

## **Books and resources – KS1**

The suggestions below are suitable to use with young children to introduce the life cycle including the end of life, or to use when someone they know has died. Books can help children experiencing loss make some sense of confusing and sad emotions. They can also help children to feel less alone. Different books can be selected, appropriate for individual circumstances.

### **General books**

#### **I Miss My Sister by Sarah Courtauld**

A young girl's sister has died and the impact on her and her family is sensitively illustrated with minimum text. Designed to be shared with an adult, it will help to start conversations, answer questions and allay any fears.

#### **Missing Mummy by Rebecca Cobb**

Beautifully illustrated and with moments of wonderful warmth, this is a touching, honest and helpful book about the death of a parent. With minimum text, it touches on some of the worries and fears that a young child may have after a death, offering reassurance and hope.

#### **When your mum or dad has cancer by Ann Couldrick**

This is a useful booklet for younger children (7+) to teenage children. It has an introduction for parents but then explains cancer in a simple way children can relate to. It also covers many questions children ask such as whether the person will die and what exactly happens, but tackles the answers with insight and honesty.

#### **The secret C by Straight Talking About Cancer by Julie Stokes and Vicky Fullick**

This illustrated guide for children provides a sensitive introduction for a child when a parent, sibling or a person close to them is diagnosed with cancer. It is aimed at children aged 7 to 10 years and will work best when an adult is present to expand on the simple messages in the text.

#### **Badger's Parting Gifts by Susan Varley**

**(also available in Urdu and Arabic)**

When old badger dies, his friends think they will be sad forever. Gradually they are able to remember Badger with

#### **Josh – coming to terms with the death of a friend by Stephanie Jeffs and Jacqui Thomas**

Josh's friend Max has died. The book explains with simple clarity not only what happens to the body of a dead person but also the Christian belief that we will be safe in heaven.

#### **The Lonely Tree by Nicholas Halliday**

A story based on the life cycle in the natural world. The young tree is sad when his old friend the Oak dies but Spring brings joy to the little tree.

#### **Lifetimes by Bryan Mellonie and Robert Ingpen**

A beautifully illustrated book which aims to help parents/ teachers explore the subjects of life and death.

### **Dogger by Shirley Hughes**

A sensitively written story, with which adults and children will identify. It is about a little boy who loses his favourite toy 'Dogger' and describes his feelings and responses as a result. Useful as a gentle introduction to the subject of loss.

### **Heaven by Nicholas Allan**

While he is waiting for the angels to collect him, Dill the dog explains to Lily what he thinks heaven is like: hundreds of lampposts to pee against, lots of whiffy things to smell and bones everywhere. Lily completely disagrees. Luckily, they agree to disagree just in time for a poignant, last goodbye.

### **Waterbugs and Dragonflies by D Stickney**

Written from a Christian perspective, this book can be used to help explain the concept of death to young children. The story illustrates that death is inevitable, irreversible but natural. It is presented as something sometimes difficult to understand but a happy experience for the deceased.

### **When Uncle Bob Died by Althea**

A helpful book which in a simple way explains the facts surrounding death. It is honest but reassuring. A good book to read to a young child to prepare them for the death of someone close. Realistic illustrations.

### **When Dinosaurs die: A Guide to Understanding Death by Laurence Krasny Brown and Marc Brown**

The authors explain in simple language the feelings people may have regarding the death of a loved one and the ways to honour the memory of someone who has died.

### **What does dead mean? By Caroline Jay and Jenni Thomas**

Available Jessica Kingsley [www.jkp.com](http://www.jkp.com)

A beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying. Suitable for children aged 4+, this is an ideal book for parents and carers to read with their children, as well as teachers, therapists and counsellors working with young children.

### **We will meet again in Jannah by Zamir Hussain**

This book helps children make sense of their experience following the death of a sibling and can be a valuable resource for schools in the field of bereavement care for pupils. Lesson plans can be customised according to the topic and activities adapted around the needs and backgrounds of the children. As the children work through the book they will learn about the Islamic perspective on death.

### **Remembering by Dianne Leutner**

A workbook for children when someone important to them has died. Sensitively illustrated, it will help a child to talk about their memories and make some sense of how they are feeling.