

THE GRIEF DOCTOR

Grief Reads for Little Ones

Dads

Chocolate Chipped

Gilbert and Baruch (2012)

Delightful SMELLY(!) book, concerning what happens to a family after their Dad dies, with fantastic scratch and sniff stickers. A difficult subject addresses in a really cute and original fun way.

Is Daddy Coming back in a Minute? & What happened to Daddy's body?

Elke Barber (2012)

Outstanding & fabulous cartoon story that explains (sudden) death in words that very young children can understand. High on favourite list.

My Daddy is my Superhero

Michaelagh Broadbent. (2018)

Explains the bigger message that positive memories remain even after a person has died.

Only One of Me

(2018)

Poignant books written for children by dying Mum. Wonderful.

Mums

Missing Mummy

Rachel Cobb. (2011)

Beautifully illustrated and poignant book about a child with her dad after Mum dies.

No Longer Alone

Joseph Coelho (2019)

Amazing picture book about mother-death, and how a child is dealing with emotions, including the forever loss.

A Tiny Step Forward

Charlotte Khagan & Jill Starishevsky (2020)

Delightful cartoon style story/poem told by a little boy whose Mum has died, which highlights some of grief's complex issues and paradoxes such as the tensions of being happy yet sad. Highly recommended.

The Scar

Charlotte Moundlic and Olivier Tallec (2012)

A deeply moving story leavened by glimmers of humour and captivating illustrations in order to powerfully convey the boy's progression from anger and fear to sadness and acceptance. One of the best, but out of print.

Mum's Jumper

Jade Perkin(2019)

Empathic book about a Mum's death.

Harmony Dances On

Mandy Woolf (2023)

A delightful book for 5-8 year olds about the death of a mother, told through a little girl's eyes.

Siblings

We Were Gonna Have a Baby but we had an Angel Instead

Pat Schwiebert (2007)

Beautifully illustrated story of loss for a child who has lost a younger sibling. Strongly recommend.

Someone Came Before You

Pat Schwiebert (2007)

A companion title to We Were Gonna Have a Baby but We Had an Angel Instead.

Grandparents

Artichoke Hearts

Sita Brahmachari (2017)

A first experience of grief, dealing with the loss of a grandparent and the delicate balance between life and death.

THE GRIEF DOCTOR

I lost something very special

Husna Rahman (2021)

Beautiful book, after and beyond a grandparent's death.

When your grandparent dies

Victoria Ryan (2002)

Explaining what happens from a child's-eye view, the elves depict the difficult days before, after, and beyond a grandparent's death.

Grandpas

Tell me about heaven, Grandpa Rabbit!

Jenny Album (2014)

Talking with Grandpa before he dies about death and heaven. The best.

Granpa

John Burningham (1984)

Classic picture book about a child's relationship with her Grandpa and when he's gone. Remains one of the best.

Grandad's Island

Benji Davies (2015)

Grandpa's death explained as an adventure. Wonderful.

Remembering Grandad

Sheila and Kate Isherwood (1999)

Lovely story about a child remembering Grandad.

The Day Poppa turned into a star

Tracey Lawrence (2016)

Lovely tool for discussion about where Grandpa is now.

Grandmas

The Little Owl

Tim Brown (2019)

Story of grandma's death, with owls.

Dear Grandma Bunny

Dick Bruna (2020)

Miffy addresses death, cartoon style.

Grandmas Shoes

Libby Hatharon (1994)

Cute, but little dated; the grandmas look too old!

Talking to My Gran about Dying: My School Project

Gina Leveté (2010)

Young voice speaking to gran about dying and what is to come. Delightful.

Come back Grandma

Sue Limb (1995)

Touching story of missing grandma.

Goodbye Grandma

Melanie Walsh (2014)

Comforting way of telling young children about death- good illustrations.

General about death

Lost for Words e-book

Jackson & Ben Brookes-Dutton (2019)

Most of us find ourselves lost for words when someone dies : this is a collection of personal insights and advice for bereaved children by bereaved children.

When Dinosaurs Die: A Guide to understanding death

Laurie and Marc Brown (1998)

Cartoon style using dinosaurs to explain death. Delightful.

