

Havens
Hospices



Books for special situations

Every memory
Making every
day count

Books for special situations

If a child or young person has a special person in their life - someone who is poorly or who has died - books can be a really useful tool to safely explore their feelings. They can also help the adults in their life understand what emotions they might be experiencing.

This particular list includes books that deal with pre and post bereavement in different circumstances and cover various age groups. We have found them to be very useful with supporting children and young people at Havens Hospices.

There are lots of books available, aimed at various ages, which deal with specific deaths in the life of a child or young person (such as parents, grandparents or pets).

The library is an excellent place to find both kinds of books. They will usually have a section titled 'Special Situations' or something similar and can advise you further.

To find your local library visit www.gov.uk/local-library-services and enter your postcode.

Some helpful advice

- The important thing with all of these books is to use them as a way of encouraging the child or young person to have a conversation about how they are feeling. This should be in their own time and when they are ready, it may not be straight away or the first time the book is read.
- They should be read with an adult they know and trust who they can rely on to answer their questions honestly. The adult should allow the reader to show their emotions if they need to, they may need your support afterwards.
- It is important for the adult to be prepared to read the books again particularly with young children.
- The adult should make it clear that everyone can struggle to understand what happens when someone close to them is poorly or has died, and that talking about feelings can be difficult.
- The adult must be prepared to talk about their own feelings as well. This is a two way process which requires openness.

Recommended reading

- Some of the books have been written specifically to explore feelings during pre and post bereavement, and may contain activities to aid conversations. These books have been marked with a butterfly.
- Others, such as 'Charlotte's Web' explore these themes within the story. These stories concentrate mainly on feelings so it is really important to give the child or young person plenty of time to ask questions and comment on their emotions. These books have been marked with a star.

Title: Waterbugs and Dragonflies - Explaining death to your children

Author: Doris Stickney

Description: This tells the story of the Waterbug who turns into a Dragonfly. He is unable to return and tell his friends what happens. It is a beautiful story and one we have used at Little Havens for many years. Its simplicity appeals to all ages, and children and young people seem able to relate to it well.

ISBN: 978-0829816242



Title: Death (What's Happening?)

Author: Karen Bryant-Mole

Description: This book gives examples of the kind of questions that children and young people may ask when someone close to them dies, and seeks to give answers which may help.

ISBN: 978-0750213790



Title: Muddles, Puddles and Sunshine - Your activity book to help when someone has died

Author: Diana Crossley

Description: This is an invaluable book which can be adapted for a wide variety of ages, both pre and post bereavement. It suggests a series of activities and exercises and offers an outlet for the many difficult feelings a child has when someone dies.

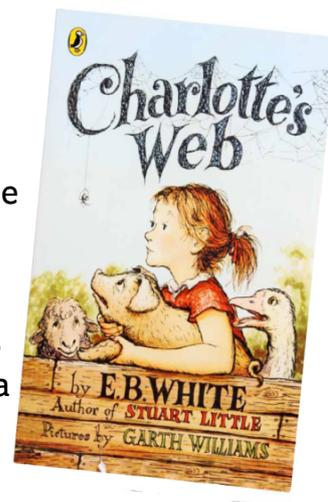
ISBN: 978-1903458969



Title: Charlotte's Web

Author: E.B. White

Description: The story of how a little girl who with the help of a friendly spider, saved her pig Wilbur from the usual fate of nice fat little pigs. It has a bittersweet ending as the spider reaches the end of her life. This is a touching tale of life, death, friendship and love.



ISBN: 978-0141354828



Title: The Lonely Tree

Author: Nicholas Halliday

Description: This story follows the first year in the life of a lone evergreen in the heart of the ancient oak woodland of the New Forest. It is a useful book to explore life and death with children and young people with the gentle reassurance that saying goodbye is a natural part of life.

ISBN: 978-0953945962



Title: What Do We Think About Death?

Author: Karen Bryant-Mole

Description: This book examines life and death and explores how to deal with the feelings a child or young person may get when someone close to them dies.

