

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Blended Families			
I have a New Family Now: Understanding Blended Families (Comforting Little Hearts Series)	Robin Rince Monroe (Illustrator Nancy Barnet)	Families change from time to time. Deaths, births, divorces, remarriages can all bring new people into a child's family. By using this book, parents can help children understand why they need not fear changes in their family, and how they're always in God's family. Ages 4-8. The book is interactive encouraging children to draw what they are feeling.	
Changes e.g. new baby, new family member, workplace			
Butterflies in My Stomach and other school Hazards	Serge Bloch	Bloch's drawings do a great job of juxtaposing fact and feeling in the wry scenarios that illustrate the literal meaning of common sayings. The slapstick fun with words and pictures will appeal to Preschools to Grade 2.	
Changes	Anthony Browne	The book explores the boy's state of mind as he prepares for the return of his parents with his new baby sister.	
Dear Heart, Come Home - the path of midlife spirituality	Joyce Rupp	Any woman or man looking for a guide to lead them through the middle years "naming" the losses, bringing forth the images which help all of us to find our way with dignity, grace, and ah yes! humor, will treasure this book and pass it on.	
Hope for the Flowers	Trina Paulus	Grade 7 Up. It is a very simple story of life, death, goals, alternatives, anxiety, hope, and becoming which can be used by students on many levels, with each person gleaning an appropriate moral. For anyone who has challenges to overcome.	
Isabella's Garden	Glenda Millard & Rebecca Cool	This lyrical picture book explores the growth and continual change that goes on in Isabella's garden. Told with great warmth, this is a comforting story about the cycle of life in its many forms.	
John Brown, Rose and the Midnight Cat	Jenny Wagner Illustrated by Ron Brooks	Rose lived with her dog, <i>John Brown</i> until the mysterious <i>midnight cat</i> came along, and things began to change.	
Who Moved My Cheese	Spencer Johnson	A parable about workplace change	www.skylight.org.nz
The Challenge of Change How to Walk Alongside a Child or Teen Living with Death, Divorce or Other Life Changes			
Windows	Jeannie Baker	A picture book for all ages	
Children not making 'milestones'			
Leon the Late Bloomer	Robert Kraus	Leo is behind in everything, but Leon blooms in his own good time.	
Dementia			
My Gran's Different	Sue Lawson & Caroline Magerl	Helps young readers and their parents cope with Alzheimer's	
Remember Me	Margaret Wild, Dee Huxley (Illustrator)	Ages 4-7. The problem of forgetfulness in older family members is addressed in this book.	

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Disabilities / Special Needs			
Down Syndrome NSW		This website has some resources that can be downloaded for free.	www.dsansw.org.au/index.php?pg=340
Grief Matters Winter 2008 Voll 11: Number 2	The Australian Centre for Grief and Bereavement	Articles on Death Education and Grief Support for Individuals with Intellectual Disabilities, Unrecognised and Unsupported: Grief among People with Intellectual Disability, Loss, Bereavement, Counselling and Support: An Intellectual Disability Perspective. This can be purchased from there website. It also contains some book reviews.	www.grief.org.au.php5-2.dfw1-1.websitetestlink.com/resources/grief_matters/previous_issues
It isn't fair - Siblings of children with Disabilities	Stanley D Klein & Maxwell J Schleifer	Reveals the myriad feelings of "normal" brothers and sisters as they grapple with caretaking, frustration, powerlessness, jealousy, guilt, worry about their "special" siblings.	www.dsscotland.org.uk/
Let's Talk about Death	Down's Syndrome Scotland Publication	A booklet about death and funerals for adults who have a learning disability	www.intellectualdisability.info/mental-health
Managing Grief Better: People With Intellectual Disabilities		Good article with points for caregivers of bereaved people with intellectual disabilities.	Fishpond
Rain, Hail or Shine	Tricia Irving	Exploring change, loss and grief in a carer's world	siblingsaustralia.org.au
Siblings Australia		Services for brothers and sisters with special needs	
Siblings - Brothers and sisters of children with special needs	Kate Strohm	Kate, shares her own story, and the stories of other siblings who struggle with their feelings of resentment, guilt, grief and isolation. She also explores how these difficulties can manifest in adulthood as depression, anxiety and other psychological problems, and gives detailed strategies for coping and coming to terms with these feelings.	
Supporting People with Disabilities: Coping with Grief and Loss			www.scopevic.org.au/index.php/site/resources/supportingpeople
The birth order book	Dr Kevin Leman	Dr. Leman offers readers a fascinating and often funny look at how birth order affects personality, marriage and relationships, parenting style, career, and children. Dr. Leman shows how to overcome ingrained tendencies by focusing on their birth order.	
The Naked Penguin	Kym Lardner (Illus Oliver Lardner)	A little penguin was different from all the other penguins because he has no patch of white on his chest. Nobody will play with him so the penguin decides to leave his home. He starts to notice that there are other animals who are different too. And the little penguin learns life's most important lesson...	liquidsalt.com.au/yourshout
Your Shout		For children with a sibling with a disability or chronic illness (Sibs). Website where sibs can contribute their thoughts, ideas and feelings.	

