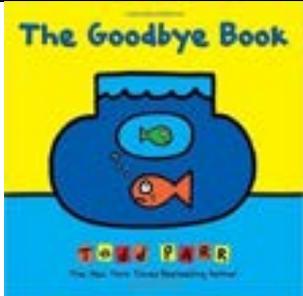
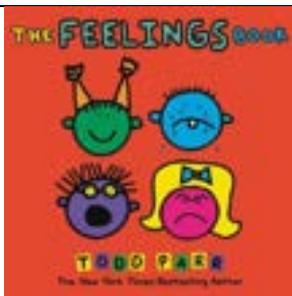
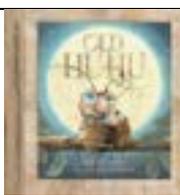
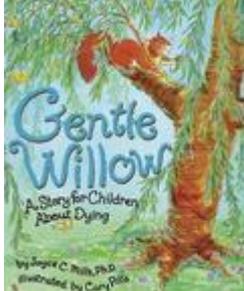
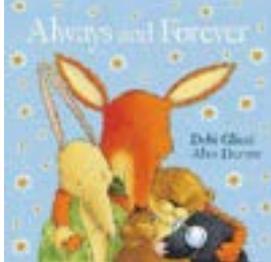
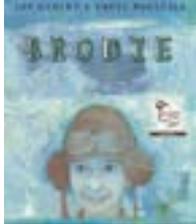
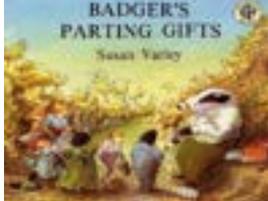
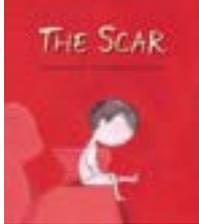
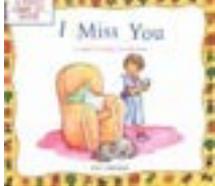
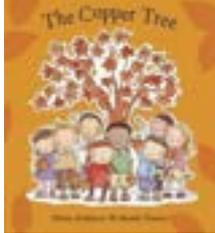
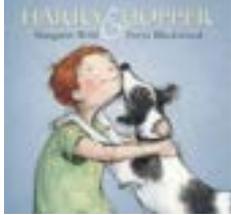
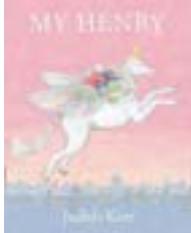
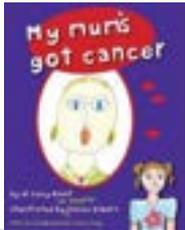
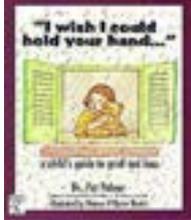
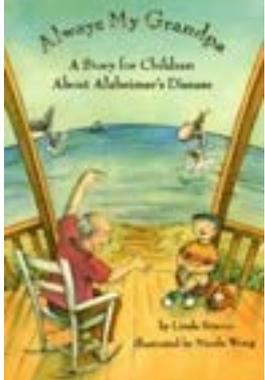
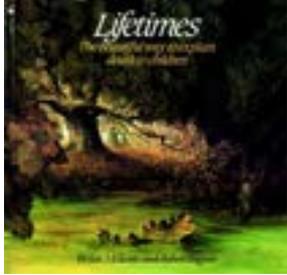


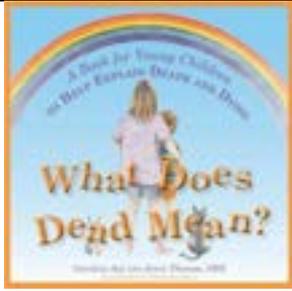
## Books for Children and Teens

Books for the Very Young	
	<p><b>The Goodbye Book.</b> 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.</p>
	<p><b>The Feelings Book.</b> 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 “<i>Sometimes I feel ...</i>” and could be adapted to include any feeling, or emotion. Bold, bright colours add to the appeal.</p>
Picture Books for Younger Readers	
	<p><b>The Huge Bag of Worries.</b> By Virginia Ironside 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><b>The Important Things.</b> By Peter Carnavas 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><b>Old Hu-hu.</b> By Kyle Mewburn (NZ) A beautifully written and illustrated picture book about age, death and accepting loss. NZ Post Children’s Book of the Year.</p>

