



### Books on Explaining Death or Dying

#### **I Miss You: A first look at death**

**Pat Thomas**

ISBN: 0340911069

I Miss You is a picture book that explores the difficult issues of death for young children from understanding their loss to coming to terms with it. Author, Pat Thomas, also includes notes for parents, carers and teachers on the back of the book with advice on sharing the book with young children.

#### **Life is like the Wind**

**Shona Innes and Írisz Agócs**

ISBN: 1760065021

Introducing the concept of death, Life is Like the Wind offers a gentle and direct approach to the emotional issues children face. Written by clinical child psychologist, Shona Innes, the book encourages young children to talk about their feelings with others. Recommended for ages 3 to 7 years

#### **The Secret C**

**Julie Stokes**

ISBN: 0955953928

Through pictures, captions and straightforward language, it explains how tumours are formed, what the various treatments are and how these may affect the person with cancer. This booklet is aimed at supporting parents or carers with this task and encourages open communication and questions about cancer within the family. Recommended for ages 5 to 8 years.

#### **What Does Dead Mean?**

**Caroline Jay**

ISBN: 1849053553

In a truthful and clear way, this story book answers 17 of the 'big' questions children often ask about death and dying. From 'Is being dead like sleeping?' to 'Why do people have to die?' This is the ideal book for parents and carers to read with children from ages 4 to 7 years.

#### **When Dinosaurs die**

**Laurie Krasny Brown**

ISBN: 9780316119559

This picture book features the wise dinosaurs from the Dino Tales saga who come together to explain death, dying and coping with grief to young children. Recommended age 4 to 8 years.

#### **Why Do Things Die?**

**Kate Daynes**

ISBN: 1474979882

Illustrated by Christine Penn, this gentle look on the circle of life explores the emotions and facts around death. Touching on talking about death, what happens when a person die and how to cope with grief. Recommended for ages 4 to 6 years.

### Books on coping with the Death of a Parent

#### **Is Daddy coming back in a minute**

**Elke Barber**

ISBN: 1787757641

This book is based on the real-life conversation Elke Barber had with her then three-year old son after the sudden death of his father. This illustrated picture book is designed to help explain the concept of death and answer the difficult questions. Recommended for ages 3 to 7 years.

#### **Luna's Red Hat**

**Emmi Smid**

ISBN: 978-1784501112

Luna's Red Hat is an illustrated storybook is designed to be read with children who have experienced the loss of a loved one by suicide. This book approaches the topic sensitively and also includes a guide for parents, carers and professionals on navigating conversations around suicide. Recommended for ages 3 to 9 years.

## Books on coping with the Death of a Parent (continued)

### **Milly's Bug Nut**

**Jill Janey**

ISBN: 0953912345

Milly's Bug Nut is the story of a family finding their way through bereavement and of Milly who finds an unexpected answer to her heart's desire. Jill Janney, the author of Milly's Bug Nut, wrote this story for her own children after the death of their father.

### **Lost in the Clouds**

**Tom Tinn-Disbury**

ISBN: 0241488036

This sensitively written book explores grief and teaches children how to deal with their emotions surrounding the death of a loved one. Recommended for ages 4 to 6 years

### **The Lost Boys Appreciation Society**

**Alan Gibbons**

ISBN: 1842550950

This novel is aimed for older children, exploring the teenage years from the character Gary as he navigates high school, first crushes and GCSE's while coping with the death of his mum and grief felt by his family. Recommended for ages 9 to 13 years.

### **Missing Mummy: A Book About Bereavement**

**Rebecca Cobb**

ISBN: 9780230749511

Award-winning Author, Rebecca Cobb brings to light the death of a parent from a child's point of view, featuring the emotions of grief with an underlying positivity that reflects on treasured memories and being part of a family. Recommended for ages 3 to 6 years.

### **Rafi's Red Racing Car**

**Louise Moir**

ISBN: 1785922009

This book aims to help young children come to terms with the loss of a family member to suicide. Through sensitive language, the character Rafi struggles with his emotions, finally learning they are all natural.

Recommended for ages 3 to 8 years.

### **The Little Flower Bulb**

**Eleanor Gormally**

ISBN: 1847302602

This book follows the story of Jamie, his mum and twin sisters as they come to deal with the death of his father to suicide. The illustrated book helps children understand suicide and parents talk with children about death.

Recommended for ages 3 to 10 years.

## Books on coping with the Death of a Family Member

### **Benny's hat**

**Juliet Clare Bell**

ISBN: 1999729609

Benny's Hat is a beautifully illustrated book that explores sibling death from cancer. The book offers guidance on supporting children through loss while explaining the emotions of grief. Recommended for ages 3 to 7 years.

