



**HEALTHIER MINDS**  
EAST RENFREWSHIRE COUNCIL



## A Community Approach to Supporting Bereavement, Loss and Grief

Books, films and resources to help you talk to  
young children about death, change and loss

<b>Lesson Plans, Ideas and Activities</b>	
<p><b>Film Clip</b></p> <p><b><u><i>The Day Becca Died</i></u></b></p>	<p>Short clip from Bereavement UK and CBeebies from the perspective of a family. Useful for anyone speaking to young children about death.</p>
<b>DVDS</b>	
<p><b><i>Not Too Young to Grieve</i></b></p> <p>Leeds Animation Workshop</p>	<p>Designed to help parents and carers support children under 5 who have been bereaved. Suitable for viewing by parents with their children or in educational settings. Free downloadable training material also available. Running Time – 14 minutes</p> <p><a href="https://www.leedsanimation.org.uk/films/">https://www.leedsanimation.org.uk/films/</a></p>
<p><b><i>Grief in the Family</i></b></p> <p>Leeds Animation Workshop</p>	<p>Looks at the ways children and young people respond to grief, and what the adults around them can do to help. It gives parents and carers an insight into the process of grieving, its physical and emotional effects, and the needs of children and young people. The video shows families from a wide range of backgrounds dealing with bereavement. It offers practical advice to parents who need to learn how to find support for themselves, while helping their children to express their feelings and handle confusing emotions. Stressing the importance of listening to children and answering their questions honestly, it encourages the</p>

development of communication and a supportive family environment. The pack is designed as a resource for those working with families and bereaved children. It raises awareness and facilitates discussion in parenting education classes, training courses or schools. It is also suitable for viewing at home by parents, carers, and children.

<https://www.leedsanimation.org.uk/films/>

## Fiction and Non-Fiction Books for Young Children

<p><b><i>I Miss You: A First Look at Death</i></b></p> <p>Pat Thomas</p> <p>Amazon ISBN 0750260823</p>	<p><b>Non-Fiction</b></p> <p>This reassuring picture book explores the difficult issue of death for young children. Children's feelings and questions about this sensitive subject are looked at in a simple but realistic way. This book helps them to understand their loss and come to terms with it.</p>
<p><b><i>Missing Mummy</i></b></p> <p>Rebecca Cobb</p> <p>Amazon ISBN 978-0230749511</p>	<p>Deals with the loss of a parent from a child's point of view. Perfectly pitched text and evocative artwork explore the many emotions a bereaved child may experience, from anger to guilt and from sadness to bewilderment. And importantly, the book also focuses on the positive - the recognition that the child is still part of a family, and that his memories of his mother are to be treasured.</p>
<p><b><i>Grandad's Island</i></b></p> <p>Benji Davies</p> <p>Amazon ISBN 978-1471119958</p>	<p>At the bottom of Syd's garden is Grandad's house. Syd can let himself in any time he likes. But one day when Syd comes to call, Grandad is in the attic, where he ushers Syd through a door, and the two of them journey to a wild, beautiful island awash in colour where Grandad decides he will remain. So Syd hugs Grandad one last time and sets sail for home. Sure to provide comfort to young children struggling to understand loss.</p>
<p><b><i>Always and Forever</i></b></p> <p>Alan Durant</p> <p>Amazon ISBN 978-0552567657</p>	<p>When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.</p>
<p><b><i>Badger's Parting Gifts</i></b></p> <p>Susan Varley</p> <p>Amazon ISBN 978-1849395144</p>	<p>Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends.</p>
<p><b><i>The Paper Dolls</i></b></p> <p>Julia Donaldson</p> <p>Amazon ISBN 978-1447220145</p>	<p>A string of paper dolls go on a fantastical adventure through the house and out into the garden but then a very real pair of scissors threatens. A lovely, illustrated book which helps children to understand loss and consider the importance of memories.</p>
<p><b><i>Fred</i></b></p>	<p>Fred's owners, Sophie and Nick, think he is the laziest cat in the world, but who knows what goes on after dark? It's only after their beloved pet dies, that they discover he has been leading an</p>

<p>Posy Simmonds</p> <p>Amazon ISBN 978-1783440290</p>	<p>exciting double life.</p>
<p><b><i>The Tenth Good Thing About Barney</i></b></p> <p>Judith Viorst</p> <p>Amazon ISBN 978-0689712036</p>	<p>When Barney's cat died his mother suggested having a funeral and that Barney should think of 10 good things about Barney. But the small boy can only think of nine. Later, while talking with his father he discovers the tenth-- and begins to understand.</p>