

## Books for Young People

Finding a Way Through When Someone Close has Died: What it Feels Like and What You Can Do to Help Yourself: A Workbook by Young People for Young People *by Pat Mood*  
When Parents Die *by Rebecca Abrams*

We value all feedback; if there are resources you have found particularly useful or you have found something useful that is not listed, let us know on 01793 813355. If you are looking for something specific, or something that covers a particular issue, please let us know.

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# Resources for children and young people in bereavement

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Our Family Support team has compiled a list of resources which provide advice and guidance on how to talk to children when someone close to them has a serious illness. It includes materials to share with children and some that young people can access independently.

This is not designed to be an exhaustive list and we recommend that you review the resources prior to sharing them with your child to ensure they are suitable. Any books, resources or activities that encourage good communication, strengthen bonds, promote good self-esteem and increase confidence will help your child to build resilience at a challenging time in their lives.

<http://childbereavementuk.org/> This website offers a range of information for children and those talking to bereaved children. Advice is also available through an app (visit <http://childbereavementuk.org/our-app/>) or by calling 0800 02 888 40.

<http://www.wiltshiretreehouse.org.uk/resources> Wiltshire-based charity Treehouse offer a range of resources for bereaved children. They also provide direct work and group work to bereaved children in the local area.

<https://be.macmillan.org.uk/be/s-201-children-and-young-people.aspx> A list of guides which are helpful for children and young people, covering how to talk to them when an adult has cancer and how to prepare them for the loss of a loved one.

[www.winstonswish.org.uk/supporting-you/publications-and-resources/](http://www.winstonswish.org.uk/supporting-you/publications-and-resources/) There are many resources here. 'A Child's Grief' has a page on creating memory boxes. 'As Big as it Gets' covers supporting a child when a parent is seriously ill.

[www.childline.org.uk](http://www.childline.org.uk) This website offers a range of information for children and young people about a range of issues. Your child can also access direct telephone support on 0800 1111 or via an online chat.

[www.riprap.org.uk](http://www.riprap.org.uk) This website offers young people support when a parent has cancer.

[www.youngminds.org.uk](http://www.youngminds.org.uk) This website for young people and their parents offers advice about mental health and wellbeing. There is also a parents helpline: 0808 802 5544.

[www.cruse.org.uk/contact-us](http://www.cruse.org.uk/contact-us) A national charity for bereaved people, offering support, advice and information to children, young people and adults face-to-face, by telephone or email.

## Books

*The Huge Bag of Worries* by Virginia Ironside and Frank Rodgers  
*Someone I Know Has Died* by Trish Phillips  
*What Does Dead Mean? A Book for Young Children to Help Explain Death and Dying* by Caroline Jay  
*Badger's Parting Gifts* by Susan Varley  
*The Day the Sea Went Out and Never Came Back: A Story for Children Who Have Lost Someone They Love* by Margot Sunderland  
*No Matter What* by Debi Gliori  
*Michael Rosen's Sad Book* by Michael Rosen  
*Rabbityness* by Jo Empson  
*Flamingo Dream* by Donna Jo Napoli  
*Remembering Hare: The Great Race* by Carol Lee  
*Saying Goodbye to Hare: A Story About Death and Dying for Children Aged 5-9 Years* by Carol Lee  
*Grief Encounter Workbook* by Shelley Gilbert  
*What on Earth Do You Do When Someone Dies?* by Trevor Romaine  
*When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings)* by Heegaard  
*Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died* by Diana Crossley