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Feelings			
How are you Peeling? Foods with Moods	Saxton Freymann and Joost Elffers	Simple and funny text is designed to start a conversation between adult and child about feelings.	
I know I made it happen: A Gentle Book About Feelings	Lynn Ennett Lackburn	This book looks at feelins when there's a family fight, a divorce, illness, injury and death. It gives kids support and understanding during crises.	
Mad Isn't Bad - A Child's Book About Anger	M Bundy	A unique guidebook for kids to help them deal constructively with all of their feelings.	
Sad Isn't Bad - A Good-grief Guidebook for Kids Dealing With Loss	Michaelene Mundy. Illustrated by R W Alley	Offers children a comforting, realistic look at loss - loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief - and growth.	
Tough Boris	Mem Fox	The reader learns that Boris (like all pirates) is greedy, fearless, scary etc. Picture books in the tough-guy-gets-come-uppance genre usually take a comical twist, but Tough Boris ends with the lines, `But when his parrot died, he cried and cried. All pirates cry. And so do I'.	
The Way I Feel	Janan Cain	Valuable for getting children to talk about the day's triumphs and troubles. Janan Cain's kids ooze anger and bounce with excitement as they teach the words for emotions.	
Today I Feel Silly and Other MOODS that make my day	Jamie Lee Curtis	Silly, cranky, excited, or sad - everyone has moods that can change each day. This book helps kids explore, identify, and, even have fun with their ever-changing moods.	
When I'm Feeling Sad, When I'm Feeling Loved, When I'm Feeling Happy, When I'm Feeling Lonely, When I'm Feeling Scared, When I'm Feeling Kind, When I'm Feeling Jealous	Trace Moroney	Each book includes Notes for Parents in which a child psychologist offers some helpful insights.	
Foster Family/Adoption			www.baaf.org.uk
Nutmeg gets Into Trouble, Nutmeg Gets Adopted, Nutmeg Gets Cross, Nutmeg Gets a Letter, Nutmeg Gets a Little Help, Nutmeg Gets a Little Sister	Judith Foxon	The adventures of Nutmeg, the small red squirrel, explore some of the problems that adopted children may have, or may come into contact with. These books offer social workers, adoptive parents and carers a practical way to help adopted children explore their feelings about their circumstances and situations.	
Friend Moving Away			
Franklin's Bad Day	Paulette Bourgeois	Franklin is sad because his best friend, Otter had moved away. Even though he refuses to admit it, he's also angry and mad at everyone, including his friends. He then realizes, no matter what, it's no excuse for his behavior.	
Ira Says Goodbye	Bernard Waber	A little boy named Ira must say goodbye to a friend that has to move out of town.	
Grief and Bereavement			

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Baby death			Centering Corporation
Children Die Too	Joy and Dr. S.M.Johnson	For parents experiencing the death of a child.	
No New Baby	Marilyn Gryte	For siblings who have a brother or sister die before birth.	7www.sands.org.au 1300 72637
Sands Australia		Miscarriage, stillbirth & neonatal death support website.	www.sidsandkids.org/hunter
SIDS & KIDS		SIDS and Kids - Interactive grief website Offers grief discussion boards for discussion on issues related to grief. Have a great lending library.	www.chw.edu.au/parents/kidshe alth/books/
When a child Dies	Children's Hospital Westmead	Information booklet for families.	
Adult Grief			www.palliativecare.org.au
Journeys – Palliative care for children and teenagers	Palliative Care Australia	This pdf aims to better prepare and equip families and carers for the many situations and issues they may face as they live with their child's illness. It is a starting point in identifying where to look or who to go to for specific information and support which best meets their needs.	www.dsscotland.org.uk
Let's Talk about Death	Down's Syndrome Scotland Publication	A booklet about death and funerals for adults who have a learning disability.	
Adult Grief - Men			
Bear is Now Asleep	William Verity	William is a father of a 3 year old killed by soccer posts falling on her at her brother's soccer gala day. Explores grief from a father's perspective.	www.grief.org.au/resources. It is found within the Resources guide
men grieve too		Stories of loss, grief and remembrance by bereaved fathers	
Swallowed by a Snake	Thomas R Golden	Discover how the genders differ in their healing from loss	
Adult Grief - Women			
After You	Natascha McElhone	When her husband died, Natascha kept a diary of her loss. The most powerful parts of the book are those moments of transition when she feels things starting to lift.	
Giving Sorrow Words	Melinda Tankard Reist	Women's stories of grief after abortion	
Sophie's Bakery for the Broken Hearted	Lolly Winston	A novel for widows or those grieving loss of a partner.	
The Year of Magical Thinking	Joan Didion	Didion Contemplates how the rituals of daily life are fundamentally altered when her life's companion is taken from her. It is an account of the year following the death of the author's husband and her impressions form a picture of an intelligent woman grappling with her past and future.	
The Young Widow's Book of Home Improvement	Virginia Lloyd	A wry and touching love story that plays with the parallels between our homes and ourselves.The story about her first year as a widow.	

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Children's Grief - for children			
Badger's Parting Gifts	Susan Varley	Badger's friends are overwhelmed with their loss when he dies. By sharing their memories of his gifts, they find the strength to face the future with hope.	
Beginnings and Endings with LIFETIMES in between	Bryan Mellonie and Robert Ingpen (Illust)	There is a beginning and an ending for everything that is alive. In between is living.	www.rcpsych.ac.uk/publications/booksbeyondwords
Books Beyond Words		Useful resources for explaining issues such as bereavement through pictures rather than words.	
Children Also Grieve: Talking about Death and Healing	Linda Goldman	An invaluable tool for bereaved children and those who care for them.	
Children and Bereavement	Wendy Duffy	To help families and professionals understand children dealing with death. New edition includes section on dealing with events such as September 11th.	Skylight
Good Grief Vol 1 - Exploring Feelings, Loss and Death with Under Elevens. A Holistic Approach	Barbara Ward & assoc	Enables children, teachers and parents to develop their understanding of loss and it's impact.	
Help Me Say Goodbye	Janis Silverman	Activities for Helping Kids Cope When a special person dies.	
I will remember these things forever	Edited by Julie Edwards & Nicole Rotaru	Children and young people give creative voice to their experience of grief.	
I wish I could hold your hand...	Dr Pat Palmer	A child's guide to grief and loss.	
Jenny Angel	Margaret Wild	Jenny is trying to 'stay on guard' so that Dave won't die...about acceptance.	www.kidsaid.com
Kids Said		A safe place for kids to help each other deal with grief and loss.	www.vetmax.com.au
Memory Flowers	Donna Ellis Illustrated by Philippa Morton	This story highlights the importance of memories as a way of keepin galive the spirit of those who have passed. It centres on the loos of a pet and provides a lauching pad for discussing the topic of death with children of all ages	
Old Pig	Margaret Wild Illustrated by Ron Brooks	4+ Old pig is preparing to die and getting grand-daughter ready for life without her.	
Our Dad Died	As told by Amy, Aillie and David Dennison	The true story of three kids whose lives changed.	www.skylight.org.nz
Something has Happened	Tracey Irving	An activity book for 3–6 years old, who are facing any kind of difficult time. There are guidelines on every page for a parent or carer as they help a child with the book.	
Sad Isn't Bad - A Good-grief Guidebook for Kids Dealing With Loss	Michaelene Mundy. Illustrated by R W Alley	Offers children a comforting, realistic look at loss - loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief - and growth.	
Talking with Children and Young People About Death and Dying - a workbook	Mary Turner. Illustrated by Bob Thomas	Workbook is designed to be read selectively with children by an adult.	www.healingthespirit.org/childs-place.php
The Healing Garden		A child grief web page with interactive activities to help children deal with their grief and loss through creative expression and companion interaction.	
The Very Best of Friends	Margaret Wild and Julie Vivas	Story about relationships, love and loss, survival and recovery.	www.skylight.org.nz

