

Supporting Children and Young people who are Bereaved, Books, Workbooks and Resources

The following list of books and resources have been selected from a variety of sources and have been found to be useful. For further information on childhood bereavement we recommend that you look at the publications listings on the following websites:

www.winstonswish.org.uk
www.childbereavementcharity.org.uk
www.crusebereavementcare.org.uk
www.childhoodbereavementnetwork.org.uk

Please note that this listing does not include a full list of story books for children and young people who are bereaved. Full listings can be found from the above websites.

Books Written Especially for Schools

A Teachers Handbook of Death – Maggie Jackson and Jim Colwell. *This handbook aims to provide teachers with methods to facilitate open discussions of death in the classroom and to find suitable ways of talking with children about what happens when someone they know dies. The authors also offer useful strategies for talking about death in the context of different school lessons.* ISBN: 1 84310 0150

Childhood Bereavement: Developing the Curriculum and Pastoral Support – Nina Job and Gill Frances. *This resource aims to help those working in schools to address death, dying and bereavement. Childhood Bereavement brings into the spotlight the important roles schools play in helping children to understand death and bereavement and in responding to children and young people facing bereavement.* ISBN: 1904787142

Grief in School Communities – Louise Rowling. *This book uses 'the school community' as the organising supportive framework as this approach recognises that losses are embedded in a young person's social environment - the school and its community, as well as the family. Attention is given to the needs and experiences of personnel - teachers, students, school leaders, parents; as well as school policies and programs and links with outside services.* ISBN: 9780335211159

Supporting Bereaved Children: A Handbook for Primary Schools – Erica Brown. *Offers a guide to understanding children's grief and bereavement explains the role of school in supporting the bereaved. Explores loss, grief and change within the school curriculum and has resources for use in school.* ISBN: 978 1 871978 63 6

Wise Before The Event: Coping with Crises in Schools – William Yule and Anne Gold. *Suggests how schools can help to lessen the physical and emotional effects of disasters. Above all, it argues that developing a school plan to deal with a disaster will lessen the impact when a crisis does occur. Many of the strategies suggested can be built into the curriculum of every school.* ISBN: 978-0903319669

Loss, Change and Grief – an educational perspective - E Brown. *The author explores many experiences of loss and grief within school settings and different beliefs and practices are*

discussed. Also provides ways in which the topic can be taught within the school curriculum.
ISBN: 978-1853464652

Mind Matters: A Resource Bank on Loss and grief "it hurts" – M Harvey. *Includes guidelines on facilitating sessions around loss and grief with 11 activities to photocopy. Brief information about the nature of loss and grief and the impacts on young people. Good for PHSE. Only available from UK Youth www.ukyouth.org or Tel: 01425 675 104*

Good Grief – Exploring Feelings Loss and Death with Under 11s' – B. Ward, also separate book for over 11's. *A very comprehensive book, gives information, guidance and full ideas for classroom activities.* ISBN: 978-1853023248

Supporting Young People Coping with Grief, Loss and Death – Weymont and Rae. *A complete teaching program designed to be delivered to whole classes or groups of students age 11-18. The aim is to enable them to understand about loss, grief and death but also to promote emotional health and literacy. Information on loss and grief facilitator notes and activities to copy. Includes a CD Rom.* ISBN: 978-1412913126

Video - "When a Child Grieves". *A two part training video, incorporating a film for children and teenagers "Someone died"- It happened to me. Girls and boys aged 7-18 talk about their feelings when someone dies. Useful for promoting classroom discussion or training staff. Available from the Childhood Bereavement Charity.*

Video – "A Death in the lives of ..." *A group of young people discuss the support they need to help them cope with bereavement. Includes a section where they talk about what was, and what was not, helpful at school. A good one for PHSE. Available from the Childhood Bereavement Charity.*

Workbooks for use with Bereaved Children and Young People Including those Facing the Imminent Death of Someone Close

