

Books for children:

Title	Author	Comments
I miss you	Pat Thomas	About losing a grandma. Has anecdotes and 'what about you' questions to prompt conversation.
Waterbugs and dragonflies	'looking up' revised version Pilgrim Press	It is recommended in the Winston's Wish book list. It is a story book about how waterbugs see friends disappearing and don't know where they've gone. From the other side, the dragonflies can see their friends below in the water, but can't return once they have their wings (heaven analogy). This is one of our favourite books and really helps to explain death if you are teaching your child that their loved one has gone to heaven.
Are you sad little bear?	Rachel Rivett	About losing a grandmother, so useful for children who have lost grandparents or the older generation.
Always and forever	Derbi Giori Alan Durant	Story about 4 animal friends living together and one dies. Story continues to show how animals feel afterwards and can look back and remember happy times. A general story book good for any relationship of loss.
Sad book	Michael Rosen	For older children really. Tells how author felt when his son died.
Saying goodbye to Hare	Carol Lee	Hare is old and tired, the young animals know hare will die soon. The book charts the journey for a young animal and how he felt when hare died.
I miss my sister	Child bereavement UK	Tells the story of how a little girl feels once her older sister has died. Sort of a story / diary of how the child feels e.g 'when my sister died I felt lonely.'
Sad isn't bad	Michaelene Mundy	Not a story setup. It is pointers for children on how they might feel when going through grief. Good for starting discussions about feelings with your child.
The invisible string	Patrice Karst	This is another of our favourites and isn't solely a bereavement book. It tells a story of how we are connected to everyone we love with an invisible string. It tells how it reaches everywhere and on one page the child says 'even up to Uncle in heaven?'
Heaven is for real – for kids	As told by Colton Burpo to his mum and dad Todd and Sonja Burpo	A Christian book telling what a child saw when he visited heaven (in a coma) his parents include verses from the Bible that correlate to what the child says he has seen.

What does dead mean?	Caroline Joy Jenni Thomas	A really useful book full of questions children may ask after a death in the family. Provides answers for these questions too. This was really helpful in explaining practical things and we could dip in and out of it to discuss specific things such as what might happen at the funeral.
Someone I know has died	Trish Phillips Child Bereavement UK	A book of drawings mostly and some activities to do. Discusses how losing someone makes us feel (as a child)
Muddles, puddles and sunshine	Diana Crossley	An activity book with things for child to draw pictures of, talk and write down the story of who has died, what they liked / miss etc This was our favourite activity book – it had the right mix of activities and things to fill in.
Rabbityness	Jo Empson	A short story of a rabbit who loves doing music painting and dancing. When the rabbit disappears there is darkness in the forest, until his friends find that rabbit has left behind some gifts of paints and musical instruments in his rabbit hole and then they enjoy using them to decorate the forest. A story for when time has passed a little and we need to understand how we can still include those who are dead in our lives through the time we had with them and the things they shared with us.
Gentle Willow	Joyce C Mills	About a tree that gets ill and eventually dies. Can be useful to explain death when the person got ill first and deteriorated in health before the death. It also addresses the feelings of those left behind.
Up in Heaven	Emma Chichester Clark	About an old dog who goes to heaven and sees his owner (a child below). He sends him dreams to let him know he is ok and he should get a new dog to replace him. Good for children who have lost pets and has some relevance to losing others. However, care should be taken because the story is about 'replacing' the dog, which can create issues with children if they relate this to their loved one.
I have a baby sister in Heaven	Toni Tattis	For siblings who have lost due to miscarriage, stillbirth, neonatal and infant death. This book discusses ways that the family remembered their baby sister: balloons, planting flowers, memory boxes etc It also expresses how it is ok to be sad or angry and that hugs and talking makes us feel better.

<p>The day the sea went out and never came back again</p>	<p>Margot Sunderland and Nicky Armstrong</p>	<p>Eric is a sand dragon who loves the sea very much. Each day, he watches it going out and coming back. His sea is beautiful indeed to him. But one day, the sea goes out and does not come back. Eric waits and waits, but it does not come back. So he falls on the sand in terrible pain. It feels to him as if he has lost everything. After many bleak days, Eric sees a little wild flower. It is dying. Eric knows he must save it. He finds water. More and more flowers appear and so Eric starts to make a beautiful rock pool garden. And as he does, he finds the courage to feel the full pain of his loss, instead of closing his heart. He realises that his memories of his precious sea are like a special kind of treasure in his mind, a treasure he will never lose. A lovely story book which may help children with understanding that what they feel is ok, and that there may be a way forward in the future.</p>
<p>Lifetimes</p>	<p>Bryan Mellonie and Robert Ingpen</p>	<p>This book explains life and death in terms of a natural process that occurs to all living things: plants, animals and humans. This book describes death in a de-personalised way. This is not a book about emotions or stages of death. It explains that different creatures have different life spans, and that this aspect of nature is neither fair nor unfair- It simply is.</p>
<p>The huge bag of worries</p>	<p>Virginia Ironside</p>	<p>This is not a bereavement book as such, but is a good starting point for discussion when the death of a loved one has made a child begin to worry about things. The story tells of a girl called Jenny, who wherever she 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. The book continues to show that it was only when Jenny spoke to someone about the worries, that the worries began to ease.</p>
<p>When Dinosaurs Die</p>	<p>Laurie Krasny Brown and Marc Brown</p>	<p>This isn't a story book, but more of a guide tackling the types of issues that may come up when a family member dies. Illustrated using dinosaurs instead of people, it may appeal to younger children and be easier to access than books about people.</p>
<p>Out of the Blue</p>	<p>Winston's Wish</p>	<p>A workbook for teenagers to go through. Activities to help them create memories of their loved ones.</p>
<p>A child's grief – supporting a child when someone in their family has died.</p>	<p>Winston's Wish</p>	<p>A book for adults who are supporting bereaved children. It has ideas for activities and some information on where to get advice and support.</p>
<p>You just don't understand- Supporting bereaved teenagers</p>	<p>Winston's Wish</p>	<p>Offers practical advice for families and professionals supporting bereaved teenagers.</p>

Beyond the rough rock – supporting a child who has been bereaved through suicide	Winston's Wish	This book aims to give parents and professionals the confidence to involve children in discussions about the nature of death by suicide.
As big as it gets – supporting a child when a parent is seriously ill	Winston's Wish	A book for families to create a toolkit to help children feel informed, loved and hopeful when a parent is seriously ill.
Hope beyond the headlines – supporting a child bereaved through murder and manslaughter	Winston's Wish	Offers practical advice for families in the immediate days and weeks when violence has been the cause of death.
The family has been informed – supporting bereaved children and young people from military families	Winston's Wish	To give an overview of the processes and experiences involved in military deaths.