

Preparing for Loss Service

BOOK LIST

As Big As It Gets: Supporting a Child When a Parent is Seriously Ill

Stokes, J. Crossley, D. and Stubbs, D.
2007, Winston's Wish

This book provides a range of ideas for parents and carers so that they feel able to involve their children in what is happening. The book also includes some suggestions about what parents might say to children and how to offer support.

When Someone Has A Very Serious Illness Children Can Learn To Cope With Loss And Change

Marge Heegaard
1991, Woodland Press
ISBN: 0-9620502-4-5

This book will help families communicate and evaluate a child's understanding and feelings about family change while teaching basic concepts of illness and healthy coping skills.

When Something Terrible Happens

Marge Heegaard
1991, Woodland Press

A workbook to help children work out feelings about a traumatic event.

Helping Children Cope With Change And Loss

Rosemary Wells
2003, Sheldon Press
ISBN: 0-85969-891-2

Children face all sorts of changes in their lives and almost inevitably find this change stressful and frequently difficult. This book discusses different sorts of change and suggests ways in which parents can help children cope with it successfully

Helping Children to Cope with Change, Stress and Anxiety: a Photocopiable Activities Book

Plummer, D. and Harper, A.
2010, Jessica Kingsley Publishers

This book is full of creative ideas for use with children who have difficulty in coping with change, stress and normal levels of anxiety. Supported by a comprehensive but accessible theory section, the practical exercises are a simple and fun way of helping children to learn healthy stress management strategies. Deborah Plummer offers over 100 activities and games specifically aimed at helping children to build emotional resilience. With a mixture of short, snappy activities and longer guided visualizations, these exercises are suitable for use with individuals or groups, and many are appropriate for use with children with complex needs or speech and language difficulties.

Beginnings and Endings with Lifetimes In Between: Beautiful Way to Explain Life and Death

Mellonie, B. and Ingpen, R.
1997, Belitha Press

A book which aims to help parents and teachers explore the subjects of life and death with young children. An honest and beautiful book in helping to explore the challenging issues surrounding death, loss and change in life.

Tell me again what happens

Fiona Mitchell and Mark MacKenzie-Smith
1997 Barnardo's

For children who have a parent with a terminal illness.

What do we tell the children? Talking to Kids About Death and Dying

Kirsten Phillips
1996 Barnardo's

To use with children affected by illness and bereavement.

Talking with children and young people about death and dying

Mary Turner

1998 Jessica Kingsley Publishers

Designed to help adults talk to bereaved children and young people. Mary Turner explains the various aspects and stages of bereavement and offers useful insights into the concerns of children experiencing grief or facing an imminent bereavement. She addresses children's common fears and worries, dreams and nightmares, and acknowledges the effect of trauma on the grief process. 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.

Cancer

Kirsten Lamb

2004, White-Thomson Publishing Ltd

ISBN: 978-0-7502-5095-5

For children and young people. This book aims to give a realistic picture of cancer. It explains how cancer occurs when cells multiply out of control. It gives information about all the common cancers: possible causes, symptoms, diagnosis and treatments. There is advice on reducing your risk of cancer, and a look at how the disease affects family life. Throughout, case studies are used to show how cancer affects real people.

The Secret C (Straight Talking About Cancer)

Stokes, J.

2000, Winston's Wish

When a family member is diagnosed with cancer, it can be difficult explaining to children what cancer is and how it will affect the family. The Secret C: Straight Talking About Cancer aims to support families with this task and uses illustrations and straightforward language to give a basic explanation of what cancer is, the treatments involved, and how it might affect the person living with cancer. Feelings are also addressed and reassured. The book also reinforces the importance of trying to keep as close to the usual family routines as possible and still being able to laugh and have fun. Aimed at children 7-10 years old.

When Your Mum or Dad Has Cancer

Couldrick, A

1991, Sobell Publications

Suitable for children 7 and upwards

Mummy's Lump

Gillian Forrest & Sarah Garson

2008, Breast Cancer Care

ISBN: 1-870577-14-0

A book aimed at the under-sixes. Mummy's Lump follows Elly and Jack as they learn of their mother's diagnosis and treatment for breast cancer.

Macmillan Information Booklets

Many more can be found and ordered via the website: Macmillan.org.uk

A Parents Guide To Cancer

Talking To Children And Teenagers When An Adult Has Cancer

A Guide for Young People Looking After Someone With Cancer

I'm Still Me - A Guide For Young People Living With Cancer

End Of Life - The Facts

Dying With Cancer

When Someone With Cancer Is Dying

Preparing A Child For Loss

Peppermint Ward

Katie's Garden – a little girl's experinces of cancer

Nurse Ted: A Children's Guide To Cancer

Ffion Jones & Kerry Foster-Mitchell
2016, Belrose Books

Nurse Ted: A Children's Guide To Brain Tumours

Ffion Jones & Kerry Foster-Mitchell
2015, Belrose Books

A Dragon in Your Heart

Sophie Le Blanc.

1999, Jessica Kingsley Publishers

How do you explain to a five year old that her mother has cancer? A short, explanatory book of a few sentences, a few drawings simply put together to explain the situation as clearly as possible.

