

Seasons for Growth Book List for Children and Young People

Bereavement

Title	Author	Description
Goodbye Grandma	Melanie Walsh	A warm and reassuring lift-the-flap book to help very young children cope with bereavement. Gentle dialogue between a parent and child, using questions and answers, sensitively explores issues around death and bereavement.
The Very Best of Friends	Margaret Wild	Jessie and James live on a farm with lots of animals and a cat named William. James loves William but Jessie doesn't - even though she tries. When James dies, Jessie is very upset. Gradually, as life goes on, she comes to discover that William can be her new very best friend.
Always and Forever	Alan Durant	When Fox dies the rest of his family are distraught. How will they go on without their beloved friend? But, months later Squirrel reminds them all of how funny Fox used to be, and they realise Fox is still there in their hearts and memories.
The Dragonfly Door	John Adams	This award winning picture book explores the transformation of a water nymph into a dragonfly. It is a tender story about loss and change may serve many purposes including comforting a grieving child and teaching about dragonflies.
I'll Always Love You	Hans Wilhelm	In this gentle moving story, Elfie, a daschund and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. Warm and tender in colour and mood.
The Wattle Tree	John Bell	This is the story of Molly, a little girl who helps not only herself but her mother come to terms with the loss of Gran through connecting with the wattle tree at the bottom of the garden.
Harry & Hopper	Margaret Wild	One day when Harry comes home from school, his faithful companion Hopper isn't there to greet him, in a touching story about the process of healing after losing a pet.
The Heart and the Bottle	Oliver Jeffers	A beautiful, simple story about a girl keeping her heart in a safe place (a bottle) because of something that has happened. Would she know when and how to get her heart back?
No Matter What	Deb Gliori	"I'm grim and grumpy" says Small to Large "and I don't think you love me at all." But nothing could be further from the truth, as Large knows just how to reassure Small in this this warm story about a parent's endless capacity for love.
Rabbityness	Jo Empson	Rabbit enjoys doing rabbity things as well as un-rabbity things! When Rabbit suddenly disappears, no one know where he has gone. As it turns out Rabbit has helped them find some special talents of their own. A unique story of loss.

Muddles, Puddles and Sunshine	Diana Crossley	This non-fiction book offers a structure and an outlet for the range of feelings one experiences when someone dies. It aims to help children make sense of their experience, while finding a balance between remembering and having fun.
What's Dead Mean	Doris Zagdanski	A non-fiction, child's activity book about death with stick figure drawings to help adults working with young children to age 8 to begin to comprehend their own experience with death.
Sad Isn't Bad	Michaelene Mundy	This guidebook offers children of all ages a comforting, realistic look at loss – loaded with positive, life affirming ideas or coping with loss as a child.
Milo: Sticky Notes and Brain Freeze	Alan Silberberg	Because being the new kid in middle school isn't bad enough, Milo also has to deal with the death of his mother. This novel for upper primary/lower secondary follows Milo as he tried to cope with his loss and be a "normal" kid. It is a sometimes witty, sometimes heartfelt novel that explores how young people and families cope with loss.
Her Mother's Face	Roddy Doyle	A powerful story for older readers (upper primary/lower secondary) about a girl whose mother died when she was very young. It looks at loss, but also at the continuation of love and life after loss.
Weird Is Normal When Teenagers Grieve	Jenny Lee Wheeler	This is a self-help book for grieving teens written by an actively grieving teen. Jenny validates for her peers that they have the right to grieve in their own way and that this might be different to the adults around them.
Still Here With Me (teenagers and children on losing a parent)	Suzanne Sjoqvist	A collection of stories by young people who have faced the death of a parent. Each child and young person creates a picture of their journey through grief with compassion and insight.
Teenagers and Grief	Doris Zagdanski	As the title suggests this book is especially for teenagers. It is a helpful read not only for those who are grieving but for those walking with the bereaved. In writing this book Doris has spoken with young people, aged between 12 and 21 years about their grief. The book explores their stories as well as coping styles and helping strategies.

Separation and Divorce

Title	Author	Description
Fred Stays With Me!	Nancy Coffelt	Told from the point of view of a young child whose parents are divorced, this story follows a girl and her dog from one parent's house to the other's, giving her a sense of stability and continuity. The award winning book has simple text, childlike language, and whimsical artwork with a light and cheerful mood.
Mum and Dad Glue	Kes Gray	A little boy tries to find a pot of parent glue to stick his mum and dad back together. His parents have come undone and he wants to mend their marriage, stick them smiles back on and make them better. He finds out that even though their marriage may be broken, their love for him is not.
Two Homes	Claire Masurel	A young boy, Alex, lives between two homes and this book details what is gained rather than what is lost when parents divorce, and firmly establishes Alex's place in both of them.
The Invisible String	Patrice Kearst	This book explores separation and connection through an invisible string, and is a fit wherever people may be separated – through family separation, distance or even death. It speaks to the power of love as the unending connection that binds.
I Don't Want To Talk About It	Jeanie Franz Ransom	After reluctantly talking with her parents about their upcoming divorce, a young girl discovers that there will be some big changes but that their love for her will remain the same.