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The Challenge of Change. How to Walk Alongside a Child or teen Living with Death, Divorce or Other Life Changes	A Skylight resource	For children or teenagers.	Victorian Sids and Kids office - 0398229611
What about the other kids?	booklet	A booklet by and for parents of children whose brother has died.	Amazon
When Uncle Bob Died	Althea	When someone special dies a child may need to talk about them and share their feelings of confusion and sadness. When Uncle Bob Died offers a starting point for discussing death and their own thoughts about it.	www.bn.com
When My Dad Died: A child's view of death	Janice Hammond	Designed to be read with child. Pictures can be coloured by child.	www.capersbookstore.com.au
What's Dead Mean	Doris Zagdanski	A child's book about death with stick figure drawings to help adults working with young children to age 8 to begin to comprehend their own experience with death.	
When Someone very special dies - Children can learn to cope with grief	Marge Eaton Heegaard	A practical format for allowing children to understand the concept of death and develop coping skills for life.	www.skylight.org.nz
When Tough Stuff Happens -an Activity Book for Tough Times	Tracey Irving	For 7-12 year olds.	
When Dinosaurs Die - A guide to Understanding death	Laurie Krasny Brown and Marc Brown	Explaining the concept of death to a child can often be an upsetting experience. This book deals with the issue in a healthy, open manner, addressing children's fears and curiosities head-on, therefore making the grieving process as painless as possible.	
Children's Grief - for helping children and young people			
Helping Children Cope with Grief	Rosemary Wells	For parents, teachers nurses and friends wishing to help a child cope with grief. Has practical advice for terminal illness and sudden death.	
Helping Children Cope with the Loss of a Loved One	William C Kroean	How children from infancy through 18 perceive and react to death; how adults can guide and support children through the grieving process.	
Helping Bereaved Children a Handbook for Practitioners	Nancy Boyd Webb	Presents a range of therapeutic approaches and interventions for children who have experienced loss. Illustrated are ways to help preschoolers through adolescents cope with different forms of bereavement, including death in the family, school or community.	
Talking with Children and Young People about Death and Dying a Workbook	Mary Turner	Empowers & equips adults working with bereaved children to encourage them to communicate their pain and understand the often contradictory emotions aroused by the death of someone close to them.	
Telling a Child About Death	Edgar N Jackson	Discusses issues such as; the importance, when, how, what to say, how to say it, why, the understanding and the values to be considered upon discussing death with a child.	
Children's Grief - for teenagers			
The journey through...		A youth handbook for facing tough times of loss and grief.	www.skylight.org.nz
The Challenge of Change. How to Walk Alongside a Child or teen Living with Death, Divorce or Other Life Changes	A Skylight resource	For children or teenagers.	

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When Death Walks In	Mark Scrivani	For teenagers facing death. Helpful and supportive information for facing grief during the teen years. Gives important information about grief and what we can do about anger, sadness and all the emotions that come when death walks in.	
The grief book: Strategies for young people	Elizabeth Vercoe	"Grief is like manure: if you spread it out it fertilises. If you leave it in a big pile, it smells like hell." For young people, parents and anyone experiencing grief or working with adolescents. Practical ideas to help you or somebody you know move through grief.	
General Grief			www.grief.org.au
Australian Centre for Grief and Bereavement		Largest provider of grief and bereavement education in Australia.	www.bereavementcare.com.au
Bereavement Care Centre		Provides counselling and support services for the terminally ill and their families, and for those recently bereaved. They offer bereavement counselling, educational courses, educational books & DVDs and information for bereaved adults and children.	ABC Books
Coping with Grief	Mal McKissock and Dianne McKissock	Based on ABC radio series.	
Meaning Reconstruction & the Experience of Loss	Neimeyer, editor American Psychological Association	Neimeyer and others regard grief as part of the spectrum of losses which challenge us as humans, others of which may include divorce or childhood trauma or abuse. These workers understand that ongoing bonds with the child or person who has died not only do occur anyhow but may actually increase the ability to "live well"; and look at processes or structures which increase our ability to integrate the painful experience/s into a full and coherent experience of being.	GriefNet
Continuing Bonds: New Understandings of Grief	Edited by Dennis Kloss, Phyllis Silverman, Steven Nickman	The dominant twentieth-century model holds that the function of grief and mourning is to cut bonds with the deceased, thereby freeing the survivor to reinvest in new relationships in the present. The book presents data to demonstrate that the healthy resolution of grief enables one to maintain a continuing bond with the deceased. Such bonds are not denial; the deceased can provide resources for enriched functioning in the present.	www.counselingforloss.com
Counselling for Loss and Life Changes		List of useful websites and articles covering a range of topics on grieving.	www.rabooks.com.au
Don't Forget I hurt Too	Elaine Peddy	This book consists of stories and poems from children and teenagers whose lives have been altered by death or divorce.	
Drop Dead	Babette Cole	Grandma and Grandad recall to their grandchildren their entire lives - adventurous babies, outrageous school children, and disastrous teenagers, who grew up to be a stunt man and a film star. But they expect to one day just drop dead - and they could be recycled as anything.	
Gentle Willow	Joyce C. Mills	Written for children who may not survive their illness or for the children who know them, this tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle	
Good Grief	Zita Annette Weber PhD	How to recover from grief, loss or a broken heart. Good Grief shows that a satisfying and meaningful life is possible after loss - if our grief is resolved.	www.gbcmpk.org/grief_wheel.htm