ISBN: 978-0750232180

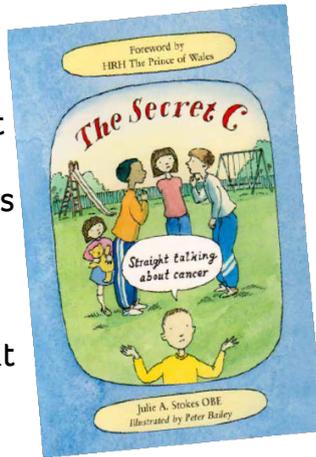


Title: **The Secret C - Straight Talking**

About Cancer

Author: Julie Stokes

Description: This book is aimed at 7-11 year olds and talks about what happens when someone has cancer, how the tumours are formed, different types of treatments and how they affect people. It gives the message this is important for a family to talk and most importantly that it is still okay to have fun when someone in your life has an illness such as cancer.



ISBN: 978-0955953927



Title: **Sad Book**

Author: Michael Rosen

Description: Recommended for teenagers and adults. Illustrated by Quentin Blake, this story was written by the author following the death of his 19 year old son. It acknowledges that feeling sad after someone you love dies is okay and that complicated feelings are normal. The story has a glimmer of hope.

ISBN: 978-1406317848



Title: **Are You Sad, Little Bear?**

Author: Rachel Rivett

Description: In this lovely book, Grandma Bear dies and Little Bear is feeling sad. The story is suited to very young children in times of bereavement or change, gently exploring their feelings and learning how to say goodbye.

ISBN: 978-0745964300



Title: **The Heart and the Bottle**

Author: Oliver Jeffers

Description: This is a moving and uplifting story about a little girl who puts her heart in a safe place after somebody close to her dies. This book deals with the themes of life, love and death but with a lightness of touch and shows that there is always hope.

ISBN: 978-0007182343



Title: **Always and Forever**

Author: Alan Durant

Description: Fox dies and the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny fox used to be. This story is suited to younger children and is a lovely way of learning about remembering someone who has died.

ISBN: 978-0552567657



Title: **The Huge Bag of Worries**

Author: Virginia Ironside

Description: This story is wonderful for young children who may have feelings of anxiety or be worried about someone or something in their life.

ISBN: 978-0340903179



The following two titles are part of the Miffy series, which often deal with stories around feelings. These are ideal for young children.

Title: **Dear Grandma Bunny**

Author: Dick Bruna

Description: Miffy's beloved Grandma Bunny dies. This book is a gentle way of sharing a child's feelings when someone they love has died.

ISBN: 978-1405219013



Title: **Miffy is Crying**

Author: Dick Bruna

Description: Miffy is very sad because she's lost her favourite teddy bear. She searches everywhere and even asks all her family. She wants to know if she will be able to find it again. This story gently explores feelings associated with loss and change, and showing emotion.

ISBN: 978-1471123306



Title: Badger's Parting Gifts

Author: Susan Varley

Description: Badger knows that he will soon die and he gradually tries to prepare his friends and family. They are still very sad when he does die but they remember all the things Badger taught them. This book is recommended for children aged 7+ and may help a child or young person learn about remembering someone who has died.

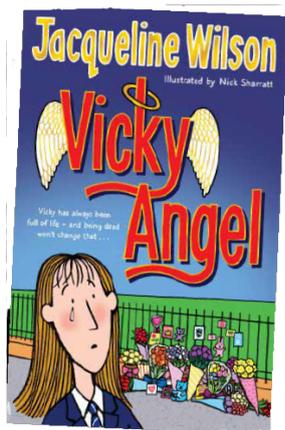
ISBN: 978-1849395144



Title: Vicky Angel

Author: Jacqueline Wilson

Description: An excellent read for older girls. This story is about exploring the complex emotions a person can experience when someone close to them dies. It is also about how important it is to find a safe and meaningful way of keeping a connection with someone after they have died.



ISBN: 978-0440867807



Title: Is Daddy coming back in a minute?

Author: Elke Thompson

Description: This book explains death to very young children in an honest, yet gentle and age-appropriate way. Unfortunately dying is part of living, and this book helps children to feel less alone, and adults to find words to explain the seemingly incomprehensible.

ISBN: 978-1785921063



Title: What happened to Daddy's body?

Author: Elke Thompson

Description: "What Happened to Daddy's Body?" aims to help adults see that, while we cannot protect our children from everything, we can – and should! – help them understand. It explains burial, cremation and spreading the ashes, as well as living after loss, using a combination of simple, yet honest language.

