

Books and resources for children (and the adults who care for them)

We've split this into sections (pre-school, primary school, secondary school and neurodivergent children) as a general guide. You know your children best though, so please do look across the sections, in case there's something that could be helpful from another section.

NEURODIVERGENT CHILDREN/TEENAGERS

BOOKS

Cancer

I have a question about cancer: Clear answers for all kids by Arlen Grad Gaines and Meredith Englander Polsky.

Using a question and answer format, it explores the life changes and feelings of uncertainty a child may experience if a loved one has cancer. The book also features a short picture story that repeats the complete story for children who process information best through visual cues. Additional guidance for parents and caregivers provides ideas to help children cope with this experience.

I have a question about death: Clear answers for all kids by Arlen Grad Gaines and Meredith Englander Polsky.

This book uses straightforward text and images to walk children through what it means when someone dies, as well as ways they might want to react or to think about the person.

BOOKLET

Supporting neurodiverse kids by Fruitfly Collective.

This guide was created by a mum living with cancer, and her two neurodivergent children.

https://www.fruitflycollective.com/s/28_SupportNeuro_A4_with-new-info-word-doc.pdf

VIDEO

Supporting neurodivergent children by Sarah Helton (BackPocket Teacher).

Specific support that neurodivergent children may need when their parent is unwell.

<https://www.fruitflycollective.com/neurodivergentkids>