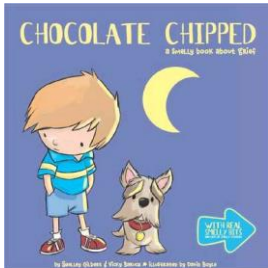


Top 10 Books for Children Aged 3 - 7

1. Chocolate Chipped

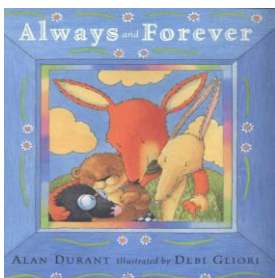
By Shelley Gilbert and Vicky Baruch



Charlie does not want to get out of bed today - it is the first birthday since Dad died. How can Charlie have fun? Moreover, can they still be a real family? This book provides insight into family life and the feelings that a child may experience following the death of a parent. Stickers and "scratch and sniff" pages are included in this book. This offers a highly tactile and enjoyable reading experience suitable for younger children.

2. Always and Forever

By Alan Durant



When Fox dies, Mole, Hare and Otter are devastated as each of them dwell on their personal losses. Their home no longer feels like the happy place that it once was. It is not until Squirrel visits one day that the animals are able to begin to rebuild their lives. She reminds them of all of the happy times and memories that the animals shared together and, for what has seemed a long time, they laugh! As the animals reminisce and share their stories, they realise that Fox will be in their hearts and memories – always and forever. This is a wonderful story which reinforces the power and importance of remembering.

3. The Lonely Tree

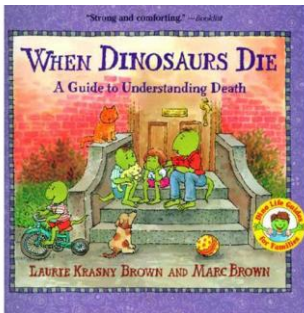
By Nicholas Halliday



This is a moving story about the first year of the life of an evergreen tree growing in the heart of an ancient woodland in the New Forest. The evergreen tree is befriended by the oldest oak who has lived for hundreds of years and tells the most extraordinary stories. As winter draws in, all of the oak trees must go to sleep but, of course, evergreens never sleep. After an exceptionally cold and long winter, spring begins bringing great sadness and joy to the evergreen. Whilst winters are still cold and lonely, spring brings new life and happiness. This is a wonderful story which uses the simple yet powerful metaphor of trees to explain the cycle of life.

4. When Dinosaurs Die

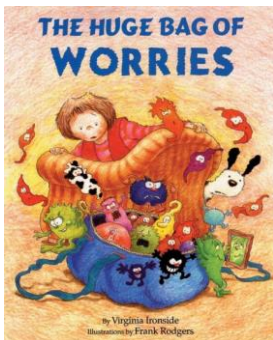
By Laurene Krasny Brown



This accessible and factual book adopts a cartoon approach which uses dinosaurs as a means of exploring some of the fears and questions about death in simple terms. This book addresses a number of areas including “why someone dies”, and “saying goodbye”. This may be useful for promoting conversations about death between children and adults.

5. The Huge Bag of Worries

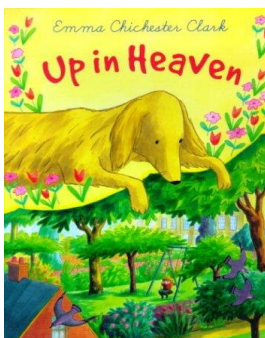
By Virginia Ironside



Wherever Jenny goes, she carries her worries with her in a big blue bag which seems to be growing bigger. Whilst she attempts to get rid of her worries, she cannot do so. Eventually, the bag of worries has become too much for her to manage by herself and she begins to cry. It is not until an elderly lady asks her what is wrong that she is able to feel better by beginning to take the worries out of the bag one by one until it is empty. She soon realises that some of her worries are not even her own. For bereaved children, this book carries a highly pertinent message about the importance of sharing worries and how this alone can make a huge difference to how we feel.