Feather Pillows

Impey & Carfield

Up In Heaven

Emma Chichester Clark (2004)

THE GRIEF DOCTOR

Comforting way of talking about where people or animals go when they die. A favourite.

Drop Dead

Babette Cole

Will My Cat Eat My Eyeballs?

Caitlin Doughty (2019)

A mortician answers literal questions from children about death.

Always & Forever

Debi Gliori & Alan Durant (2004)

An exceptional book which handles the illness and death of Fox touchingly and sensitively. Explains death gently and gives children positive insight into grief and how to cope with it.

No Matter What is also top of our list.

Rabbityness

Jo Empson (2012)

Addresses the loss of a rabbit. A colourful and moving story for little ones that deals with the idea of loss and rediscovering happiness.

The Lonely Tree

Nicholas Halliday (2005)

Beautifully written and illustrated. Helps children understand using the death of a tree how death is an inevitable part of ageing and life continues after the sadness of bereavement.

Why do things die?

Suzie Harrison (2020)

A lift the flap book for young children to help talk about what happens when someone dies.

When Someone Dies (Questions and Feelings About)

Dawn Hewitt (2017)

Delightful and informative book to read to children about grief.

The Heart and the Bottle

Oliver Jeffers (2010)

With his beautiful illustrations, Jeffers presents us with a moving story of how a little girl's life is changed by the death of someone special, what happens and how we can make some sense of a loss.

The Copper Tree

Hilary Robinson (2012)

This beautifully written and illustrated book is aimed at helping young children come to terms with the death of somebody close to them. It lets children know it's okay not to be okay and also offers a message of hope that things will get easier.

Saying Goodbye to Hare

Carol Lee (2012)

An uplifting story full of honesty and warmth. Sensitively written to give a positive, thoughtful message and explores the feelings and questions children have after the death of a friend. (Also includes guidance notes for adults supporting the child).

Saying Goodbye

Ifeoma Onyefulu (2001)

Beautiful photo book about death in a Nigerian community through the eyes of a small boy and his great grandmother's funeral.

Bridge to Trebitha (and film)

K Patterson

The Goodbye Book

Tod Parr (2015)

Stunning book about saying goodbye to someone you love. Adult messages using child cartoons.

It's Not Fair

Foulkes & Picken (2018)

THE GRIEF DOCTOR

Touching accounts which may resonate with bereaved kids.

About Hedgehog

Dani Seatter (2024)

Beautifully and poetically written, this book captures the grieving process in an amazing way. The focus is on the searching, pining and missing your loved one, using animal illustrations. An absolutely invaluable addition to books for bereaved children and in library of excellence!

Fred

Posy Simmonds(2014)

Classic with humour cartoon book about a cat that dies.

The Day the Sea Went Out & Never Came Back

Margot Sutherland (2003)

Delightful, classy books; whole series recommended.

The Memory Tree

Britta Teckentrup (2013)

A lovely story with animals, focusing on memory making after the death of Fox.

What Does Dead Mean?

Caroline Jay & Jenni Thomas (2012)

A beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying.

Death: I Miss You (A First Look At)

Pat Thomas (2009)

Clear and well-illustrated explanation of death.

The Owl Who Was Afraid of the Dark

Jill Tomlinson (1973)

A heart-warming classic containing an imaginative story about overcoming fears. Filled with gentle humour and comfort.

Badger's Parting Gift

Susan Varley (1984)

Often mentioned as a gentle introduction to death, but not so popular with bereaved kids.

Charlotte's Web

E B White (1963)

"Even in the face of death, life continues and ultimate goodness wins out." Infused novel with happy movements of friendship, whilst also communicating sad lessons about sacrifice, growing up and the idea of death as a necessary, normal part of life.

I Will Always Love You

Hans Wilhelm (1985)

Hard to find but the best book ever about a boy who loses his pet daschund.

The Velveteen Rabbit

Margery Williams

More General Books

Forever

Beatrice Alemagna (2020)

Amazing book with the message that a Mother's love lasts forever.

Belonging

Jeannie Baker illustrates the passage of time by a person looking through her window, seeing herself grow through the years. Fantastic.

