

Books for adults:

Title	Author	Comments
Her birth	Rebecca Goss	A book of poetry written by a mum whose child died at 16 months – was born with heart defect. Went on to have another child. An easy read of short poems – good for parents who have lost a child similar in age and like a bit of poetry to try and offer a voice to the feelings.
The death of a child	Elaine E Stillwell	Written by a woman who lost 2 of her 3 teenage children in a car crash. Offers practical advice on dealing with the process of grief.
Feathers	Noelene Raffills	Short anecdote style book about how, after the loss of her husband, she found feathers a sign of comfort. For me, this book was good to read because I had an abundance of feathers after Elsie died.
Little by little – big things by small steps	Noelene Raffills	Short anecdote style book about how she rebuilt confidence etc after the loss of husband.
Holding on to hope	Nancy Guthrie	Has a son already. Had another baby called Hope who was born with heart defect and died at 6 months. They had sterilisation to avoid the risk of having another with the same defect, but still conceived. Thought maybe this was their miracle baby and wouldn't have disease (just like first child) but they found out when pregnant that the child did have the heart defect and would only last 6 months. Inspiring book for Christians.
Losing a child	Elaine Storkey	Small book. Very short chapters. Ok but not memorable.

Beyond tears	Written by lots of mums who have all lost teenage children	Although these parents claim to have faith of some sort – Christian / Jewish etc, I found the book to be negative in outlook and really depressing.
Billy, me and you	Nicola Streeten	A comic book style of pictures and words, charting a couple's experience of losing their child Billy at the age of 2, 10 days after he was diagnosed with a heart condition. Her aim was to write a 'dead baby story that was funny' I wouldn't say I found it funny, but it was a light hearted and real look at what thoughts go through your head compared to what you actually say. An easy and quick read – different from other grief books because of its comic book style and short glimpses into how it was for these people.
Help, my baby has died	Reggie Weems	Short leaflet / book. Had 3 miscarriages and went on to have more children. Is a short Christian book answering questions like –will my baby go to heaven in a chapter named 'children, sin and death'. He did not give much practical advice / explanation of feelings etc. Was more scriptural based and even had a bible study and questions at end - bit much to think of when in a fog of grief, but may be good for those who want a Bible study.
Comfort in times of sorrow	Roger Carswell	Short leaflet / book. Trying to get people to turn to God – for non Christians really, inviting them to trust in God.
Grief, finding hope again	Paul David Tripp CCEF	Short leaflet / book. Pointing to stories in the Bible about people grieving and how we should look to this to know how to think / act.

On the death of a child	Celia Hindmarch	More for professionals who deal with bereavement – few bits of research findings etc. Not really for those suffering bereavement themselves.
Acquainted with Grief	Faye Landrum	Uses passages from the Bible to guide / advise people about ways to cope with death. Each passage has 2 pages of writing with it, so short and quick to dip into without having to concentrate for too long.
When bad things happen to good people	Harold S Kushner	Did not find this inspirational / very useful to read. The author is a Jewish Rabbi and believes prayer can't be used for healing because the illness is already there. Instead he says we should pray for courage to deal with it.
Heaven is for Real	Adults version	I actually found the child's version of this book more inspiring as it was more succinct and still had all the relevant details and bible passages for comparison.
Blessed be your name	Matt and Beth Redman	Based on the influences for the song 'Blessed Be Your Name'. This required some concentration to read and I found myself re-reading passages to grasp fully what was said. It also contains a Bible study and prompt questions at the end.
Song for Sarah	Paula D'Arcy	Diary entry style book written to her unborn child, both before and after her husband and eldest child died in a car crash which she and her unborn child survived.