

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.

PARENTS

BOOKS FOR PARENTS

General emotion and communication

How to talk so kids will listen and listen so kids will talk by Adele Faber and Elaine Mazlish.

Practical advice with respectful and effective communication strategies to improve your relationship with your children and reduce conflict.

How to talk so teens will listen and listen so teens will talk by Adele Faber and Elaine Mazlish.

User-friendly guide with insights and tried-and-tested strategies to navigate the everyday challenges of life with teenagers, showing you how to put them into practice in real-life scenarios.

Separation and bereavement

Helping children cope with grief by Rosemary Wells.

An easy to read book, for all those involved in supporting and trying to understand a bereaved child. Covers topics including terminal illness, sudden death, when death is a relief, other people's attitudes and misunderstandings.

BOOKLETS FOR PARENTS

Serious illness

As big as it gets: Supporting a child when a parent is seriously ill by Winston's Wish.

Guidance and practical ideas for families as they try to make sense of what is happening.

Available to download here - <https://winstonswish.org/wp-content/uploads/2024/04/ww-0247-BK-As-Big-As-It-Gets.pdf>

Separation and bereavement

Preparing a Child for Loss by MacMillan and Winston's Wish.

Information on how your child might understand and react to the idea of death. It describes what language you might use, and where you can find more support during this difficult time. Although it is written with parents who are near the end of life in mind, this can be a useful book to read as early as possible.

Available to download here -

https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/18307-10061/%20MAC15372_Preparingforloss_20251020

A child's grief by Winston's Wish.

Practical guidance and resources for any adult who is supporting a child after someone has died. It covers a range of topics, including talking to children (especially primary school age children) about death and the feelings, thoughts and behaviours grieving children may have.

Supporting children and young people when someone dies by Marie Curie.

This booklet is for adults supporting a child or young person when someone dies.

Available to download here - <https://www.mariecurie.org.uk/globalassets/media/documents/how-we-can-help/booklets-pdfs-only/supporting-children-and-young-people-when-someone-dies.pdf>

Understanding grieving teenagers by Child Bereavement UK.

Leaflet about some of the key issues that grieving teenagers can face, as they see them.

Available to download here - https://www.mariecurie.org.uk/globalassets/media/documents/how-we-can-help/information-for-bereaved-family-and-friends/coping-with-grief-as-a-teenager/overview/understanding_grieving_teenagers.pdf

VIDEOS FOR PARENTS

Cancer and your family by Fruitfly Collection and Royal Marsden.

A series of videos, including how to talk to your children about cancer and how to cope as a teenager/young adult.

<https://patientinfolibrary.royalmarsden.nhs.uk/cancer-and-your-family>

Telling your children you have cancer by Macmillan Cancer Support.

One woman's story about how she told her two young children about her breast cancer diagnosis.

https://www.youtube.com/watch?v=Pfoz-y_Kjgg

How to talk to your children about cancer by Bupa, UK.

Practical advice on how to talk to your children about cancer.

<https://www.youtube.com/watch?v=eTMyXt57Sqs>

How to talk to kids about cancer by Betsy Brown Braun.

There's no easy way to talk about cancer so this video provides tips on how to explain it and respond to questions they may have.

<https://www.youtube.com/watch?v=-bAV5hWwF8Y>

DISCUSSION GUIDES FOR PARENTS

Bright Reads is an American organisation that provides books for parents with pre-school and school-age children. Although you have to live in the USA to receive books, they have useful discussion guides for some of their recommended books. These include discussion questions and activities for different ages to along with each book.

<https://www.brightspotnetwork.org/bright-reads>