



A reading list for parents, guardians or carers

to support conversations about death and dying with your child or teenager.

Books can be a good way to prepare yourself for difficult conversations or prompt questions from your child or teenager. Understanding how children and young people's emotions might be affected could help you recognise if your child needs specialist support to help them grieve. 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 children for loss

As Big As It Gets by J Stokes, D Crossley 2007 ISBN: 9780953912391. Designed to support children with a parent who is seriously ill. Suggests ideas for parents and carers to help children feel involved, conversations and how to offer them support.

Books to help you support your child or teenager following a bereavement

A Child's Grief: Supporting a child when someone in their family has died by J Stokes, D Crossley, K Alilovic, and D Stubbs ISBN: 9780955953903. A booklet designed for parents or carers to support a child.

Healing a Teens Grieving Heart by A Wolfelt 2001 ISBN: 1879651246. A book offering practical ideas to help families, carers and friends support a young person.

Helping Children with Loss by M Sutherland 2003 ISBN: 0863884679. A guidebook to support children who are finding it difficult to come to terms with the loss of a loved one.

Missing Mummy by R Cobb (Child Bereavement UK) 2013 ISBN: 9780805095074. Designed to support adults to talk to children about the loss of a parent.

Parenting under Pressure: Bereavement by C Collis 2004 ISBN: 10 1903456193. A book exploring bereavement in the family, effects on a child, parent and changes to family dynamics.

Someone I Know has Died by T Phillips (Child Bereavement UK) 2009 ISBN: 9780952166139. An activity book designed to help very young children to understand what death means. Contains guidance notes for parent or carers to help answer difficult questions.

The Grieving Child by H Fitzgerald 1992 ISBN: 9780671767624. Designed to help parents understand how to support a grieving child.

When your partner dies: supporting your children by Child Bereavement UK ISBN: 9780335211159 available online www.childbereavement.org.uk. This information provides guidance on how to manage your own and your child's grief.

You just don't understand by Winston's Wish ISBN: 9780335211159. A booklet designed to help parents understand what normal teenage development is and to explore the challenges teenagers face while dealing with bereavement.



For more information to support your grief:
Information sheet 14B– *Bereavement Support*