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Grace Bible Church of Moorpark		Navigating the Grief Wheel. Another model for dealing with grief that could be helpful. At the end it does have a religious connection that might not be helpful to all.	www.grieflink.asn.au
Grieflink		Information resource for the bereaved and grieving, their carers, friends and colleagues and for health and welfare workers.	www.griefnet.org
Griefnet.org			Centre for Grief Education Melbourne 2002
"Handbook of Grief and Loss"	Neimeyer	Written during an Australian residency period, this handbook draws on the theories of meaning re-construction and includes detailed ideas for grief-work such as journaling, memorial rituals, etc. which an individual can use either in their own re-building process or while helping others.	
Living When a Loved One has Died	Earl A. Grollman	The reactions of grief are not like recipes, with given ingredients, and certain results. Grief is universal. At the same time it is extremely personal. Heal in your own way.	www.missfoundation.org
M.I.S.S. Foundation		Information, resources and articles to help grieving families.	
No Time For Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death	Janice Harris Lord Foreword by Mal Mc Kissock	Offering hope and useful suggestions to survivors grieving for a loved one killed, this guide provides outlets and compassion for feelings of grief, anger, frustration, and disappointment.	
Now that the Funeral is Over	Doris Zagdanski	Challenges the reader not only to learn about grief, but also to learn about themselves. Peaceful thoughts, meditations and inspirations all combine to produce a valuable book which will be of immense help to so many.	
Objects of the Dead	Dr Margaret Gibson	Why do some things stay and some go from our lives and memories? This is a reflection on saying goodbye and living with death.	www.personalcoachingservices.com/library.html
Personal Coaching Services		An explanation of how grief can be good and more on Worden's tasks of grief.	www.sayinggoodbye.net
Saying Goodbye: Bereavement Activity Book	Jim & Joan Boulden	Saying Goodbye is widely used by hospices, schools, parents, hospitals and mortuaries to assist bereaved children in dealing with their grief. The book is a non-threatening presentation accompanied by a healing discussion of emotional issues. It features extensive graphics and activities for coloring as Buddy and his friends explore sensitive issues.	www.griefwatch.com/tearsoup/
Tear Soup (DVD also available)	Pat Schwiebert and Chuck DeKlyen	Tear Soup is a family story book that centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of <i>Tear Soup</i> .	www.dougy.org
The Dougy Centre	grief	Resources for children, teens, young adults and their families who are grieving a death.	www.skylight.org.nz
The Challenge of Change. How to Walk Alongside a Child or teen Living with Death, Divorce or Other Life Changes	A Skylight resource		www.thecompassionatefriends.org.au

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The Compassionate Friends		A self-help organisation offering friendship and understanding to bereaved parents, siblings and grandparents after the death of their child(ren) and fosters the physical and emotional health of bereaved parents and their surviving child(ren).	www.webhealing.com
Web Healing		Interactive grief website Offers grief discussion boards for discussion on issues related to grief.	
Death (What's Happening?)	Karen Bryant-Mole	Looks at some of the experiences children have of death. Illustrated with colour photographs.	
Parents Grief			
One step at a time - Mourning a child	Betty Madill	Betty offers practical suggestions to help people embark on their own path of healing and acceptance.	
The Death of a Child - Reflections for Grieving Parents	Elaine E Stillwell	Reflections for Grieving Parents	
But What can I say? Ways to help bereaved parents	Heather Kerridge	Deals with practical things you can do, what to say that might be supportive and what things might not be helpful.	
Three Seasons	Jane Hansen	For those struggling with miscarriage and the loss of a child	
Spiritual			
My Beautiful Broken Shell: Words of Hope to Refresh the Soul	Carol Hamblet Adams	Beautiful words of hope to refresh the soul for anyone who has seen tough times. This book puts everything into perspective, even broken shells are beautiful. Includes prayers.	
My Beautiful Sandcastle Moments	Carol Hamblet Adams (Illustrated by Gay Talbott Boassy)	Readers are invited to pray through troubled times and seek refreshment in everyday miracles. Each insight from the shore beckons those caught up in day-to-day busyness to sink to their knees, embrace a youthful spirit, and create a fortress of hope.	
The Circle of Life - The Heart's Journey Through the Seasons.	Joyce Rupp & Macrina Wiederkehr	The authors expore the relationship between the seasons of the earth and the season of our lives. They help us discover the seasons as stepping stones along the path of the great circle of life and guides for life's journey.	
General			
Children and Youth Health			www.cyh.com
Courage	Bernard Waber	Provides examples of many types of courage from everyday life and unusual circumstances.	skylight resource
Everybody Hurts Sometimes			
Good-bye Vivi!	Lois Tonkin	A book about grief for children.	
	Antonie Schneider, Marie Duskova (Illust)	When Granny comes to live she brings her canary, Vivi. When Vivi dies Granny helps the children come to terms with their loss by showing them that their memories of Vivi can keep the bird singing in their hearts. Later, when Granny herself dies, her wise words -- and the special gift she leaves them -- help the children deal with their grief and find solace in their loving memories of Granny.	

