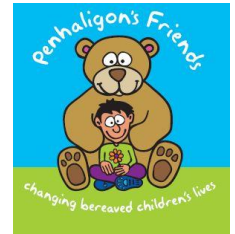


Penhaligon's Friends

Resources for Parents / Carers Supporting Bereaved Children and Young People



Information available at www.penthaligonsfriends.org.uk on the following topics:-

- Telling children someone has died.
- Children's reactions to grief.
- Supporting children with special needs.
- Support after suicide.
- Early Years bereavement support.
- Support for bereaved children and families – COVID 19.
- Children and funerals and cremations
- Practical ideas of how you can help your child
- Sleep, school, eating, anxiety, low self-esteem, self-harm, emotions
- Ideas to help stay connected if can't visit someone who is very ill.
- Serious illness

The following booklets are also available by Penhaligon's Friends:-

Remember Me Always: A Handbook to help bereaved families care for children

A Step at a Time: A handbook for families to help support children when someone they know is seriously ill

Other Online information

Serious illness – Child Bereavement UK, Winstons Wish, MacMillan.

- [Resources when someone is not expected to live | Child Bereavement UK](#)
- [Preparing a child for loss - Macmillan Cancer Support](#)

[Suggested Reading List – Winston's Wish \(winstonswish.org\)](#) - The books are arranged in age categories

[Books and resources | Child Bereavement UK](#)

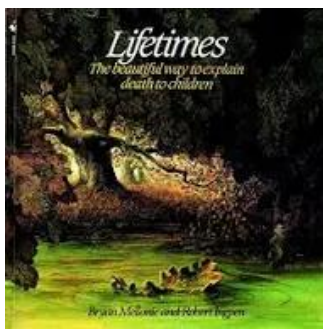
Death of a Pet - [Children and pet loss.pdf \(bluecross.org.uk\)](#)

Some Books to help explain and explore issues around Death with Children and Young People



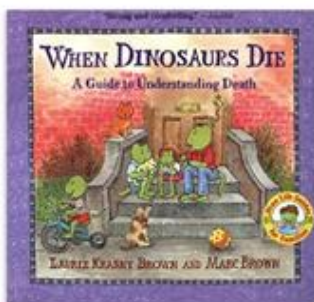
WHY DO THINGS DIE? By Katie Daynes, 2020

This wonderful, engaging lift-the-flap book offers simple answers to the sort of questions children ask about death, dying, grief, feelings and memories. The questions and answers are clear and straightforward and illustrated by charming drawings of animals. Suitable for children who have been bereaved and also for those who have questions about why things die.



LIFETIMES By Bryan Mellonie and Robert Ingpen, 1998

This book simply explains that all life has a beginning and an ending, and highlights the different life spans of different creatures (and plants), before moving onto people.

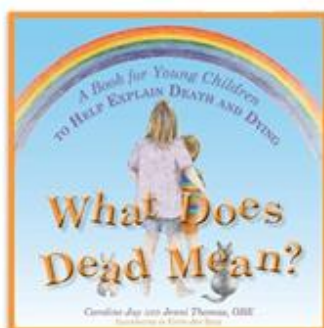


When Dinosaurs Die: A Guide to Understanding Death (Dino Life Guides for Families)

Paperback – 1 Apr 1998

by Laurie Krasny Brown (Author), Marc Brown (Author)

No one can really understand death but to children, the passing away of a loved one can be especially perplexing and troublesome. This is true whether the loss is a classmate, friend, family member or pet. Here to offer advice and reassurance from some very wise dinosaurs. This succinct and thorough guide helps dispel the mystery and negative connotations associated with death, providing answers to some of the most-often asked questions and also explores the feelings we may have regarding the death of a loved one and the ways to remember someone after he or she has died.



What Does Dead Mean?: A Book for Young Children to Help Explain Death and Dying

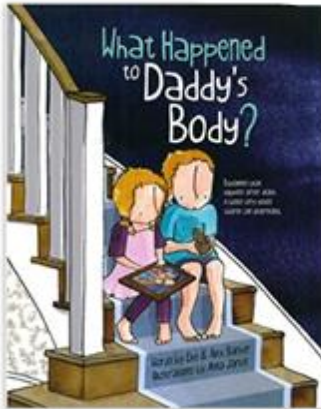
Hardcover – Illustrated, 15 Oct 2012

by Caroline Jay (Author), Jenni Thomas (Author), Unity-Joy Dale (Illustrator)

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.



