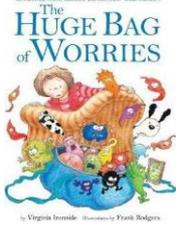
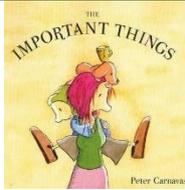
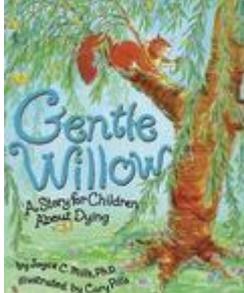
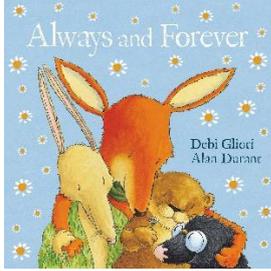
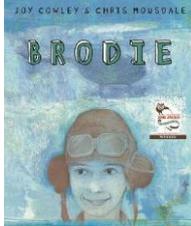
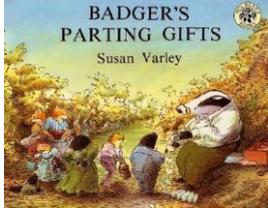
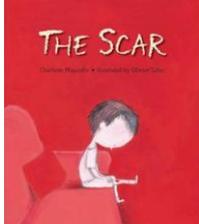
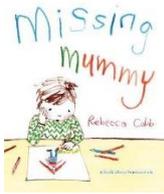
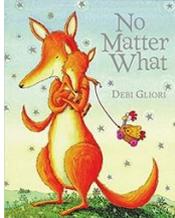
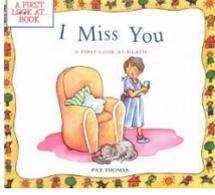
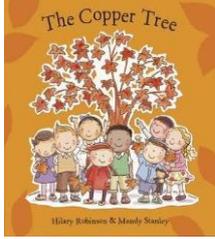
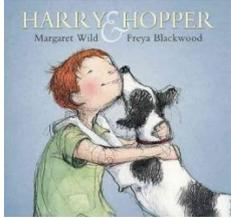
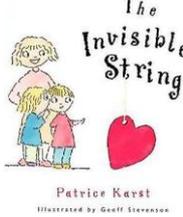
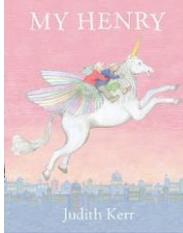
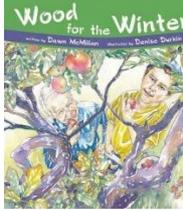
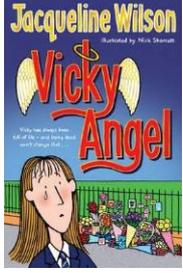
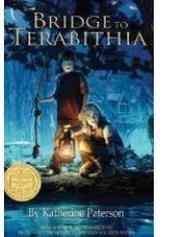
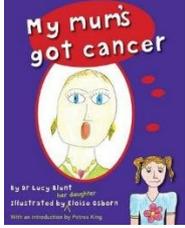
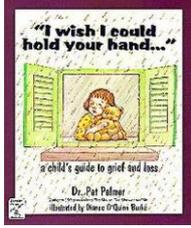
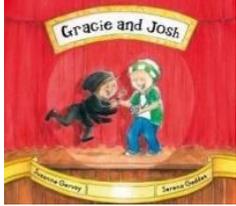
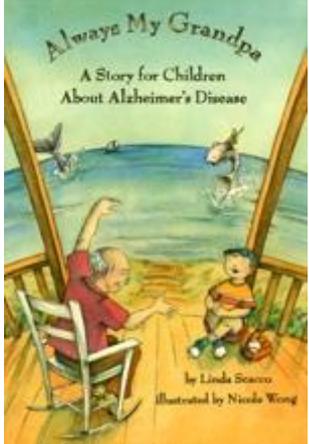
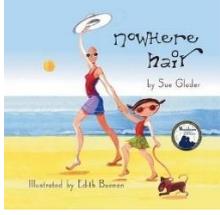


