

Useful books

for helping children and young people cope with grief

Here is a short list of books that can help children and young people in coping with a loss, there are many other books out there can help, but these are our recommendations.

Giving a child a book can help, however, children cope best when books are shared, they are good ways to start conversations about death and dying.

Early years

'I miss you: a first look at Death' by Pat Thomas

ISBN: 978-0764117640

A picture book with simple explanations about death and grief.

No Matter What by Debi Gliori

ISBN: 0-7475-6331-4

Heart-warming story of a Fox and her cub, recognising that relationships continue after someone special dies.

5 – 8 Years

'When Dinosaurs Die' by Laurie Krasny Brown and Marc Brown

ISBN: 978-0316119559

Educational book with vibrant illustration that helps children understand all aspects of death and bereavement. Includes lots of prompts for discussion.

'The Huge Bag of Worries' by Virginia Ironside

ISBN: 978-0340903179

Story poses worries as a collection of monsters, which a young girl carries with her. Helpful advice on how to tackle worries that occur following a loss. A fun story with colourful illustration.

'Badgers Parting Gifts' by Susan Varley

ISBN: 0-00-664317-5

The characters of 'Wind in the Willows' experience the loss of their oldest friend, Badger. The story focuses on their ways of remembering and coming to terms with the loss.

9-11 years

'Waterbugs and Dragonflies' by Doris Stickney

ISBN: 9780829816242

Uses the lifecycles of nature to think about the changes that occur in life and death. Has Christian prayers at the end and so may not be suitable for all.

'Milly's Bug Nut' by Jill Janey

ISBN; 978-0-9539123-4-6

Short story of a young girl who's dad has died. Recognises the mix of feelings that occur following a loss, with lots of ups and downs, and how life is 'not the same' after someone special dies.

12 – 16 years

Sad by Michael Rosen

ISBN: 978-1406313161

Rosen's own account of his feelings following the death of his son. A very emotive story, raw at times, this picture book gives an honest picture of the feelings that can arise in bereavement. Rosen talks about what it is to be sad and what helps to make it feel better.