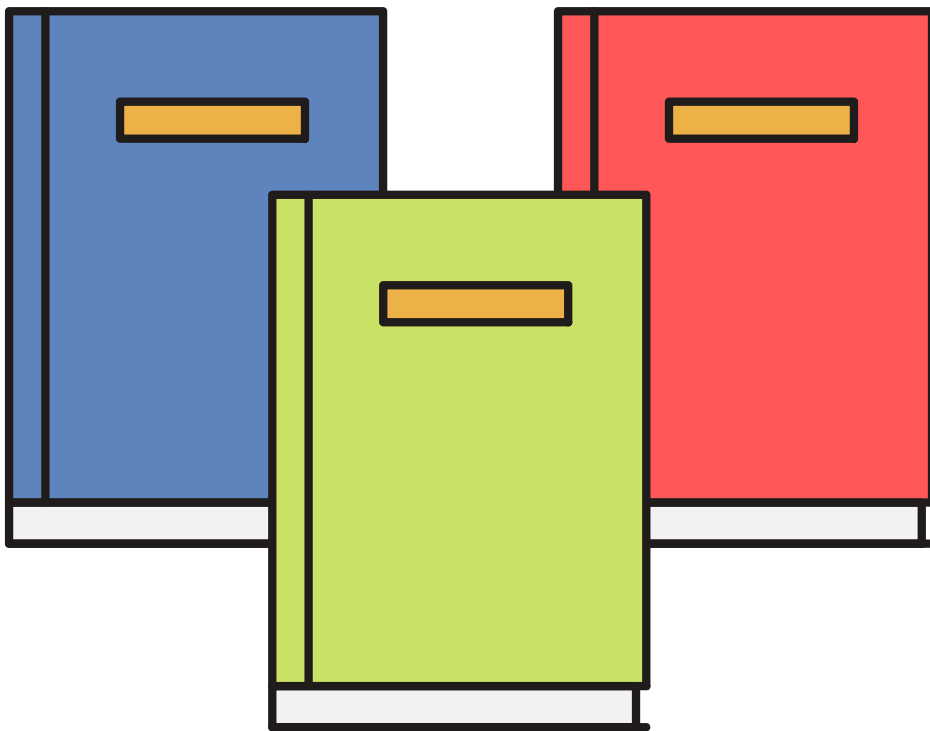




Supporting bereaved children

Registered Charity 1158138

Book List (2022)



Recommended books for Parents, Guardians
and Professionals supporting bereaved children
and young people.

These are some of the books we recommend for bereaved children, their parents and those supporting them. We have categorised these books and coded using the key below.

Most of these are available to buy online through sites such as Amazon. Please consider using Amazon Smile or EasyFundraising.org.uk. Purchasing books through these sites helps raise extra funds for Mosaic at no extra cost to you.



Children and Young People



Parents



Professionals



Are you sad, little bear? (4-7 years)
Rachel Rivett
A book about learning to say goodbye.



Flamingo Dream (5-8 years)
Donna Jo Napoli
A book about death, but also about life and love.



Goodbye Mousie (Under 5 years)
Robbie H Harris
A story to introduce death to young children.



Granpa (Under 5 years)

John Burningham

Story of the relationship between Granpa and Granddaughter



Guess How Much I Love You (Under 5 years)

Sam McBratney

A book talking about how much you love someone.



Never Too Young to Grieve

Winstons Wish

Supporting children under 5 after the death of a parent.



No Matter What (Under 5 years)

Debi Gliori

A mother explaining how her love will never run out.



Is Daddy Coming Back in a Minute? (Under 5 years)

Elke and Alex Barber

Explaining sudden death to pre-school children in words they can understand.



What Happened to Daddy's Body? (Under 5 years)

Elke and Alex Barber

Explaining what happens after death in words very young children understand.



Where are you? (Under 5 years)

Laura Olivieri

A child's book about loss.



Death - I Miss You (Under 5 years)

Pat Thomas

A very good educational book for introducing death to children.



