

## **SUGGESTED READING LIST**

Using stories and activities can be a really good way to explore issues with a child who has been bereaved. We have created a list of books, which we have found helpful when working with bereaved children, young people and their families. There are also textbooks and reference sources for people working in the area of child bereavement.

The books are arranged in the following categories:

- Books for children under 5
- Books for age 5 to 8 years
- Books for age 9 to 12 years
- Books for age 13 to 16 years
- Other helpful books (not directly about death)

The ISBN and publishing details have been taken from the following website [www.amazon.co.uk](http://www.amazon.co.uk) you can follow the link to Amazon from our own website [www.winstonswish.org.uk](http://www.winstonswish.org.uk) where you will find lots of other information about Winston's Wish and other practical support and resources.

**Books available from Winston's Wish are marked with asterisks \*\*\*each side of the title\*\*\*. Please try the internet to source other titles.**

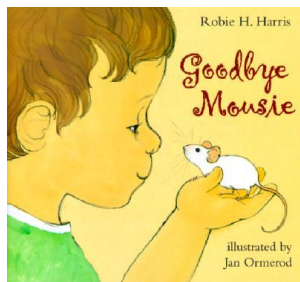
Winston's Wish, 17 Royal Crescent, Cheltenham. Gloucestershire, GL50 3DA

Freephone National Helpline: 08452 03 04 05 Telephone: 01242 515157

Email: [info@winstonswish.org.uk](mailto:info@winstonswish.org.uk)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

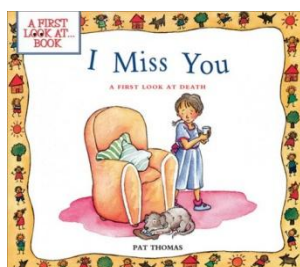
## BOOKS FOR CHILDREN UNDER THE AGE OF 5



### Goodbye Mousie

By Robie H. Harris & illustrated by Jan Ormerod,  
Aladdin Paperbacks; Reprint edition (Nov 2004) ISBN 978-0689871344

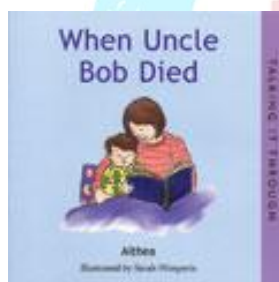
This beautifully illustrated picture book tells the story of a little boy who's told that his pet mouse has died. At first he doesn't believe it, thinking it's just asleep, but by asking lots of questions & with the help of his family he begins to accept Mousie's death. This is a great story and would be very helpful to introduce death to young children and a starting point to discuss what happens after someone dies and the different feelings one may have.



### I Miss You: A First Look at Death

By Pat Thomas & illustrated by Lesley Harker, 2001  
Barron's Educational Series, ISBN: 978-0764117640

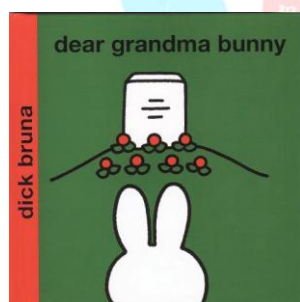
This bright and colourful picture book very simply talks about life and death. It briefly covers a range of issues such as why people die, how you may feel when someone dies and what happens afterwards. It includes questions for the reader to answer about their own experiences and a section at the back for adults on how to best use the book. An excellent educational book, which could be used as a starting point for discussion.



### When Uncle Bob Died (Talking it Through)

By Althea & illustrated by Lisa Kopper, 2001  
Happy Cat Books Ltd, ISBN: 978-1903285084

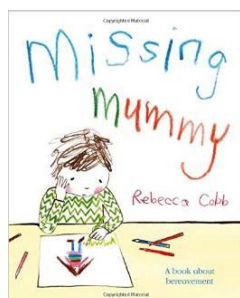
A young boy talks about death and about Uncle Bob who died from an illness. It clearly explains some basic facts such as what 'dead' means and what a funeral is. It also talks about feelings and memories. This small picture book would be a good starting point for very young children with lots of opportunity for further discussion.



### Dear Grandma Bunny

Written and Illustrated by Dick Bruna, 1996  
ISBN: 978-1405219013

Suitable for very young children this book tells the story of what happened and how Miffy felt and coped when Grandma died.

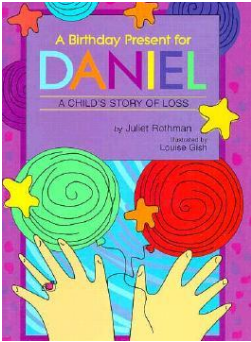


### Missing Mummy

Rebecca Cobb, 2011, Macmillan Children's Books  
ISBN: 978-0-230-74951-1

This extraordinary book deals with the loss of a parent from a child's point of view. Perfectly pitched text and evocative artwork explore the many emotions a bereaved child may experience, from anger to guilt and from sadness to bewilderment. And importantly, the book also focuses on the positive – the recognition that the child is still part of a family, and that his memories of his mother are to be treasured.

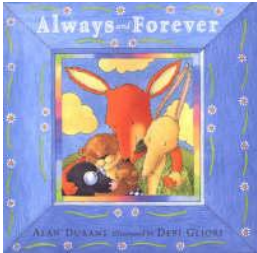
## BOOKS FOR AGE 5 TO 8 YEARS



**A Birthday Present for Daniel:  
A Child's Story of Loss**

*By Juliet Rothman & illustrated by Louise Gish, 2001  
Prometheus Books, ISBN: 978-1573929462*

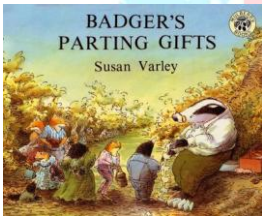
Told by a young girl whose brother, Daniel, has died, she talks about how things have changed in the family. She also talks about the things she does when she is sad and how these differ from other members of her family. This book has small black and white pictures with minimal text but it conveys some important issues. It would be particularly useful to broach the subject of birthdays as it describes how the family remembered Daniel on his birthday.