Laura's Star

Klaus Baumgart (2000)

Lovely to encourage imagination, contains fantastic illustrations. If the special person is seen as a star in the sky, this book is a lovely way to share discussions whilst teaching about the struggle of letting go.

Bear Shaped

THE GRIEF DOCTOR

Dawn Coulter-Cruttenden (2020)

An exceptionally written, deeply insightful and beautifully illustrated story of a child's reflects and highlight the child's deep sadness, darkness and isolation caused by the loss.

Bob's Blue Period

Marion Deuchars (2018)

Sadness on the sudden absence of a friend addressed by acclaimed author and illustrator. Although he does return, it could open up discussions about what if he didn't return. Her Play with art series are incredible.

The Paper Dolls

Julia Donaldson (2013)

Gruffalo's author provides us with another wonderful book with the message that nothing is truly destroyed once it becomes a memory. Experience of the loss of his comforter.

How are you Peeling?

Freymaann & Elffers (2019)

Fun way to understand the complex world of feelings, including those associated with loss, from the NYTimes best illustrators of the year.

How Do You See It?

Vera Galindo (2020)

Great kids book about an artist's way of seeing the world which could be used creatively to "talk" (paint/colour!) about death and dying.

Here and There

Kim Gregory (2020)

Great cartoon style book which poignantly demonstrates about being faraway, apart, better together and alone.

I See I See

Robert Henderson (2020)

Great young kids book about an artistic way of allowing us permission to see the world differently which could be used creatively to "talk" (paint/colour!) about death and dying.

Choose Love

Nicola Davies and Petr Horacek (2022)

An exceptional book created by children's author which use real-life experiences poems and art about child refugees from Syria..

The Huge Bag of Worries

Virginia Ironside (1996)

Helps a child address their worries in a delightful way.

The Invisible String

Patrice Karst (2018)

A best-selling picture book about the unbreakable connections between loved ones. Another list topper.

The Tiger Who Came to Tea

Judith Kerr (1970)

A children's book with hidden deeper messages about living with abject terror and survival from 2nd World War survivor, the late Judith Kerr. Simply genius.

Love

Matt De La Pena & Loren Long (2018)

Wonderfully book about LOVE which could be read to a child not only to value the love lost but also the love in our lives that is all around.

The Boy, The Mole, The Fox and The Horse

Charlie Macksey (2019)

The sharing of life lessons in this book is a great example of how young people battling with existential issues following their tragic losses can find meanings in life.

THE GRIEF DOCTOR

Matchstick Mini and Grief

Edel Malone (2020)

New York Times bestseller; wonderful for a parent or grandparent to leave their legacy.

Guess How Much I Love You

Sam McBratney (2014)

Modern classic which helps to say how much you love someone.

Winnie-The Pooh series

A. A. Milne

The See Saw

Tom Percival (2019) and his range of books.

Wonderfully telling of losing a teddy.

A Terrible Thing Happened.

Margaret Holmes and Cary Pillo (2000)

Great cartoon style book which explains the shock and aftermath when a tragedy occurs for children

The Boy who Built a Wall Around Himself

Ali Redford (2016)

One of the best books ever about how a child can use help to break through the barriers they've built up following adverse childhood experiences.

The Dot and Ish

Peter Reynolds (2005)

Ever a favourite to encourage a child to share through art. Joining the dots is a great way to make sense of a child's story of loss. Using 'ish' to find a middle balance is a great concept.

Where The Wild Things Are

Maurice Sendak (2000)

Genius writer; this is a story of a little boy's escape into fantasy to manage the bad thoughts in his head. Directly related to the experience of trauma and loss.

The Giving Tree

Shel Silverstein (2010)

Classic tale of giving and the pain of loss from having loved something.

Stone Soup

Jess Stockham (2006)

Wonderfully re-telling of an old tale about coming together as a community.

Wherever You Are My Love Will Find You

Nancy Tillman (2010)

New York Times bestseller; wonderful for a parent or grandparent to leave their legacy.

Are You Sad Little Bear? & Can't You Sleep Little Bear?

