child in charge, providing the opportunity for exploring feelings. With the help of this book, nightmares and post-traumatic stress symptoms can be relieved.
Parents and carers

Aims at giving a realistic look at cancer and explains how cancer occurs. Advice on reducing your risk of cancer.

Hope beyond the headlines - Winston’s List (2008)
Supporting a child bereaved through manslaughter or murder

This guide to helping children cope with death includes an illustrated, read-along story, and discusses coping with a child’s anger, denial, or guilt, and how to discuss funerals, cemeteries, and grief. It includes advice from parents and acknowledges that they may be grieving too.

A brief guide to how children are likely to understand death and how to explain it to them, with suggestions for further sources of support.

Caring for Bereaved Children - Mary Bending (1993) Cruse Bereavement Care
Offers insights into the ways children grieve from birth to adolescence, and suggests ways of helping.

This book covers a range of bereavement experiences, covering different types of death, bereavement at different ages and differenced in the way boys and girls may grieve. Makes suggestions for looking after children’s needs. Also includes a chapter on bereavement groups for children.

Healing, Children’s Grief: Surviving a parent’s death from cancer
Grace Christ (2000) Oxford University Press Inc, USA
Using qualitative analytic methods, this book identifies five developmentally derived age groups that clarify important differences in children’s grief and mourning processes, in their understanding of events, their interactions with families, and their varying needs for help and support. The author gives numerous examples of the ways parents and extended family interacted with the children, and also the ways professionals, friends, and many others help families deal with this experience.

What Can You Say or Do to Help Someone Who Is Suffering Bereavement?
http://www.crusebereavementcare.org.uk/what_can_help.html

Helping children cope with grief - Rosemary Wells, Sheldon Press 1995
Practical help and advice for all those caring for children who are coping with a death in the family.

Understand bereavement
Practical information and further sources of support
www.minds.org.uk
http://www.mind.org.uk/help/diagnoses_and_conditions/bereavement

What do we tell the children? Kirsten Phillips 1996
To use with children affected by illness and bereavement.

Grief and bereavement: understanding children
Helps adults understand the ways children respond to bereavement.
www.childbereavement.org.uk
http://www.childbereavement.org.uk/For/ForProfessionals/SupportingFamilies/UnderstandingBereavedChildren/ChildrensResponsestoBereavement

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Useful websites

BACUP http://www.cancerbacup.org.uk/
Child Bereavement UK http://www.childbereavement.org.uk/
Child Death Helpline http://www.childdeathhelpline.org.uk
Child Line http://www.childline.org.uk/Pages/Home.aspx
Childhood Bereavement Network www.childhoodbereavementnetwork.org.uk
Clic Sargent http://www.clicsargent.org.uk/
Cruse http://www.crusebereavementcare.org.uk/
Cruse Bereavement Care Youth www.rd4u.org.uk
Daisy’s Dream www.daisysdream.org.uk
Family Lives http://familylives.org.uk/
Get connected http://www.getconnected.org.uk/
Grief Encounter www.griefencounter.com
Gone Forever Bereavement Trust http://www.goneforever.org.uk
Macmillan Cancer Support http://www.macmillan.org.uk
Mind http://www.mind.org.uk/
Mums Net http://www.mumsnet.com
National Association of Widows www.nawidows.org.uk
Noah’s Ark http://www.noahsarktrust.co.uk/
Papyrus http://www.papyrus-uk.org/
Parent Line http://www.parentline.net/
RoadPeace http://www.roadpeace.org/
Samaritans http://www.samaritans.org/
SAMM http://www.samm.org.uk/
SANDS (Stillbirth and Neonatal Death Society) www.uk-sands.org
SCARD http://www.scard.org.uk/
SeeSaw http://www.seesaw.org.uk/
Simon Says http://www.simonssays.org.uk/
Survivors of bereavement by suicide http://www.uk-sobs.org.uk/
Teenage Cancer Trust http://www.teenagecancertrust.org/
The compassionate friends http://www.tcf.org.uk
The Lonely Tree www.thelonelytree.co.uk/Links.htm
Understanding Childhood www.understandingchildhood.net
Way Foundation www.wayfoundation.org.uk
Winston’s Wish http://www.winstonswish.org.uk/
Youth access http://youthaccess.org.uk/