

Books and Resources: KS1 / P1-2 / 5-7yrs

The suggestions below are suitable to use with children (not an exhaustive list). Books can help children experiencing loss make some sense of confusing and sad emotions. They can also help children to feel less alone. Try to select books that are appropriate for individual circumstances. The books marked * are particularly suitable for reading during circle time. Always be prepared for children who may become upset. It is a good idea to let parents/carers know that you are introducing the subject of loss and bereavement. The books and resources below will help with this:

Prebereavement Book

My Brother and Me by Sarah Courtauld. Available from CBUK shop

This pre-bereavement book is designed to help children understand how they and the rest of their family might feel when someone in that family is seriously ill. It offers opportunities to share concerns and fears and ways to manage difficult feelings such as jealousy. Age 4-10 but could be used with younger children.

The Saddest Time by Norma Simon

Explains death as the inevitable end of life and provides three situations in which children experience powerful emotions when someone close has died. The scenarios are an uncle with a terminal illness, a classmate killed in an accident and a grandparent who dies of old age.

Books

I Miss My Sister by Sarah Courtauld. Available from CBUK shop

A young girl's sister has died and the impact on her and her family is sensitively illustrated with min text. Designed to be shared with an adult, it will help to start conversations, answer questions and allay any fears.

Missing Mummy by Rebecca Cobb. Available from CBUK shop

Beautifully illustrated and with moments of wonderful warmth, this is a touching, honest and helpful book about the death of a parent. With minimum text, it touches on some of the worries and fears that a young child may have after a death, offering reassurance and hope

When your mum or dad has cancer by Ann Couldrick. Available from CBUK shop

This is a useful booklet for younger children (7+) to teenage children. It has an introduction for parents but then explains cancer in a simple way children can relate to. It also covers many questions children ask such as will the person die and what exactly happens, but tackles the answers with insight and honesty.

The secret C by Straight Talking About Cancer by Julie Stokes, Vicky Fullick

This illustrated guide for children provides a sensitive introduction for a child when a parent, sibling or a person close to them is diagnosed with cancer. It is aimed at children aged 7 to 10 years and will work best when an adult is present to expand on the simple messages in the text.

* **Badger's Parting Gifts** (also available in Urdu and Arabic) by Susan Varley

When old badger dies, his friends think they will be sad forever. Gradually they are able to remember Badger with joy and treasure gifts he left behind. Sensitively written, this book will help children identify and begin to understand feelings associated with the death of someone they love.

***The Lonely Tree** by Nicholas Halliday

A story based on the life cycle in the natural world. The young tree is sad when his old friend the Oak dies but Spring brings joy to the little tree.

Am I Like My Daddy by Marcy Blesy

This beautifully illustrated and poignant book will help children bereaved when very young who struggle to remember the parent who died. Grace in the process of learning about who her father was through the eyes of others learns about who she is today. This book is American, but relevant to all.

Heaven by Nicholas Allan

While he is waiting for the angels to collect him, Dill the dog explains to Lily what he thinks heaven is like: hundreds of lampposts to pee against, lots of whiffy things to smell and bones everywhere. Lily completely disagrees. Luckily, they agree to disagree just in time for a poignant, last goodbye.

* **Waterbugs and Dragonflies** by D.Stickney

Written from a Christian perspective, this book can be used to help explain the concept of death to young children. The story illustrates that death is inevitable, irreversible but natural. It is presented as something sometimes difficult to understand but a happy experience for the deceased.

Josh – coming to terms with the death of a friend by Stephanie Jeffs and Jacqui Thomas

Josh's friend Max has died. The book explains with simple clarity not only what happens to the body of a dead person but also the Christian belief that we will be safe in heaven.

* **Dogger** by Shirley Hughes

A sensitively written story, with which adults and children will identify. It is about a little boy who loses his favourite toy "Dogger" and describes his feelings and responses as a result. Useful as a gentle intro to Loss.

***Beginnings and Endings With Lifetimes In Between** by Bryan Mellonie and Robert Ingpen.

A beautifully illustrated book which aims to help parents/teachers explore the subjects of life and death.

When Uncle Bob Died by Althea

A helpful book which in a simple way explains the facts surrounding death. It is honest but reassuring. A good book to read to a young child to prepare them for the death of someone close. Realistic illustrations.

When Dinosaurs die: A Guide to Understanding Death by Laurene Krasny Brown, Marc Brown

The authors explain in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

What does dead mean? By Caroline Jay and Jenni Thomas. Available Jessica Kingsley www.jkp.com

Is a beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying. Suitable for children aged 4+, this is an ideal book for parents and carers to read with their children, as well as teachers, therapists and counsellors working with young children.

Workbooks to use with pupils

Someone I knew has died by Trish Philips. Available from CBUK shop

This is an innovative activity book with many unusual and interactive features, written for bereaved children to help them understand what it means when someone dies and to explore their thoughts and feelings with an adult. Designed with pre-school and early yrs age groups, some older children may also enjoy this book.

Helping Children Think About Bereavement by Heather Butler. Available to buy on CBUK shop

This fun story and related short activities are presented as four, differentiated, lesson plans including one for pupils with learning difficulties. It helps pupils develop resilience and coping skills should someone they know die.

We will meet again in Jannah by Zamir Hussain

This book helps children make sense of their experience following the death of a sibling. This book can be a valued resource for schools in the field of bereavement care for pupils. Lesson plans can be customised according to the topic and activities adapted around the needs and background of the children.

Remembering by Dianne Leutner. Available from CBUK shop

A workbook for children when someone important to them has died. Sensitively illustrated, it will help a child to talk about their memories and make some sense of how they are feeling.

Support if a teacher dies

The Copper Tree by Hilary Robinson and Mandy Stanley

When Olivia's teacher dies, the children at her school are encouraged to think of everything that reminds them of her. Written with sensitivity and sprinkled with light hearted moments, The Copper Tree approaches grief with sensitivity and sound judgement. A delightful and touching short story.

Books to support staff

Good grief: Exploring feelings, loss and death with under 11's. Available Jessica Kingsley www.jkp.com
With twenty educators contributing ideas piloted with children of different abilities and backgrounds in their care. To explore and demystify the experience of loss within the framework of the National Curriculum.

As big as it gets. Published & available www.winstonswish.org.uk

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.

The Invisible String by Patrice Karst

In this heartwarming story, delivers a very simple approach to overcoming the fear of loneliness or separation from parents, written with an imaginative flair that children can easily identify with and remember. Specifically written to address children's fear of being apart from the ones they love, The Invisible String delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else.