**Always and Forever**

*By Alan Durant & illustrated by Debi Gliori, 2003 (h'back)  
ISBN: 978-0552548779*

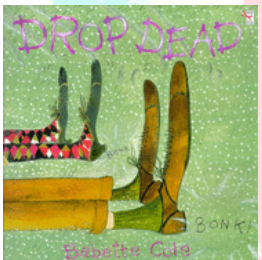
Otter, Mole and Hare miss Fox when he falls ill and dies. They stay at home and don't want to talk about him because it makes them sadder. Then Squirrel visits and reminds them of all the fun times they had together. They all find a way to remember Fox and get on with their lives. Colourful, detailed pictures in this book emphasise the importance of holding on to memories.



**Badger's Parting Gifts**

*By Susan Varley, 1992 Picture Lions,  
ISBN: 978-0006643173*

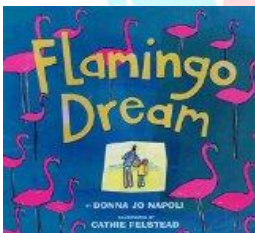
Badger is old and knows he is going to die soon. When he does, the other animals think they will be sad forever, but they begin to talk about the memories they have of the things Badger taught them and learn to cope with his death. A lovely picture book that emphasises the importance of remembering the person who has died.



**Drop Dead**

*By Babette Cole, 1998 Red Fox,  
ISBN: 978-0099659112*

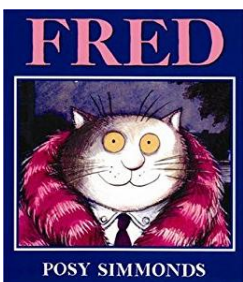
A humorous book with comic-like pictures, two 'bald old wrinklies' tell their grandchildren about their life growing up and how one day they will just drop down dead. It is a light-hearted book about life that emphasises the normality and inevitability of dying. It is very direct and some readers may not like its style.



**Flamingo Dream**

*By Donna Jo Napoli & illustrated by Cathie Felstead, 2003  
Greenwillow Books, ISBN: 978-0688167967*

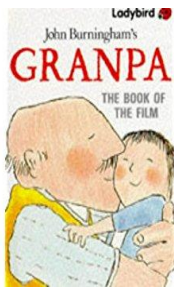
In this bright and colourful book, a young boy tells the story of his Dad who is seriously ill and dies soon after a trip to Florida to see the place where he grew up. The collage style illustrations capture the things the boy collects to remind him of his Dad. A sensitive but honest book which emphasises the importance of memories.



**Fred**

*By Posy Simmonds, 1998 Red Fox,  
ISBN: 978-0099264125 1998*

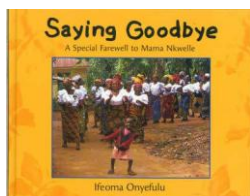
A light-hearted book with detailed illustrations about Fred, Nick and Sophie's lazy cat that dies. After burying him in the garden, they wake up at night to find all the cats in the area have come to say goodbye to Fred, the famous singer! This funny and touching story would be useful to introduce death to children.



### Granpa – The Book of the Film

Based on the story by John Burningham, 1991  
Ladybird Books Ltd, ISBN: 978-0721414768

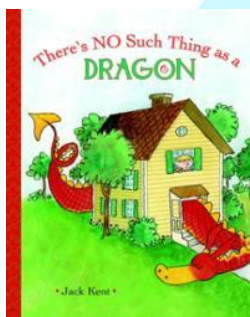
This beautifully detailed picture book has very few words but tells the story of a little girl's relationship with her Granpa. It takes the reader through many happy times they spent together playing games, telling stories and on outings. On the last page, Granpa's chair is empty, signifying that he has died. Children may benefit from reading this book with an adult to talk about the pictures and to elaborate some of the messages it conveys.



### Saying Goodbye: A Special Farewell to Mama Nkwelle

By Ifeoma Onyefulu, 2002  
Frances Lincoln, ISBN: 978-0711217010

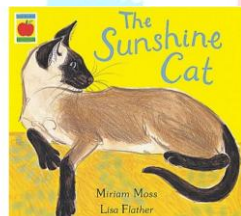
This book has large bright colourful photos and follows a little boy, Ikenna describing what happens at the ceremony after his great-grandmother's funeral. It gives ideas of different ways to remember someone and an insight into Nigerian culture. A lovely book that could be used in many different situations, including schools.



### There's NO Such Thing as a Dragon

By Jack Kent Happy Cat Books  
ISBN: 978-1899248957

There's No Such Thing as a Dragon (1975) by Jack Kent, part of the Family Storytime series, relates the charming tale of Billy Bixbee, who awakens to find a dragon "about the size of a kitten" sitting on his bed. The dragon grows by leaps and bounds, until Billy dares to pet the attention-seeking creature and it shrinks back down into an adoring little lap dragon.



### The Sunshine Cat

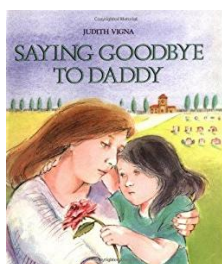
Written by Miriam Moss, Illustrated by Lisa Flather,  
Orchard Picturebooks ISBN: 978-1841215679

Sunny the cat is loved by all his human family, but one day there is a knock at the door - Sunny has been killed in an accident. A sensitive story which aims to help children come to terms with death.