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Hunwick's Egg	Mem Fox	When a mysterious egg appears outside Hunwick's burrow, no one is certain what to think. And when it doesn't hatch right away, everyone is even more bewildered. Everyone, that is, but Hunwick. For Hunwick understands the egg. It is his friend. And he is the only one who knows its secret.	
Making Heart-Bread	Matthew, Sheila Fabricant & Dennis Linn	This children's book (based on a true story of what healed traumatized orphans during World War II) is designed to help children heal their hurts and create a nonviolent world where we can all give and receive life and love. Includes a section for parents and other caregivers at the end to help guide them in supporting their children.	
Now That the Funeral is Over: Understanding the Effects of Grief	Doris Zagdanski	A collection of thoughts, meditations and inspirations that challenges the reader not just to learn about grief, but also to learn about themselves.	
Oh The Places You'll Go	Dr. Seuss	Kids of all ages will be encouraged and inspired by this favorite Dr. Seuss story that celebrates the adventure, choices, and ups and downs that go with life's journeys. This optimistic rhythmic romp will encourage young readers to keep a positive attitude as they start something new.	
The Velveteen Rabbit	By Nicholson Wilson (Illustrated by) and Margery Williams	Margery understood how toys (and people) become real through the wisdom and experience of love.	
The I LOVE YOU book	Todd Parr	A book about unconditional love. Parr reminds us that we love them when sleep... and when they don't. When they are sick ... and when they are better.	
The Circle of Days	Reeve Lindbergh, Cathie Felstead (Illust)	The American poet Reeve Lindbergh has adapted St Francis's Canticle of the Sun into simple rhyming verse.	
The Everything Seed	Carole Martignacco	The Everything Seed is a new myth for a new generation, one that explains to the youngest child where we, and the world around us, originated.	
The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses	John W. James & Russell Friedman	Drawing from their own histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss.	
The Huge Bag of Worries	Virginia Ironside	The usually happy Jenny has started to have lots of worries until they grow into a huge bag of worries that follow her everywhere. Jenny decides they will have to go. But who can help her?	
Where Does God Live?	Holly Bea	Hope asks a really big question: Where does God live? Her grandmother provides Hope with an answer that she and all readers can take to heart.	
You Can Heal Your Life	Louise L Hay	Offers practical steps for dissolving both the fears and causations of diseases.	
Grandparents			
Dan's Grandpa	Sally Morgan and Bronwyn Bancroft	A gentle story about death, mourning and the very special place of grandparents.	http://shop.acer.edu.au/acer-shop

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Jelly Bean's Secret	Molly Carlile	Through this sensitive yet frank book young readers will learn about dying and the rituals and feelings that accompany this inevitable time. Educators, parents and counsellors can use the story and the learners' guide to assist children to move through grief while also experiencing the surprising gifts that loving and remembering bring. This book does not present or endorse a specific religious tradition.	
My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging	Rachel Naomi Remen	Rachel sat at the feet of her grandfather, an orthodox rabbi and learned the secret of life: that love and blessings given to others heals our loneliness, unhappiness, and in fact all our wounds.	
My Grandma Died: A Child's Story About Grief and Loss	Lory Britain	Lory answers questions such as How do you talk to very young children about death? How do you reassure them that the pain of grief is normal? How do you show them—and their parents—ways to work through the grieving process?	
Nan Upstairs & Nana Downstairs	Tomie dePaola	Children's book which introduces children to the concept of death.	
Passing On	Mike Dumbleton	Useful for death in general	
Illness / Cancer			www.talesforkids.com.au
My Beautiful Broken Shell: Words of Hope to Refresh the Soul	Carol Hamblet Adams	Beautiful words of hope to refresh the soul for anyone who has seen tough times. This book puts everything into perspective, even broken shells are beautiful. Includes prayers.	
My Beautiful Sandcastle Moments	Carol Hamblet Adams (Illustrated by Gay Talbott Boassy)	Readers are invited to pray through troubled times and seek refreshment in everyday miracles. Each insight from the shore beckons those caught up in day-to-day busyness to sink to their knees, embrace a youthful spirit, and create a fortress of hope.	
Oscar and the lady in pink	Eric-Emmanuel Schmitt	This book about Oscar who has leukemia is a story about loneliness, love, and compassion is presented with spirited imagination.	
Safina and the Hat Tree	Cynthia Hartman	This picture book helps introduce the concept of cancer to young children. Safina confronts her cancer with the help of her family, dog Reuben and her sense of humour. Together with the children at school, she embarks on a journey of fun and hope through the use of a collection of hats from her hat tree. Ages 4 to 7 years	http://www.cancercouncil.com.au/
When a parent has cancer: How to talk to your kids	Cancer Council	This book aims to help to firstly tell your kids about the cancer, and then to keep talking throughout your cancer journey.	
Indigenous			
It is no Secret	Donna Meehan	The story of a stolen child and how through tracing her birth family she could begin the healing process.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Inspiration			
A Simpler Way	Margaret J Wheatley and Myron Kellner-Rogers	This inviting and courageous book is filled with hope, insight, and penetrating questions that lifts us to a universe abounding in new possibilities.	
An Open Heart: Practicing Compassion in Everyday Life	Nicholas Vreeland and Dalai Lama and Khyongla Rato	Outlines a basic understanding of Buddhism and some of the key methods by which Buddhist practitioners have cultivated compassion and wisdom in their lives. There is a large emphasis of meditation, it's meaning and techniques.	
Let There be Love	Ken Duncan	The words enrich your understanding of what love really is as you enjoy the beauty of creation through the accompanying photographs.	
Loss of a friend			
If Nathan Were Here	Mary Bahr	This gentle picture book explores the grief of a young boy whose best friend has died. 4-8 year olds.	
Loss of a parent			
Just a Little Brown Dog	Sally Morgan and Bronwyn Bancroft (Illus)	Just a little Brown dog is a story about a little puppy finding his way in the world, discovering other creatures and new environments. The last of the litter to find a home making his way to a young boy who is able to make connecting with the little dog. Knowing he has found his new best friend.	www.skylight.org.nz
Samantha Jane's Missing Smile	Julie Kaplow and Donna Pincus	This book is about a young girl whose dad died - with the help of her mother and her neighbour Samantha Jane is able to talk about how sad she is since her father died and to find ways to remember him.	www.capersbookstore.com.au
The Sound of the Sea	Jacqueline Harvey and Warren Crossett	This book is about a young boy whose mum died - with the support of his grandparents he gradually overcomes his anger, bewilderment and grief and begins to understand that, although his mother is gone, she will always be with him.	
Meditation			
The Inner Garden	Maureen Garth	This particular form of meditation will help many people to escape from the pressures of daily life and to find a new level of ease and comfort, health and wellbeing. Appealing to both young and old.	
Moonbeam	Maureen Garth	Garth shows parents how to uses imaginings of animals, people and places with their children to help them deal with their anxieties, develop their concentration and enhance their creativity.	
Sunshine	Maureen Garth	More meditations for children - developing concentration and discovering peace and freedom from fear.	
Memories			
Passing on	Mike Dumbleton	Useful for death in general.	www.renew.net
Ragtail Remembers	Liz Duckworth	A story that helps children understand feelings of grief.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Mental Health - Depression			www.godirect2.com.au
Protecting children from depression - a handbook for parents. CD also available	Andrew Willoughby	Handbook for parents that shows how you can protect your children from depression without drugs. Learn seven highly effective strategies to help you change your children's lives.	
Mental Health - General			www.beyondblue.org.au
Beyond Blue		Lifeline 24 hours - addresses issues associated with depression, anxiety and related substance misuse disorders.	www.blackdoginstitute.org.au
Black Dog Institute		Depression and bipolar	www.headspace.org.au
Head Space		Australia's National Youth Mental Health Foundation	www.headspace.org.au/hunter
Head Space - Hunter		Provides mental and health wellbeing support, information and services to young people and their families.	www.kaiyu.org.au
Kaiyu Enterprises Inc		Assists people with a mental illness/ psychiatric disability to have satisfying and valued lives as full members of the community.	www.kidsinmind.org.au
Mater Child and Youth Mental Health Service		Provides a tool for children, adolescents and parent to exchange information and be informed about issues in child and youth mental health.	www.reachout.com.au
Reachout		Aim to improve understanding of issues that relate to mental health and wellbeing and provide information on services, as well as opportunities for to connect with other young people.	Beyond Blue
Taking Care of Yourself and Your Family	John Ashfield	This free book book dels with a range of subjects of importance to people concerned with taking care of their mental helath.	www.ybblue.com.au
The Blue Polar Bear	Samatha Tidy Illus Ian Forss	Illustrated storybook for 5 - 7 year olds on Dual diagnosis. Available as pdf or order online	www.community.nsw.gov.au
The Flying Dream	Samatha Tidy Illus Connah Brecon	Illustrated storybook for 8 - 12 year olds on Dual diagnosis. Available as pdf or order online	www.community.nsw.gov.au
Youth Beyond Blue		Encourage talk about depression, and to get help when it's needed.	
Mental Health - Living with Mental Illness			
Big and Me	David Miller	Relates to children who are affected by people with mental illness, whether a parent or sibling. Language is easy to understand and 'It's not your fault' is emphasised.	
Wish upon a Star	Pamela L Laskin and Addie Alexander Moskowitz	This is an excellent book to help children understand that they are not alone with their thoughts and feelings of having a parent with a mental health disability. A little story of a young girl's experience with her mentally ill mother and what it feels like.	
Mental Health - Suicide			www.health.nsw.gov.au
Care and Support pack for families and friends bereaved by suicide	NSW Health		