	<p><b>Gentle Willow; a story for children about dying.</b> 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><b>Always and forever.</b> 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><b>Brodie.</b> By Joy Cowley (NZ)</p> <p>A very well written book about coming to terms with the death of a friend.</p> <p>NZ Post Children’s Picture Book Award</p>
	<p><b>Badger’s Parting Gifts.</b> By Susan Varley</p> <p>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><b>The Scar.</b> By Charlotte Moundlic</p> <p>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><b>Missing Mummy: A book about bereavement.</b> By Rebecca Cobb</p> <p>A touching, honest book for young children about losing a parent. The beautiful illustrations promote good discussion.</p>

	<p><b>No matter what.</b> 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><b>I Miss You: A First Look at Death.</b> By Pat Thomas A picture book about death for young children. Prompts are included to encourage conversation.</p>
	<p><b>The Copper Tree.</b> 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><b>Harry and Hopper.</b> By Margaret Wild This picture book is about losing a pet, and the struggle to let go.</p>
	<p><b>The Heart and the Bottle.</b> By Oliver Jeffers A short story about loss and sorrow. Beautifully illustrated. Offers plenty of opportunity for discussion.</p>
	<p><b>The Invisible String.</b> 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><b>My Henry.</b> By Judith Kerr A widow imagines her late husband joins her in extraordinary adventures like riding a dinosaur, and swimming with mermaids.</p>

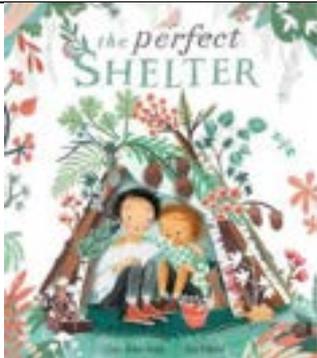
	<p><b>My Mum's Got Cancer.</b> By Dr Lucy Blunt</p> <p>This small picture book provides information and practical advice for parents and children who are dealing with the stress of a parent's cancer diagnosis and treatment.</p>
	<p><b>"I Wish I Could Hold Your Hand ...": A Child's Guide to Grief and Loss.</b> 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><b>Gracie and Josh.</b> 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><b>Always my Grandpa; a story for children about Alzheimer's disease.</b> 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><b>Wood for the Winter.</b> By Dawn McMillan (NZ)</p> <p>A beautiful story about a boy's special bond with his grandfather and keeping his memories alive after he dies.</p>
	<p><b>Lifetimes; the beautiful way to explain death to children.</b> By Bryan Mellonie and Robert Ingpen</p> <p>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>



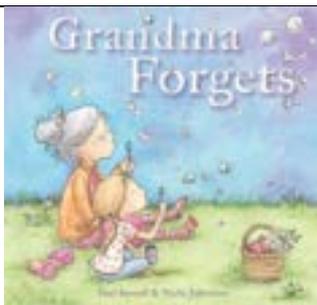
**What does dead mean? A book for young children to help explain death and dying.** By Caroline Jay and Jenni Thomas. Guides children gently through some of the 'big' questions they often ask about death and dying. Questions such as 'Is being dead like sleeping?', 'Why do people have to die?' and 'Where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



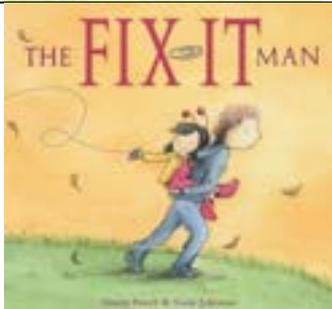
**When the wind blew; a book for little people with big feelings.** By Jacqui Maguire (NZ) One ordinary Wednesday night, as Orla was dreaming, a storm arrived that caused the world to turn upside down and inside out. Clinical psychologist Jacqui Maguire has crafted a book that magically entwines children's storytelling with evidence-based psychology. Follow Orla's journey and learn how to harness your inner superpowers to navigate the emotional rollercoaster from unexpected change. When the Wind Blew provides a series of practical psychological tools that can be easily practised by all.