Muddles, Puddles and Sunshine - Diana Crossley. *Highly recommended for younger children.*
ISBN: 9781869890582

Grief Encounter – Shelley. *Useful notes for parents or staff supporting a bereaved child – this workbook is excellent for junior school children and young teens.* ISBN: 9780954843403

When Someone Special Dies – Marge Heegard. *A simple workbook to be used with adult help. Users are invited to illustrate their loss.* ISBN: 978 0962050206

When Someone Has a Very Serious Illness – Marge Heegard. *A workbook to help children learn the basic language associated with serious illness and age appropriate ways of coping with someone else's illness.* ISBN: 978-0962050244

My book about our baby that died – Lynda Weiss. *A workbook for young children who have experienced the death of a baby brother or sister.* ISBN: 978 0952332831

After a murder: A workbook for grieving kids. The Dougy Center: The National Center for Grieving Children and Families. ISBN: 978 1890534073

After a Suicide: Only available from The Dougy Centre, The National Center for Grieving Children and Families. www.dougy.org

Finding a way through when someone close has died – Mood and Whittaker. *A workbook by young people who have experienced the death of someone close. They offer advice based on their own experiences. The activities encourage young people to express their feelings and responses.* ISBN: 978-1853029202

My Book About Me – Sally Harrison and Lynda Weiss. *A workbook for children 4-11 years old with life threatening conditions to help them make sense of their illness. Could also be used with classmates.* Only available from the Child Bereavement Charity.

Draw On Your Emotions – Margot Sutherland. *This manual includes a series of illustrations which are intended to be used as a master to photocopy, providing a source of effective ready made material. A great way of allowing those with literary problems to express their emotions by visual means.* ISBN: 978-0863883392

Someone I Know Has Died – Trish Phillips. *Designed to be used with very young children who need to understand what dead means and what to do, how they might feel, when someone dies. Notes for parents, carers and teachers on how to help prepare and to anticipate questions.* ISBN: 9780952166139

Helping Children with Loss – Margot Sutherland. *This is a guidebook to help children who: are suffering from the pain of loss or separation from someone or something they love deeply; have had a parent, relative or important friend leave or die; are obsessed with their absent parent; have lost someone they love, but have never really mourned; are suffering from separation anxiety.* ISBN: 0863884679

My Book About – A workbook for young children anticipating the imminent death of a loved one. A simple book for them to add pictures to, to help them understand their situation. ISBN: 095281966x

Anticipatory Grief

As Big As It Gets - Julie Stokes and Diana Crossley. *Aims to help families cope with the serious illness of a parent or child. Offers ways to support and what to say.* Available from Winston's Wish.

My Brother and Me – Sarah Courtauld. *Good for primary age siblings of a seriously ill child, this book will help them to understand how facing illness and change in a family is difficult for everyone.* Available from Child Bereavement Charity.

Facing Death – Loss, Change and Bereavement in Palliative Care – Pam Firth, Gill Luff and David Oliviere. *Covers many complex loss situations including childhood and family bereavements. Professionals draw upon their knowledge and practice.* ISBN: 0335213235

www.cancertalk.org.uk – *This website offers excellent information from Macmillan Cancer care and free downloads of classroom teaching packs about cancer for both primary and secondary schools.*

www.riprap.org.uk - *A web site that can help children cope when a parent has cancer. There are stories from other young people going through the same situations. Information and tips to help children understand and deal with what is going on in their own family.*

Resources for School Assemblies

Child Bereavement Charity - www.childbereavement.org.uk

Suggested words to use in an assembly can be found at "Breaking Sad News" in the schools section.

www.ifishouldsie.co.uk – *A website with a link to "poems and words of comfort" which might give ideas for appropriate texts to use.*

A Heartbeat Away – F Lane Fox, Child Bereavement Charity. *A collection of writings, poems and extracts from many sources that chart the journey of the bereaved from grief, rage and anguish through to hope for the future.*

Bereavement Following a Suicide

A Special Scar: The experiences of people bereaved by suicide - Alison Wertheimer.