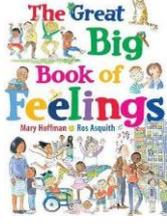
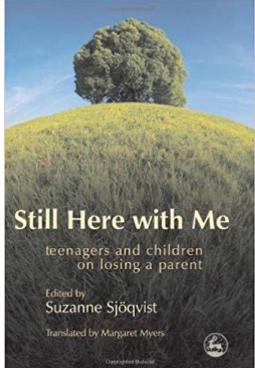
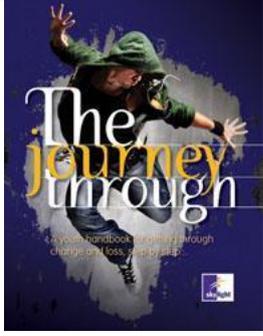
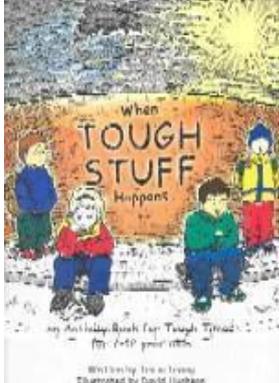
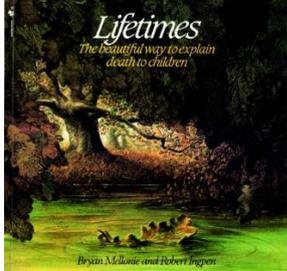
Books for Children and Teens

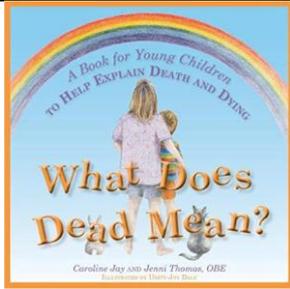
	<p>The Huge Bag of Worries. By Virginia Ironside</p> <p>This is a bright, attractive picture book about anxiety and the impact of carrying our worries around. It would be useful for promoting discussion with children about what is worrying them.</p>
	<p>The Important Things. By Peter Carnavas</p> <p>Christopher comes to terms with an absent father by discovering the important things in his life. An insightful and perceptive picture book about remembering a loved one.</p>
	<p>Old Hu-hu. By Kyle Mewburn (NZ)</p> <p>A beautifully written and illustrated picture book about age, death and accepting loss. NZ Post Children's Book of the Year.</p>
	<p>Gentle Willow; a story for children about dying. By Joyce C. Mills</p> <p>Written for children who may not survive their illness or for the children who know them. This tender and touching tale helps address feelings of disbelief, anger and sadness, along with love and compassion. For ages 4–8.</p>
	<p>Always and forever. By Debi Gliori and Alan Durant</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>This gentle, beautifully illustrated story is just right for anyone who has experienced the loss of a loved one.</p>
	<p>Brodie. By Joy Cowley (NZ)</p> <p>A very well written book about coming to terms with the death of a friend. NZ Post Children's Picture Book Award</p>

	<p>Badger's Parting Gifts. By Susan Varley A beautiful picture book that addresses death, grief and loss in a gentle way, and reinforces the comfort and value of the memories and gifts we are left with.</p>
	<p>The Scar. By Charlotte Moundlic Tells the story of a young boy trying to grieve, adapt, and accept the death of his mother. Told with straight forward, simple gestures and emotion.</p>
	<p>Missing Mummy: A book about bereavement. By Rebecca Cobb A touching, honest book for young children about losing a parent. The beautiful illustrations promote good discussion.</p>
	<p>No matter what. By Debi Gliori A beautifully illustrated story about unconditional love, even after death. The use of humour and rhyme make this easy to read aloud to young children.</p>
	<p>I Miss You: A First Look at Death. By Pat Thomas A picture book about death for young children. Prompts are included to encourage conversation.</p>
	<p>The Copper Tree. By Hilary Robinson When Olivia's teacher dies, the children at her school are encouraged to think of everything that reminds them of her. This picture book helps children understand that while sadness is an inevitable part of grief, the memories and skills that a person has given us will always remain with us.</p>
	<p>Harry and Hopper. By Margaret Wild This picture book is about losing a pet, and the struggle to let go.</p>

