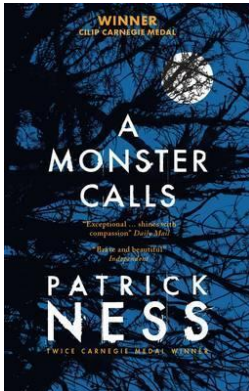


Bereavement and Loss Resources

(held in the Education Department of the Diocese of Chelmsford)

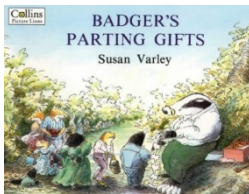


A Monster Calls

Patrick Ness

A novel and film about love, loss and hope from the Carnegie Medal-winning author Patrick Ness.

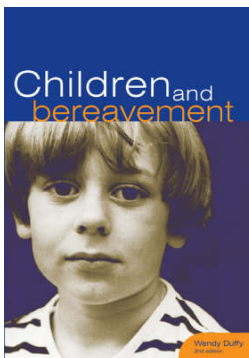
Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.



Badger's Parting Gifts

Sue Varley

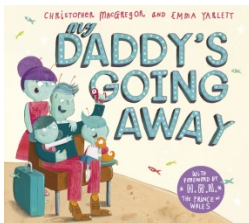
The tale of a dependable, reliable and helpful badger who realises that his old age will soon lead to death. His friends learn to come to terms with his death in an enchanting tale. With full colour illustrations throughout.



Children and Bereavement

Wendy Duffy

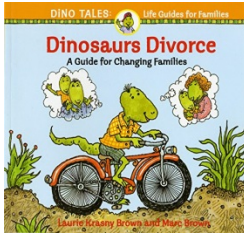
Children and Bereavement is essential reading for parents, teachers, clergy and others who may be involved in helping a child or teenager comes to terms with a death. The lives of thousands of children are affected by bereavement every year. This sensitive guide examines the needs of bereaved children of different ages, their reactions to death, and the stages of their grief. Written in non-jargon language, it provides clear, accessible information and stories of real situations. It also includes a section on dealing with tragic events.



Daddy's Going Away

Christopher MacGregor & Emma Yarlett

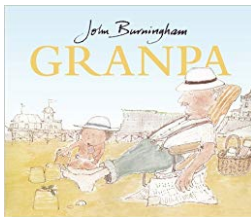
Written by Lieutenant Colonel Christopher MacGregor and based on his own experiences of going away from home, this comforting, wise book helps to explain why parents sometimes have to go away and shows ways to help children cope.



Dinosaurs Divorce

Laurie Rasky Brown & Marc Brown

A colourful, informative book to help children understand divorce. Described by the School Library Journal as |a real 'security blanket, this comforting book explains: what divorce words mean; why parents divorce; how to live with one parent and visit the other; how to have two homes, how to tell you friends; how to accept new stepsisters and stepbrothers; and many more issues and topics that arise in divorce situations.



Granpa

John Burningham

Granpa nurses his granddaughter's dolls, mistakes her strawberry-flavoured pretend ice-cream for chocolate, takes her tobogganing in the snow, and falls in with her imaginary plans to captain a ship to Africa, like all good Granpa's should. It is a friendship that children who read this book will long remember.



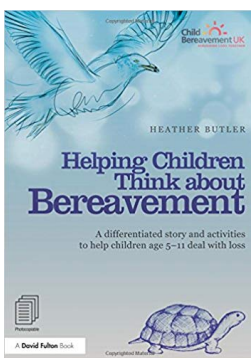
Helping Children Cope with Change and Loss

Rosemary Wells

Advice for parents struggling to help their children cope with the changes they are facing in their lives.

- The book will help families through particularly stressful times
- Takes a gentle approach, explaining and discussing types of change and making suggestions

Children face all sorts of changes at various points in their lives, an almost inevitably find this change stressful and frequently difficult. This book discusses different sorts of change and suggests ways in which parents can help children cope with it successfully, whether it is moving house, gaining a step parent, going to big school, or even winning the lottery.



Helping Children Think about Bereavement

Heather Butler

Each year, 3,000 children and young people between the ages of 1 and 19, die as a result of illness or accident. Around 5% of children will have experienced the death of a parent by the time they are 16. Statistics indicate that up to 70% of schools have a bereaved pupil in their care at any given time.

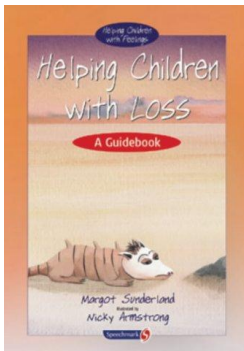
Helping Children Think about Bereavement provides a four part differentiated story and activities to help normalise death and allow children to develop emotional literacy to talk about it. The author, along with Child Bereavement UK have devised activities and guidance for teachers on how to use the story to develop children's emotional literacy and prepare them for bereavement; whether it affects them personally or through a friend's bereavement. This book also offers support for teachers and parents outlining how children's understanding of death develops and what can be

helpful in supporting bereaved children.

