



## 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](mailto:mndconnect@mndassociation.org)  
Website: [www.mndassociation.org/mndconnect](http://www.mndassociation.org/mndconnect)

## Books to help prepare your children for loss

**Badger's Parting Gifts** by S Varley 2002 ISBN: 9780006643173. A story that talks about the loss of a friend and supports early conversations about grief.

**Harry and Hooper** by M Wild 2012 ISBN: 1407111396. A story about a boy and his dog to support early conversations about bereavement and grief.

**Help me to say goodbye** by J Silverman 1999 ISBN: 9781577490852. A book designed to prepare a child for loss.

**My Father's Arms Are a Boat** by S E Lunde 2013 ISBN: 9781592701247. A tale about love and loss.

**Rabbityness** by J Empson 2012 ISBN: 9781846434822. Designed for very young children, it introduces children to understanding about the loss of anything.

**Water Bugs and Dragonflies** by D Stickney 2004 ISBN: 9780829816242. A book designed to explore death by using the lifecycle of water bugs and dragonflies.

## **Books to help your child talk about their feelings**

**Chocolate Chipped – A Smelly Book About Grief** by S Gilbert 2012 ISBN: 9780954843496. A scratch and sniff book to support conversations about the loss of a loved one.

**Grandpa's Boat** by M Catchpool 2008 ISBN: 9781842706909. A story designed to support a child who has lost a grandparent.

**No matter what** by D Gliori 2002 ISBN: 9780747563310. A book to reinforce the message that love carries on, even after someone dies.

**Milly's Bug-Nut** by J Janney, P Bailey (Winston's Wish) 2002 ISBN: 10 0953912345. A story of a family finding their way through bereavement.

**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.

**Remembering** by Child Bereavement UK ISBN: 9781903458716. Designed for children up to 11yrs giving an opportunity to collect and keep memories in a book.

**Samantha Jane's Missing Smile** by J Keplow 2007 ISBN: 9781591478096. A story to support conversations about the death of a father.

**The Bear and the Wildcat** by K Yumoto 2011 ISBN: 9781877467707. A story to support early conversations about loss and the grieving process.

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

**The Great Big Book of Feelings** by M Hoffman 2013 ISBN: 9781847802811. A book designed to help children struggling with negative emotions.

**When Dinosaurs Die** by L Krasny Brown, M Brown 1998 ISBN: 9780316119559. Designed to explore feelings, answer questions about death and remember a person who has died.