It's Okay to be Sad (4 -9 years)

Margaret Collins

Activities to help children manage loss, grief and bereavement.



My Brother and Me (4-10 years)

Sarah Courtauld

Deals with issues surrounding a sibling's serious illness, stays in hospital and how he copes with different emotions and feelings.



Remembering... (4-7 years)

Diane Leutner

A book for children to work through with an adult to help them remember the person who has died.



Sad Isn't Bad (4-9 years)

Michaelene Mundy

A guidebook with questions for children dealing with loss.



The Copper Tree (4-7 years)

Hilary Robinson

Gives a clear message that it is natural to be sad when someone dies but endorses the powerful effects of memory as a means of healing.



Saying Goodbye to Hare (5-9 years)

Carol Lee

A story about death and dying.



The Day the Sea Went Out and Never Came Back (4-8 years)

Margot Sunderland

A story for children who have lost someone they love.



The Memory Tree (4-7 years)

Britta Teckentrup

A celebration of life and memories that live on when a loved one dies.



The Tenth Good Thing About Barney (5-9 years)

Judith Viorst

A book about the death of a pet.



Water Bugs and Dragonflies (5-8 years)

Doris Stickney

Explaining death to young children



When Dinosaurs Die (4-7 years)

Laura Krasny Brown and Marc Brown

Helps readers to understand what death means and how best to cope with their feelings



When Uncle Bob Died (4-7 years)

Althea

A book that offers a good starting point for discussing death and their concerns about it.



The Lonely Tree (4-8 years)

Nicolas Halliday

A picture book to help children and families in times of loss.



The Huge Bag of Worries (Under 8 years)

Virginia Ironside

This lovely book encourages children to talk about their worries.



A Nifflenoo Called Nevermind (5-10 years)

Margot Sunderland

Helping children with their feelings.



The Frog Who Longed For the Moon to Smile (5-10 years)

Margot Sunderland

A story for children who long for someone they love.



I Miss My Sister (4-10 years)

Sarah Courtauld

Helps guide a child through different emotions they may encounter following the death of a sibling.



Helping Children Who Bottle Up Their Feelings

Margot Sunderland

A guidebook for helping children to understand their emotions.



Someone I Know Has Died (Under 7 years)

Trish Phillips

An activity book for bereaved children.



Help Me Say Goodbye (Under 8 years)

Janis Silverman

Activities for helping children cope when a special person dies.



Always and Forever (Under 8 years)

Alan Durrant

Otter, Mole and Hare miss Fox when he is ill and dies. They find ways to remember him.



Chocolate Chipped (Under 8 years)

Shelley Gilbert and Vicky Baruch

A scratch and sniff book introducing the importance of smell as a memory sense.



Let's Talk About When Someone Dies (5+)

Molly Potter

Starting conversations with children about death.



I Have a Question About... Death (5-11 years)

Arlen Grad Gouries and Meredith Englander Polsky

A book for children with Autism Spectrum Disorder and other special needs.



Lucy's Story (7-10 years)

Anna Jacobs

A child's story of grief and loss.



Michael Rosen's Sad Book (9+)

Michael Rosen

An honest account of what it's like to feel sad.



Milly's Bug Nut (7-11 years)

Jill Janney

A story of a family finding their way through bereavement



Missing Mummy (Under 8 years)

Rebecca Cobb

Mothers death and the importance of repeated clear communication.



Muddles, Puddles and Sunshine (Under 10 years)

Diana Crossley

An activity book to help when someone has died.



My Daddy is a Superhero (Under 7 years)

Michael Broadbent

A starting point for conversations with children about serious illness and loss.



Someone Has Died Suddenly (Under 10 years)

Mary Williams OBE

A book for adults and children to read together after a sudden death



The Garden of Hope (Under 10 years)

Isabel Otter

A story of finding hope in gardening after Mum has died.



What on Earth Do You Do When Someone Dies? (9-12 years)

Trevor Romain

A factual guide to answering older children's questions when someone dies.



