

Books about grief

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As a consequence of our recent experiences with grief and loss at Kilparrin , we have purchased some literature appropriate to our learners and as staff references.

I have provided a brief summary of some of these resources for your information.

Children's Literature

Beginnings and endings with lifetimes in between by B Mellonie & R Ingpen, Puffin Books, 1983 (\$16.95)

The message in this illustrated book is that there is a beginning and an ending to everything that is alive. In between is a lifetime that can be short or long.

Little Tree: A story for children with serious medical problems (2nd edition) by JC Mills, Magination Press, 2003 (\$21.95)

Little tree is a story of hope and inspiration for children with serious illness or injury. For parents , the book contains valuable guidance on its use. (reference back cover blurb).

When Dinosaurs die: A guide to Understanding Death by LK Brown & M Brown, Little, Brown & Co books for young readers 1998 (\$16.95)

This brightly illustrated book covers a range of topics such as; what does alive mean? What does dead mean? Feelings about death , saying goodbye. These topics are covered from culturally diverse perspective and the book is written so that topics can be dealt with one at a time or as a whole.

I wish I could hold your hand: a child's guide to grief and loss by Dr P Palmer, Impact Publishers, 2000 (\$14.95).

This warm and comforting book gently helps grieving children identify their feelings- from denial and anger to guilt and sadness- and learn to accept and deal with them. The expressive illustrations and simple, direct writing help children discover that it is normal and natural to feel the pain of loss and that they can help themselves feel better. (Reference: back cover blurb)

Activity Books for Sharing

Children Also Grieve : Talking about death and healing by L Goldman, Jessica Kingsley Pub, 2006 (\$34.95)

Children also grieve opens the discussion of grief related issues with vocabulary that children can understand. The storyline is simple and characters are familiar to children, and Henry (the family dog) explains his thoughts and feelings about the death of grandfather in child friendly terms. The book includes activities to assist children to talk about their feelings and provides suggestions about concrete ways that can assist children to deal with their feelings (e.g creating memory books or boxes).

The final section of the book is written for adults and provides a theoretical basis for the story and suggested activities.

Help me say goodbye : activities for helping kids cope when a special person dies by J Silverman, Fairview press 1999 (\$15.95)

This workbook is suitable for classes or families to use as a way of remembering a special friend or relative. It can also be used to support children and their parents in working through their grief.

When someone very special dies: children can learn to cope with grief by M Hegard, Woodland Press, 1998 (\$19.95)

This book is designed for children to use their illustrations to learn some basic concepts about death and to recognise and express feelings of grief when someone special dies.

Muddles, Puddles and Sunshine: Your activity book to help when someone has died by D Crossley, Winton's Wish 2000 (\$23.95)

This colourful book is filled with activities for children to undertake to help them understand more about their experiences when a family member dies or their thoughts and feelings when someone special in their life dies. The book includes guidelines for adults.

Reference Books

Healing a Child's Grieving Heart: 100 practical ideas for families, friends and caregivers by Dr A D Wolfelt, Companion Press , 2001 (\$21.95)

A Child's View of Grief: A guide for parents , teachers and counsellors by Dr A D Wolfelt, Companion Press, 2004 (\$14.95).

What on Earth do you do when Someone Dies? By T Romain, Free spirit Pub., 1999 (\$16.95)

Helping Children Cope with their loss of a loved one: A guide for grown ups by Dr WC Kroen, Free Spirit Pub. 1996 (\$26.95)