Describes personal experiences and offers practical suggestions for those trying to cope. A highly recommended text. ISBN: 0 415 220 270

Beyond the Rough Rock – Supporting a child who has been bereaved through suicide -

Diana Crossley and Julie Stokes. *Advice and help for parents and carers. Helpful booklet for professionals and parents caring for a child bereaved by suicide.* ISBN: 0 953 912 337

Night Falls Fast (Understanding suicide) - Kay Redfield Jamison. *Combines scientific research with personal stories.* ISBN: 9 780 330 481 793

The Savage God: A study of suicide -Al Alvarez. *Historical, cultural, theoretical and literary perspectives on suicide and an account of the author's own attempted suicide.* ISBN: 0747 559 058

The Long Sleep: Young people and suicide - Kate Hill. *Now out of print but available through Amazon. Explores reasons for suicide in young people, using research, evidence and personal accounts.* ISBN: 1 853 815 896

Coping with Suicide - Maggie Helen. *Written by a bereavement counsellor who was herself bereaved by suicide, the book offers insights into the feelings and experiences of bereaved people, support in grieving and guidance about help.* ISBN: 0 859 698 718

After Suicide: Help for the bereaved - Dr. Sheila Clark. *This book has been written in response to the needs of people who have lost a loved one through suicide. It is intended to help people understand the emotions they may face, provides suggestions for practical help and assists them to build a new life again. The format of the book is with information provided in small packages so as to be easily assimilated by the distressed reader.* ISBN: 9 780 855 722 623

Help is At Hand – A resource for people bereaved by suicide and other sudden, traumatic death. Free copies available from NHS Direct www.odrderline.dh.gov.uk or phone 03001231002.

For workbooks on suicide see page 2

Bereavement Following a Road Accident

Someone has Died in a Road Crash – Mary Williams and Caroline Chisholm. *A sudden death in a road crash is one of the worst deaths of all, particularly if you are a child and it was your mum, dad, sister or brother who has died. A book for all ages, taking children step by step through practical things such as funerals and police investigations and exploring normal emotions and feelings. It is narrated by two children who have been bereaved in a road crash who give caring and helpful tips. Ideally a book to be shared with a parent or carer.* ISBN: 9 785 906 409 012

Bereavement Following the Death of a New Baby

No New Baby – Marilyn Gryte. *A story Book about a young girl whose sister died before birth.* ISBN: 9781561230419

When a Baby Dies - Alix Henley and Nancy Kohner. *Based on the experiences of many hundreds of bereaved parents, When A Baby Dies describes the tragic and bewildering experience of losing a baby through miscarriage, stillbirth and neonatal death.* ISBN: 9780415252768

My book about our baby that died – Lynda Weiss. *A workbook for young children who have experienced the death of a baby brother or sister.* ISBN: 978 0952332831

Bereavement Following the Murder of Someone Close

Hope Beyond the Headlines: supporting a child bereaved through murder or manslaughter - Di Stubbs, Denny Nugus & Kate Gardner. (Winston's Wish) *This booklet offers practical advice for families in the immediate days, weeks and months following a murder. Including child-friendly activities to do with children or as a family to help them to make sense of what has happened and to begin to express their grief.* ISBN: 9780 955953910

Teachers Dead - Benjamin Zephaniah. *A teacher is dead, murdered by two of his students in front of the school. He was a good man. People liked him. So how could this happen? Why? It just doesn't make sense to Jackson, and he is determined to investigate the case until he understands. Benjamin Zephaniah has, once again, chosen a topical and hard-hitting subject - and he deals with it in his own uniquely empathetic and edgy way.* ISBN: 978 0747586098

