

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.

SECONDARY SCHOOL/TEENAGERS

BOOKS

Emotions

The feelings book by Dr Lynda Madison.

Helping teenagers understand their emotions, and deal with them in positive ways. Includes tips on how to express feelings and staying in control, plus advice on handling fear, anxiety, jealousy, and grief.

Cancer

My parent has cancer and it really sucks by Marc Silver and Maya Silver.

Real-life advice from real-life teenagers designed to help teenagers live with a parent with cancer. Written by a teenager whose mother has breast cancer, and her Dad.

Grief:

A Monster Calls by Patrick Ness (Aged 11+).

A fantasy story set in present-day Britain about a 13-year-old boy called Conor whose mother has terminal cancer. Conor is visited by a monster who tells him three stories, which help him understand the complicated feelings he has about his mother's death.

Artichoke hearts by Sita Brahmachari (Aged 11-13).

A book about a 12-year old girl whose life is being turned upside down as her Nana has terminal cancer. It's about how Nana and Mira deal with all that this involves emotionally and physically and with their family and friends who have their own love, grief and loss to deal with.

Milo and the restart button by Alan Silberberg (Aged 8+).

Milo's mum dies just before this starts and he has to work out how to manage life without her.

Milly's bug-nut by Jill Janney (Aged 9-12).

The story of a family finding their way through bereavement and of Milly who finds an unexpected answer to her heart's desire.

ACTIVITY BOOKS

Emotions

The feelings book journal by Dr Lynda Madison.

A hands-on guide to help identify and handle emotions with different activities/exercises. It also includes a section on "mood minders" - specific techniques to help figure out feelings such as fear, anxiety, happiness, jealousy, disrespect, anger, loneliness, sadness and grief.

Bereavement

Out of the blue: Making memories last when someone has died by Winston's Wish.

Supporting teenagers through bereavement using a range of activities. Allows real and difficult feelings to be worked through and safely explored.

BOOKLETS

Cancer

Dealing with your parent's cancer by Canteen (an Australian organisation for young people affected by cancer).

Designed to help teenagers understand some of what is going to happen when their parent is diagnosed with cancer, make sense of it and give them some directions.

Can be downloaded here: https://www.canteen.org.au/sites/default/files/2023-04/Canteen_DealingWithYourParentsCancer%20%281%29.pdf

When your parent has cancer: A guide for teens by the US National Cancer Institute.

This booklet can help prepare teenagers for some of the things they might face when a parent or an adult close to them is diagnosed with cancer. It can also help them learn to handle living with a parent or relative with cancer.

Can be downloaded here: <https://www.cancer.gov/publications/patient-education/when-your-parent-has-cancer.pdf>

A guide for young people looking after someone with cancer by Macmillan.

A guide for young carers, helping them cope with some of the questions and feelings they may have.

Can be downloaded here: https://carnarvon-medical-centre.co.uk/MAC13009_E05_YoungCarers_PDF.pdf

Bereavement

When someone close dies by York City Council.

A booklet to help children and young people understand and start to cope with some of the feelings and thoughts that often confuse them when someone close to them has died.

Can be downloaded here: <https://www.york.gov.uk/WhenSomeoneCloseDies>

VIDEOS

Cancer and your family by Fruitfly Collection and Royal Marsden.

A series of videos, including how to cope as a teenager/young adult with a parent with cancer.

<https://patientinfolibrary.royalmarsden.nhs.uk/cancer-and-your-family-my-parent-has-cancer-teens-and-young-adults?return-url=https%3A%2F%2Fpatientinfolibrary.royalmarsden.nhs.uk%2F%2Fcancer-and-your-family>

Jumo Health YouTube channel.

A series of animated videos that explain different types of cancer type and medical procedures (e.g. chemotherapy). Search for the relevant cancer type/procedure.

https://www.youtube.com/results?search_query=jumo+health+cancer

How does cancer spread through the body? by Ivan Seah Yu Jun (Ages: older teenagers).

A Ted-Ed talk - animated video that explains how cancer moves to new areas and why some organs are more likely to get affected than others.

<https://youtu.be/OcigJn8UJNQ>

Why is it so hard to cure cancer? by Kyuson Yun. (Ages: older teenagers).

A Ted-Ed talk - animated video that explains why it is difficult to cure cancer.

<https://www.youtube.com/watch?v=h2rR77VsF5c>

APP

Grief

Apart of Me

A free game and tools (co-designed with young people) to help young people explore their grief in their own way, to process grief at their own pace.

<https://www.apartofme.org/>