

Useful Books for Parents and Carers  
Helping Children and Young People  
Cope with Grief



Below is a selection of books that may be useful for you to share with your children.

Many of the publications are available through Norfolk County Council Libraries. You can access their booklist at [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries) and follow the link for health and well-being.

Alternatively, you can look at the Winston's Wish website on the Internet [www.winstonswish.org.uk](http://www.winstonswish.org.uk) which has an extensive booklist for children of all ages. Simply follow the link for parents and carers and then click the link on the left hand side of the page entitled 'Publications and Resources'.

**Early Years:**

***'I Miss You: A First Look at Death'*** by Pat Thomas

ISBN: 978-0764117640

Good first information book to talk about death and grief with clear explanations.

**5 to 8 Years:**

***'When Dinosaurs Die'*** by Laurene Krasny Brown and Marc Brown

ISBN 978-0316119559

A colourful book to help children understand different aspects of life and death and causes of death. Includes lots of cartoon dinosaur pictures to give prompts for discussion.

***'Always and Forever'*** by Alan Durant

ISBN 978-0-552-54877-9

A lovely illustrated story book. One of four animal friends dies and so everyone is really sad. They all find lovely ways to remember their friend and help them come to terms with his death.

***'Badgers Parting Gifts'*** by Susan Varley

ISBN 0-00-664317-5

A lovely illustrated story book. When old badger dies his friends think they will be sad forever but they remember him and manage to come to terms with his death.

***'A Huge Bag of Worries'* by Virginia Ironside**

ISBN: 978-0340903179

Jenny begins to worry about lots of different things and these worries build up and get out of control. A lovely story with fun illustrations encourages children to talk about their worries.

**9 to 11 years:**

***'Water Bugs and Dragonflies'* by Doris Stickney**

ISBN 9780829816242

Good story book for explaining we do not know what happens when someone dies. The book uses an analogy of waterbugs changing to dragonflies. Please note this has Christian prayers and readings at the end of the book.

***'What on Earth Do You Do When Someone Dies?'* by Trevor Romain**

ISBN 1-57542-055-4

Really good information book that covers a wide range of issues surrounding death including cremation, funerals and rituals. Offer practical suggestions to children to help cope with their feelings.

***Milly's Bug Nut* by Jill Janey**

ISBN: 978-0-9539123-4-6

A short, simple story of a young girl who's Dad has died. It talks about the ups and downs of family life and how things slowly get easier as time goes by. Milly misses her Dad and things are just not the same anymore. She knows when people die, they can't come back but she still wishes to see her Dad one more time.

**12 to 16 years:**

***Michael Rosen's SAD BOOK* by Michael Rosen**

ISBN: 978-1406313161

This book has large illustrations and small snippets of text. It is wonderfully honest and will appeal to children and adults of all ages. We all experience sad things, but what makes Michael Rosen most sad is thinking about his son who died. This book explains a simple but emotive story. Rosen talks about what sad is and how it affects him and what he does to cope with it.

***'Finding a Way Through When Someone Close Has Died'* by Pat Mood & Lesley Whittaker**

ISBN 1 85302 920 3

Information book for young people written by young people. Discusses lots of topics including feelings and has a number of ideas to help young people cope with bereavement.

## **Parents/Carers**

***'Someone Very Important Has Just Died'*** by Mary Turner

*ISBN 1 85302 563 1*

Very useful information book for parents and carers to give practical tips to help and support them, especially immediately after a death.

**These are just a few useful publications to support your child following bereavement. Please get in touch with Nelson's Journey if you require any further guidance and support.**