# **Booklist and Resources**

We have given brief details about the books but please check first to see if they are suitable for the child that you are supporting.

This list is not definitive as new books and resources are being published regularly. It is work checking on websites such as Waterstones and Amazon for new releases. Resources for teens are not as widely available as for under 11s however you may find some of the resources on the under 11s book list suitable for young people in year 7 or who have additional needs.

# **Books for Professionals Supporting Children**

## Supporting Children Through Grief And Loss: Practical Ideas And Creative Activities For Schools And Carers

## Anna Jacobs Hinton House Publishers; 1st edition (1 Feb 2013) ISBN-10: 1906531536

A wealth of advice and helpful suggestions for those helping children through bereavement and loss. Children who experience loss through death or separation need support and understanding, both at home and at school. We often struggle to know what to say and how to provide this support. Staff in schools need to understand what to say and what to do, what might help and even what might not, and how to work with families. This book gives an overview of different behaviours you may encounter in school and how to respond, as well as discussing questions children may ask and how to answer them. Children's understanding of death varies according to stage of development and the author provides guidance on age-appropriate, honest responses along with a toolkit of creative and arts activities to help children examine and understand their emotions, physical feelings and memories.

## Grief Encounter Workbook

## *Shelley Gilbert : Grief Encounter Project; 3rd edition ( Jun 2014*) ISBN-10: 0954843401

A workbook to encourage conversations with children, young people and adults about death. Grieving is hard work, especially for parents and children in deep grief. The upward spiral of grief replaces stages theory and allows time for people to adjust to the fact that someone special has died. The book is full of creative activities and offers incredible comfort to mourners-old and young.

## You Just Don't Understand: Supporting Bereaved Teenagers (Winstons Wish) ISBN-10: 0955953952

Available from Winston’s Wish- a good resource for adults

# **Books for Teens**

## Weird is Normal-When-Teenagers-Grieve Jenny Lee Wheeler (15 Mar 2011)

ISBN-10: 9780981621982

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. Weird Is Normal When Teenagers Grieve is unique because it is a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one.

## The Grieving Teen: A Guide for Teenagers and Their Friends Helen Fitzgerald( 25 Sep 2000) ISBN-10: 0684868040

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. Writing not only about but also for teenagers

## Journal for Teens Dealing With Grief (Teen Journals) ISBN-10: 9781974168828

Three (3) month journal for teens dealing with grief, death, and other loss. Features - Three (3) months of journal entry pages - Goal tracking - Monthly review - Daily questions - 15 relaxing colouring sheets

## Supernormal: The Secret World of the Family Hero Meg Jay ( 15 Jan 2019) ISBN-10: 145555913X

Whether it is the loss of a parent to death or divorce; bullying; alcoholism or drug abuse in the home; mental illness in a parent or a sibling; neglect; emotional, physical or sexual abuse; having a parent in jail; or growing up alongside domestic violence, nearly 75% of us experience adversity by the age of 20. But these experiences are often kept secret, as are our courageous battles to overcome them…..Marvellously researched and compassionately written, this exceptional book narrates the continuing saga that is resilience as it challenges us to consider whether -- and how -- the good wins out in the end.

## Grief Recovery for Teens: Letting Go of Painful Emotions with Body-Based Practices (Instant Help Solutions) ( 28 Jun 2017) ISBN-10: 1626258538

Grief can affect both body and mind-and teens dealing with grief may not know how to work through grief in healthy ways. In this helpful and healing guide, the director of the Children's Grief Connection offers help for teens dealing with the physical aspects of grief and loss. This book utilizes somatic, body-oriented skills to help teens know how and why their bodies are reacting to grief, as well as ways to relieve anxiety and confusion and begin the healing process.

## **The grieving process:** Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day by Ty Alexander ( 13 Sep 2016) ISBN-10: 1633533883

Ty Alexander of Gorgeous in Grey is one of the top bloggers today. She has a tremendous personal connection with her readers. This is never more apparent than when she speaks about her mother. The pain of loss is universal. Yet, we all grieve differently. For Alexander, the grieving process is one that she lives with day-to-day. Learning from her pain, Alexander connects with her readers on a deeply emotional level in her debut book, Things I Wish I Knew before My Mom Died: Coping with Loss Every Day. From grief counselling to sharing insightful true stories, Alexander offers comfort, reassurance, and hope in the face of sorrow.

## When a Friend Dies: A book for Teens about grieving and healing (Marilyn E Gotman)

## (May 20015) ISBN-10: 1575421704

This thoughtful and helpful book answers questions about grieving that teenagers often have, like How should I be acting? and Is it wrong to go to parties and have fun?

# **Fiction for teens**

## The Death and Life of Charlie St Cloud (Ben Sherwood)

This book tells the story of a young man who narrowly survives a terrible car wreck that kills his little brother. Fiction

## The Wish List (Eoin Colfer)

Meg Finn is in trouble, unearthly trouble. Cast out of her own home by her stepfather after her mother’s death, Meg is a wanderer, a troublemaker.

## On Eagles Wings (Sue Mayfield)

Tony’s mother is dying. There’s nothing he can do about it and he cant always put a brave face on things.

## Up On Cloud Nine (Anne Fine)

Strolly has always been so alive, so inspiring, taking risks, hiding nothing, notorious for being the school’s most imaginative liar. But now he’s lying in a hospital bed and Ian, his best friend who is as close as a brother, is watching, waiting and remembering.

# **Online resources**

## Hope Again https://www.hopeagain.org.uk/

Hope Again - Young people coping with bereavement and living after loss. A website from Cruse Bereavement.

## Help 2 Make Sense Support for grieving young people Winstons wish

## https://www.help2makesense.org/

Support, advice and resources for grieving young people.

## Kooth https://kooth.com/

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop etc.,

Available to children and young people in Hertfordshire