What Happened to Daddy's Body?: Explaining what happens after death in words very young children can understand Hardcover – Illustrated, 21 Jul 2016

by Elke Barber (Author), Alex Barber (Author)

My daddy died when I was (one...two...) three years old. Today we are out in the garden. It always makes me think about my daddy because he LOVED his garden. Sometimes, I wonder what happened to my daddy's body...

This picture book aims to help children aged 3+ to understand what happens to the body after someone has died. Through telling the true story of what happened to his daddy's body, we follow Alex as he learns about cremation, burial and spreading ashes. Full of questions written in Alex's own words, and with the gentle, sensitive and honest answers of his mother, this story will reassure any young child who might be confused about death and what happens afterwards. It also reiterates the message that when you have experienced the loss of a loved one, it is okay to be sad, but it is okay to be happy, too.

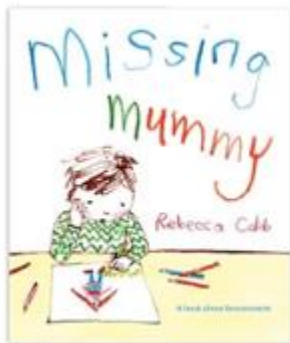


Is Daddy Coming Back in a Minute?: Explaining (sudden) death in words very young children can understand Hardcover – Illustrated, 21 Jul 2016

by Elke Barber (Author), Alex Barber (Author)

When we were on a *No Girls Allowed!* holiday, my daddy's heart stopped beating and I had to find help all by myself. He was very badly broken. Not even the ambulance people could help him...

This honest, sensitive and beautifully illustrated picture book is designed to help explain the concept of death to children aged 3+. Written in Alex's own words, it is based on the real-life conversations that Elke Barber had with her then three-year-old son, Alex, after the sudden death of his father. The book provides reassurance and understanding to readers through clear and honest answers to the difficult questions that can follow the death of a loved one, and carries the invaluable message that it is okay to be sad, but it is okay to be happy, too.

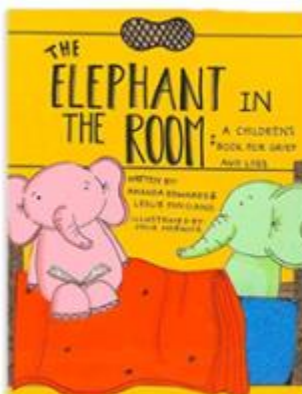


Missing Mummy: A book about bereavement Paperback – Illustrated, 12 Apr 2012

by Rebecca Cobb (Author)

Written and illustrated by the talented and award-winning author-illustrator Rebecca Cobb, 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.

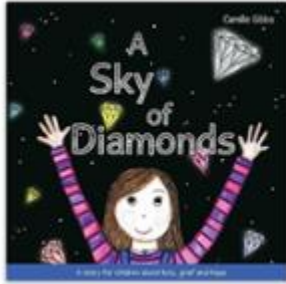
Beautifully illustrated with moments of wonderful warmth and the gentlest humour, *Missing Mummy* is a touching, honest and helpful book that approaches a difficult subject with great integrity.



The Elephant in the Room: A Children's Book for Grief and Loss Paperback – 4 Apr 2014

by Amanda Edwards (Author), Leslie Ponciano (Author), Julia Horwitz (Illustrator)

The Elephant in the Room is a children's storybook with whimsical illustrations and rhyming verses of positive strategies for coping with grief and loss. The gender-neutral elephant character demonstrates the potential emotions that children may experience when faced with any type of loss such as death of a pet or a relative, a friend moving away, foster care, hospitalization, etc. This book can serve to initiate a discussion or to provide unconscious messages of love, power, and healing. The practical and realistic coping strategies are developmentally appropriate for young children in early childhood and are based in best practices according to research in children's literature and social-emotional development. It is recommended that the book be read daily, as needed, during traumatic events and that the adult wait patiently for the child to initiate a discussion. It is anticipated that The Elephant in the Room will serve as a transitional object for children experiencing grief and loss and that it will help them navigate their unique and individual journey towards healing, concurrently or in the years ahead. This book is a must-have for teachers, grief counselors, healthcare practitioners, therapists, social workers, and librarians. Additionally, it can serve as an important resource for families during difficult events.