Martin Waddell (2020)

Ever wonderful, needing no introduction will help young children in times of bereavement, loss or change, gently exploring the reasons for saying goodbye and giving reassurance that goodbye doesn't mean the end of things.

Knuffle Bunny

Mo Williams (2004)

Story of a lost boo-boo bunny. This one is found, but such a stunning book that could address the what ifs.

In My Heart: A Book of Feelings

Jo Witek (2014)

Literally explains what an emotion feels like physically in your heart adding new vocabulary. Another exceptional book.

Grief Reads for Medium Ones

Mums

The Shock of the Fall

THE GRIEF DOCTOR

Nathan Filer (2013)

Promoted as an account of mental health, yet is also an exceptional and insightful book on the premature death of a Mum and the subsequent grief over time. It's so good, its quoted in the main Grief Book!

Crossing the Line

Tia Fisher (2023)

Award winning, excellently told story about what could happen after Erik's Dad dies. Highlights how vulnerable bereaved kids can be.

Moon Pie

Simon Mason (2015)

Terrific story, fast becoming a classic, about how children cope after their mother's death and their Dad turning to alcohol for support.

Love, Lucie

Marita Conlon McKenna

A book for 9-11 year olds about the death of a mother.

Mimi

John Newman (2010)

The ripple effects of a mum's death told in a fictional way. An excellent and poignant read.

The Star Outside my Window

Onjali Q. Rauf (2019)

Incredible story of what stars mean to a young girl after the death of her mother and loss of her home, friends, her whole life whilst escaping from an abusive father. (Highly recommended. (see: MakingHerstory)

Milo and the Restart Button

Alan Silberg (2011)

The author writes from his own experience about 13 year old Milo and the premature death of his Mum. One of the best books around.

Dads

Mr Toppit

Charles Elton (2009)

Unusual book telling Luke's story following his dad's death. Worth a read.

The Land of Never-endings

Kate Saunders (2018)

A rip-roaring adventure that gives an honest portrayal of grief.

Mum & Dad

Scarlett Dedd

Cathy Brett (2010)

Messages from Scarlett who is dead! Great way to face this difficult issue.

James and the Giant Peach

Roald Dahl (1967)

James's story as he faces the world following the death of his parents. Dahl's genius shines throughout-any of his books are essential reading, with their sense of a missing adult.

The Little Prince

Antoine De Saint-Exupery (1971)

Classic tale, with themes of death, loss and meaning of life ready to be explored through the story as with the Narnia and Harry Potter for every age.

The Chronicles of Narnia

C S Lewis

Exploring the hidden meanings in these stories can help children to explore the theme of final endings, death and meaning of life. The themes are especially well informed, as Lewis himself experienced the early death of his mother.

His Dark Materials (A trilogy)

Phillip Pullman

THE GRIEF DOCTOR

Legendary stories of Lyra and her demons, laced with the themes of loss and death. Unmissable.

Harry Potter (series)

J.K. Rowling (1997)

The stories of Harry Potter experiencing the traumatic death of his parents need no introduction, except to the importance of using the exceptional insights and themes of death when interacting with bereaved kids. Sheer genius.

A Series of Unfortunate Events

Lemony Snicket (1999)

Lemony experiences parental death very young; the whole series is influenced by these critical losses.

The Book Thief

Markus Zusak (2008)

A must book for any age; gripping, insightful and educational especially about the presence of death when all those around you are dying.

Siblings

After Iris: The Diaries of Bluebell Gads

Natasha Farrart (2015)

A tender, poignant, funny and heart-warming book about losing a sibling.

Two Weeks with the Queen

Morris Gleitzman (1989)

Fictional story about losing a brother. One of the best books ever.

The Thing with Finn

Tom Kelly (2007)

Poignant fictional story about a boy losing his twin brother and finding his way through grief. A must.

Wenny has Wings

Janet Lee Carey (2005)

Beautiful novel about Will's near death experience, his sister Winny who did die and survivor guilt.. Highly recommended.

Charlie and Me

Mark Lowery (2018)

Story of a brother dying and of Martin's very special way of letting go yet keeping Charlie in his mind, in his way in his time. A special, very well written book.

