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To tell us what you think, or for further information about this service, contact **Arthur Rank Hospice Charity, Cherry Hinton Road, Shelford Bottom, Cambridge, CB22 3FB** Tel no: **01223 675777**

Please note: To enable us to offer appropriate support and improve our service, we may ask for contact details of your family members, carers and friends. We store this information in compliance with the General Data Protection Regulation and the Data Protection Act 2018. For further information on how your personal information is used, how we maintain the security of your information, and your right to access information we hold on you, your family, carer or friends, our Privacy Notice can be viewed on our website: arhc.org.uk/privacy.asp or please ask a member of staff for a copy of our Privacy Notice.

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Arthur Rank Hospice Specialist Palliative Care

Resources for children, teenagers and young people

When someone in the family is faced with a serious illness it can be difficult to decide when to share what is happening with others. Many families are concerned that sharing difficult news with children and young people may cause them to worry, especially when there is uncertainty about how the illness will affect the person.

Children and young people are very observant and can often pick up on the signs that someone is unwell. Without age-appropriate explanation, they may draw unhelpful conclusions about what is happening and what this means for the person, themselves and others.

This leaflet is a collection of resources that may be helpful for families to use, to help think and talk about serious illness and bereavement. They can be read together with your child or young person so that you can answer any questions, or they may prefer to read them alone and ask questions when they are ready.

The list includes books and websites which we know have helped families that we have worked with. There is a brief description of each to help you decide if it is suitable for your situation. It is not an exhaustive list and you may still benefit from discussing any concerns with the health and education professionals involved with your family.

If you feel any of these resources would be helpful for you and your family they are widely available to purchase and many of them can be borrowed from Cambridgeshire Public Libraries. A small number of the books are available on loan from the hospice library. In some circumstances we may be able to assist with the cost of purchase.



Resources for children when someone is seriously ill

As Big as it Gets - Supporting a child when a parent is seriously ill

Julie Stokes, Diana Crossley and Di Stubbs

This booklet provides a range of ideas for parents and carers so that they feel able to involve their children in what is happening.

ISBN: 978-0953912391

When Someone Has a Very Serious Illness: Children can learn to cope with loss and change

Marge Heegaard

This is an excellent workbook to help children aged 6-10 to put into words their thoughts and feelings when someone special has a serious illness.

ISBN: 978-0962050244

The Secret C: Straight talking about cancer

Julie Stokes

This book approaches the difficult subject of cancer very simply and sympathetically.

ISBN: 978-0955953927

Grandma

Jessica Shepherd

For younger children to help them understand dementia as it affects their grandparents. Includes a factual page about dementia that helps children talk about their feelings and find new ways to enjoy the changing relationship.

ISBN: 978-1846435973

Useful websites

Rip-Rap - a site for teenagers who have a parent with cancer

<http://www.riprap.org.uk/>

Hope support services - support for 11-25 year olds who have a loved one with a life-threatening illness

<http://www.hopesupport.org.uk/>

Alzheimer's Research UK - kids section explaining dementia with resources for young children, juniors and teens

<https://kids.alzheimersresearchuk.org/>

Resources for bereaved children

You Just Don't Understand - Supporting bereaved teenagers

Helen Mackinnon

This book aims to help you recognise the problems teenagers may face if someone important dies during the adolescent years and to consider how to respond to the individual needs of a bereaved teenager.

ISBN: 978-0955953958

Out of the Blue: Making memories last when someone has died

Julie Stokes and Paul Oxley

Written and designed specifically for teenagers, Out of the Blue includes a range of activities to help them through the bereavement process and to express their thoughts and feelings.

ISBN: 978-1903458716

Badger's Parting Gifts

Susan Varley

Badger knows he will soon die and wants to prepare his family and friends. When he does die, they are still very sad but remember all the things Badger taught them and in this way he lives on in their memories. Suitable for children 7+.

ISBN: 978-1849395144

Waterbugs and Dragonflies: Explaining death to young children

Doris Stickney

This book provides adults with the opportunity to talk about death as being part of the life cycle, which can be a reassuring way of explaining death to children from a Christian perspective.

ISBN: 978-0829816242

When Someone Very Special Dies: Children can learn to cope with grief

Marge Heegaard

A great book for children to express their grief and a lovely way to remember a loved one. Lots of tips from professionals to explain how to use the book.