A Sky of Diamonds: A story for children about loss, grief and hope Hardcover – 21 Feb 2015

by [Camille Gibbs](#) (Author)

When Mia learns that her mother has died, all the colour in her world changes to a dreary grey. She feels guilty, angry, sad and lost (sometimes all at once), and she doesn't know what to do to feel better. Little by little, with the help of her Dad, Mia learns how to cope with her difficult feelings. Together, they remember her mother by creating memory boxes, and they even get rid of anger by crazily sloshing paints and punching holes in newspapers! In the end, Mia finds her own, very special way of coping. When she feels sad or lonely, she looks up to the stars.



We Were Gonna Have a Baby, But We Had an Angel Instead Paperback – 3 Feb 2007

by [Pat Schwiebert](#) (Author)

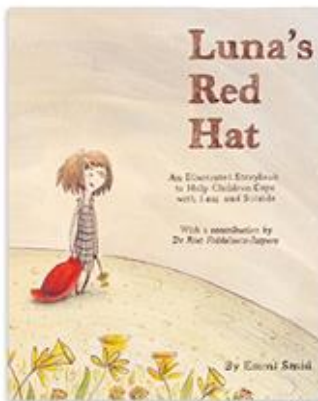
A new book from the author of "When Hello Means Goodbye." Created especially for children who are suffering the loss of their families pregnancy.



Goodbye Baby: Cameron's Story Hardcover – 1 May 2010

by [Gillian Griffiths](#) (Author), [Lindsay MacLeod](#) (Author)

This book provides comfort, understanding and reassurance for young children who have been affected by miscarriage in the family.



Luna's Red Hat: An Illustrated Storybook to Help Children Cope with Loss and Suicide

Hardcover – 21 Apr 2015

by [Emmi Smid](#) (Author, Illustrator), [Dr Riet Fiddelaers-Jaspers](#) (Contributor)

It is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.

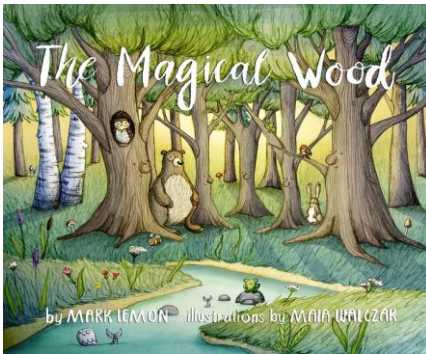
This beautifully-illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide. Suicide always causes shock, not just for the family members but for everyone around them, and children also have to deal with these feelings. The book approaches the subject sensitively and includes a guide for parents and professionals by bereavement expert, Dr Riet Fiddelaers-Jaspers. It will be of interest to anyone working with, or caring for, children bereaved by suicide, including bereavement counsellors, social workers and school staff, as well as parents, carers and other family members.



Sad Isn't Bad: A Good-grief Guidebook for Kids Dealing with Loss (Elf-Help Books for Kids) Paperback – 1 Mar 2004

by [Michaelene Mundy](#) (Author)

Sad Isn't Bad offers children of all ages a comforting, realistic look at loss—loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief—and growth



THE MAGICAL WOOD By Mark Lemon, 2020

This magical story sensitively offers children and families an opportunity to share the journey of its characters finding their way through grief. With its imagery and language exploring the themes of bereavement; this story offers children and families time and a safety within which to talk about death, loss and emotions.



THE INVISIBLE STRING, By Patrice Karst 2018

This book is great for children coping with any kind of separation whether that be temporary, in their daily lives or through experiencing the death of a loved one.



SOMETIMES LIFE SUCKS WHEN SOMEONE YOU LOVE DIES, By Molly Carlile 2011

Book for teens to navigate their personal experience of grief, and for parents and teachers to use with teens struggling with loss Whether it's the death of a grandparent, pet, school friend, a teen fatality, a peer with terminal illness, living without a parent, or the death of a celebrity, teenagers experience loss in many ways and must struggle to come to terms with their shock and grief. Full of helpful tips, first person stories, and friendly advice, this resource helps teens navigate the loss of those they love. It covers such concerns as What can I do to help a friend who's grieving? What if I don't want to go to the funeral? What can I do when nothing seems to help? and Will other people think I don't care if I start to feel happy again?

Additional booklets produced by Winston's Wish for adults supporting bereaved children



Supporting bereaved children who have special educational needs and disabilities



supporting children under 5 after the death of a parent.



Supporting a Child who has been Bereaved through Suicide



Supporting a child bereaved through murder or manslaughter.



Supporting a Child when a Parent is Seriously Ill