The story is presented at different levels:

- for children aged 9-11
- for children aged 7 -9
- for children aged 5-7
- for children who speak English as a Second Language
- for children in Early Years or with Learning Difficulties

Details surrounding death and its aftermath are not always readily talked about or well handled. When it does happen, children need to be able to express themselves and know that their feelings are a normal part of grieving. This book is an invaluable resource for all key stage one and two teachers, teaching assistants and anyone who is involved in bereavement training.



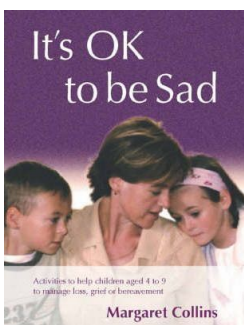
Helping Children with Loss (A Guidebook)

Margot Sunderland

This is a guidebook to help children who:

- are suffering from the pain of loss or separation from someone or something they love deeply
- have had a parent, relative or important friend leave or die
- are obsessed with their absent parent
- have lost someone they love, but have never really mourned
- are trying to manage all their painful feelings of loss by themselves
- feel that they have lost the love of someone they love deeply
- are suffering from separation anxiety
- and are adopted or fostered children who miss their birth parent terribly.

Helping children with loss using this engaging story and practical guidebook you can help children suffering from the pain of loss or separation. They may be: grieving for the death of a parent, relative or important friend; obsessed with an absent parent; struggling to mourn a loss; trying to manage all of their painful feelings by themselves; suffering from separation anxiety; and adopted or fostered children who miss their birth parent.



It's OK to Be Sad

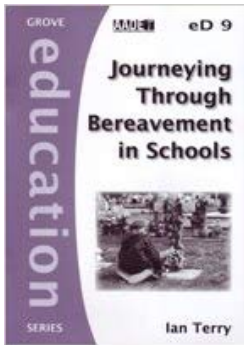
Margaret Collins

Using stories about life events, Margaret Collins focuses on the needs of 4-9 year olds, and the ways in which they can express concerns, anxieties and grief. She also provides helpful advice for children and adults about how to help others when they are experiencing such difficulties' - SENCO Update

When a child faces a problem with health or disability we are quick to offer support or change our expectations. Sadness, distress, anxiety, whether transient or long-term, can have significant effects on every child but they are invisible and the support or adjustments might not be in place. In this resource Margaret uses stories about 20 different life events to:

- illustrate the range of feelings
- give permission for the expression of feelings
- encourage empathy towards others
- demonstrate that loss is a common experience for us all.

The work balances an acknowledgement of the need to express sorrow and sadness with an opportunity to consider how to do something that is positive for oneself or helpful to others.



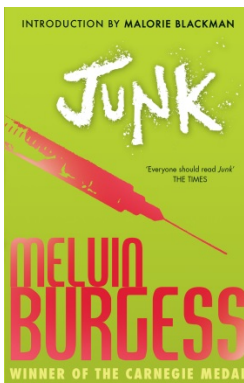
Journeying Through Bereavement in Schools

Ian Terry (Grove Book)

What to do when a pupil, parent, teacher or grandparent dies? Does everyone react in the same way to a death? What prayers could we use? What books could we refer to? What might the bereavement journey feel like?

This study explores these questions and much more. There is a wealth of resources contained here for helping schools provide appropriate support for those who are grieving.

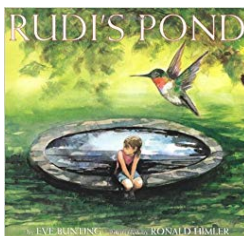
Potential audience: Headteachers, teachers, clergy, governors, Diocesan Education Officers



Junk

Melvin Burgess

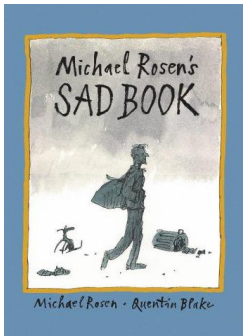
Tar loves Gemma, but Gemma doesn't want to be tied down. She wants to fly. But no one can fly forever. One day, finally, you have to come down. Melvin Burgess' most ambitious and complex novel is a vivid depiction of a group of teenagers in the grip of addiction. Told from multiple viewpoints, *Junk* is a powerful, unflinching novel about heroin. Once you take a hit, you will never be the same again.



Rudi's Pond

Eve Bunting

A gently told story of friendship, loss, and hope. A little girl reminisces after the death of her best friend and classmate . . . This simple book shows the comfort to be found in the support of family and friends as well as in remembering."--"School Library Journal.

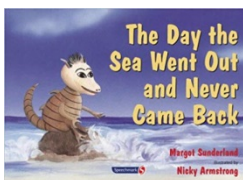


Sad Book

Michael Rosen

A heartbreakingly honest account of a father's grief for his son from the illustrious pairing of two former Children's Laureates.

Very occasionally the term non-fiction has to stretch itself to accommodate a book that fits into no category at all. Michael Rosen's *Sad Book* is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain. It wasn't made like any other book either; Michael Rosen said of the text, " I wrote it at a moment of extreme feeling and it went straight down onto the page ... Quentin didn't illustrate it, he 'realized' it. He turned the text into a book and as a result showed me back to myself. No writer could ask and get more than that." And Quentin Blake says that the picture of Michael "being sad but trying to look happy" is the most difficult drawing he's ever done... "a moving experience."