The Rainbow Feelings of Cancer - A Book for Children Who Have a Loved One with Cancer

Carrie Martin and Chia Martin.

2002, Hohm Press

When Chia Martin was diagnosed with cancer, she found her daughter Carrie's artwork a catalyst to their communication. This beautiful, heart-warming book features Carrie's art and writing about the emotions evoked by her mother's illness. Children need to share their feelings and ask questions, especially in stressful times -- and this book subtly and warmly encourages conversation between children and those who love them.

Two Weeks with the Queen

Gleitzman, M

1999, Puffin Books

A book for 7 to 11 year olds. 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.

Dear Mum, From You To Me (Journal Of A Life Time)

2007, from you to me

ISBN: 978-1-907048-00-5

A book to share memories and experiences.

Also available in **Dear Dad, Dear Grandma** and **Dear Grandad**

The Invisible String

Patrice, K. and Stevenson, G.

2000 by DeVorss & Company

A story that teaches of the tie that really binds: the Invisible String reaches from heart to heart. This delightful book illustrates a new way to cope with something all children and parents confront sooner or later; 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.

Gentle Willow

A Story For Children About Dying

Joyce C Mills

2004, Magination Press

ISBN: 1-59147-072-2

Saying Goodbye To Hare: A story to prepare a child for the death of someone special

Lee, C.

2014, Southgate Publishers

For ages 5-9

I Have Feelings!

Novotny Hunter, J

2002, Frances Lincoln Ltd

Anger Management

Adrian Faupel, Elizabeth Herrick and Peter Sharp

2010, David Fulton Publishers

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.

Michael Rosen's Sad Book

Rosen, M.
2011 Walker

I Feel Sad
I Feel Angry
I Feel Frightened
I'm Worried

Moses, B. and Gordon, M.
Wayland Publishers

Everybody Feels...Scared
Everybody Feels... Sad
Everybody Feels... Angry
Jane Bingham
2014, QEB Publishing

The Huge Bag Of Worries
Virginia Ironside
2011, Hodder Children's Books
ISBN: 978-0-340-90317-9

You've Got Dragons
Cave, K. and Maland, N
2003, Peachtree publishers
A book about managing worries and fears

Goodbye Mog (2003) Judith Kerr

Can I still Kiss you? Answering Your Children's questions about Cancer (2001). Neil Russell

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BOOKS FOR BEREAVED CHILDREN

A Child's Grief**Supporting A Child When Someone In Their Family Has Died.**

2005, Winston's Wish

ISBN: 0-9539123-6-1

When Someone Very Special Dies**Children Can Learn To Cope With Grief**

Marge Heegaard

1996, Woodland Press

ISBN: 0-9620502-0-2

Grief Encounter**A Workbook to Encourage Conversations About Loss Between Children and Adults**

2004, NCB Publications

Shelley Gilbert

ISBN: 0-9548434-0-1

Help Me Say Goodbye**Activities For Helping Kids Cope When A Special Person Dies**

Janis Silverman

1999, Fairview Press

ISBN: 978-1-57749-085-2

Then, Now And Always**Supporting Children As They Journey Through Grief: A Guide For Practitioners.**

Julie A Stokes

2004, A Winstons Wish Publication.

ISBN: 0-9539123-5-3

Sad Isn't Bad: A Good Grief Guidebook For Kids Dealing With Loss

Michaelene Mundy

1998, Abbey Press

ISBN: 978-0-87029-321-4

Realistic look at loss, offering comforting ways for children to cope.

Muddles, Puddles and Sunshine

Diana Crossley

2000, Winston's Wish

ISBN: 1-86989058-2

What's Happening? Death

Karen Bryant-Mole

1992, Wayland Publishers Ltd

ISBN: 0-7502-0398-6

Waterbugs and Dragonflies: Explaining Death to Young Children

Stickney, D.

2002, Continuum International Publishing Group Ltd

I Miss You - A first look at death

Thomas, P

2009, Hodder Wayland

Are You Sad Little Bear – a book about learning to say goodbye

Rivett, R

2013, Lion children's Books

When Dinosaurs Die

A Guide To Understanding Death
Laurie Krasny Brown & Marc Brown
1996, Hachette Book Group
ISBN: 0-316-11955-5

Always And Forever

Alan Durrant
2004, The Random House Group
ISBN: 978-0-552-54877-9

Badger's Parting Gift

Varley, S
1992 Picture Lions

I'll always love you

Hans Wilhelm
2003, Crown Press
A simple moving story about the loss of a parent.

Grandpa

John Burningham
2003, Random House Children's Books
ISBN: 978-0-099-43408-5

The Lonely Tree

Nicholas Halliday
2006, Halliday Books
ISBN: 978-0-9539459-8-6

Goodbye Mog

Judith Kerr
2002, Harper Collins Publishers
ISBN: 0-00-714969-7

No Matter What

Debi Gliori
1999, Bloomsbury Publishing
ISBN: 978-0-7475-6331-0

Come Back Grandma

Sue Limb
1993, Random House Children's Books
ISBN: 0-09-921951-4

Seeds Of Hope

Activity And Information Pack

www.seedsofhopechildrensgarden.co.uk

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