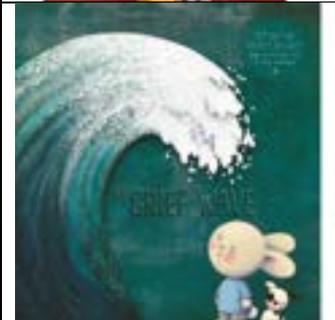
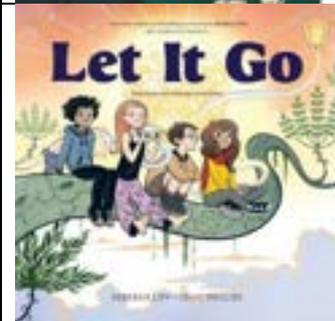
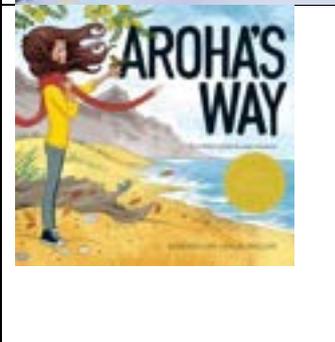
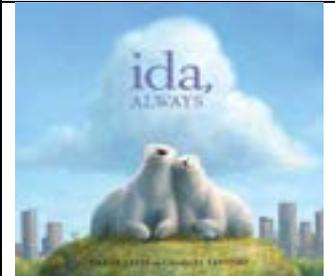
**The perfect shelter.** By Clare Helen Welsh. Two sisters enjoy building a shelter in the woods, but this changes when the older sister gets sick, and they cannot build together. The younger one doesn't understand why and becomes angry and confused. As the sister heals, she encourages the family to help her make a perfect shelter together, right then, right there. A powerful and uplifting story for young children, exploring the emotions we feel when someone we love has a serious illness.

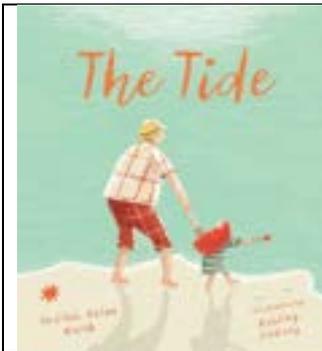


**Grandma forgets.** By Paul Russell and Nicky Johnston A warm, hopeful story about a family who sometimes needs to remind their grandmother a little more often than they used to about how much they care. She might have trouble remembering any of their names but she will always know how much she is loved



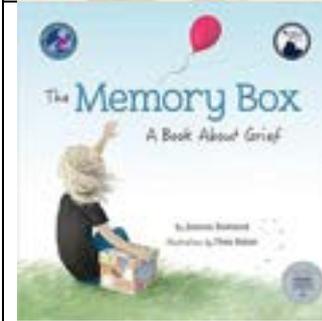
**The fix-it man.** By Dimity Powell and Nicky Johnston A poignant picture book that explores how a child and her father rebuild their lives after the loss of her mother. A young girl believes her father is the king of fixing things. But following the death of her mother, she discovers that broken hearts are not as easy to repair as damaged toys and cracked teapots. Together, she and her father find a way to glue back the pieces of her lives.

	<p><b>Cleo &amp; Rob.</b> By Helen Brown and Phoebe Morris (NZ)  Sometimes hope has four paws, golden eyes and soft black fur. A sweet little kitten called Cleo becomes a good friend to six year old Rob after his big brother, Sam, dies. With Cleo's help, Rob discovers that, even in the toughest times, healing can happen. Based on true events in author Helen Brown's family, this heart-warming story first appeared as a world-wide bestselling book for adults, Cleo.</p>
	<p><b>The grief wave.</b> By Trace Moroney (NZ)  The Grief Wave sensitively describes the experience of loss and grief, and offers a range of well-researched techniques to help children develop valuable coping skills, and helps to prepare them to navigate their way through future grief events.</p>
	<p><b>Let it go.</b> By Rebekah Lipp and Craig Phillips (NZ)  Suitable for young children, <i>Let it Go</i> shows children they are not alone in feeling uncomfortable emotions and gives them strategies to manage those feelings when they arise. Learning to label emotions, recognise how they feel in the body and ways we can allow those emotions to be let go are all valuable tools. Additional notes at the back of the book give ideas for opening up conversations between adults and children.</p>
	<p><b>Aroha's way; a children's guide through emotions.</b> By Craig Phillips (NZ)  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.</p>
	<p><b>Ida, always.</b> By Caron Levis  A beautifully written and illustrated picture book, <i>Ida, always</i> 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.</p>