### The Huge Bag of Worries

By Virginia Ironside & illustrated by Frank Rodgers, 1996  
Hodder Wayland, ISBN: 978-0340903179

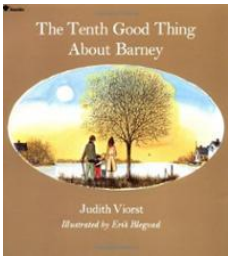
Jenny begins to worry about lots of different things and these worries build up and get out of control. She just can't get rid of them, until she meets the old lady next door who helps her feel better. A lovely story with fun illustrations encourages children to talk about their worries.



### Saying Goodbye to Daddy

By Judith Vigna, 1991 (h'back)  
Albert Whitman & Company, ISBN: 978-0807572535

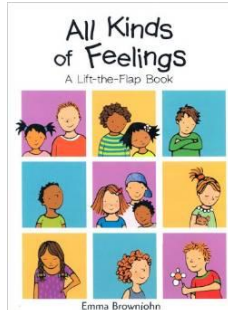
Clare's Dad died in a car accident and this book looks at changes in the family, difficult feelings, funerals and memories through the eyes of Clare. It would also be a good book to help parents understand the child's perspective. It gives good examples of how adults can answer children's questions, emphasising the need to be clear and honest.



### **The Tenth Good Thing About Barney**

*By Judith Viorst & illustrated by Erik Blegvad, 1987  
Prentice Hall & IBD, ISBN: 978-0689712036*

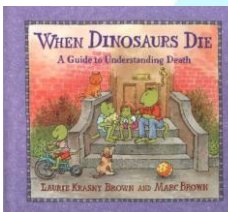
A young boy's cat dies and his parents suggest that he could think of ten good things about Barney to tell at the funeral. But he can only think of nine, until he talks to his Father about what happens to someone after they have died, and he discovers the tenth. A carefully written book with black and white pictures, that sensitively deals with death and lets the reader make his or her own decisions about what happens after the funeral.



### **All Kinds of Feelings: A Lift The Flap Book**

*Illustrated by Emma Brownjohn, 2003.  
ISBN: 978-0230749511*

All Kinds of Feelings "How do you feel? Do you ever feel angry, or sad, or excited, or jealous?" This lift-the-book prompts young children to learn about the different feelings everyone has, and says it's ok to accept and trust your feelings and to express them--but also that it's good to think why we feel a certain way and whether it's fair.



### **When Dinosaurs Die: A Guide to Understanding Death**

*By Laurie Raszny & illustrated by Marc Brown, 1998  
Time Warner Trade Publishing ISBN: 978-0316119559,*

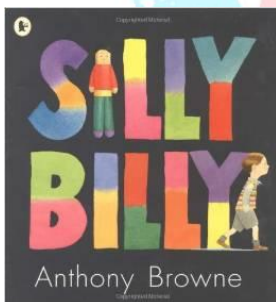
This factual picture book uses cartoon dinosaurs to illustrate the text and comment on what is said. It is a bright and colourful book that explains death in a simple and unthreatening way. It covers many issues including 'why does someone die?', 'feelings about death' and 'saying goodbye'. It would be an excellent resource for anyone caring for young children.



### **The Heart and The Bottle**

*By Oliver Jeffers, 2010, HarperCollins Childrens books  
ISBN: 978-0007429004*

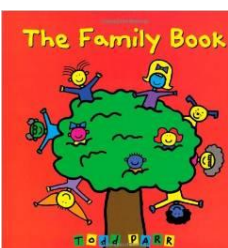
Award-winning picture book star Oliver Jeffers explores themes of love and loss in this life-affirming and uplifting tale. Once there was a girl who was full of wonderment at how the world worked. She shared all her dreams and excitement with her father, who always had the answer to every question. That is until one day when his chair was empty, not to be filled again – how would she find the meaning of life now?



### **Silly Billy**

*By Anthony Browne, 2006, Walker Books LTD.  
ISBN: 978-1406305760*

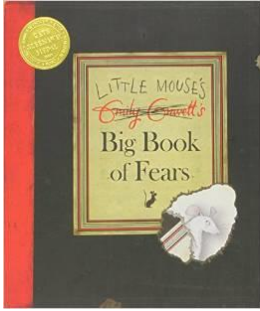
Billy is a bit of a worrier. He worries about hats and shoes. He worries about clouds and rain and giant birds. Most of all, he worries about staying at other people's houses. His mum and dad try to help, but still Billy worries...until a visit to his grandma's shows him how to overcome his fears with the aid of his imagination - and some tiny worry dolls.



### **The Family Book**

*By Todd Parr, 2003, Little Brown Books  
ISBN: 978-0316070409*

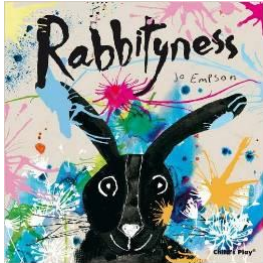
The Family Book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two mothers or two dads, a big family or a small family, a clean family or a messy one, Todd Parr assures readers that no matter what kind of family you have, every family is special in its own unique way.



**Little Mouse's Big Book of Fears**

*by Emily Gravett's, 2007, Macmillan Publishers  
ISBN: 978-0230016194*

Young children will identify with the little mouse who uses the pages of this book to document his fears – from loud noises and the dark, to being sucked down the plughole. Packed with details and novelty elements including flaps, die-cuts and even a hilarious fold-out map, this is an extraordinary picture book.