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Coping with Suicide	Maggie Helen	Offers Suicide survivors insight into their feelings and shows available help.	www.nalag.org.au/pubs/index.html
NALAG (National Association for Loss & Grief (NSW) Inc)		Printable brochures which offer information in relation to loss, grief, trauma and bereavement.	www.salvos.org.au/suicideprevention
Salvation Army		Suicide prevention and bereavement	www.health.nsw.gov.au
Suicide: we can all make a difference	NSW Health		www.supportaftersuicide.org.au/home
Support After Suicide		The experience of bereavement following a suicide can be intense and overwhelming. There may be a wide range of feelings and thoughts which are difficult to understand and to manage. This website aims to assist with this experience.	
Parent in Prison			www.innovativeresources.org
My Dad's in Prison	Tess Rowley and Rhiannon McLay	This book aims to assist children who have a parent in prison and to promote understanding and tolerance in their friends, classmates and acquaintances. Telling children about some of the normal things their Dad may do in prison, like eating, sleeping, playing and working can help to reduce their fears. This book also explains common visiting procedures such as searches, scanning and security checks.	www.shineforkids.org.au
Shine for kids		Supporting children with a parent in the criminal justice system.	www.innovativeresources.org
When Mum Went	Tess Rowley and Rhiannon McLay (Illustrator)	When children's mothers are imprisoned, the children are likely to suffer far greater disruption to their lives than if their father is imprisoned. The children may have to adapt to a new primary carer, move house and change schools. It can also mean the loss of relationships with extended family and friends, or the loss of pets. This book gives children a story that they can relate to their own situation. It explains prison routines and offers accurate and honest information about prison life, therefore promoting tolerance and understanding.	
Pets			
Desser the Best Ever Cat	Maggie Smith	A heartwarming and cathartic book for anyone who has ever loved, and lost, a cat. This is the story of a ageing cat who dies, told by the little girl who loved him best.	One Goat Creative Distributors www.onegoatcreative.com.au
Forever and ever	Jenny Sharp	Special friends aren't perfect - like when they pee and puke where they shouldn't. - but we love them anyway! But what happens when your special friend goes away and you haven't told her how you feel? A simple yet beautifully told tale of love and friendship for 4-8year olds.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Heaven	Nicholas Allan	Although the "D" word is never mentioned death is indeed the subject of this quirky, picture book. Dill and Lily discuss heaven: she sees it as a sort of candy-and-carnival free-for-all; for Dill, it's full of bones and lampposts and "whiffy things to smell on the ground." Allan's lighthearted approach to a subject usually treated with great somberness will likely provoke a wide range of responses, with some applauding his whimsy, others decrying his irreverence and still others questioning the story's emotional truth. All ages.	
I'll Always Love you	Hans Wilhelm	In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolor illustrations, tender and warm in color and mood, suit the simple text perfectly.	www.vetmax.com.au
Memory Flowers	Donna Ellis Illustrated by Philippa Morton	This story highlights the importance of memories as a way of keepin galive the spirit of those who have passed. It centres on the loos of a pet and provides a lauching pad for discussing the topic of death with children of all ages	
We Love Them	Martin Waddell Illustrated by Barbara Firth	3+. A gentle story about the death of an aged dog, Ben.	
When Pets Die It's Alright to Grieve	Doris Zagdanski	The grief for a pet is explained in a commonsense, practical and very sensitive way. Just what you need when your pet companion has died and it seems that no-one understands. The author explains that it is not unusual to feel overwhelming grief at the loss of a pet and gives help and advice on how to cope.	
Relationships			www.raisingchildren.net.au
Raising Children		Many links to other websites, information on children and information for parents on family management, looking after yourself etc.	www.barnesandnoble.com
You can go home again	Monica McGoldrick	A rich source of hope, information, and insight that will teach readers to reconnect with our past and invent a new future.	
Fox	Margaret Wild. Ill Ron Brooks	Dog is blind in one eye and cannot see. Magpie has a burned wing and cannot fly. But together the two make a perfect whole. Until Fox comes around and coaxes Magpie away from Dog. Fox is an archetypal drama about friendship, loyalty, risk and betrayal.	Seek books
Olga the Brolga	Red Clement	Olga the Brolga is in a horrible mood and she decides dancing will cheer her up, but nobody will dance with her – neither her parents nor her friends, not even when she begs and nags and pleads. Eventually, Olga decides she'll just dance by herself and gets a wonderful surprise when everyone else wants to join in!. Ages 3-7 years.	www.rabooks.com.au
Relationships Australia Family A Celebration of Humanity	Prologue by James McBride and project MILK	Stunning pictorial journal of 100 professional and amateur photographers, capturing the essence of family. These images are part of the M.I.L.K. collection; Moments of Intimacy, Laughter, and Kinship.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Resilience Building			www.thecompassionatefriends.org.au/books.htm
The Compassionate friends website		Online brochures. Also booklist of books available from TCF Victoria	
Road Trauma			www.enoughisenough.org.au
Enough is Enough			
Self Esteem/Belonging/Acceptance			
Amelia Ellicott's Garden	Liliana Stafford and Stephen Michael King	Amelia Ellicott lives with her cat Mustafah next door to a block of flats. She is proud of her garden and her chickens, but she has no-one to share them with, until one day a storm destroys it all and Amelia discovers the value of friendship. Ages 3+.	
Guess How Much I Love You	Sam McBratney	"I love you right up to the moon - and back." The story of Little and Big Nutbrown Hares' efforts to express their love for each other.	
Little seed	Gav Barbey	Little Seed is the story of belonging and love. It celebrates the importance and beauty of trees as little seed travels around the world looking for more. She somersaults, blows and dances around the globe searching for her home.	
Little White Dogs can't jump	Bruce Whatley, Rosie Smith	Smudge's legs are so short he can't jump into the car. Who can solve the problem? This book is a great tool for teaching children how to overcome obstacles.	
My Many Coloured Days	Dr. Seuss	"Some days are yellow. Some are blue. On different days I'm different too." Dr Seuss takes the reader on a journey through the many different moods that can be experienced in life.	www.innovativeresources.org
My Star	Raj	My Star is first and foremost an affirmation. This simple but vibrantly illustrated book is an ideal way to assure children that they are noticed and loved.	
Ready to Use Self Esteem Activities for Young Children	Jean R Feldman Ph.D.	A remarkable collection on ready-to-use activities and ideas to help young children feel good about themselves...develop friendships...celebrate diversity...and accept changes!	
Self-Esteem: A Family Affair	Jean Illsley Clarke	This book is set on the basis of "Self-Esteem – possibly the most essential ingredient for human happiness". Jean writes "it all starts at home, in the nurturing interaction between children and grown-ups.	
That's What Friends Are For	Florence Parry Heide and Sylvia Van Clief	Heide's unmistakable dry wit rings through this clever tale of a long-suffering elephant, his well-meaning friends, and a straight-shooting opossum who reminds them all what being a real friend means.	
The Naked Penguin	Kym Lardner (Illus Oliver Lardner)	A little penguin was different from all the other penguins because he has no patch of white on his chest. Nobody will play with him so the penguin decides to leave his home. He starts to notice that there are other animals who are different too. And the little penguin learns life's most important lesson...	liquidsalt.com.au/yourshout
Separation and Divorce			
At Daddy's on Saturdays	Linda Walvoorool Girard	Grade 1-3 Young children will find reassurance in this realistic but warm story of a divorce told from a young girl's point of view.	www.childreninfocus.org 0394795807

