



## **Recommended Book List for Bereaved Children**

### **Under 5s**

#### **Muddles, Puddles and Sunshine**

##### **Winston's Wish**

This activity book offers invaluable practical and sensitive support for bereaved younger children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.

##### **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.

##### **Waterbugs and Dragonflies: explaining death to young children**

Doris Stickney (2002) Continuum International

This book uses the analogy of a waterbug 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.

##### **Are You Sad, Little Bear? A Book About Learning To Say Goodbye**

Rachel Rivett (2013)

Grandmother Bear has gone forever, and Little Bear is feeling sad. His mother wisely suggests that perhaps asking his woodland companions what saying goodbye means to them will help him understand his loss. Little Bear's day of exploring and asking questions brings him comfort and hope. This charmingly illustrated picture book will help young children in times of bereavement, loss or change, gently exploring the reasons for saying goodbye and giving reassurance that goodbye doesn't mean the end of things.

##### **A First Look At: Death: I Miss You**

Pat Thomas (2009)

This book helps young children come to terms with the loss of loved ones, through examples such as the death of a grandparent or pet.

##### **No Matter What**

Debi Gliori (2002)

"I'm grim and grumpy," says Small to Large, "and I don't think you love me at all." But nothing could be further from the truth--and Large knows just how to reassure Small in this warm and tender story about a child's biggest worry and a parent's endless capacity for love.

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## **Is Daddy Coming Back in a Minute?: Explaining Sudden Death to Pre-School Children in Words They Can Understand**

Elke Barber (2012)

This book explains (sudden) death to very young children in a way they can understand for their age and stage of development. It is based on a true story, written by a parent after her 34 year old husband died very suddenly and unexpectedly and the conversations she had with her young son

### **Rory's Star**

Scottish Cot Death Trust

Rory's Star is aimed at pre-school children and explores how a family copes with cot death. We meet Rory the new member of the family and follow life before Rory's death. We meet Rory's big sister and see how they enjoy going to the park, walking to nursery, just being a happy family.

Then, suddenly Rory has gone, everything changes and Rory's big sister has to adjust to life without her brother.

### **We were going to have a baby, but we had an Angel instead**

Pat Schwiebert (2003)

Created especially for children who are suffering the loss of their families pregnancy.

### **Age 5 -7**

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### **Badger's Parting Gifts**

Susan Varley (1994) Picture Lions

A story of animals learning to remember their friend.

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### **Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent**

Julie Kaplow

Since Samantha Jane's dad died, she has been sad and quiet, keeping to herself. One day, her neighbour Mrs. Cooper gently asks her about her missing smile, and Sammy Jane begins to open up about her grief, her worries, and her confusion. Sammy Jane's mother joins her daughter in Mrs. Cooper's garden, and helps her further with accepting and responding to her profound loss.

### **Always and Forever**

Alan Durant (2004)

When Fox dies the rest of his 'family' are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.

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Rachel Rivett (2013)

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### **A First Look At: Death: I Miss You**

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This book helps young children come to terms with the loss of loved ones, through examples such as the death of a grandparent or pet.

### **Some has died suddenly/someone has died in a road crash**

Mary Williams – produced by Amy and Tom (available via [suddendeath.org](http://suddendeath.org))

A work book section is full of activities that adults and children can do together in memory of the person who has died. The book comes with a free guide for adults, with advice for parents, teachers and other support workers on how to help suddenly bereaved children.





### **Huge bag of worries**

Virginia Ironside (2011)

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? This book does not focus on bereavement but encourages children to open up about their anxieties and worries.

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

Hilary Robinson (2012)

When Olivia's teacher, Miss Evans, dies the children at her school are encouraged to think of everything that reminds them of her. Written with great care, touching sensitivity and humour The Copper Tree is about love and legacy and will help children understand that while sadness is an inevitable part of grief, death is not the end for what we leave behind can be everlasting.

### **Gentle Willow: A Story for Children about Dying**

Joyce C Mills (2003)

Written for children who may not survive their illness or for the children who know them, this tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling very well.

### **What Does Dead Mean**

Caroline Jay and Jenni Thomas (2012)

Book that guides children gently through 17 of the 'big' questions they often ask about death and dying. Questions such as 'Is being dead like sleeping?', 'Why do people have to die?' and 'Where do dead people go?' are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies.

**Age 7 - 11**

### **Muddles, Puddles and Sunshine**

#### **Winston's Wish**

This activity book offers invaluable practical and sensitive support for bereaved younger children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.

### **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,

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### **Charlotte's Web**

E B White (2003) Puffin Books

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.

### **Milly's Bug-nut**

Jill Janney (2002) Winston's Wish

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

### **What on earth do you do when someone dies?**

Trevor Romain, Elizabeth Verdick (1999) Free Spirit Publishing

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.

### **Some has died suddenly/Someone has died in a road crash**

Mary Williams – produced by Amy and Tom (available via [suddendeath.org](http://suddendeath.org))

A work book section is full of activities that adults and children can do together in memory of the person who has died. The book comes with a free guide for adults, with advice for parents, teachers and other support workers on how to help suddenly bereaved children.

### **Milly's Bug Nut**

Winston's wish

Milly's Bug-nut' is the story of a family finding their way through bereavement and of Milly who finds an unexpected answer to her heart's desire.



## **Age 11 - 14 and above**

### **Out of the Blue: Making Memories Last When Someone Has Died**

Winston's Wish (2006)

This book has been written and designed specifically for teenagers with aim of supporting them through their bereavement using a range of activities. - See more at: <http://winstons-wish.myshopify.com/products/out-of-the-blue#sthash.Bj0FClda.dpuf>

### **The Lost Boys' Appreciation Society**

Alan Gibbons (2004) Orion Children's Books

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.

### **Wipe Out**

Mimi Thebo (2003) Beacon Press

A first children's title from a prize-winning poet and author of adult books. A novel exploring a young boy's grief, set against a colourful background of surfing. Eleven-year-old Billy's mother has just died. Billy's father isn't coping too well so Billy goes to stay with his dull Auntie Mary. The death of his mother has taken all the colour away from Billy's world. He sees his Auntie Mary as a grey person, whose dull blue house is shrouded in fog. Billy feels foggy and dull, too, and longs for the colour to return to his life. For though Billy's mother is dead, her joyful personality pervades the whole story as Billy, Auntie Mary and Billy's dad all attempt to deal with their grief

### **Vicky Angel**

Jacqueline Wilson (2001) Corgi Children's Books

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.

### **The Charlie Barber Treatment**

Carole Lloyd (1997) Walker Books Ltd

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.





## **Workbooks suitable for all ages (5+)**

By Marge Heegaard

When someone very special dies

When something terrible happens

When someone has a very serious illness

By Janis Silverman

Help me say goodbye

By Winston's Wish

Muddles, Puddles and Sunshine – For Children up to approx 12 years

Out of the Blue – For Young People

## **Books recommended for Parents/Carers supporting Children and Young People**

Winston's Wish

Beyond the rough rock – supported children and young people bereaved by suicide

Hope beyond the headlines – supporting children and young people following a manslaughter or murder

As big as it gets – supporting a child or young person when someone is terminally ill

A child's grief – supporting children following bereavement

You just don't understand – supporting young people following bereavement

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