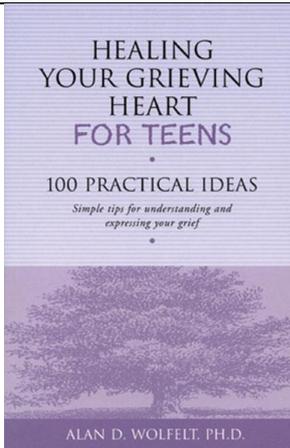
	<p>The Heart and the Bottle. By Oliver Jeffers A short story about loss and sorrow. Beautifully illustrated. Offers plenty of opportunity for discussion.</p>
	<p>The Invisible String. By Patrice Karst A simple story written to calm a child's fear of being apart from the ones they love. Picture book.</p>
	<p>My Henry. By Judith Kerr A widow imagines her late husband joins her in extraordinary adventures like riding a dinosaur, and swimming with mermaids.</p>
	<p>Wood for the Winter. By Dawn McMillan (NZ) A beautiful story about a boy's special bond with his grandfather and keeping his memories alive after he dies.</p>
	<p>Vicky Angel. By Jacqueline Wilson A novel for older children from the popular author, Jacqueline Wilson. About losing a friend; dealing with bereavement, grief and guilt.</p>
	<p>Bridge to Terabithia. By Katherine Paterson A modern classic of friendship and loss. A novel for older children and teenagers.</p>
	<p>My Mum's Got Cancer. By Dr Lucy Blunt This small picture book provides information and practical advice for parents and children who are dealing with the stress of a parent's cancer diagnosis and treatment.</p>

	
	<p>“I Wish I Could Hold Your Hand ...”: A Child’s Guide to Grief and Loss. By Dr Pat Palmer</p> <p>This book was written to help grieving children identify their feelings and learn to accept and deal with them. Suitable for a variety of losses that a child might experience.</p>
	<p>Gracie and Josh. By Susanne Gervay</p> <p>A picture book about the relationship between a brother and sister as they go through the highs and lows of the brother having a serious illness.</p>
	<p>Always my Grandpa; a story for children about Alzheimer’s disease. By Linda Scacco</p> <p>This heart-warming story describes what it is like to be close to a grandparent who has been diagnosed with Alzheimer's disease. It explains, in easy to understand language, the condition and how it affects the whole family.</p>
	<p>Nowhere Hair. By Sue Glader</p> <p>A rhyming picture book from the perspective of a little girl whose mother is undergoing chemotherapy.</p>
	<p>Skylight pamphlets (NZ)</p> <ul style="list-style-type: none"> • When your mum or dad dies • When your brother or sister dies • When your friend dies • When your grandparent dies • Answering a child’s questions about death and dying <p>Written for older children and teenagers. Grief and loss resources offering strategies for coping.</p>

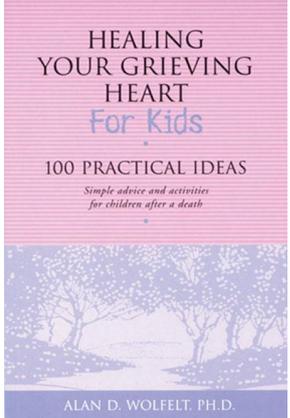
	<p>The Great Big Book of Feelings. By Mary Hoffman A well-illustrated picture book about feelings.</p>
	<p>Still here with me; teenagers and children on losing a parent. Edited by Suzanne Sjöqvist This collection of stories will give information and comfort to young people who are struggling to cope with the loss of a parent, whilst also providing insights for parents and professionals into the needs of grieving children.</p>
	<p>The journey through; Ideas for getting through the tough times. (NZ) Designed to help New Zealand teenagers understand, process and manage their tough experiences as positively as possible. Using lots of graphics and a magazine style layout, this book features true stories, quotes and the writing of New Zealand teens.</p>
	<p>When tough stuff happens; an activity book for tough times for 7-12 year olds. By Tricia Irving Hendry (NZ) Helps children find words and ways to express and begin to process what's happening in their lives. It includes many ideas from young New Zealanders themselves. It's easy to dip into and provides lots of activities to choose from.</p>
	<p>Lifetimes; the beautiful way to explain death to children. By Bryan Mellonie and Robert Ingpen A moving book for children of all ages that lets us explain life and death in a sensitive, caring, beautiful way. It tells us about beginnings. And about endings, and about living in between. Lifetimes explains that dying is as much a part of living as being born.</p>