**Rabbityness**

*By Jo Empson, 2012, Child's Play  
ISBN: 978-1846434822*

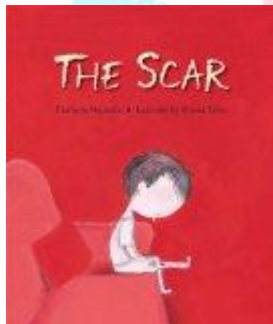
Rabbit enjoys doing rabbit things, but he also loves un-rabbit things! When Rabbit suddenly disappears, no one knows where he has gone. His friends are desolate. But, as it turns out, Rabbit has left behind some very special gifts for them, to help them discover their own unrabbit talents!



**The Lonely Tree**

*By Nicholas Halliday, 2006, Halliday Books  
ISBN: 978-0953945986*

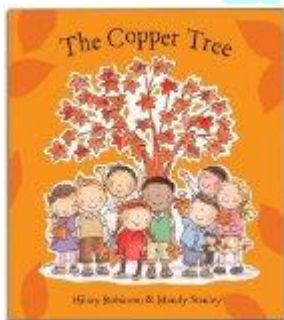
The Lonely Tree is a charmingly illustrated picture book which will help children and their families in times of loss or change with the gentle reassurance that saying goodbye is a natural part of life.



**The Scar**

*By Charlotte Moundlic, 2012, Walker  
ISBN: 978-1406335958*

When the boy in this story wakes up to find that his mother has died, he is overwhelmed with sadness, anger and fear that he will forget her. He shuts all the windows to keep in his mother's familiar smell and scratches open the cut on his knee to help him recall her comforting voice. He doesn't know how to speak to his dad any more, and when Grandma visits and throws open the windows, it's more than the boy can take - until she shows him another way to hold on to the feeling of his mum's love. With tenderness, touches of humour and unflinching emotional truth, Charlotte Moundlic captures the loneliness of grief through the eyes of a child, rendered with sympathy and charm in Olivier Tallec's expressive illustrations.

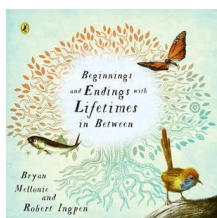


**The Copper Tree**

*By Hilary Robinson, 2012, Strauss House Productions  
ISBN: 978-0957124509*

When Olivia's teacher, Miss Evans, dies the children at her school are encouraged to think of everything that reminds them of her. Written with great care, touching sensitivity and humour The Copper Tree is about love and legacy and will help children understand that while sadness is an inevitable part of grief, death is not the end for what we leave behind can be everlasting.

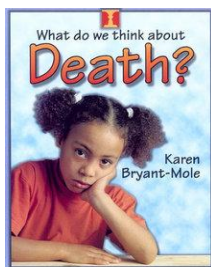
## BOOKS FOR AGE 9 –12 YEARS



### **Beginnings and Endings with Lifetimes in Between: A beautiful way to explain life and death to children**

*By Bryan Mellonie & Robert Ingpen,  
Belitha Press ISBN: 978-1855617605*

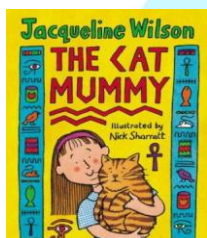
This thought provoking book has large pictures complemented with small sections of text. It clearly explains about life and death focussing on plants, animals and insects before moving on to people. It emphasises that death is part of the life cycle and is natural and normal whenever it occurs. A simple book with a powerful message.



### **Death: What's Happening?**

*By Karen Bryant-Mole, 1994  
Hodder Wayland, ISBN: 978-07502137901994*

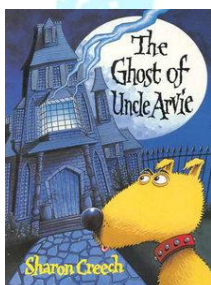
This factual book has clear text and large photos. It uses stories of young people to discuss issues surrounding death such as feeling frightened, the funeral and the future. It includes advice on how to feel better and cope with difficult situations after someone has died. Using straightforward language, this book may reassure the reader there are other young people who have had someone important to them die and answer some of their questions and concerns.



### **The Cat Mummy**

*By Jacqueline Wilson & illustrated by Nick Sharratt, 2002  
Corgi Childrens, ISBN: 978-0440864165*

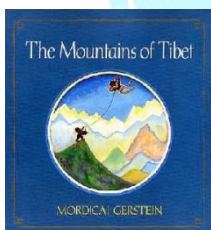
Verity's Mum died the day she was born but she rarely talks about her. Verity doesn't want to upset her Dad or Grandparents. This humorous but sensitive story mainly focuses on Verity's missing cat Mabel but reveals some of the misunderstandings and anxieties children can have about death. It also shows it can be good to be open, honest and to talk about difficult issues.



### **The Ghost of Uncle Arvie**

*By Sharon Creech, 1997  
Macmillan Children's Books, ISBN: 978-0333656327*

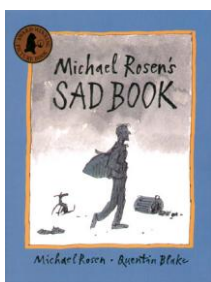
This fun and humorous book is about Danny, an ordinary nine-year-old boy. However, once or twice a year a ghost visits him. This time it is the ghost of his Uncle Arvie who follows him, persuading him to make his three wishes come true. As a result Danny and his dog get into adventures which make him think about his dad who has also died. This book has some important messages and talks about death in an open way, but is primarily fun and imaginative.