When Father Kills Mother: guiding children through trauma and Grief - Harris-Hendricks, J. Dora Black and Kaplan T. *Outlines the general effects of trauma, violence and grief on children and adolescents, and then goes on to deal specifically with children who experience one parent killing the other.* ISBN: 978-0415196284

General Books on Bereavement

A Grief Observed - C.S. Lewis. The reflections of this great scholar on the death of his wife. ISBN: 0571066240

Bereavement: Studies of Grief in Adult Life – Colin Murray Parkes and Holly Prigerson. *All of us will experience some sort of bereavement during our lifetime. The fact that this is likely - even anticipated - does not make it easier to bear or cope with. Long recognized as the most authoritative work of its kind, this third edition, examines the subject and draws on recent research to develop some new theories.* ISBN: 978-0140257540

Love and Loss: - Colin Murray Parkes. *This book illuminates the structure and focus of thinking about love and loss, and sheds light on a wide range of psychological issues. It will be essential for bereavement professionals as well as students of psychology, psychiatry, and sociology.* ISBN: 978-0415477185

General Books on Childhood Bereavement

Brief Interventions with Bereaved Children - Barbara Monroe and Frances Kraus. *This book addresses and explains the theoretical concepts and practical implications behind the idea of brief work with bereaved children and families. Accessible short term services delivered at the right time underpin the strengths of bereaved children, supporting their recovery rather than pathologising the grief process. In this way the book also speaks to the current interest in the concept of resilience and working with families' strengths and possibilities, rather than merely identifying their problems.* ISBN: 978-0199561643

Children and Grief; When a Parent Dies - J. William Worden. *Drawing upon extensive interviews and assessments of school-age children who have lost a parent to death, this book offers a richly textured portrait of the mourning process in children.* ISBN: 1572301481

Death Talk: Conversations with Children and Families – Glenda Fredman. *This book tackles the often tabooed subject of death. It summarises clinical work into simple language, and describes techniques for talking to children about dying. The author makes sophisticated material accessible to a much wider range of practitioners than trained therapists.* ISBN: 1 855751747

Grief In Children: A Handbook For Adults - Atle Dyregrov. *The author provides guidance on how loss and bereavement should be handled at school, explains when it is appropriate to involve expert professional help and discusses the value of bereavement groups for children and support for caregivers. Illustrated with case studies and incorporating current research, this book is essential reading for parents, carers, counsellors, teachers and all those concerned with the welfare of bereaved children.* ISBN: 978-1843106128

Grief In Young Children- Atle Dyregrov. *It is a common misconception that preschool children are not capable of experiencing grief in the same way that older children do. "Grief in Young Children" challenges this assumption, demonstrating that although young children may not express grief in the same way as older children, they still need to be supported through loss.* ISBN: 978-1843106500

Healing Children's Grief: Surviving a parent's death from cancer - Grace Christ. *This book identifies five developmentally derived age groups that clarify important differences in children's grief and mourning processes, in their understanding of events, their interactions with families, and their varying needs for help and support. The author gives numerous examples of the ways parents and extended family interacted with the children, and also the ways that professionals, friends, and many others help families deal with this tragedy.* ISBN: 978-0195105919

Helping Children to Manage Loss: Positive Strategies for Renewal and Growth - Brenda Mallon. *This text explores the territory of loss in childhood using the words of children who have found themselves bereft of hope. The book touches on subjects such as: helping a child prepare for loss and facing the trauma of abuse, suicide or disaster.* ISBN: 978-1853026058

Then, Now and Always – Julie A Stokes. *Based on theory, research and practice, this book presents the accumulated experience and wisdom of a community bereavement service for children who are faced with the consequences of a family death. It presents creative ideas about how to facilitate the grieving process, cope with difficult feelings, preserve important memories and share experiences with other bereaved families.* ISBN: 9780953912353