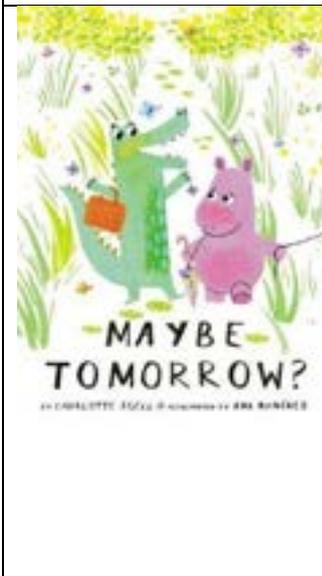
**The Tide.** By Clare Helen Welsh

The story, which centres around a family day at the beach, explores the relationship between a young girl (the narrator) and her beloved grandad, who lives with dementia. She has noticed his memory problems and changes in his behaviour and worries that he might forget her. A story about families, laughter, and how we can help a loved one with dementia live well.



**The memory box; a book about grief.** By Joanna Rowland

From the perspective of a young child, the author describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Heartfelt and comforting, The Memory Box offers opportunities for children and adults talk about this very difficult topic together.



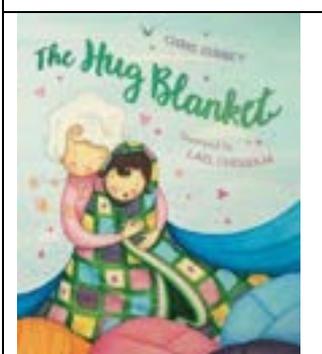
**Maybe tomorrow?** By Charlotte Agell

This heart-warming story is about loss, healing and how to be a friend.

Elba has a big block. She's been dragging it around for a long time.

Norris dances everywhere he goes, even uphill. He is always surrounded by a happy cloud of butterflies. Can Norris and his butterflies help ease Elba's sadness and convince her to join them on a trip to the ocean?

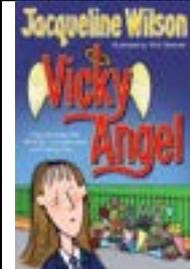
This tender picture book shows how kindness, empathy, and friendship can lift our spirits and see us through many tomorrows. It will resonate with anyone who has experienced hardship or grief.



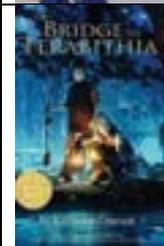
**The hug blanket.** By Chris Gurney (NZ)

Nana made hug blankets for all her family. Each one was unique. When Nana dies a little girl realises that the blanket is full of special memories that will be with her even though nana is not. This is a charming and heart-warming story about love, loss and family that can help children discuss difficult feelings and situations.

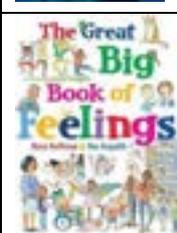
## Books for Independent Readers



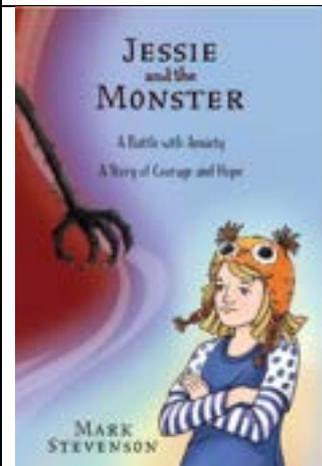
**Vicky Angel.** By Jacqueline Wilson  
A novel for older children from the popular author, Jacqueline Wilson. About losing a friend; dealing with bereavement, grief and guilt.



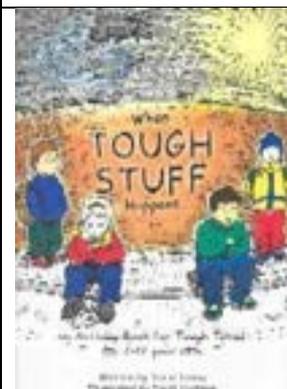
**Bridge to Terabithia.** By Katherine Paterson  
A modern classic of friendship and loss. A novel for older children and teenagers.



