**Recommended books**

**When someone has a very serious illness: children can learn to cope with loss and change**(1991) by Marge Heegaard (Woodland Press)

A book that was created to help children understand the changes when someone in their family has a serious illness. Each section of text has a blank space underneath for children to illustrate and show their own feelings about what’s happened.

**Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died (Early Years)**(2001) by Diana Crossley and Kate Sheppard (Hawthorn Press)

Offering practical and sensitive support for bereaved children, this book suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.

**When someone very special dies: children can learn to cope with grief** (1988) by Marge Heegaard (Woodland Press)

This book helps children come to terms with their grief by drawing what they’re feeling.

**What Does Dead Mean?: A Book for Young Children to Help Explain Death and Dying**(2012)by Caroline Jay and Jenni Thomas  (Jessica Kingsley Publishers)

This book guides children through questions they often ask about death and dying. It’s suitable for children aged four and above and is an ideal book for parents and carers to read with their children. It’s also suitable for teachers, therapists and counsellors working with young children.

**Gentle Willow: A Story for Children about Dying**(2003) by Joyce C. Mills (Magination Press)

Written for children who may not survive their illness or for the children who know them, this tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling very well.

**Michael Rosen’s Sad Book**(2011) by Michael Rosen and Quentin Blake (Walker Books)

This chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and explains complicated feelings in simple terms.

**Overcoming Loss by Julia Sorensen**(2008) (Jessica Kingsley Publishers)

This book is full of creative and play-based activities to help children understand and come to terms with different emotions including shame, anger and jealousy.

**Badger’s parting gifts** (1984) by Susan Varley (Anderson Press)

Many families have found this book useful when helping children to come to terms with the death of someone close. It tells the story of Badger’s peaceful death and his friends remembering what Badger taught them while he was alive.

**The coat I wear** (2014) by Mel Maxwell and Michelle Stewart (I Am Somewhat Ltd)

A story which follows the grief of a child after their sibling dies. They describe their grief like wearing a heavy, uncomfortable coat, which over time becomes easier to wear.

**The invisible string** (2000) by Patrice Karst and Geoff Stevenson (DeVorss and Co)

The Invisible String looks at how to cope with loneliness and separation from someone you love. Suitable for ages three and above.

**The memory tree** (2013) by Britta Teckentrup (Hachette Children’s Group)

A book which teaches children to celebrate the memories of someone who’s died. When Fox lies down in the woods and falls asleep forever, his friends gather round to tell stories about his life.

**Water bugs and dragonflies: explaining death to young children** (1982) by Doris Stickney (The Pilgrim Press)

A storybook which helps to answer some of the questions children might have about death, by telling the story of a water bug who turns into a dragonfly.

**When dinosaurs die: a guide to understanding death** (1996) by Laurie Krasny Brown and Marc Brown (Little, Brown books for young readers)

A book which helps answer the questions children might have about death using simple language.

**Where are you Lydie?**by Emma Poore, 2019 (Emma Poore)

A picture book for children aged three to seven. It is a guide for young children and their parents to explore death and bereavement together. It can help to start difficult conversations or explore the questions that may come up after someone dies.

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**Books for adults (about children)**

**As big as it gets: supporting a child when a parent is seriously ill**(1997) by Julie A. Stokes (Winston’s Wish)

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.

**A child’s grief: supporting a child when someone in their family has died**(2009) by Di Stubbs (Winston’s Wish)

This book covers a variety of issues that may affect a child when a person close to them dies, both immediately and in the longer term. It also has practical suggestions and ideas for activities to do together.

**Healing children’s grief: surviving a parent’s death from cancer** by Grace H Christ (2000) (Oxford University Inc)

This book will help adults better understand how children process grief. The author uses academic research methods to study the mourning process in different age groups, including their changing interactions with family and friends and their support needs.

**Grief in children: a handbook for adults** by Atle Dyregrov (1991) (Jessica Kingsley Publishers)

Similar to the previous book, this helps adults understand the different physical and psychological reactions in children when someone dies.

**Never too young to know: death in children’s lives** by Phyllis Silverman (1999) (Oxford University, Press Inc)

Silverman’s book includes children’s stories of how they’ve coped with death, but is intended for an adult audience.

**When someone has a very serious illness: children can learn to cope with loss and change**(1991) by Marge Heegaard (Woodland Press)A book that was created to help children understand the changes when someone in their family has a serious illness. Each section of text has

A picture book for children aged three to seven. It is a guide for young children and their parents to explore death and bereavement together. It can help to start difficult conversations or explore the questions that may come up after someone dies.

**Guardian – top selling books on grief and loss**

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