The Coat I Wear

Mel Maxwell

Outstanding book based on the loss of the author's sister using metaphor of a coat for grief. Everyone should have this book.

The Dragonfly Story

Kelly Owen (2018)

A beautifully created story explains death and the concept of heaven to children in simple terms using an adaptation of the popular fable of how brown bugs transform into beautiful dragonflies.

What on Earth do you do when someone dies?

Trevor Romain (1999)

Brilliant small cartoon book addressing some of the questions children have after a death. Comforting and compassionate.

Michael Rosen's Sad Book

Brilliant and poetic book, illustrated by Blake, talking simply about the sad feelings following death, informed by his own experience of the loss of his son. Genius-for all ages.

The Truth About Martians

Melissa Savage (2020)

Mylo is desperate to be as brave as his older brother, who died a year ago. It includes science fiction and aliens.

THE GRIEF DOCTOR

Grandparents

Goodnight, Mr Tom

Michelle Magorian (2014)

Beautiful story of a young boy's relationship with an older person.

Friends or Special People

Remembering Lucy

Sarah Helton (2017)

A story of loss of a friend

Gaby's Angel

Janet Hogarth

A story of sadness and hope about losing a friend.

Isaac & The Red Jumper

Amanda Seyderhelm (2012)

Charming book about the loss of a friend.

Pet Loss

Lucy Lets Go

Linda Goldman

(and her other work)

Fred

Posy Simmonds(2014)

Classic with humour cartoon book about a cat that dies.

Pre-bereavement

Who Will Love Me When You're Gone?

Anna Friend and Jake Biggin (2021)

Little Heart series to support families through traumatic events.

Before I Die

Jenny Downham (2007)

Teen fiction book about a young girl facing her death, reminding us to seize the moment

The Gentle Willow

Joyce C. Mills (1993)

A gentle story for children about a tree dying.

Oscar and the Lady in Pink

Eric-Emmanuel Schmitt (2008)

Brilliant book about a teen and the last days of his life.

Grief Reads for Older Ones

Tiger Eyes

Judy Blume (2011)

Moving story of Davey following her father's death by murder. She's met by Wolf, whose father is also dying, when he recognises the sadness in her eyes. The book ends on an optimistic note that they we going to be alright.

Millions

Frank Cottrell Boyce (2004)

Moving, funny, brilliantly clever book about what two boys got up to after their Mum's death. Now, a major film directed by Danny Boyle.

Lucas

Kevin Brooks (2014)

Brilliant fictional account of life following the death of a mother and falling in love. Deeply insightful. A must read.

Solace of the Road

Siobhan Dowd (2010)

A poignant fictional story of a young girl left bereft and in care. Excellently written by author who since died young.

The Lost Boy's Appreciation Society

Alan Gibbons (2004)

THE GRIEF DOCTOR

Quality writing which addresses difficult issues with care and understanding.

The Fault in Our Stars

John Green (2013)

An insightful, bold, sometimes irreverent raw story of young people facing death, life and loss. Now, a film.

Ostrich

Matt Greene (2013)

Truly engaging humorous take on facing own life-limiting illness. Difficult read, adult themes.

A Monster Calls

Patrick Ness (2012)

Incredible book and major film written by Patrick Ness, based on an idea by the late Siobhan Dowd. 13yr old Connor devastated and isolated finds no-one wants to talk openly about his mother dying, until the monster appears in his life and he is able to find the courage, encourage the adults to face the truth and say goodbye to his mother. Unmissable.

My Sister Lives on the Mantelpiece

Annabel Pitcher (2013)

Moving, sad, yet uplifting story of the death of a twin sister and brother following a terrorist attack.

Grief Is The Thing With Feathers

Max Porter (2015)

Through the narrative of Dad and two brothers and Crow, the story of Mum's sudden death and how they create their new family of three is masterfully and intelligently told. Max's Dad died when he was 6, which allows the book it's deep insights into the complex and paradoxical world of grief.

Long Way Down

Jason Reynolds (2018)

Revenge after the murder of a brother, written for teen boys who hate reading. Outstanding.