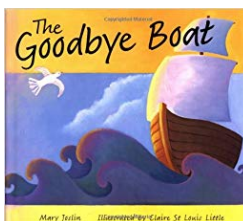


The Day the Sea Went Out

Margot Sunderland

The Day the Sea Went Out and Never Came Back is a story for children who have lost someone they love. Eric is a sand dragon who loves the sea very much. Each day, he watches it going out and coming back. His sea is beautiful indeed to him. But one day, the sea goes out and does not come back. Eric waits and waits, but it does not come back. So he falls on the sand in terrible pain. It feels to him as if he has lost everything.

After many bleak days, Eric sees a little wild flower. It is dying. Eric knows he must save it. He finds water. More and more flowers appear and so Eric starts to make a beautiful rock pool garden. And as he does, he finds the courage to feel the full pain of his loss, instead of closing his heart. He realises that his memories of his precious sea are like a special kind of treasure in his mind, a treasure he will never lose.

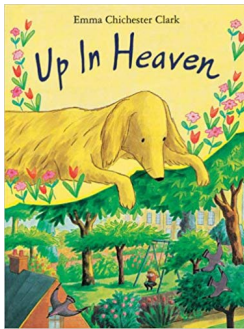


The Goodbye Boat

Mary Joslin & Claire St Louis Little

Saying goodbye to someone you love is always hard. Saying goodbye when someone you love dies is perhaps the hardest thing of all.

Joslin's simple, thoughtful text and Little's evocative illustrations explore the pain and grief of saying goodbye and open the door to discussion for readers of any age. The Goodbye Boat provides a message of hope that sadness will ease and comforts with the reassurance that death is not the end.



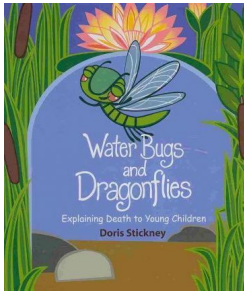
Up In Heaven

Emma Chichester Clark

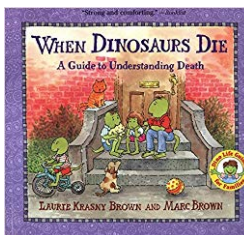
Elderly Daisy can't keep up with Arthur any more, and then one day she wakes up to find herself in heaven! How marvellous - now she no longer feels tired or ill, and she can run as fast as she used to! But she worries about Arthur because he is so miserable, and so she sends him dreams to show him where she is, and how happy she is now. One of the questions children regularly ask is: 'Do dogs go to heaven?' This unusual book provides the dog's answer, with the sure lightness of touch and deft storytelling that we have come to expect from this author: it may well move you to tears.

Water Bugs

Doris Stickney



How can we answer the many questions young children have about death? Doris Stickney and her minister husband were looking for a meaningful way to explain to neighbourhood children the death of a five-year-old friend -- an explanation that would satisfy not only the children but adult minds as well. While they were preparing for the child's memorial service, the fable of the water bug that changed into a dragonfly came to mind. "Water Bugs and Dragonflies" tells the story of a small colony of water bugs living happily below the surface of a quiet pond. Every so often one of them climbs up a lily stalk and disappears from sight, never to return. Those left behind are faced with the mystery of figuring out what has become of them. Revealing the "miracle that makes shiny dragonflies out of ugly bugs", this graceful story reminds us that God has given us the means of transforming our metaphorical selves into dragonflies capable of winging off contentedly into a new world. Recognizing that "the old answers will not satisfy today's children", Stickney presents instead a simple, wise tale that illuminates a difficult reality without pretending to contain all the answers.



When Dinosaurs Die

Laurie Rasky Brown & Marc Brown

No one can really understand death but to children, the passing away of a loved one can be especially perplexing and troublesome. This is true whether the loss is a classmate, friend, family member or pet. Here to offer advice and reassurance from some very wise dinosaurs. This succinct and thorough guide helps dispel the mystery and negative connotations associated with death, providing answers to some of the most-often asked questions and also explores the feelings we may have regarding the death of a loved one and the ways to remember someone after he or she has died.

Leaflets, Packs and DVD

A Child's Questions About Death

Dignity Caring Funeral Services

Child Bereavement UK Rebuilding Lives Together Pack

(Schools' Information Pack)

Child Bereavement UK Rebuilding Lives Together

Booklists for Early Years, KS1, KS2, KS3/4 and beyond, SEN

Coping with Bereavement - A Resource Pack for Schools

Diocese of St Albans

Help When You Need It Most

Samaritans

When a Child Grieves (DVD)

Child Bereavement Charity

When your Partner Dies: Supporting Your Children

Child Bereavement Charity

When Somebody Dies ...

Rainbows Bereavement Support

When Someone Special Dies for Children Under 7

Child Bereavement UK

When Someone Special Dies for Children 7 – 11

Child Bereavement UK