6. Up in Heaven

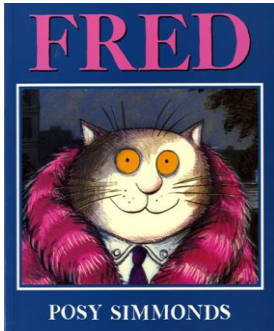
By Emma Chichester Clark



Daisy the dog is Arthur’s best friend but they both know that she is getting old. One night when Daisy goes to sleep, she wakes up in heaven. She has died. When Arthur finds out, he is broken-hearted. Daisy loves it in heaven but she is also watching over Arthur who is sad and misses her. By visiting Arthur in his dreams, Daisy gives him the courage to take the first steps to finding happiness again. This book may help children to discuss their views and ideas about heaven as well as discussing how a relationship may be maintained with a special person who has died.

7. Fred

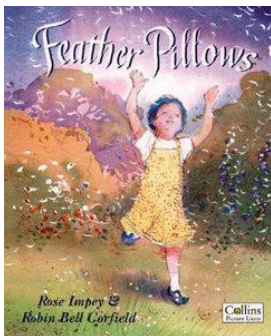
By Posy Simmonds



Fred is an adored family cat who is renowned for his laziness and sleeping in all sorts of peculiar places! It is only after the death of Fred that the children in the family, Sophie and Nick, discover that, by night, Fred had an alter-ego - Famous Fred: the most famous cat in the whole world! After burying Fred, all of the cats from the neighbourhood and the children come together to say goodbye. This humorous and enjoyable book would be a suitable for introducing children to the idea of death.

8. Feather Pillows

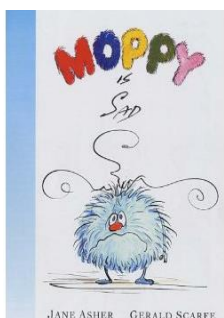
By Rose Impey & Robin Bell Corfield



Sarah's Grandma has just died. She is bored of sitting around whilst the adults sort things out and she cannot understand why they all keep crying. Sarah's memories of her Grandma are happy. It is not until Sarah goes into the shed that she is reminded of one particularly wonderful day that she spent with Mum and Grandma. Soon, she comes to learn that you can laugh and cry at the same time. This is a lovely story which provides reassurance that it is okay to be both sad and happy when someone special has died – sometimes at the same time.

9. Moppy is Sad

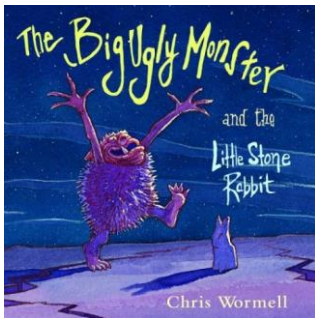
By Jane Asher



Moppy is an alien who fell from space and landed in a little boy's house. Moppy does not know very much about emotions and he has to learn to control them. However, we can see how Moppy is feeling depending on what colour he goes. In this story, Moppy learns about sadness when a family pet dies. This delightful book provides a great way of discussing and exploring sadness.

10. The Big Ugly Monster and the Little Stone Rabbit

By Chris Wormell



This story is about a monster that lives an isolated life because he is so ugly that no living creature can stand to be in his presence. However, the monster is not ugly on the inside -just incredibly lonely. When the monster decides to sculpt some friends out of stone, they all shatter because they cannot withstand his smile with the exception of a little stone rabbit. Throughout the rest of his life, the monster and the little stone rabbit share many happy times together until the monster eventually dies. Many years later, the monster's cave is overgrown with beautiful flowers but the little stone rabbit remains amongst the wildlife as the monster's legacy. This book is a fantastic way of helping young children to understand that all things die eventually and the importance of remembrance and the impact that someone can have on you and the world.

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