A reading list to support children aged 10 or under facing the death of someone close

Books can be a good way to prepare children for experiences or events that may affect them. The following books might help you to understand your child’s knowledge of death and dying. They can be used to support first conversations about dying and loss, prompt questions and dispel any myths around death. This list is not exhaustive. The MND Association does not endorse or recommend any of the resources listed.

For more information to support conversations about MND:
Information sheet 4A – Communicating about MND to children and young people

When someone close has MND - a workbook for children aged four to ten

So what is MND anyway? – a guide for teenagers

MND Connect helpline
Information and support for those with or affected by MND, their carers and health and social care professionals. The team can also direct you to our own and other services.
Telephone: 0808 802 6262
Email: mndconnect@mndassociation.org
Website: www.mndassociation.org/mndconnect

Books to help prepare your children for loss


Books to help your child talk about their feelings


Muddles, Puddles and Sunshine by D Crossley (Winston’s Wish) 2002 ISBN: 9781903458969. This offers practical and sensitive support for children. It provides support for parents to talk through difficult feelings.


The Copper Tree by H Robinson 2012 ISBN: 10 0957124503. A story for children who have lost a loved one.