



Find Yourself Be Yourself Grow Yourself

Children's Books About Death and Loss

You need to decide what is age-appropriate

Always and Forever – Debi Giliori
No Matter What – Debi Giliori
Drop Dead – Babette Cole
Badgers Parting Gifts – Susan Varley
Granddad's Island – Benji Davis
The Velveteen Rabbit – William Nicholson
Waterbugs and Dragon Flies – Doris Stickney
The Huge Bag of Worries – Virginia Ironside
Charlottes Web – EB White
Muddles, Puddles and Sunshine – Diana Crossley
The Invisable String – Patrice Karst
Death: I miss you – Pat Thomas
What does Dead Mean? – Jay and Thomas

Movies about Death and Loss – Various Age

Lion King
Up
Bambi
Finding Nemo
Charlotte's Web
Coco
My Girl
Big Hero 6
Marley & Me
The Bucket List
Stepmom
Ghost
Steel Magnolias
PS I Love You

Other Resources

The Little Book of Bereavement for School – Ian Gilbert

Contracting Box -

<https://www.facebook.com/CreativeSupervisionleeds/videos/1868564263434805/>

12 Needs of a Bereaved Child

Based on William Worden's (1996) findings of a 2-year study -The Harvard Bereavement Study re death of a parent-and a CBN (Childhood Bereavement Network) study (2007)

1. A child needs clear, comprehensive information about the death
2. A child needs to be allowed to express feelings and then have their fears and anxieties soothed
3. A child needs reassurance that they are not responsible for the death
4. A child needs to have someone who will listen attentively so that their feelings will be acknowledged and respected (empathy).
5. A child needs their thoughts and feelings validating.
6. A child needs help gaining perspective on their emotions
7. A child needs to be involved and included in open grieving.
8. A child needs permission to continue with interests and activities.
9. A child needs to see other people grieve and learn how people grieve in the group they belong to.
10. A child needs an to say goodbye to the person who has died and have opportunities to remember the deceased throughout their lives.
11. A child needs reassurance that they will be cared for
12. A child needs safe companions who respond to their questions

Information

- A child needs clear, comprehensive information about the death
- A child needs reassurance that they are not responsible for the death
- A child needs reassurance that they will be cared for
- A child needs safe companions who respond to their questions

Feelings

- A child needs to be allowed to express feelings and then have their fears and anxieties soothed
- A child needs to have someone who will listen attentively so that their feelings will be acknowledged and respected (empathy).
- A child needs their thoughts and feelings validating.
- A child needs help gaining perspective on their emotions

Grief

- A child needs to see other people grieve and learn how people grieve in the group they belong to.
- A child needs to be involved and included in open grieving.
- A child needs permission to continue with interests and activities.
- A child needs to say goodbye to the person who has died and have opportunities to remember the deceased throughout their lives.

Signposting

- www.winstonswish.org.uk
- www.childbereavementuk.org/
- www.rd4u.org.uk
- www.griefencounter.org.uk/