ISBN: 978-1787756465

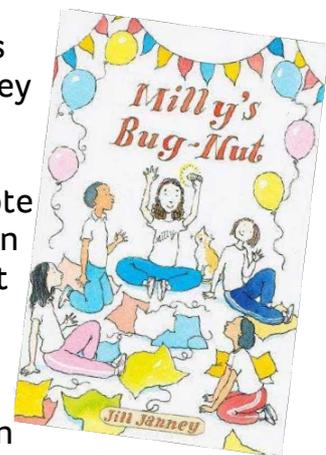


The following titles are available through Winston's Wish, a charity for bereaved children. Find their online shop at www.winstons-wish.myshopify.com, your local library may also have copies.

Title: Milly's Bug Nut

Author: Jill Janney

Description: Milly knows that when people die they can't come back, but it doesn't stop her from wishing. The author wrote this book for her children after their Father died. It is the story of a family finding their way through bereavement and of Milly who finds an unexpected answer to her heart's desire.



ISBN: 978-0953912346



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

Description: This booklet offers practical advice for families in the immediate days and weeks when suicide has been the cause of death. It is aimed at giving parents and professionals the confidence to involve children in discussions about the nature of death by suicide.

ISBN: 978-0953912377



Title: Hope Beyond the Headlines - Supporting a child bereaved through murder or manslaughter

Description: This book offers practical advice for families in the immediate days, weeks and months following a murder. It is written for both parents and professionals, giving them the confidence to involve children in understanding the difficulties that often surround a death by murder or manslaughter.

ISBN: 978-0953912391



Title: The Family Has Been Informed

Author: Helen Mackinnon

Description: This book aims to help families and professionals who are in contact with children and young people from military families who have been bereaved.

ISBN: 978-0955953941



Title: A Child's Grief - Supporting a child when someone in their family has died

Description: A useful and informative introduction for any adult who is supporting a child through bereavement. It covers a variety of issues that may affect a child when a person close to them dies. The book offers practical suggestions and ideas for activities.

ISBN: 978-0955953934



Title: As Big As It Gets - Supporting a child when a parent is seriously ill

Description: 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.

ISBN: 978-0953912391



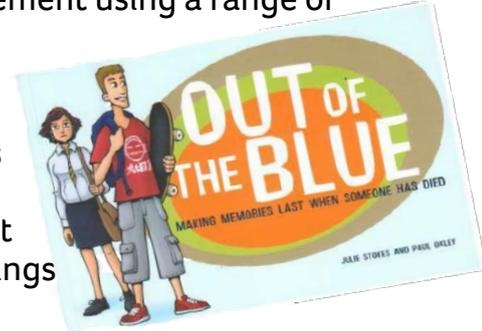
Title: Out of the Blue - Making memories last when someone has died.

Author: Julie Stokes

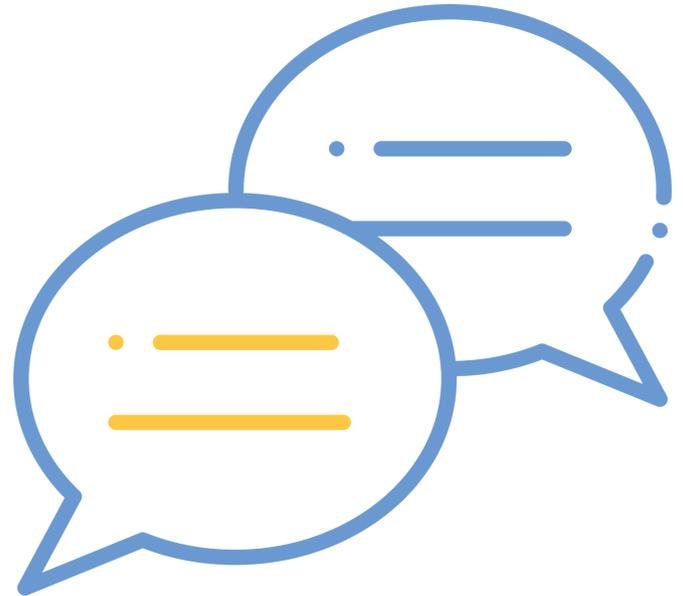
Description: Written and designed specifically to support teenagers through their bereavement using a range of activities.

It is narrated throughout by teenagers and talks openly about the real feelings they may

struggle with when someone important in their life dies. It can be completed by a teenager on their own or with the help of an adult they trust.



ISBN: 978-1903458716



When an adult or child has been diagnosed with a complex or incurable condition, Havens Hospices can provide the care they need, 'Making every day count'.

For further information or to make a donation, please visit havenshospices.org.uk or call 01702 220 350.



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