When Someone Has a Very Serious Illness (6-12 years)

Marge Heegaard

A creative workbook for young children offering basic concepts of illness and healthy coping skills.



When Someone Very Special Dies (6-12 years)

Marge Heegaard

An activity book for children to help them cope with their grief.



A Child's Guide to When Someone Dies (8/9+)

Bill Merrington

To help children adjust and express their own story.



Finding a Way Through When Someone Close Has Died (Under 12 years)

Pat Mood and Lesley Whittaker

What it feels like and what you can do to help yourself.



How Are You Feeling Today? (6+)

Molly Potter

Offering tools for managing emotions.



Rory's Story (11+)

Anna Jacobs

A teenage story of loss.



Straight Talk About Death for Teenagers (13+)

Earl A Grollman

How to cope with losing someone you love.



The Grieving Teen (12+)

Helen Fitzgerald

A guide for teenagers and their friends.



Remembering Lucy

Sarah Helton

A children's book about grief and bereavement in a school.



The Secret C (12 and under)

Julie Stokes OBE

Advice on how to support a child where a family member is affected by cancer.



Two Weeks with the Queen (11-13 years)

Morris Gleitzman

Colin is on a quest to get help from the Queen to help his sick brother.



Ways to Live Forever (13+)

Sally Nicholls

Story about a teenager with a terminal illness.



We Get It (14+)

Heather L Servaty-Seib and David C Fajgenbaum

A book to help young adults who are grieving - a collection of narratives by bereaved young adults.



Vicky Angel (12+ years)

Jacqueline Wilson

A story of losing a best friend in an accident.



The Lost Boy's Appreciation Society (13-16 years)

Alan Gibbons

A teenage story about how a mother's death impacts on a teenagers life.



A Child's Grief

Winston's Wish

Supporting a child when someone in their family has died. A helpful tool for adults who are supporting children through a bereavement.



A Life Turned Upside Down

Nikki Hastings

A journey through cancer and a terminal diagnosis.



A Volcano in my Tummy

Eliane Whitehouse and Warwick Pudney

Helping children to manage anger.



As Big as it Gets

Winston's Wish

Ideas and shared experiences for those supporting a child when a parent is seriously ill.



Beyond the Rough Rock

Di Stubbs and Julie Stokes

How to explain suicide to a child.



Bothered

Margot Sunderland

Helping teenagers talk about their feelings.



Brief Interventions with Bereaved Children

Barbara Monroe and Frances Kraus

Different approaches to interventions and working with children and families before a death.



Children and Grief: When a Parent Dies

J. William Worden

Highlights the variation in mourning.



Communicating with Children When a Parent is at the End of Life.

Rachel Fearnley

Guidance on the importance of sensitive and clear information when a family member is terminally ill.



Death, Dying and Bereavement

D Dickenson, M Johnson & J Samson Katz

Combination of academic research with professional and personal reflections on death.



Death Dying and Social Differences

David Oliviere and Barbara Monroe

Social context of the care of dying people.



Draw On: Your Emotions

Margot Sunderland

Activity workbook to explore feelings.



Effective Grief and Bereavement Support

Kari Dyregrov and Atle Dyregrov

The role of family, friends, colleagues, schools & support professionals.



Finding Your Own Way to Grieve

Karla Helbert

A creativity workbook for kids and teens on the autism spectrum.



Grief Encounter Workbook

Shelly Gilbert MBE

A workbook to encourage conversations about death between children & adults.





Grief in Children / Grief in Young Children

Atle Dyregrov

A handbook for adults.



Healing Children's Grief

Grace Hyslop Christ

How children and adolescents cope with loss.



How People with Autism Grieve and How to Help

Deborah Lipsky

An insider handbook on how it feels to be dealing with grief for a person with autism.



Living Through Suicide Loss with an Autism Spectrum Disorder

Lisa Morgan M.Ed.

An insider guide for individuals, family, friends and professional responders.



