



Bereavement: Reading list

There are excellent book lists for variously aged children on both the Winston's Wish and Child Bereavement UK websites that explore death and grief in specific ways.

The ones we have found helpful for children and young people are:

Fox A Circle of Life Story by Isabel Thomas and Daniel Egneus explains the physical process of death well in the context of the natural world.

Fred by Posy Simmonds and **Badger's Parting Gifts** by Susan Varley are both helpful in thinking about the death of an older person. **Mum's Jumper** by Jayde Perkin is helpful related to the bereavement of a parent.

The Invisible String by Patrice Karst and **No Matter What** by Debi Gliori are both good at exploring love continuing regardless of separation or death and includes description of how someone might behave which is an important message for children who can imagine they have caused someone to die.

Rabbityness by Joe Empson expresses the feeling of grief well for younger ones and the hopeful part needed to manage alongside the sadness.

Sad Book by Michael Rosen and Quentin Blake is about grief from the perspective of a parent but explains it beautifully for children with a child's death in mind.

The Heart and the Bottle by Oliver Jeffers explores the need to grieve for children and adults, with a good message about communicating and sharing the grief together.

In My Heart by Jo Witek and Christine Roussey is a wonderful book about feelings, how varied they are and emphasises that all feelings are ok and manageable, again, important for children to recognise that being sad and angry are appropriate responses to a death while also enjoying life and being happy are acceptable and necessary too.

For older children and teenagers the following can be helpful:

Charlotte's Web by E B White explores the love and death of a mother and grief beautifully and **A Monster Calls** by Patrick Ness has a similar theme and tackles the feelings a bit more darkly.

Goodnight Mr Tom by Michelle Magorian is a moving book about experiences of trauma and death and how that can manifest in fearful behaviour, a helpful message for all ages.

The Fault in our Stars by John Green is about friendship, love and grief from a teenage perspective.