ISBN: 978-0962050206

A Child's Grief - Supporting a child when someone in their family has died

Di Stubbs and Julie Stokes

A very useful and informative book with activities and practical suggestions for any adult who is supporting a child through bereavement.

ISBN: 978-0955953934

Never Too Young to Grieve - Supporting children Under 5 after the death of a parent

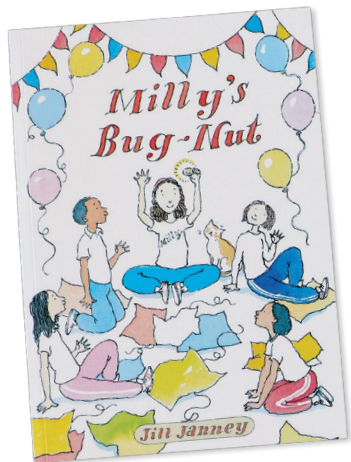
Winston's Wish

This book is designed for parents, carers, childcare professionals and other adults supporting children up to the age of 5 who have experienced the death of a parent or carer.

ISBN: 978-0955953965



making every moment count



Milly's Bug-Nut

Jill Janney

Milly's Bug Nut is the story of a family finding their way through bereavement and of Milly who finds an unexpected answer to her heart's desire. The author wrote this story for her own children after the death of their father.

ISBN: 978-0953912346

Davey's Really Magic Carpet

Caroline Twigg

Aimed at children aged 4+, Davey's magic carpet was a gift from his daddy as he died and each thread is made from a memory they had together.

ISBN: 978-0993512100

Are You Sad Little Bear? A book about learning to say goodbye

Rachel Rivett

This picture book will help young children in times of bereavement, loss or change, gently exploring the reasons for saying goodbye and giving reassurance that goodbye doesn't mean the end of things.

ISBN: 978-0745964300

The Memory Tree

Britta Teckentrup

A picture book aimed at young children to help them celebrate the memories left behind when a loved one dies.

ISBN: 978-1408326343

The Magical Wood

Mark Lemon

A story for young children about loss, friendship and hope to support children living with grief and help to start difficult conversations.

ISBN: 978-0993503146

Always and Forever

Debi Gliori and Alan Durant

This book explains death to children in a way that's really gentle and helps them understand about the feelings surrounding the loss of a loved one.

ISBN: 978-0552567657

Missing Mummy

Rebecca Cobb

This book deals with the loss of a parent from a child's point of view. It explores the many emotions a bereaved child might experience.

ISBN: 978-0230749511

What's Happened to Daddy's Body?

Elke Barber and Alex Barber

This picture book aims to help children aged 3+ to understand what happens to the body after someone has died. The story will reassure any young child who might be confused about death and what happens afterwards.

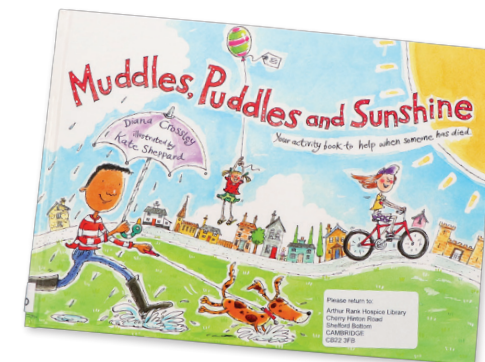
ISBN: 978-1785921070

Muddles, Puddles and Sunshine - Your activity book to help when someone has died

Diana Crossley

An activity book for children aged 3+ which encourages them to talk about their feelings and remember the person who has died.

ISBN: 978-1903458969



Useful websites

Bereavement

Chums - mental health and well-being service for children and young people, including bereavement support

<http://chums.uk.com/cambs-pborough-services/>

Stars - for young people in Cambridgeshire facing grief

<https://talktostars.org.uk/>

Winston's Wish - UK charity offering bereavement support

<http://help2makesense.org/>

Grief Encounter - support for bereaved children and their families

<http://www.griefencounter.org.uk/about/>

Cruse Bereavement Care - website for young people

<http://hopeagain.org.uk/>

Child Bereavement UK - area on website for young people

<https://childbereavementuk.org/young-people/>

Marie Curie - information on helping children when someone dies and for coping with grief as a teenager

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends>