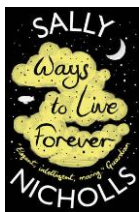


## Change, Loss and Bereavement Book List – Recommended books



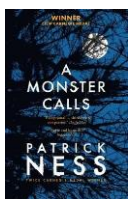
### **The Scar by Charlotte Moundlic**

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



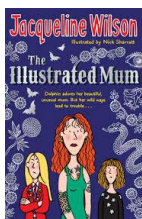
### **Ways to Live Forever by Sally Nicholls**

Ways to Live Forever is a heart-wrenching and gripping story about Sam, an eleven-year-old boy. Sam has leukaemia and this book is his diary. In it he writes lists, pictures, stories, facts and lots of questions.



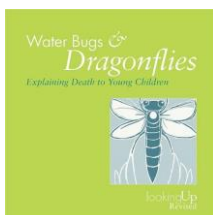
### **A Monster Calls by Patrick Ness**

This book details the story of Conor O'Malley, a 13-year-old boy who is dealing with his mother's illness. Her impending death hangs over the bulk of the book, and Conor must explore his own emotions through stories to find peace in her passing and how he feels about it.



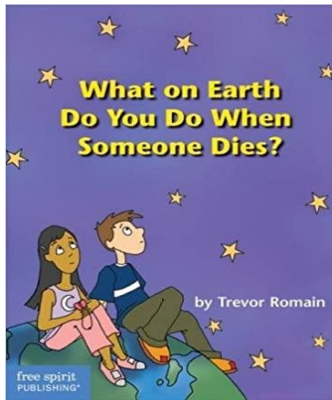
### **The Illustrated Mum by Jacqueline Wilson**

The illustrated mum is about two girls called Dolphin, Star, their mum Marigold and their rather turbulent life together. The book is written from Dolphin's point of view who is still at primary school.



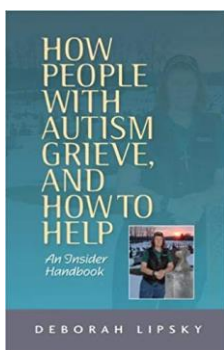
### **Water Bugs and Dragon flies: explaining death to young children by Doris Stickney**

This book uses the analogy of the water bugs' short life under water as human's time on earth and their emergence as dragonflies into the bright sunlit world above the water as human's life after death. It is designed to provide adults with the opportunity to talk about death as being part of the life cycle, which can be a reassuring way of explaining death to children.



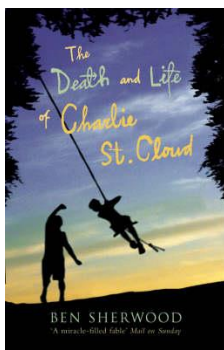
### What on Earth do you do when someone dies? by Tony Romain

This book is for any child who has lost a loved one or other special person. Trevor talks directly to kids about what death means and how to cope. He asks the kinds of questions kids have about death—Why? How? What next? Is it my fault? What's a funeral?—in basic, straightforward terms. He describes and discusses the overwhelming emotions involved in grieving—sadness, fear, anger, guilt—and offers practical strategies for dealing with them. He also suggests meaningful ways to remember and honour the person who has died. When someone dies, adults are often involved with their own loss and grief and not as available to children as they might otherwise be. This little book, full of concrete advice and expressive illustrations, offers the comfort and reassurance that children need during these difficult times. Written to and for kids, it's also recommended for parents and other relatives, educators, counsellors, and youth workers.



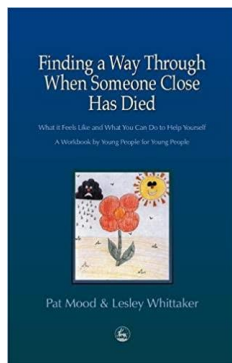
### How people with Autism grieve and how to help by Deborah Lipsky

The book is an honest, first-hand account of how people with autism deal with the loss of someone in their life. Through the description of personal experience, and case studies, the book explores how people with autism feel and express the loss of a loved one, how they process and come to terms with their feelings of grief and offers practical and detailed advice to parents and carers on a range of sensitive issues.



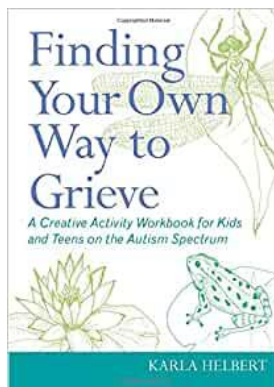
### The Death and Life of Charlie St. Cloud by Ben Sherwood

Charlie St. Cloud narrowly survived a car crash that killed Sam, his little brother. Years later, still unable to recover from his loss, Charlie has taken a job tending to the lawns and monuments in the New England cemetery where Sam is buried. When he meets Tess Carroll, a captivating, adventurous woman in training for a solo sailing trip around the globe, they discover a beautiful and uncommon connection that, after a violent storm at sea, eventually forces them to choose between death and life, past and present, holding on and letting go.



### Finding A Way Through When Someone Close Has Died by Pat Mood and Lesley Whittaker

This workbook is written and illustrated by children and teenagers who have experienced the death of someone close to them - a parent, grandparent, sibling or friend. They describe their often-confusing thoughts and emotions immediately after the bereavement and discuss how their day-to-day lives were affected, including such diverse issues as the reactions of those around them, practical changes and managing school and schoolwork.



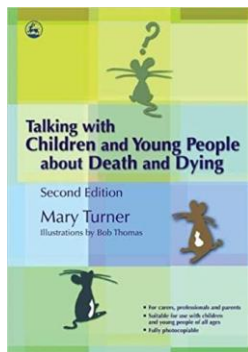
### Finding Your Own Way to Grieve by Karla Herbert

This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.



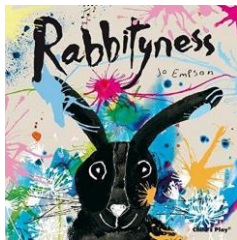
### We were going to have a baby, but we had an angel instead by Pat Schwiebert

This book addresses the issues that children may face over the loss of an unborn child and gives parents practical and sensitive advice to help their children cope with the death. Recommended for children ages 2 and over.



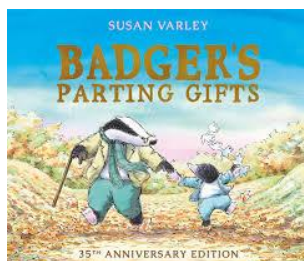
### Talking with Children and Young people about Death and Dying by Mary Turner

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. This second edition includes a new section for adults on understanding the distress.



### Rabbityness by Jo Empson

When Rabbit suddenly disappears, no one knows where he has gone. His friends are desolate. But, as it turns out, Rabbit has left behind some very special gifts for them, to help them discover their own unrabbit talents! This is a stunning debut picture book by author/illustrator Jo Empson. Rabbityness celebrates individuality, encourages the creativity in everyone and positively introduces children to dealing with loss of any kind.



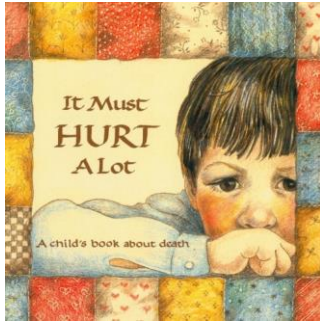
### Badger's Parting Gifts by Susan Varley

Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends.



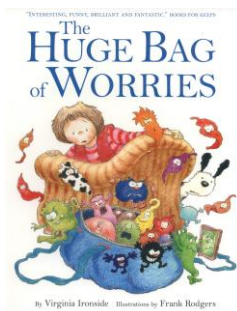
### Mum and Dad Glue by Kes Gray

This rhyming story is brilliantly told with a powerful message that even though his parents may be broken, their love for him is not. 'An incredibly powerful book about a boy coming to terms with his parents' divorce.



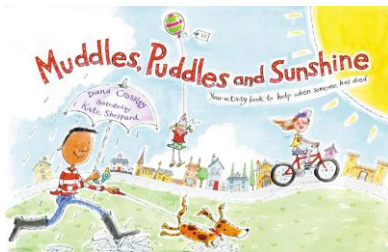
### **It must hurt a lot – A childrens book about death by Dr Doris Sandford and Graci Evans**

All children experience loss. It is a part of growing up. When Joshua's puppy is killed by a car accident he learns that some surprises come wrapped in the "package" of loss. We encourage adults to talk about these gifts with children. Sensitive, caring adults are made not born. The book is written for children ages 5 - 11 years.



### **The Huge Bag of Worries by Virginia Ironside**

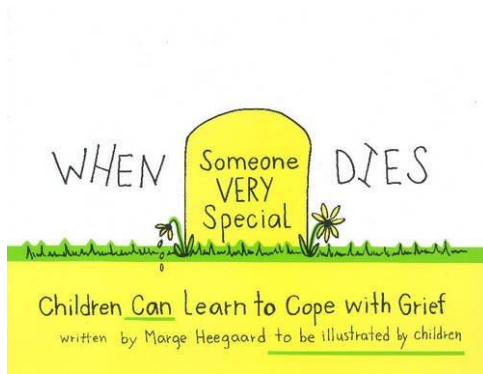
Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they must go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.



### **Muddles, Puddles and Sunshine: Your activity book to help when someone dies by Diana Crossley and Kate Sheppard**

This book offers practical and sensitive support for bereaved children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear. This book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief, whilst finding a balance between remembering and having fun. This book is a useful companion in the present and will become an invaluable keepsake in years to come.





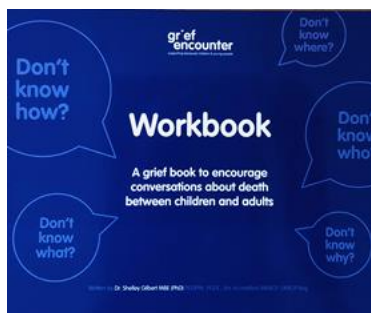
### When Someone VERY Special dies written by Marge Heegard

A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate.



### When Something Terrible Happens by Marge Heegard

Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives. The 'Drawing Out Feelings' series has been designed to provide parents, educators and counsellors with an organized approach to helping children cope with grief, family loss and change. A workbook to help children work out feelings about a traumatic event.



### Grief Encounter Workbook

A workbook to encourage conversations with children, young people and adults about death. Grieving is hard work, especially for parents and children in deep grief. The upward spiral of grief replaces stages theory and allows time for people to adjust to the fact that someone special has died.

Winstons Wish Publications – other books and resources are available [here](#)



### Hope behind the headlines – supporting a child bereaved through murder or manslaughter – Winstons Wish publication

Supporting a child bereaved through murder or manslaughter. This new booklet offers practical advice for families in the immediate days, weeks and months following a murder. It is written for both parents and professionals, giving them the confidence to involve children and young people in understanding and managing the difficulties and complexities that so often surround a death by murder or manslaughter.



### You Just Don't Understand - Supporting bereaved teenagers – Winstons Wish Publication

The transition from childhood to adulthood can be a challenging process at the best of times. This booklet aims to help you understand what normal adolescent development is, and to recognise the additional problems teenagers may face if someone important dies during these years.



### Supporting bereaved children and young people from military families

In this booklet we offer information that aims to be helpful to families and professionals who encounter children and young people from military families who have been bereaved.



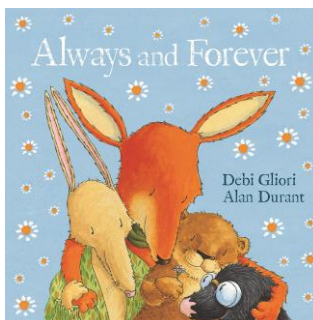
### Supporting a Child when a Parent is Seriously Ill

This booklet 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.



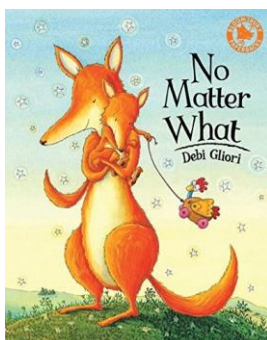
### Supporting a Child who has been Bereaved through Suicide – Winston's Wish Publication

Explaining to a child that someone has died by suicide is possibly one of the most difficult situations that a parent or carer might ever face. This booklet offers practical advice for families in the immediate days and weeks when suicide has been the cause of death. It is a useful booklet aimed at giving parents and professionals the confidence to involve children in discussions about the nature of a death by suicide.



### Always and Forever by Alan Durant, Debi Gliori

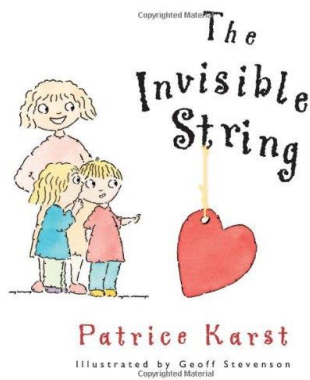
When Fox dies the rest of his family are distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.



### No Matter What by Debi Gliori

A little fox is in a big bad mood and is worried that its mother won't love it forever. In this beautiful and lyrical picture book, we see a clever and resourceful mother prove to her child that a parent's love is limitless - no matter what! In this reassuring and warm picture book, the hugely talented Debi Gliori manages to treat the familiar subject of childhood worries in a very fresh, original and inventive way.



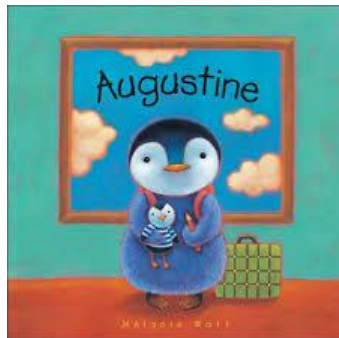


### The Invisible String by Patrice Karst

In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* This heart-warming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens deeper conversations about love, separation, loss and grief. Watch this You Tube link to hear the story: [https://youtu.be/\\_cO2LBbBtAI](https://youtu.be/_cO2LBbBtAI)

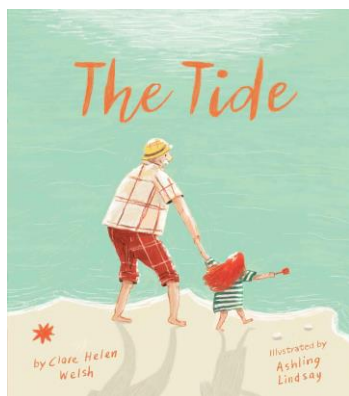


**A beautiful and heartfelt picture book to help children celebrate the memories left behind when a loved one dies.** Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.



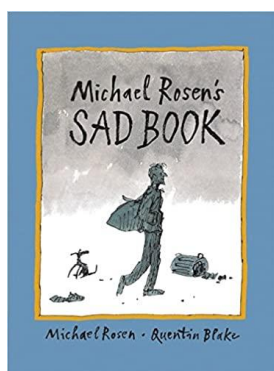
### Augustine by Melanie Watt

Moving all the way from the South Pole to the North Pole isn't easy for the young penguin Augustine. Uprooted from her home, she misses her friends, her grandma and grandpa and her old bedroom. There are all kinds of unfamiliar faces at the North Pole, and everything looks strange and different. When it's time to go to her new school, Augustine gets cold feet. But with the help of a few coloured pencils and some inspiration from Picasso, this shy, artistic young penguin discovers a way to break the ice with her classmates and feel at home on the other end of the world.



### The Tide by Clare Helen Welsh

A young girl loves her grandpa so much! When they spend the day at the beach, she holds his hand as they go for a walk, and they build sandcastles together. But sometimes, it's difficult, because Grandpa has become forgetful. "Grandpa's memories are like the tide," Mommy explains. "Sometimes, they're near and full of life. Other times, they're distant and quiet." A story about families, laughter, and how we can help a loved one with dementia live well.