Two of Everything	Babette Cole	A humorous look at separation and divorce from a child's perspective, with many thought provoking messages.
Was It The Chocolate Pudding? (A Story for Little Kids About Divorce)	Sandra Levins	A little boy learns that he did not cause his parents' divorce because of the mess he made with chocolate pudding, and describes his new life living with his dad and seeing his mum on weekends.
When A Dad says "I Love You"	Douglas Wood	This picture book shows many ways dads may show their love, even when they don't always say the words.
The Big Split "A Go Girl" series book	Rowan McAuley	This easy-to read short novel features Holly and her sister, who are really sad when their parents break up. Can the girls and their parents work together to get through the hard times? And will they still be a proper family? Good possibility for reluctant older primary readers.
My Family's Changing	Pat Thomas	Using beautiful artwork the author of this educational picture book talks about the facts of divorce, sensitively and gently for primary aged children. It is an interactive book with discussion questions and examples throughout.
The Great Big Book of Families	Mary Hoffman	This non-fiction book takes a look through children's eyes at the wide varieties of family life, and concludes that, for most people, their own family is the best one of all! This book takes a fresh, optimistic look at modern families.
Divorce Is Not The End Of The World	Zoe and Evan Stern	A few years after their parents separated, Zoe and Evan (15 and 13) decided to share their experience in this positive and practical guide for kids. It includes updates from Zoe and Evan 10 years later, too.

Feelings

Title	Author	Description
Alexander and the Terrible, Horrible, No Good, Very Bad Day	Judith Viorst	Alexander knew it was going to be a terrible day when he woke up with gum in his hair. And it got worse... His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV!
The Huge Bag of Worries	Virginia Ironside	Wherever Jenny goes, her worries follow her – in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the toilet. Jenny decides they will have to go. But who can help her?
Tough Boris	Mem Fox	Boris von der Borch is a mean, greedy old pirate--tough as nails, through and through, like <i>all</i> pirates. Or is he? When a young boy sneaks onto Boris's ship, he discovers that Boris and his mates aren't quite what he expected.
In My Heart	Jo Witek	In My Heart: A Book Of Feelings is a simply structured, beautiful book that explores a wide range of feelings.
Today, I Feel Silly and Other that Make My Day	Jamie Lee Curtis	Silly, cranky, excited, or sad -- everyone has moods that can change each day. This book helps kids explore, identify, and even have fun with their ever-changing moods.
When I'm Feeling ... Sad; Happy; Scared; Angry	Tracey Moroney	A series of books dealing with feelings, with useful notes for parents from a child psychologist offering some helpful insights.
My Many Coloured Days	Dr Seuss	"You'd be surprised how many ways I change on Different Coloured Days." Dr Seuss takes the reader on a journey through many different moods in this bright and highly original book.
The Great Big Book of Feelings	Mary Hoffman	This non-fiction book opens with the question "how are you feeling today?" and this leads on through an exploration through a range of feelings. The book finishes with "Feeling Better" through sharing and talking about feelings.

Memories

Title	Author	Description
Wilfrid Gordon McDonald Partridge	Mem Fox	An unforgettable story about a small boy, living next door to a nursing home, who helps an old friend who has lost her memory.
Badger's Parting Gifts	Susan Varley	Badger's friends are sad when he dies but treasure the memories he left them. "The gentle message holds particular validity for children and is conveyed in a tender hearted manner."
The Memory Tree	Britta Teckentrup	Old Fox dies and the rest of the animals gather to remember him together. As they relate fond memories of Fox, a tree grows to help them remember.
Molly's Memory Jar	Norma Spaulding	This is a soothing story about remembering the good times and coping with the loss of a most beloved pet. The story is full of colour as Molly creates her own personal memory of her best friend, Lucy.
Grandma's Scrapbook	Josephine Nobisso	The relationship between a child and her grandmother from days spent at the beach to evenings with the piano – is recorded in the grandmother's scrapbook.
Grandpa Loved	Josephine Nobisso	This story recounts the special times a young boy spent with his grandfather in a variety of locations. Although he missed his grandpa, he knows his grandpa's love will always be with him.
Memory Flowers (self published)	Donna Ellis	This story highlights the importance of memories as a way of keeping alive the spirit of those who have died. It centres on the loss of a pet and provides a launching pad for discussing the topic of death with children of all ages.