The Lovely Bones

Alice Sebold

A more adult version of the Deep Blue Yonder, with 14 year old Susie telling her story after her death. Now, a major film.

The Great Blue Yonder

Alex Shearer (2002)

Brilliant story for 11-15yr olds about a boy in limbo following his fatal road accident and how he finishes his unfinished business on earth. Unmissable.

The Blackwater Lightship

Colm Toibin (1999)

Exceptionally writing from the front rank of modern fiction writer; an intelligent and insightful story about the deep and long-lasting impact of a father's death on a family. Short listed for Booker Prize.

Vicky Angel

Jaqueline Wilson (2000)

Famous author addresses the difficult issues of a friend's death in her usual competent way. Excellent.

General Non-fiction

The Owner's Manual for Driving your Adolescent Brain

Deak and Deak (2017)

Great explanations and brilliantly illustrated by Freya Harrison.

Teenage Guide to Life & Death

Gilbert (2014)

Guide for teens on how to cope with life after someone special dies.

See www.griefencounter.org.uk

The Incredible Teenage Brain

Hohnen, Gilmour & Murphy (2002)

THE GRIEF DOCTOR

New insights into how the teens brain works and ideas of support strategies for parents. Not trauma or grief focused, but nonetheless useful read.

Helping Your Kids With Growing Up

Ed Robert Winston (2017)

Interesting, well-illustrated, up-to-date, fact based holistic explanations to teens and how they grow up. Not trauma focused, but recommended.

Grief Reads For Your Shelf

Tuesdays with Morrie

Mitch Albion (1997)

Moving account of Morrie's last days as told to his former student. Morrie mentions that you grieve for your mother until your last days. So true.

Levels of Life

Julian Barnes (2014)

A poignant insight into the reality of grief from his heart by one of the UK's greatest writers; anyone who has suffered loss should read it. Often searching for the language of grief, it can be discovered here.

The Grief Survival Guide

Jeff Brazier's (2017)

A real bible for different kinds of bereavement. Jeff never imposes but encourages responses with his reflective questions. He leads discussions on all things grief, including goodbyes, silent grief, the longevity of grief, blame, unhelpfulness and memory making. Accessible, insightful, intelligent and unmissable.

Your Child Year by Year – 3 - 14

Tanya Byron (Foreword)

Interesting book by experts on child development.

It's Raining and it's Happy

Ben Brookes Dutton (2014)

Unmissable and amazing book about the loss of his wife Des and bringing up his son Jackson as the unexpected and unwanted role as a widower. The book is based on Ben's fantastic *lifeasawidower* blog.

Motherless Daughters

Hope Edelman's

Ground-breaking, empathic, insightful work.

When Bad Things Happen to Good People

Harold Kushner (1982)

Some finding this a comforting book, with his wisdom following the death of his son.

Life of Pi

Yan Martel (2002)

The story of 16yr old Pi's survival against all odds in a lifeboat with a Tiger, following the sinking of a cargo ship with his parents and brother on board. Martel's writing offer us deep insights into what it is like to experience the death of your parents and sibling, left living with the fear of death as your constant companion. How caught in grim and exhausting opposites, you find happiness where you can. Exceptional novel, that stays with you long after the final page. Also, a major film.

In the Blood

Andrew Motion (2006)

Autobiographical story about the day his childhood ended following the tragic death of his mother. Beautifully written by one of our great Poet Laureates. Wonderful.

Toast

Nigel Slater (2004)

Award winning, exquisitely written memoir of his childhood experience which included losing his mother. This all told through food, by Britain's best loved food writer and laced with humour. Now, a major film and modern classic.

THE GRIEF DOCTOR

Blue Sky of Autumn

Elizabeth Turner (2011)

Amazing story of her journey through traumatic grief after her British husband was killed in the 9/11 terrorist attack. Her way through grief, from being pregnant with their son William to being able to stand tall and help others.

How Dare the Sun Rise?

Sandra Uwiringiyimana (2017)

Is an exceptional account of love and loss of her sibling through her experience of genocide, being a refugee as a young child, and growing up with sibling loss in the USA.