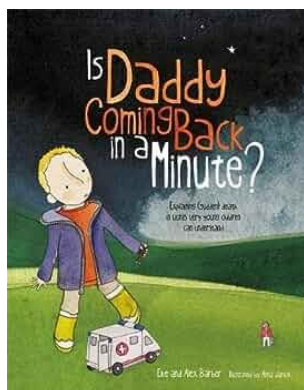
### Michael Rosen's Sad Book by Michael Rosen and Quentin Blake

A heartbreakingly honest account of a father's grief for his son from the illustrious pairing of two former Children's Laureates. Very occasionally the term non-fiction must stretch itself to accommodate a book that fits into no category at all. Michael Rosen's *Sad Book* is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.



### The Heavy Bag by Sarah Surgey

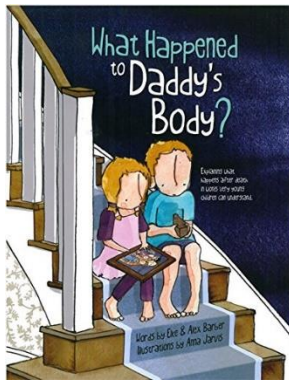
The Heavy Bag follows a little girl called Enid who has just lost her Granddad. As Enid goes out for a walk with lots of different emotions whooshing around inside her head she feels the weight of the heavy bag that she is carrying. Along her journey Enid comes across different kinds of people who encourage her to talk about how she is feeling, with each meeting she offloads an item from her bag that represents a stage of grief and talks about how she is feeling, inevitably as she takes each item from her bag, it feels lighter and she can walk along her journey easier.



### Is Daddy Coming Back in a Minute? By Elke Thompson

When we were on a No Girls Allowed! holiday, my daddy's heart stopped beating and I had to find help all by myself. He was very badly broken. Not even the ambulance people could help him...

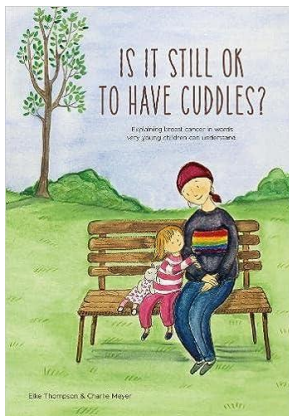
This honest, sensitive, and beautifully illustrated picture book is designed to help explain the concept of death to children aged 3+. Written in Alex's own words, it is based on the real-life conversations that Elke Barber had with her then three-year-old son, Alex, after the sudden death of his father. The book provides reassurance and understanding to readers through clear and honest answers to the difficult questions that can follow the death of a loved one and carries the invaluable message that it is okay to be sad, but it is okay to be happy, too.



### What Happened to Daddy's Body? By Elke Thompson

My daddy died when I was (one...two...) three years old. Today we are out in the garden. It always makes me think about my daddy because he LOVED his garden. Sometimes, I wonder what happened to my daddy's body...

This picture book aims to help children aged 3+ to understand what happens to the body after someone has died. Through telling the true story of what happened to his daddy's body, we follow Alex as he learns about cremation, burial and spreading ashes. Full of questions written in Alex's own words, and with the gentle, sensitive and honest answers of his mother, this story will reassure any young child who might be confused about death and what happens afterwards. It also reiterates the message that when you have experienced the loss of a loved one, it is okay to be sad, but it is okay to be happy, too.



### Is it Still OK to Have Cuddles? By Elke Thompson

"Hi, I'm Olivia, and I'm three years old. My mummy has breast cancer. She says cancer is a disease that can make you very ill. I was really scared that I might get cancer, too, if we have cuddles. But then Mummy explained everything. She says you can't catch cancer from other people. She has to go to hospital for some special medicine and all her hair is going to fall out, and she'll be really tired. But she hopes it will all make her better again." This fully illustrated autobiographical story explains in age-appropriate language what cancer is, and what happens during chemotherapy, surgery and radiotherapy. At the end of the story, psychotherapist Peter Kravitz explains how children think, and encourages honest and open conversations. For children aged 3+.