

Bereavement Books and Resources for Post Primary Schools

The suggested titles below deal with the subjects of death, loss and grief. Young people can find reading about others in similar situations reassuring and sometimes easier to do than talking about their loss. Books can be offered to compliment other supports that may help at this difficult time.

The following suggested book may help inform teachers and parents/carers as they support pupils on their grief journey. The other books on the list can be read by parents and by young people taking in to account their level of understanding and maturity.

Grief in Young Children – a Handbook for Adults

Atle Dyregrov

Dyregrov's book is recommended for its solid grounding in psychology and its reasoned, jargon – free advice. An extremely valuable resource for parents as well as professionals who work with children. It helps those working with children to think about the effects grief has on a child and helps us to understand how they are feeling and how to help them cope with the grief.

Straight Talk About Death For Teenagers: How to cope with losing someone you love

Earl A. Grollman

This book was written after the author spoke to thousands of teenagers and found they often felt forgotten after someone has died. This book gives the reader many options of what can happen, how s/he may feel, giving advice and reassuring readers grief is normal.

The Lost Boys' Appreciation Society

Alan Gibbons

Teenage life is difficult enough for Gary and John, but when their Mum dies in a car accident, things get steadily worse. John struggles to keep the peace as Gary goes off the rails. A gripping book exploring relationships and how different people react to life events.

Out Of The Blue

Wintons's Wish

Written and designed specifically for teenagers with the aim of supporting them through their bereavement using a range of activities. Narrated throughout by teenagers' words and stories, the book talks openly about real feelings they may struggle with when someone important in their life dies. The activities in the book allow those feelings to be worked through and safely explored.

Sad Book

Michael Rosen

Michael Rosen talks of his sadness after the death of his son. A personal story that speaks to adults and children. Minimal text with moving illustrations.

Sometimes Life Sucks: When someone you love dies

Molly Carlile

Teenagers can experience death in all kinds of ways. Full of tips and stories, this will help them to make some sense of their shock and grief.

The Grieving Teen

Helen Fitzgerald

Written about, but also for teenagers, this book covers the entire range of situations in which grieving teens and their friends may find themselves. It offers explanations and guidance in a very accessible format.

What on Earth do you do You do When Someone Dies?

Trevor Romain

Written by Trevor Romain after his father died, this book suggests ways of coping with grief and offers answers to questions such as 'Why do people have to die?' and 'How can I say goodbye?' Friendly, accessible text and illustrations aimed at ages 8 to 14.

Hope beyond the Headlines: Supporting a child bereaved through murder or manslaughter

Winston's Wish

This booklet offers practical advice for families in the immediate days, weeks and months following a murder. It is written for both parents and professionals, giving them the confidence to involve children and young people in understanding and managing the particular difficulties and complexities that so often surround a death by murder or manslaughter.

Beyond the Rough Rock: Supporting a child who has been bereaved through suicide

Winston's Wish

Explaining to a child that someone has died by suicide is possibly one of the most difficult situations that a parent or carer might ever face. This booklet offers practical advice for families in the immediate days and weeks when suicide has been the cause of death.

Someone has died suddenly: Support Booklet for Professionals and Carers

Mary Williams

Brake is a road safety charity working with communities and organisations across the UK to stop the tragedy of road deaths and injuries, make streets and communities safer for everyone and support people bereaved and seriously injured on roads. The Amy and Tom

project is run by Brake and have produced a book, 'Someone has died suddenly' for adults caring for children who have been suddenly bereaved. The book has been developed in consultation with experts in sudden child bereavement and bereaved parents and children, and piloted with bereaved families to ensure they offer the best possible support.

References

Child Bereavement UK – www.childbereavementu.org

Winston's Wish - www.wintsonswish.org.uk