The Forgotten Mourners: Guidelines for Working with Bereaved Children - Susan C Smith. *This book outlines how children grieve in the same way adults grieve but because children find it difficult to identify their emotions verbally, their reactions are often expressed through their behaviour. Based on developmental theories, Smith outlines typical reactions of children in age groups 0-2 years, 2-5 years, 5-9 years and 9-12 years as well as the reactions of adolescents.* ISBN: 1 85302 758 8

Young People Bereavement and Loss: Disruptive Transitions? - Jane Ribbens, McCarthy with Julie Jessop. *In Young People, Bereavement and Loss, is in fact a general - if difficult - part of growing up, and should be recognised as such. This book will help those involved with working with young people - across the broad range of mainstream as well as specialist services - to respond imaginatively and rigorously to this issue in young people's lives National Children's Bureau.* ISBN: 1 904 787 45 2

Books and Resources for Parents and Carers

A Child's Grief; Supporting a child when someone in their family has died - Julie Stokes, Diana Crossley, Katrina Alilovic and Di Stubbs. *A helpful booklet for parents and carers when a child is bereaved.* ISBN: 978 0 9559539 0 3

Talking About Death: A dialogue between parent and child - Earl Grollman. *A guide for adults and children to read together with words that may help and explanations for some of the questions.* ISBN: 978-0807023631

Parenting Under Pressure – Claire Collis. *This book explores parenting when there is a bereavement in the family. Through a vast range of intimate personal interviews with different family members, this work describes not only the effect bereavement has on a child, but the parents and the family dynamic through the family home.* ISBN: 1903456193

When a Partner Dies: Supporting your Children – *Information and guidance for surviving parents and carers who are trying to manage their own grief and that of their children. Available from The Child Bereavement Charity Tel: 01494 446648*

Healing a Parents Grieving Heart - Alan D Wolfelt. *This book offers 100 practical ideas that helped other grieving parents understand and reconcile their grief.* ISBN: 1879651300

Books for Teenagers and Young Adults

Facing Grief: Bereavement and the Young Adult - Susan Wallbank. *Aimed specially at 18-25 age group and those around them facing grief and deals frankly, sensibly with the effect of bereavement on the young adult.* ISBN: 0718828070

Healing a Teens Grieving Heart - Alan D Wolfelt. *This book offers 100 practical ideas for families, friends and care givers.* ISBN: 1879651246

A Teen's Simple Guide Through Grief – Alexis Cunningham. *A thought provoking book for teens to read.* ISBN: 978-1931061124

Someone Close to you has Died – St. Christopher’s Hospice. *A short 12 page booklet which describes many feelings experienced by teenagers - it covers issues such as not being understood, wondering if normality can ever be possible again, changes, and unfinished business. It ends with some dos and don'ts to help through the grieving process.* ISBN: 0952819627

Out Of The Blue – Making Memories Last When Someone Dies – Julie Stokes and Paul Oxley. *An activity book created to help teenagers remember the person who has died and help them to express their thoughts and feelings. Available from Wintson’s Wish.*

Bereavement Support for Pupils with Special Educational Needs Resources

Hand in Hand: Supporting children and young people who have a learning difficulty through the experience of bereavement– Christine Pentland and Christine Druce. Produced by SeeSaw, Grief Support for the Young in Oxfordshire, a *resource pack for professionals* see www.seesaw.org.uk (under publications)

Let’s Talk About DEATH – A leaflet produced by Scottish Down’s Syndrome Association using simple text on why people die, what happens at a the funeral and possible grief reactions. Tel: 0131 3134225 or www.dssotland.org.uk

Interventions with Bereaved Children – Susan Smith and Margaret Pannel. *Lots of practical ideas with twenty contributors sharing effective ways of supporting and helping bereaved children.* ISBN: 978-1853022852

When Somebody Dies – Hollins, Dowling and Blackman. *Using pictures, the book tells the story of Mary and how she is encouraged to attend counselling by a friend and how this will help her to feel less sad.* ISBN: 9781901242904

When Dad Died - Hollins and Sireling. Published by The Royal College of Psychiatrists. ISBN: 9781904671046

When Mum Died - Hollins and Sireling. Published by The Royal College of Psychiatrists. *Both these books have a non-denominational approach. Mums book deals with burial and Dad’s with cremation.* ISBN: 9781904671039.

Am I allowed To Cry: A Study of Bereavement amongst People who have Learning Difficulties - Maureen Oswin. *This poignant and yet helpful book describes bewildered men and women kept in ignorance of a parent's death, unable to understand why their father or mother is no longer there; lonely widows left to cope single-handed with a severely handicapped son or daughter; ignored by the support services at a time when they are most in need of help; people with learning difficulties taken into institutions where their natural grief is treated as 'problem behaviour'.* ISBN: 978-0285650961

Loss and Learning Disabilities - Noelle Blackman. *This book addresses the importance of how people with learning disabilities can be affected by loss and bereavement.* ISBN: 1903269024

Different Cultures and Beliefs

Death and Bereavement Across Cultures – Murray, Laungani, Pittu and Young. *Describes the rituals and beliefs of major world religions, explains their psychological and historical context. Also shows how customs change by contact with the West and considers implications for the future.* ISBN: 0415131375

Bereavement Issues Relating to Twins or Multiple Births

Guidelines for professionals. Bereavement - Elizabeth Bryan and Faith Hallet. *These guidelines focus on the particular issues raised by the loss of a twin, triplet or higher multiple birth for use by professionals.* ISBN 1902068017

When a Twin or Triplet Dies – Barbara Read, Elizabeth Ryan and Faith Hallet. *A booklet to support bereaved parents and twins.* ISBN: 19020680766

For more information see The Multiple Birth Foundation www.multiple.org.uk

Support Ideas and Resources for Bereaved Pupils

Time out cards

The pupil is given permission to leave class when beginning to feel out of control or just to get some "personal space" when upset. A card giving permission is carried in their pocket and the pupil may leave the room without the need for explanation. It is important that staff are made aware of the situation to avoid embarrassing scenes. It is essential that the pupil does not just wander the school but goes to a designated place and person for as long as is required.

Secret Diary or Journal

One way to communicate with a bereaved child who finds it difficult to verbalise feelings is by using a notebook. The pupil just leaves it on the teacher's desk having written or drawn whatever they wish. The teacher responds in the diary and either discreetly returns it to the pupil or just leaves on the desk to be collected.

Happy/Sad Faces

The bereaved pupil has a sheet or paper, paper plate or even a stone with two drawings of faces on either side, one happy and one sad. The pupil shows the side that reflects how they are feeling on a particular day. This gives the teacher an idea of how they are and therefore what approach to use.

Pocket comforter

A child can discreetly carry in their pocket a soft piece of fabric or a pebble or stone. Holding onto something solid such as a smooth pebble can help a pupil to remain grounded and in control if upset. Equally, touching a soft piece of garment that belonged to the dead person can provide a comforting memory.

I Can...You Can

A series of four postcards for bereaved children and young people with ideas for how others can help them. Titles include "TO MY TEACHER....what you can do" Available from The Childhood Bereavement Charity Network Tel: 0208 7843 6309

Other simple activities include:-

- Making a memory box
- Decorating a photograph of the person who died
- Making a jar of memories
- Making a first aid box
- Lighting a candle

(See Winston's Wish website for instructions)

Websites and Helplines for Young People

Cruse

Young persons helpline:

0808 808 1677

www.rd4u.org.uk

Papyrus UK

resources and support for those dealing with suicide, depression or emotional distress – particularly teenagers and young adults.

HopeLine: 0800 068 41 41

www.papyrus-uk.org

RipRap

A web site that can help children cope when a parent has cancer. There are stories from other young people going through the same situations. Information and tips to help children understand and deal with what is going on in their own family.

www.riprap.org.uk

Winston's Wish

for grieving children and their families

01242 515157

www.winstonwish.org.uk