### **The Mountains of Tibet**

*By Mordicai Gerstein, 1989 Barefoot Paperbacks,  
ISBN: 978-1898000549*

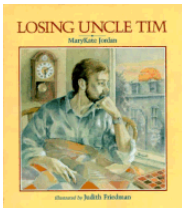
Based on Tibetan teachings, this book tells of a small boy who grows up to be a woodcutter. When he dies, he discovers there is a chance to live again but first he must make a number of choices. A simple tale with deep meaning but the theme of reincarnation could be confusing.



### **Michael Rosen's SAD BOOK**

*By Michael Rosen & illustrated by Quentin Blake, 2004  
Walker Books, ISBN: 978-1406313161*

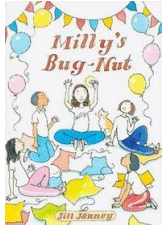
This book has large illustrations and small snippets of text. It is wonderfully honest and will appeal to children and adults of all ages. We all have sad stuff, but what makes Michael Rosen most sad is thinking about his son who died. This book is a simple but emotive story. He talks about what sad is and how it affects him and what he does to cope with it. In true Michael Rosen style, this book manages to make you smile as well.



### **Losing Uncle Tim**

*By Mary Kate Jordan & illustrated by Judith Friedman, 1999  
Albert Whitman & Company, ISBN: 978-0807547564*

This picture book for slightly older children explains how a young boy finds out his Uncle Tim has AIDS and is going to die. It is a serious and sensitive book covering many of the issues, changes and difficult feelings that can occur when someone has a serious illness.



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

*By Jill Janney, 2002  
Winston's Wish, ISBN: 978-0-9539123-4-6*

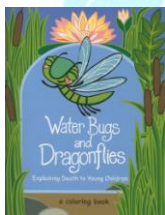
A short, simple story with black and white pictures, of a young girl who's Dad has died. It talks about the ups and downs of family life and how things slowly get easier as time goes. Milly misses her Dad and things are just not the same anymore. She knows when people die, they can't come back but she still keeps a wish to see her Dad one more time.



### **The Best Day of the Week**

*By Hannah Cole & illustrated by John Prater, 1997  
Walker Books, ISBN: 978-0744554670*

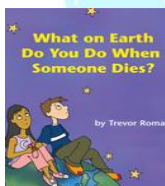
This storybook tells of two young children who spend Saturdays with their Grandparents when Mum is at work. It has three chapters, with stories of three different Saturdays. The first is a happy day; the second is at the hospital and sad as Granny dies, the third at the theatre. It is a lovely story that gives an important message that it is still okay to have fun after someone dies.



### **Water Bugs and Dragonflies Explaining death to children**

*By Doris Stickney & illustrated by Gloria Stickney, 1983  
Geoffrey Chapman; New Ed edition 1997 ISBN: 978-0264674414*

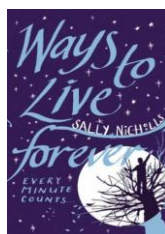
This pocket size booklet with small black and white pictures is based on a fable, associating death with a water bug's transformation into a dragonfly. It portrays the mystery around death but may need an adult to explain the analogy and help a child relate it to their own experience. It uses Christian beliefs with a focus on life after death and also contains advice for parents.



### **What on Earth Do You Do When Someone Dies?**

*By Trevor Romain, 2003  
Free Spirit Publishing Inc, ISBN: 978-1575420554*

This book for older children is a factual guide, answering questions such as 'why do people have to die?', 'is it okay to cry?' and 'what is a funeral/memorial service?' It is written in a straightforward way, with practical tips, advice and information about different faiths and beliefs.

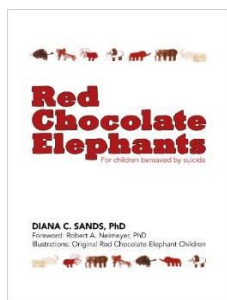


### **Ways to Live Forever**

*By Sally Nicholls, Marion Lloyd Books, 2008  
ISBN: 978-1407104997*

If I grow up," 11-year-old Sam informs readers, "I'm going to be a scientist." He says "if" because he has acute lymphoblastic leukaemia and knows he probably won't. With the encouragement of his tutor, he starts to write a bit about himself, then more, until he is using his writing to sort out his death. Interspersed with Sam's lists, questions and odd bits of mortality facts on notebook paper, his narrative proceeds in short, candid chapters that reveal a boy who, though he's not ready to die, nevertheless can confront the reality with heartbreaking clarity. As his parents wrangle about treatment (he doesn't want it), his little sister grapples with the changes to the household and his best friend and fellow cancer-sufferer dies, Sam methodically works through the things he wants to do before he dies, from going up a down escalator to the more problematic ride in an airship and seeing the earth from space.





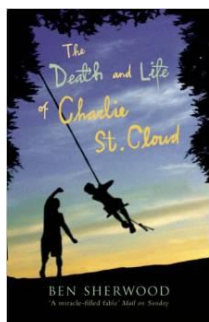
**Red Chocolate Elephants; for children bereaved by suicide**  
C.Sands,2010

By Diana

ISBN: 978-0646542379

This important publication (including a DVD) provides a sensitive and appropriate means of engaging with children around the difficult question of death through suicide. Red Chocolate Elephants will be a valuable tool for those supporting children in schools and other settings, and provides an important bridge into exploring this complex and confusing experience

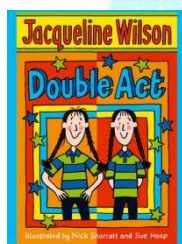
## BOOKS FOR AGE 13 – 16 YEARS



**The Death and Life of Charlie St. Cloud**

By Ben Sherwood, 2005, Picador  
ISBN: 978-0330488907

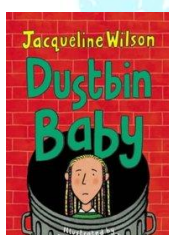
The eponymous hero of *The Death and Life of Charlie St Cloud* is a good boy; an American teenager who works hard at school, is good at sport and loves his mum and his little brother Sam. And then one terrible day, tragically, he finds himself responsible for Sam's death. Charlie dies too for a brief moment but is brought back to life by the skill of a paramedic. From that moment on, Charlie makes a sacrificial decision to live his life in the past. Until that is, he meets tough but beautiful yachtswoman Tess and he has to rethink life and death.