A Special Kind of Grief

Sarah Helton

The complete guide for supporting bereavement and loss in special schools.



Never the Same

Donna Schuuman

Coming to terms with the death of a parent.



Supporting Children Through Grief and Loss

Anna Jacobs

Practical ideas and creative approaches to supporting grieving children.



After Suicide: Help for the Bereaved

Dr Sheila Clark

Help with understanding the various emotions after a loved one's suicide.



Talking About Death

Earl A Grollman

A dialogue between parent and child.



Talking About Death and Bereavement in School

Ann Chadwick

How to help children aged 4-11 to feel supported and understood.



The Children Who Lived

Kathryn and Marc Markell

Using Harry Potter and other fictional characters to help grieving children and adolescents.



The Family Has Been Informed

Winston's Wish

Supporting bereaved children and young people from military families.



Then, Now and Always

Julie Stokes

A guide for practitioners offering interventions when working with bereaved children.



What Does Dead Mean?

Caroline Jay and Jenni Thomas

A book for young children to help explain death and dying.



When Mum Died / When Dad Died

Sheila Hollins and Lester Sireling

Helpful for young people and adults with learning difficulties.



You Just Don't Understand

Winston's Wish

Practical advice for families and professionals supporting bereaved teenagers.



Helping Children Cope with Grief: Facing a Death in the Family

Rosemary Wells

Guidance to help grieving children and young people with anxieties and worries.



Hope Beyond the Headlines

Di Stubbs

Helping children and young people deal with the difficult emotions of a traumatic death.



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

Julie Stokes

A book of activities for teenagers to help them remember the person who has died.



Children Also Grieve: Talking About Death and Healing

Linda Goldman

Helps children understand the many emotions surrounding death.



Interventions with Bereaved Children

Susan C Smith and Margaret Pennells

Different approaches to supporting grieving children.



Talking with Young People About Death and Dying

Mary Turner

Practical advice and workbook for supporting grieving children.



The Grieving Child: A Parents Guide

Helen Fitzgerald

Help in understanding death from a child's perspective.



Good Grief 1 / Good Grief 2

Barbara Ward

Exploring feelings, loss and death with under 11s / over 11s.



Continuing Bonds - New Understandings

Dennis Klass, Phyllis R Silverman and Steven L Nickman

The importance of recognising the relationship with the deceased during the grieving process.



The Magical Wood (Primary School Ages)

Mark Lemon

A story of loss, friendship and hope which considers death through the lens of a fallen tree in a beautiful wood.



Fox & Goldfish (Primary School Ages)

Nils Pieters

Fox is facing the death of his friend, Goldfish. This picture book explores the difficult nature of terminal illness and the importance of making memories.



The Flat Rabbit (Primary School Ages)

Badur Oskarsson

A dog and rat find a rabbit flattened on the road. This is a story about life, death, kindness and compassion.



Luna's Red Hat (6+)

Emmi Smid

A beautifully illustrated book about the loss of a loved one through suicide.



Mind Hug (4+)

Emily Arber and Vanessa Lovegrove

A picture book introducing children to the practice of mindfulness in a gentle and open way.



Only One of Me - A Love Letter from Mum (4+)

Lisa Wells & Michelle Robinson

A rhyming picture book looking at facing the loss of a mother through terminal illness.



Only One of Me - A Love Letter from Dad (4+)

Lisa Wells & Michelle Robinson

A rhyming picture book looking at facing the loss of a father through terminal illness.



Love from Alfie McPoonst - The Best Dog Ever (3+)

Dawn McNiff

A sensitively balanced tale mixing humour and raw emotional truth, to reassure children experiencing loss and grief for the very first time.



What's Your Grief? Lists to Help You Through Any Loss

Eleanor Haley & Litsa Williams

Many life changes need to be grieved, from the loss of a loved one to the loss of a job or a breakup. This book helps you examine, investigate, and move through the complex but universal experience of grief.



Supporting bereaved children

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