### **Dear Grandma Bunny: A Miffy Book**

**Dick Bruna**

ISBN: 9781471120794

From the classic Miffy Series, the late Dick Bruna shares the tale of Miffy saying goodbye to Grandma Bunny. The book covers the death of something important, saying goodbye and thanking Grandma Bunny for everything she did. Recommended for ages 3 to 7 years.

### **I've Never Met My Grandpa**

**Shannon Zigmund**

ISBN: 9781638940142

A realistic story of a child's curiosity about death and lost loved ones. This story paints a picture of a little girl's curiosity to know her grandfather, who died before she was born. What was he like? Will she ever be able to meet him? Recommended for ages 3 to 7 years

### **Where is Uncle Al**

**Eva Hibbs**

ISBN: 9781838115609

This book focuses on death before a child has been born with the story following six-year-old Lily as she embarks on a journey to know the uncle she never knew. Recommended for ages 4 to 8 years.

## Memories

### **Always and forever**

**Alan Durant**

ISBN: 0552567655

This beautifully illustrated book explores emotions around grief with woodland characters grieving their friend, Fox. This touching story focuses on loss and remembering loved ones through shared memories. Recommended for ages 3 to 6 years.

### **Badgers Parting Gifts**

**Susan Varley**

ISBN: 1849395144

The popular picture book helps children to prepare and understand death, and how a person can go on to live through their friends with shared memories. Recommended for ages 4 to 7 years.

### **Chester Raccoon and the Acorn Full of Memories**

**Audrey Penn**

ISBN: 1933718293

As part of the Kissing Hand series, Audrey Penn shares another insightful story about remembering a friend after they have died. In this illustrated book, Chester Raccoon and friends guides children on the journey of understanding death, keeping memories and celebrating their life. Recommended for ages 3 to 7 years.

## Big Feelings

### **Angry Arthur,**

**Hiawyn Oram**

ISBN: 1842707744

This original anger management book has been helping frustrated children work through their anger and understand their emotions. Recommended for ages 3 to 5 years.

### **A Shelter for Sadness**

**Anne Booth**

ISBN: 1800780877

This picture book explores the importance of making space and time for grief, whether that's big or small and release emotions after someone important has died. Recommended for ages 5 to 9 years.

### **The Huge Bag of Worries**

**Virginia Ironside**

ISBN: 0340903171

This reassuring picture book is designed to encourage children to open up about their fears and anxieties to help manage their feelings during stressful times.

Recommended for ages 4 to 8 years.

### **The Kissing Hand**

**Audrey Penn**

ISBN: 1939100429

This heart-warming children's classic helps children manage separation anxiety, which young children who are grieving often experience. Recommended for children aged 3 to 5 years.

### **Michael Rosen's Sad Book**

**Michael Rosen**

ISBN: 9781406317848

This moving book shares the chronicles of Michael's grief at the death of his son Eddie and his own mother's death. The novel acknowledges that sadness is not always avoidable or reasonable. Recommended for ages 6 to 11 years.

### **Tough Stuff Journal**

**Pete English**

ISBN: 9781999865306

This journal is for young people after an important person has died. It is designed for young people to work through on their own or with a trusted adult that helps them express feelings and emotions that are difficult to articulate. Recommended for ages 9 to 13 years.

## Big Feelings (continued)

### **The Invisible String**

**Patrice Karst**

ISBN: 031648623X

This illustrated book helps children cope with all kinds of separation anxiety, loss and grief. The Invisible String explores questions about the connections between people and opens up conversations about love. Recommended ages 3 to 6 years.

### **You Will Be Okay**

**Julie Stokes**

ISBN: 1526363895

Winston's Wish founder and Clinical Psychologist, Julie Stokes provides readers with the tools they need to navigate grief after someone important has died. With stories from people who have been through grief and practical exercises, children can start to understand and cope with their feelings. Recommended for ages 9 to 12 years.

## Books about attending Funerals

### **What Happened to Daddy's body?**

**Elke Barber**

ISBN: 1787756467

This picture book aims to help young children understand what happens to the body after someone has died. The story follows Alex as he learns about cremation, burial and spreading ashes in a sensitive and easily digestible manner. Recommended for ages 3 to 7 years.

### **What to Expect at a Cremation**

**Balloons**

A simple guide to what to see and expect at a cremation at Exeter and East Devon Crematoria. Contains a glossary and photos. Contact us for a copy.