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Because it's for the kids		Building a secure parenting base after separation	www.alibris.com
Breal-up	Gianni Padoan	Joe learns to adjust to his parents' separation when he realizes that they still love him	www.youth.csa.gov.au
Child Support Agency		Has a range of free booklets on family matters	www.childrenanddivorce.com/handouts/index.html
Children and Divorce		Handouts for divorcing parents	www.familyseparation.humanservices.gov.au
CSA's website <i>My family is separating – what now?</i>		Separation can be a challenging time for everyone involved and presents a range of emotional, financial and legal issues. This website is a guide to help families experiencing separation find their way around the Family Law System, better understand their rights and responsibilities following separation and includes information on services available that may help.	
Daddy doesn't Live Here Anymore	Betty Boesehold	When her parents decide to get a divorce, Casey is very unhappy, wonders if it is her fault, and tries a plan to get them back together.	www.carringtonpsychology.com.au
Dad's Place: The essential book especially for fathers!	Jill Burrett	This positive book urges fathers to rediscover effective parenting. It provides all you need to know and think about to help you towards changing your role of fatherhood into something more joyful and challenging rather than constraining and frustrating.	www.csa.gov.au
Dealing with Separation CD	Australian Government Child Support Agency	CD contains practical tips and hints on dealing with separation.	
Dinosaurs Divorce: A Guide for Changing Families	Laurene Krasny Brown & Marc Brown	Gr 1-3 Chapters address such concerns as why parents divorce, what will happen to "me," where will holidays be celebrated, living in two homes, etc. This upbeat, straightforward treatment of a potentially confusing, traumatic childhood experience is comprehensive.	www.divorceandchildren.com
Divorce and children		This one is about parent alienation and for the children to understand that it's not their fault.	
Divorce Can Happen to Nice People	Peter Mayle	A handbook offering "reassurance, sympathy, and sound advice on how to cope with a family that's splitting up."	
Every second Friday	Kiri Lightfoot and Ben Galbraith	Children of dual families will identify with this story as it puts a positive slant on the regular arrangement whereby Margi (the narrator) and her brother, stay with Dad in his house. It is depicted as a fun-filled, chaotic, warmly loving and reassuring time with plenty of fodder for imaginative play, because Dad is a collector.	
Family Forest	Kim Kane, Lucia Masciullo	While some kids have a family tree, others have a family forest! The modern family comes in all shapes and sizes... This gentle and witty picture book looks at one such family.	www.csa.gov.au
Family Separation: A Guide for Teens	Australian Government Child Support Agency	This booklet aims to give teenagers some tips and help them understand and cope with what's going on around them during parental separation.	www.familycourt.gov.au
Family Court of Australia		Brochures, fact sheets, booklets	St Luke's
Getting Your Children Through Divorce		A Parent's Guide to separation.	www.innovativeresources.org