**Double Act**

By Jacqueline Wilson & illustrated by Nick Sharratt, 1996  
Corgi Children's, ISBN: 978-0440867593 (Also on audiocassette)

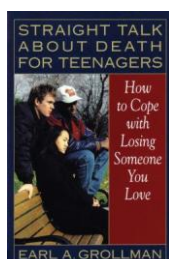
Ruby and Garnet are 10-year-old twins. They do everything together, especially since their mum died three years ago. When their dad finds a new partner and they move house, Ruby and Garnet find it hard and get into all sorts of trouble. Eventually, they settle down and learn to live with the changes. A lively and humorous book that deals sensitively with change.



**Dustbin Baby**

By Jacqueline Wilson, 2002  
Corgi Children's, ISBN: 978-0552547963 (Also on audiocassette)

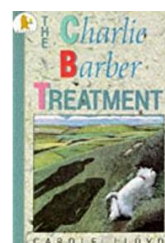
April was abandoned in a dustbin as a baby on the 1<sup>st</sup> April. Having spent all her life in a children's home and with different foster parents (one of whom committed suicide), things haven't been easy and April is struggling. Now she's fourteen and on her birthday, determined to find out more about her past, sets off to find some important people. This is an emotive book with a great storyline in usual Jacqueline Wilson style. It is open and honest.



**Straight Talk about Death for Teenagers:  
How to Cope with Losing Someone You Love**

By Earl A. Grollman, 1999  
Sagebrush Ed Resources,  
ISBN: 978-0807025017

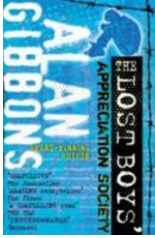
This book was written after the author spoke to thousands of teenagers and found they often felt forgotten after someone has died. Written in short, clear sentences that are easy to read, it covers feelings, different types of death and the future. This book gives the reader many options of what can happen, how s/he may feel, giving advice and reassuring readers grief is normal.



**The Charlie Barber Treatment**

By Carole Lloyd, 1997  
Walker Books Ltd; New Edition, ISBN: 978-0744554571

Simon's Mum died suddenly from a brain haemorrhage and he came home from school to find she had died. With his GCSE coursework piling up and having to help around the house, Simon finds it hard and doesn't go out much with his friends. He then meets Charlie, who is visiting her Grandma, and believes their meeting was fate. Simon starts to enjoy life again and to re-build relationships with his family and friends. A sensitive and realistic book that conveys some of the thoughts and emotions of a teenage boy.

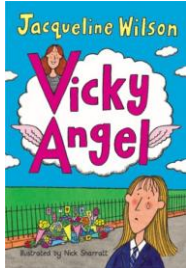


### **The Lost Boys' Appreciation Society**

*By Alan Gibbons, 2004  
Orion Children's Books, ISBN: 978-1842550953*

Teenage life is difficult enough for Gary and John, but when their Mum dies in a car accident, things get steadily worse. John struggles to keep the peace as Gary goes off the rails, saying his new mates are now his family. With GCSE exams looming and his Dad going out on dates, things become unbearable for John.

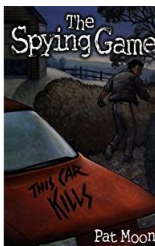
A gripping book exploring relationships and how different people react to life events.



### **Vicky Angel**

*By Jacqueline Wilson & illustrated by Nick Sharratt, 2001  
Corgi Children's, ISBN: 978-0440865896*

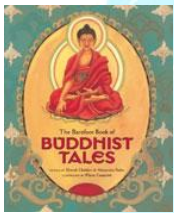
When Jade's best friend Vicky, is run over by a car and dies in hospital everyone at home and school starts treating her differently. 'Vicky Angel' then starts following Jade around, distracting her and getting her into trouble. This moving but amusing story illustrates how hard it is to carry on with every day life after a tragic accident.



### **The Spying Game**

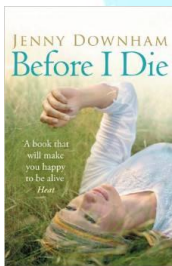
*By Pat Moon, 2003 Politico's Publishing Ltd  
Rev. Ed Edition, ISBN: 978-1842750049*

Joe's dad died in a car accident and he feels really angry towards the man who killed his father. He decides to set up a secret 'Nightmare Plan' to vent his anger and begins to persecute the man and his family by scratching his car and sending hate mail. This powerful book reveals the difficult emotions Joe faces both at home and at school. A very readable and fast paced book that would appeal to many young people.



**The Man who didn't want to die:** From The Barefoot Book of Buddhist Tale  
Retold by Sherab Chodzin & Alexandra Kohn Illustrated by Marie Cameron, 1999 Barefoot Books,  
ISBN: 1841480096

This short story is based on a Japanese folk tale and approaches death from an unusual angle. When a man decides he doesn't want to die, he is sent to the Land of Never-ending Life and expects to meet the happiest people in the world. However, the realities of living forever are not as attractive as he thought he consequently learns an important lesson. This story is very thought provoking.