How Not To Be a Boy

Robert Webb (2017)

Simply brilliant and entertaining memoir of his childhood, highlighting the impact of the loss of a sibling and a dying and dead mother.

Goodbye, Dearest Holly

Kevin Wells (2005)

Tears on every page for this inspirational book about the Wells' family recovery following the murder of their beloved daughter Holly in Soham. Absolutely remarkable eloquent writing, depth, and honesty from an ordinary family propelled into extraordinary circumstances.

Grief Reads Too Good to Leave Off the List

Language of Loss

Sacha Bates (2020)

Beyond sad yet truly comforting account of psychotherapist's grief journey.

Fun Home

Alison Bechdel (2006)

Premature death told cartoon style; brilliant.

Hyperbole and a Half

Allie Brosh (2013)

Another cartoon style (about depression); brilliant.

Veronika decides to Die

Paulo Coelho (2014) and his collection. Exceptional.

Snake Oil

John Diamond (2001)

Husband of Nigella Lawson's account of facing his death, leaving his children.

Inside The Wave

Helen Dunmore, Poet.

Poet facing her own death. Exceptional.

Thinking Out Loud

Rio Ferdinand (2018)

Lacerating but necessary account of the loss of his wife and being a single parent from international footballer.

Being Mortal

Atul Gawande (2015)

Clear look at death and dying in our society. Highly recommended.

Sweet Dreams, Little One

Massimo Gramellini (2012)

Autobiographical well-written story of loss of Mum from a child's perspective.

Living when a Loved One has Died

Earl Grollman (2002)

Oft sent to a widow/widower.

A Fan for All Seasons

Jon Harvey (2023)

Inspiring writing following a sportsman's loss of his brother: the day it all changed.

Mummydaddy

Jeremy Howe (2011)

THE GRIEF DOCTOR

Autobiographical well-written story of wife/mum loss.

I Had a Black Dog

Matthew Johnstone (2007)

Exceptional, illuminating and moving book about depression, which can be used to describe how grief feels. One of my absolute favourites.

When Breath Becomes Air

Paul Kalanithi (2008)

Astounding account written by a dying neuroscientist

A Grief Observed

C S Lewis

Deeply moving, oft quoted, account of Narnia author's grief.

Sister

Rosamund Lipton

Fictional account of sibling death is insightful, accurate and well-written.

Feeling Like Crap

Nick Luxmoore (2008)

Shares his work with teens in a group.

Living on the Seabed

Lindsay Nicholson (2005)

Autobiographical well-written story of husband/dad loss.

The Boys are Back

Simon Carr (2009) & major Clive Owen

Film Autobiographical well-written story of wife/mum loss.

My Wife said you may want to Marry Me

Jason Rosenthal (2020)

An inspiring memoir of life, love, loss, and new beginnings.

Grief Works

Julia Samuels (2018)

Grief stories by a leading expert psychotherapist and CBUK's groundrock.

Option B

Sheryl Sandberg

An iconic figure as Facebook CCO, she tells her widow's story; fabulously motivational.

With you every step (and subsequent)

Rob Burrow & Kevin Sinfield (2023-)

Wonderful writings about "big men don't cry" of losing true male friendship.

The Book of Nuggets

Compiled by Juliet Solomon (2023)

Wisdom quotes from many, including Shelley Gilbert (P122).

Wave: A Memoir of Life After the Tsunami

Deraniyagala, Sonali

What it says on the tin-moving, accurate and interesting.

Billy, Me & You

Nicola Streeten

Cartoon style book about the loss of a child.

The Art of Making Memories

Meik Wiking (2019)

Hygge happiness Dane, inspiring writing.

Losing Young

Rachel Wilson (2023)

Inspiring writing based on her lived experience of the death of her mother when she was in her twenties, and how it reshapes your life.

THE GRIEF DOCTOR

Grief Reads for Professionals

Healing with Stories

George W. Burns (2007)

Packed full of stories to use therapeutically.

Working with Bereaved Children and Young People

Brenda Mallon (2010)

Expert in her field, Brenda shares much of her knowledge.

The Day the Sea Went Out & Never Came Back.

