



# CHILDREN'S BOOKS FOR LOSS & BEREAVEMENT

*At any age, grief is a complex and personal journey. But for children, it can be particularly challenging.*

*At The Laura Centre, we recognise that books may help a child understand their grief and remind them that they're not alone. That's why our therapists have developed a short bereavement reading list as seen below.*

*Whether you're a parent seeking resources to support your child, or a professional searching for guidance in the midst of a child's grief, our list of children's books for bereavement and loss aims to provide guidance during this challenging journey.*

## **HELPFUL BOOKS FOR UNDERSTANDING & EXPLAINING DEATH**

### **When Dinosaurs Die – A Guide To Understanding Death, Laurie Krasny Brown & Marc Brown**

A comforting aid to help children and families through a bereavement, the wise dinosaurs from the bestselling Dino Tale series help dispel the mystery and negative connotations associated with death.

### **I Miss You – A First Look At Death, Pat Thomas**

This reassuring picture book explores the difficult issue of death for young children. It confronts feelings and questions asked by young people in a simple yet realistic way, and includes helpful notes surrounding bereavement for both parents and teachers.

### **The Memory Tree, Britta Teckentrup**

This picture book follows the death of Fox, as his friends gather to tell stories of the special moments that they shared with him throughout his life. As their memories are shared, the memory tree grows to shelter and protect the animals that Fox left behind.





## HELPFUL BOOKS FOR UNDERSTANDING & EXPLAINING DEATH

### **Beyond The Rough Rock – Supporting A Child Who Has Been Bereaved Through Suicide, Di Stubbs & Julie Stokes**

Explaining to a child that someone has died by suicide is an unthinkable situation. But this specialist book aims to provide practical advice for families in the immediate days and weeks following the bereavement.

## ACTIVITY BOOKS

### **Muddles, Puddles & Sunshine, Diana Crossley**

Providing practical and sensitive support for bereaved children, this book suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.



## EXPLAINING CANCER TO CHILDREN

### **The Secret C; Straight Talking About Cancer, Julie A. Stokes**

When a family member has cancer, it can be difficult to explain to a child what that means. This book, however, is aimed at supporting parents with this task, by explaining what cancer is, what treatments are involved and how tumours are formed.

## **MINDFULNESS & COPING WITH ANXIETY BOOKS**

### **The Crab & The Whale, Mark Pallis & Christiane Kerr**

This book introduces the skills of mindfulness for children aged two to eight. It helps them to become more aware of their own bodies, emotions and surroundings to understand painful experiences such as a bereavement.

### **Relax Kids; Aladdin's Magic Carpet & Other Fairytale Meditations For Children, Marneta Viegas**

Reimagining well-known and loved fairy tales, this gentle and fun book introduces children to the world of meditation and relaxation in a bid to counteract some of the tensions we all experience day-to-day.

### **The Huge Bag Of Worries, Virginia Ironside**

Encouraging children to open up about their fears and anxieties, this reassuring picture book follows Jenny and her worries. One day, Jenny decides her worries need to go, as she seeks loved ones to help her get rid of them.



***If you are concerned about the wellbeing of a young person following a bereavement, The Laura Centre is here to help.***

***To find out more about our services, email us via [info@thelauracentre.org.uk](mailto:info@thelauracentre.org.uk) or phone us on 0116 254 4341.***