## Faith Based Books

### **Hamza attends a Janaza**

**Shabana Hussain**

ISBN: 0860378934

This story is a gentle introduction to attending an Islamic funeral, told from the child's perspective. It is aimed to familiarise children with the etiquettes and rituals surrounding the funeral. Recommended for ages 4 to 7 years.

### **When I'm With Jesus**

**Kimberly Rae**

ISBN: 1484081730

The Christian illustrated book is created to help young children see a loved one's transition to Heaven as a joyful thing. The book comforts children and reminds them that a loved one has not been forgotten. Recommended for ages 5 to 9 years.

### **Stones For Grandpa**

**Renee Londner**

ISBN: 978-1512494754

This book follows the story of a young boy as he gathers at the cemetery with his family for the unveiling of his grandpa's gravestone, bringing stones to place on the grave, in the Jewish custom. Recommended for ages 5 to 9 years.

## SEND Books

### **Remembering Lucy: A Story About Loss and Grief in a School**

**Sarah Helton**

ISBN: 1785923072

Written by the Back Pocket Teacher, Sarah Helton, helps young children with SEND navigate their grief after a friend dies. The book focuses on remembering a person and celebrating the life of a person who has died. Recommended for ages 3 and above.

### **Books Beyond Words**

**Sheila Hollins, Lester Sireling, Irene Tuffrey-Wijne, Sandra Dowling, Noelle Blackman**

This series of books written by multiple authors, explores various topics of death and dying including the death of mum and dad. Beautifully illustrated, the books help children with SEND understand the complex nature of death.

### **A Jumble of Knotted Thoughts**

**Sarah Helton**

This sensory story explores feelings of grief and looks at how children with SEND can look after themselves when they are grieving.

Recommended for ages 4 and above.

### **I Have a Question About Death**

**Gaines and Polsky**

ISBN: 1785927507

This award-winning book is designed to help children with additional needs to understand what happens when someone dies. The book uses clear illustrations throughout and provides information to parents and guardians to have conversations around death. Recommended for ages 5 to 11 years.

## Books for Teenagers

### **Weird is normal when Teenagers grieve**

**Jenny Lee Wheeler**

ISBN: 9780981621982

Weird Is Normal When Teenagers Grieve is unique because it is a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they are not going crazy if they see signs from their loved one.

### **Healing your grieving heart**

**Alan Wolfelt**

ISBN: 9781879651197

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies.

### **Mindfulness Journal Teens Prompts**

**Jennie Battistin**

ISBN: 9781646112838

Between school stress, extracurriculars, friend drama, and more, being a teenager is tough. Mindfulness—pausing to experience the present moment only—is a great way to stay focused and practice dealing with one feeling at a time. This mindfulness journal for teens offers a toolbox of simple breathing exercises, easy meditations, and dozens of writing prompts that help you bring mindfulness into your daily routine.

### **Mindfulness - Teen Anger Workbook**

**Jason Robert Murphy and Mark C. Purcell**

ISBN: 9781608829163

Mindfulness for Teen Anger will teach you the difference between healthy and unhealthy forms of anger, learning how to make better choices, how to stop overreacting, find emotional balance, and be more aware of your thoughts and feelings in the moment.

## Books for Teenagers

### Worry Workbook for Teens

Jamie A. Micco

ISBN: 978-1626255845

Do you worry all the time? Maybe you are worried about school, making new friends, or even about what the future holds? The teen years are full of big changes, and it is normal to worry sometimes. But if you have chronic, difficult-to-control worries, you may have trouble sleeping, paying attention, and even experience physical symptoms like stomach aches and headaches. You need help putting things in perspective.

### Living with loss: a grief guide for young people

SeeSaw

This publication is written for teenagers, providing information, advice, and activities to support them when faced with the death of someone close to them

Available online [here](#)

## Apps and Socials

### Talk Grief on TikTok

([@talkgriefuk](#))

A dedicated online space for grieving teenagers and young adults (13 to 25), powered by the childhood bereavement charity Winston's Wish. A space to learn from other young grieving people, find healthy ways to cope and feel less alone.

### Apart of Me

(<https://www.apartofme.org/apart-of-me>)

A mobile gaming app by Winston's Wish, designed to help young people who have lost a parent or close relative, or have someone important in their life with a terminal illness. The game is aimed at young people aged 11+. However, younger children, who play while accompanied by an adult, also find the game helpful and meaningful.

Please remember that we are here to help. If you, or someone you know who needs support, get in touch using the details below:



[support@balloonscharity.co.uk](mailto:support@balloonscharity.co.uk)



01392 982570



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