### **Before I Die Books**

*By Jenny Downham David Fickling*

*ISBN: 978-0385613460*

With only months left to live, 16-year-old Tessa makes a list of things she must experience: sex, petty crime, fame, drugs and true love. Downham's wrenching work features a girl desperate for a few thrilling moments before leukaemia takes her away. Although Tessa remains ardently committed to her list, both she and the reader find comfort in the quiet resonance of the natural world. Tessa's soul mate, Adam, gardens next door; a bird benignly rots in grass; psychedelic mushrooms provide escape; an apple tree brings comfort; and her bestfriend, Zoey, ripens in the final months of pregnancy.

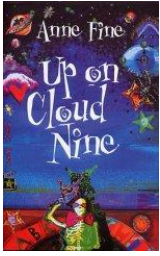


### **Two Weeks with the Queen 1999**

*By Morris Gleitzman & illustrated by Andy Bacha,*

*Puffin Books, ISBN: 978-0141303000*

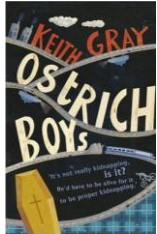
Twelve-year-old Colin, an Australian boy, is sent to stay with relatives in England when his brother becomes ill with cancer. He is determined to find a way of curing his brother, which leads him into all sorts of adventures including trying to visit the Queen! Colin finds a friend in an older man named Ted who helps him express his feelings and understand what he has to do. (Also on audiocassette.)



### Up on Cloud Nine

By Anne Fine, 2006 Corgi Children's,  
ISBN: 978-0552554657

Stol falls out of a top floor window and ends up unconscious in hospital with lots of broken bones and no-one knows whether it was attempted suicide or an accident. This book is written from the perspective of his best friend Ian whilst he is sitting by his bedside. He recalls all the fun times they have had together as well as acknowledging the slightly different way Stol sees the world. Ian captures the emotions of his own adoptive parents as well as Stol's family and the hospital staff in an amusing yet moving way illustrating how Stol has had an inspirational effect on everyone. (Also available in audiocassette)



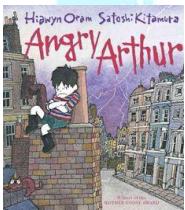
### Ostrich Boys

By Keith Gray  
Definitions 2008, ISBN: 978-0099456575

It's not really kidnapping, is it? He'd have to be alive for it to be proper kidnapping.' Kenny, Sim and Blake are about to embark on a remarkable journey of friendship. Stealing the urn containing the ashes of their best friend Ross, they set out from Cleethorpes on the east coast to travel the 261 miles to the tiny hamlet of Ross in Dumfries and Galloway. After a depressing and dispiriting funeral they feel taking Ross to Ross will be a fitting memorial for a 15 year-old boy who changed all their lives through his friendship. Little do they realise just how much Ross can still affect life for them even though he's now dead. an extraordinary novel about friendship, loss and suicide, and about the good things that may be waiting just out of sight around the corner...

## OTHER HELPFUL BOOKS (NOT DIRECTLY ABOUT DEATH)

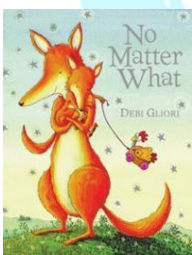
There are a number of books that do not directly deal with death or bereavement but may help the reader face difficult feelings.



### Angry Arthur

By Hiawyn Oram & illustrated by Satoshi Kitamura, 1993  
Red Fox, ISBN: 978-0099196617

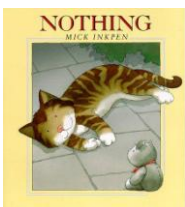
Its time for bed but Arthur wants to stay up so he gets really angry. Every time someone tells him 'that's enough' his anger gets bigger and bigger and takes over the world until he wonders why he was so angry in the first place. A wonderful imaginative story that many children (and adults) will be able to relate to.



### No Matter What

By Debi Gliori, 2003 New Edition (Paperback)  
Bloomsbury Children's Books, ISBN: 978-0747563310

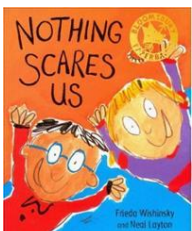
A rhyming story with large, bright pictures about Small, a young fox who is feeling cross because no one loves him. Large, then reassures him that she'll love him no matter what. A fun and imaginative book that only briefly talks about death but would be a useful to help support a young child through difficult times.



### Nothing

By Mick Inkpen, New Edition 2006  
Hodder Children's Books, ISBN: 978-0340918166

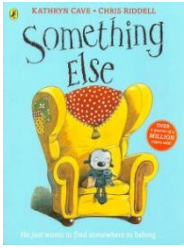
A 'little thing' has been stuck in the attic for so long, he has even forgotten its name. When the owners move house and leave him behind, he sets off on an adventure to discover who he really is. A lovely book about families and the feeling that you belong. It could be used in many situations, particularly with a child who is feeling unsettled.



### Nothing Scares Us

By Frieda Wishinsky & illustrated by Neal Layton, 2001  
Bloomsbury Children's Books, ISBN: 978-0747550433

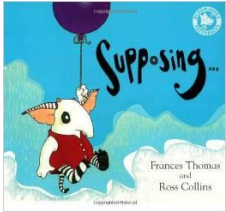
Lucy and Lenny are the 'fearless two', best friends who have all sorts of adventures. Lenny then starts watching a scary programme on TV, which gives Lucy nightmares and she dare not tell Lenny in case he laughs at her. With bright colourful pictures, this fun book is a comforting story about friendship and adventure.