Margot Sutherland (2003)

Delightful, classy books; whole series recommended.

Bad Stuff in the News

Gellman & Hartman (2002)

Highlight where children get their news; handling the headlines.

The Art of Making Memories

Meik Wiking (2019)

The Hygge happiness campaigner gives us wisdom about creating and using memories, old and new.

Letters to My....series

Lea Redmond (2019)

www.leafcuttersdesigns.com

Interactive Book Resources

Grief Book

Shelley Gilbert (2024) griefdoctor, griefencounter

The best interactive book supporting children through grief's journey by using creative activities.

A Bible of all grief knowledge.

Love Will Never Die

Clare Shaw (2017) cskidsbooks.com

One of our most used interactive resources for the under-5s. Delightful.

The Snowdrop Tree

Emma Lou Rowe (2024) slideaway/wildwellies

Fantastic new interactive book supporting children by using the outside.

THE GRIEF DOCTOR

A Therapeutic Treasure Box

Karen Treisman (2018)

Full of creative techniques and Activities & therapeutic toys with accompanying books designed by Dr Karen Treisman, A Therapeutic Treasure Box available from Treisman Treasures

www.safehandsthinkingminds.co.uk

My Grief Handbook

David Trickey, Beck Ferrari and Olivia Clark-Tate.

For teens, user-friendly and full of informed ideas to help young people through their journey of grief. Highly recommended.

Teen Guide to Getting on with Life after Death

Dr Shelley Gilbert, the grief doctor (2024) www.thegriefdoctor.co.uk

For teens, excellent booklet which does what it says in the title! Written by Shelley, yet based on the lived experience of hundreds of bereaved young people.

Games

Facing Feelings

A creative game that helps kids to explore feelings in a fun & creative way using drawing, games, conversations and improvisation. Fantastic resource: available from www.facingfeelings.co.uk

Expressing Grief in the Digital Age

In today's world, technology offers a variety of tools that can help us share our emotions, memories and thoughts, sometimes without needing to say a single word. Exploring these options together can be a meaningful way to support each other during the grieving process. It's important to approach these tools with caution, particularly with younger children, to ensure they are used safely and positively. Here are some ways to express grief online:

Social Media Platforms: Sites like Facebook, X (formerly Twitter) and Instagram allow you to share memories, photos and thoughts with friends and family. These platforms also provide spaces to create tribute pages or groups to honour loved ones.

Snapchat and Tik Tok: Short videos and stories on these platforms can capture fleeting moments of joy or remembrance, offering a creative outlet for expressing emotions.

Memes and Emojis: These visual tools can sometimes convey complex feelings more easily than words. Creating or sharing a meme or selecting the perfect emoji can be a powerful way to express what you're going through.

THE GRIEF DOCTOR

Tribute Sites: Websites dedicated to memorialising loved ones can be a place to share stories, photos and messages of support with others who are grieving.

Avatars and Virtual Reality: Creating a digital representation of yourself (an avatar) or exploring virtual worlds can provide a unique space for reflection and connection, especially in moments when you need a safe place to process feelings.

Interactive Holograms and 4D Films: Emerging technologies like these offer immersive experiences that can evoke powerful memories and emotions, providing a different way to connect with the past.

Virtual Memory Boxes/Lockers: These digital spaces allow you to store and organise photos, videos, letters and other mementos in a way that's easily accessible and shareable with others.

Apps

Apart of Me

Download the app to embark on an adventure. Amazing.

Smiles & Tears

Developed by Nelson's Journey, this app is targeted at young people (ages 0-17) who have experienced the loss of a loved one. It offers interactive features like recording memories, virtual gifts, and managing emotions.

Podcasts, Log On and Follow...

Grief Out Loud (The Dougy Center)

This podcast shares stories about grief and loss, featuring interviews with children and adults who are navigating bereavement.

Griefcast

Comedian Cariad Lloyd's is a fantastic gathering of grief and loss podcasts, particularly Shelley Gilbert on Ep 41!

Follow **Jeff Brazier** on X.

Life as a Widower, Ben Brookes Dutton's blog is fantastic.

www.whatsyourgrief.com: wonderful, sharing website.