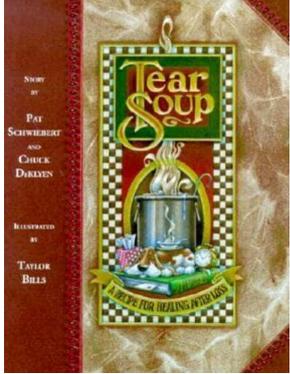
What does dead mean? A book for young children to help explain death and dying. By Caroline Jay and Jenni Thomas. Guides children gently through some of the 'big' questions they often ask about death and dying. Questions such as 'Is being dead like sleeping?', 'Why do people have to die?' and 'Where do dead people go?' are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies.



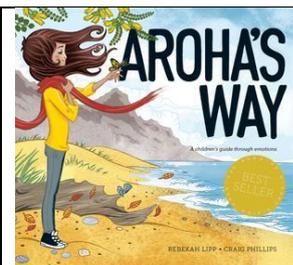
Healing your grieving heart for teens - 100 practical ideas; Practical tips for understanding and expressing your grief. By Alan Wolfelt. In this compassionate book for grieving teenagers, Wolfelt speaks honestly and straightforwardly to teens, affirming their thoughts and feelings and giving them dozens of teen-friendly ideas for understanding and coping with their grief.



Healing your grieving heart for kids – 100 practical ideas; Simple advice and activities for children after death. By Alan Wolfelt. Written for young and middle readers (6-12 years) grieving the death of a loved one. The text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal, but necessary.



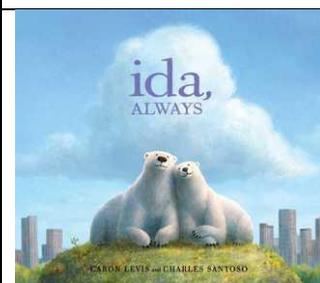
Tear Soup; a recipe for healing after loss. Ny Pat Schwiebert and Chuck DeKlyen. In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of "tear soup," blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning. A deceptively simple “children’s book” about loss and grief that is so profound, layered, and moving that it seems like it’s written as much for grieving adults as it is for children. Best suited for 9+.



Aroha's way; a children's guide through emotions. By Craig Phillips

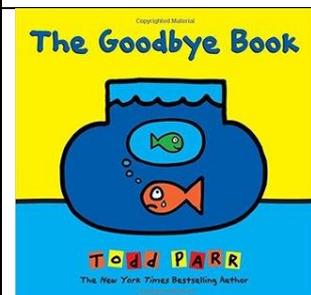
This picture books takes children on a journey through emotions associated with anxiety and shows simple yet effective ways to help manage them.

Come along on a journey with Aroha, as she wards off nervousness, fear, worrying thoughts and apprehension, with simple, yet effective tools that everyone can use.



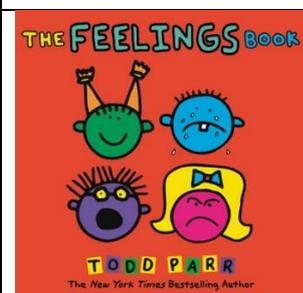
Ida, always. By Caron Levis

A beautifully written and illustrated picture book, *Ida, always* tells of two polar bears in a zoo and how their friendship changes when one gets sick. It deals with love and grief, loss and sadness, but ends with a gentle, moving reminder that when we lose loved ones, they will stay in our hearts, always.



The Goodbye Book. By Todd Parr

Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them. An invaluable resource for young children dealing with life's toughest moments.



The Feelings Book. By Todd Parr

This small board book is an ideal way to talk about feelings to a toddler, or very young child. Each page begins with "Sometimes I feel ..." and could be adapted to include any feeling, or emotion. Bold, bright colours add to the appeal.