### **Something Else**

*By Kathryn Cave & illustrated by Chris Riddell, 1995  
Puffin Books, ISBN: 978-0140549072*

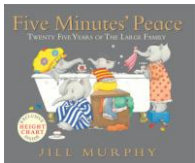
Something Else doesn't belong and has no one to be friends with, until one day Nothing knocks at his door and although they seem very different, they get along and become friends. These unusual looking characters capture the feelings of young people in a sensitive and fun way. A lovely book that could reassure children who feel unsettled within their peer group.



### **Supposing**

*By Frances Thomas & illustrated by Ross Collins, 1999  
Bloomsbury Children's Books, ISBN: 978-0747541738*

Little Monster starts telling his mother a wonderfully imaginative but scary story about what might happen tomorrow. Mother then gives him an alternative, happier story and takes away his fears. This story is reassuring as well as fun and imaginative.



### **Five Minutes' Peace (The Large Family)**

*By Jill Murphy, 2001 New Edition  
Walker Books, ISBN: 978-0744581195*

This humorous book with lovely detailed pictures tells the story of Mrs Large who is desperate for five minutes peace from her three children, but it is harder to find than she expects! A lovely book that can may help to explain that every so often, grown-ups need time to themselves.

There are also many books where death is not the main focus of the story but features bereavement or the main character has been bereaved. These include:

### **A Little Princess**

*By Frances Hodgson Burnett & illustrated by Tasha  
Wordsworth Editions Ltd; New Edition  
ISBN: 978-1853261367*

### **Bambi**

*By Felix Salten, Aladdin Paperbacks; Reprint Edition (Jul 1988) ISBN:  
978-0671666071*

### **Charlotte's Web**

*By E. B. White & illustrated by Garth Williams  
Puffin Books (2003), ISBN: 978-0141317342*

### **Danny the Champion of the World**

*By Roald Dahl & illustrated by Quentin Blake  
Puffin Books (2007), ISBN: 978-0141322674*

### **Harry Potter and the Philosopher's Stone**

*By J. K. Rowling Bloomsbury Children's Books  
ISBN: 978-0747532743*

### **James and the Giant Peach**

*By Roald Dahl & illustrated by Quentin Blake  
Puffin Books (2001), ISBN: 978-0141311357*

### **Little Women**

*By Louisa May Alcott, CRW Publishing Limited; New edition (2004)  
ISBN: 978-1587261329*

### **Oliver Twist**

*By Charles Dickens, Penguin Books (2003),  
ISBN: 978-0141439747*

### **The Secret Garden**

*By Frances Hodgson Burnett, Wordsworth Editions Ltd (1993),  
ISBN: 978-1853261046*

## BOOKS FOR ADULTS SUPPORTING A BEREAVED CHILD

### **\*\*\*A Child's Grief: Supporting a child when someone in their family has died**

***By Julie Stokes, Diana Crossley, Katrina Alilovic & Di Stubbs. Winston's Wish, New Edition 2008***

*ISBN: 978-0-9559539-0-3*

A useful and informative introduction for any adult who is supporting a child through bereavement. Covering a variety of issues that may affect a child when a person close to them dies, both immediately and in the longer term, the booklet also offers practical activities to do together and a section on further reading and support.

### **Grief in Children: A Handbook for Adults**

*By Atle Dyregov, 1 Edition 2008 Jessica Kingsley Publishers,*

*ISBN: 978-1843106500*

This is a very practical and useful book written for adults to help them understand how children feel when someone important in their life dies. It covers areas such as children's grief reactions at different developmental levels, sex differences and different types of death. It makes many useful suggestions about how children can be helped to cope with their grief in an open, honest and positive way.

### **Talking about Death: A Dialogue Between Parent and Child**

*By Earl A. Grollman, 1991*

*Beacon Press, ISBN: 978-0807023631*

This guide for parents recognises that many adults find it hard to honestly and openly explain death to children, especially when faced with their own grief. It includes quotes and examples from other parents and suggestions of what to say to a child as well as general advice.

### **SAD BOOK**

*Written By Michael Rosen, Illustrated by Quentin Blake. Walker Books Ltd 2008 ISBN: 978-1406313161*

We all have sad stuff - maybe you have some right now, as you read this. What makes Michael Rosen most sad is thinking about his son, Eddie, who died. In this book he writes about his sadness, how it affects him and some of the things he does to try to cope with it. Whether or not you have known what it's like to feel really deeply sad, its truth will surely touch you.

**And When Did You Last See Your Father** *By Blake Morrison, 2006 Granta Books, ISBN: 978-1862079083*

The book tells of how Dr Morrison's life slowly slips away during the last few weeks of his life. Interspersed with this are the authors recollections of his father, who whilst being a difficult man at times, always remained a loving husband and father. The author is at all times open and honest - sometimes brutally so - and lays open his feelings for all to share. One of the strengths of the book is that whilst it is about the death of a loved one it never gets too mawkish or sentimental and remains at all times a good read.

### **What does dead mean: A book for young children to help explain death and dying.**

*By Caroline Jay and Jenni Thomas*

*Jessica Kingsley Publishers, ISBN: 978-1849053556*

What Does Dead Mean? is a beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying. Questions such as 'Is being dead like sleeping?', 'Why do people have to die?' and 'Where do dead people go?' are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies. Prompts encourage children to explore the concepts by talking about, drawing or painting what they think or feel about the questions and answers. Suitable for children aged 4+, this is an ideal book for parents and carers to read with their children, as well as teachers, therapists and counsellors working with young children