**The Great Big Book of Feelings.** By Mary Hoffman  
A well-illustrated picture book about feelings.

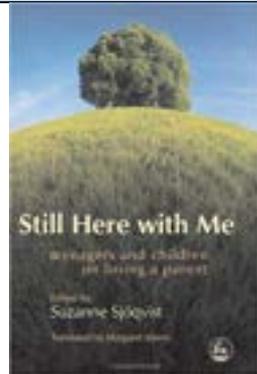


**Jessie and the monster; a battle with anxiety, a story of courage and hope.** By Mark Stevenson (NZ)  
Monsters aren't real – or are they? We don't think about them much, not until they attack, that is. Jessie had a safe and secure life, but out of the blue her world was ravaged by the most ominous of creatures, Whisper. Jessie's anxiety is overwhelming, but help comes in unexpected ways from the strangest of places and people.  
This is a story for young people who are weighed down by feelings of anxiety and depression. It helps them realise that how they feel is not unusual, and that with self-awareness and empathetic help they can find a way through.  
This book is written with the compassionate insights of a father whose daughter suffered from acute anxiety for many years.



**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.

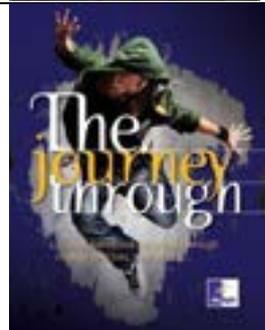
## Books for Teenagers



**Still here with me; teenagers and children on losing a parent.**

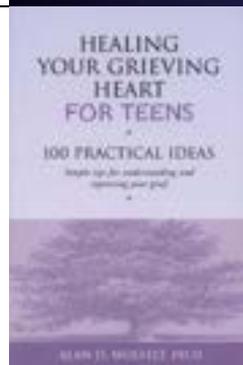
Edited by Suzanne Sjoqvist

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.



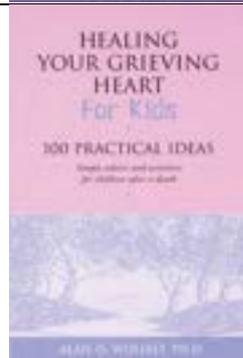
**The journey through; Ideas for getting through the tough times. (NZ)**

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.



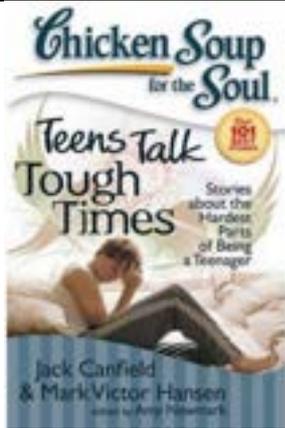
**Healing your grieving heart for teens - 100 practical ideas; Practical tips for understanding and expressing your grief.** By Alan Wolfelt.

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.

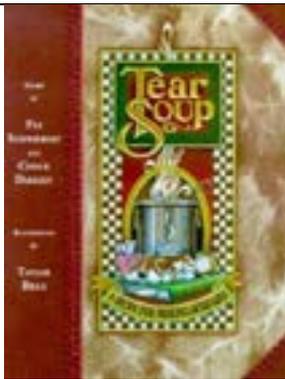


**Healing your grieving heart for kids – 100 practical ideas; Simple advice and activities for children after death.** By Alan Wolfelt.

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.



**Chicken Soup for the soul; teens talk tough times.** By Jack Canfield and Mark Victor Hansen  
 In these 101 stories about the hardest parts of being a teenager, teens share their toughest stories and challenges. Being a teenager is difficult even under the best conditions, and when bad things happen, the challenges can seem overwhelming. Stories include dealing with illness and loss of friends and relatives, finding meaning and new happiness in life and overcoming obstacles and meeting challenges. The stories are not too long and easy to read.



**Tear Soup; a recipe for healing after loss.** By 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+.

**Miscellaneous**



**Skylight pamphlets (NZ)**

- **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**

Written for older children and teenagers. Grief and loss resources offering strategies for coping.