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Helping Children Cope With Divorce	Edward Teyber	One out of three children today has divorced parents. The breakup makes parents feel guilty and worried about how their children will be affected. This book provides specific guidelines to help parents deal with the issues that emerge at each stage of the divorce process. Teyber clearly and compassionately details how parents can minimise the distress for children during the initial breakup, explain the divorce to the children, tailor custody and visitation plans to accommodate children's needs, shield children from parental conflict, discipline children effectively in the aftermath of divorce, and form successful new stepfamilies.	www.csa.gov.au
Me and my Kids- Parenting from a Distance	From Family Court	Tips and hints to help parents build on their relationship with their children after separation.	www.csa.gov.au
Me and my Changing Family	Australian Government Child Support Agency	Tips on building healthy relationships after separation.	www.csa.gov.au
Me and my Money	Australian Government Child Support Agency	Tips and hints to help stretch your dollar after separation.	www.csa.gov.au
Me, my kids and my Ex	Australian Government Child Support Agency	Tips and hints on surviving separation.	
Mum and Dad Glue	Kes Gray Illus Lee Wildish	A little boy searches for a pot of parent glue to stick his parents marriage back together. He realises that even though his parents may be broken, their love for him is not.	www.csa.gov.au
What about Me?	Australian Government Child Support Agency	Practical ideas on looking after yourself after separation.	www.csa.gov.au
Men and Separation: Choices in Tough Times	Relationships Australia	This book shows men that they are not alone and guide them through some constructive choices. also lists services available.	www.thenile.com.au
Mom's House, Dad's House for Kids	Isolina Ricci	Practical tips, frank answers, easy-to-use lists, "train your brain" ideas, reproducible worksheets, and things to try when words just won't come out right.	www.thenile.com.au
Mom's House, Dad's House: A complete guide for Parents who are separated, Divorce or Remarried	Isolina Ricci	Guides separated, divorced, and remarried parents through the hassles and confusions of setting up a strong, working relationship with the ex-spouse in order to make two loving homes for the kids. Includes emotional and legal tools, as well as many reference materials and resources.	
It's Just Different Now	Linda Espie	A compassionate book which will help many children come to terms with their grief at parental separation. Written by an accredited grief counsellor and educator.	www.itsnotyourfault.org
It's not your fault		Practical info for children, young people and parents going through a family break-	
Kids' Divorce Workbook Revised	M.S. Prokop	A book by, for, and about Kids.	St Luke's
Making Divorce Easier on Your child	N Long and R Forehand	Making Divorce Easier on Your Child is filled with practical, sensitive, and highly effective ways to help children cope and adjust both during and after this major change in their lives. Most important, this information will enable you, as a parent, to minimize the negative effects of divorce on your children.	
My Family's Changing	Pat Thomas	A First Look at Family Break-Up.	www.relationships.com.au

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Relationships Australia		This website contains publications that Relationships Australia has produced or has contributed to producing. Some of these publications are available for download in PDF format, and all are available for purchase.	
Sam's Sunday Dad	Margaret Wild & Lorraine Hannay		www.alibris.com
Since Dad Left	Caroline Binch	Picture book. Separation, divorce, custody and access visits are dealt with providing positive outcomes an denables chjldren to relate to Dis and his feelings and reactions.	
So Mom and Dad Have Separated	Dally R Messenger	Suitable for children aged 10+, it aims to assist children involved in a family breakup to understand their own emotions and feelings and also gain an insight into what their parents may be going through. Provides practical advice on handling celebrations, what to call step parents, what happens in divorce. Also a section for parents and step-parents with suggestions about access and blended families.	Interrelate family centres
The Listeners get Two Homes	Gaye Dell	This picture-story book features the "Listener Sock Puppet Family". The Listener family find themselves living in two homes as the Mum and Dad have decided to separate. The story is a comforting one, reminding children that they are No. 1 in the family and that in time, they will feel better about the living arrangements of their parents. Also included is a couple of activities to help the reader remember important family days.	
The Suitcase Kid	Jacqueline Wilson	When my parents split up they didn't know what to do with me...My family always lived at Mulberry Cottage. Mum, Dad, me - and Radish, my Sylvanian rabbit. But now Mum lives with Bill the Baboon and his three kids. Dad lives with Carrie and her twins. And where do I live? I live out of a suitcase. One week with Mum's new family, one week with Dad's. It's as easy as A B C. That's what everyone says. But all I want is to go home - back to Mulberry Cottage...	
Two of Everything	Babette Cole	4+ Focusses on what a divorce can bring--two of everything and happier parents. This hilarious picture book addresses the issues and children's main concerns while entertaining. Ilmportant messages are conveyed in such a way that children are not only entertained, but also reassured.	
What in the World Do You Do When Your Parents Divorce? A Survival Guide for Kids	Kent Winchester & Robert Beyer	This companion to the Juggling Act parent's book is specially aimed at kids ages 7-12. It explains divorce, new living arrangements, and other basics to help children understand what's happening in their lives. With honesty and simplicity, the authors help kids realize that divorce isn't their fault, strong emotions are okay, and families can survive difficult changes. Written to and for kids, this book is also recommended for parents, educators, counselors, and youth workers.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website
When Mom and Dad Separate	Marge Heegaard	A workbook to help children work out their feelings about separation and divorce. Divorce creates stressful feelings of grief from loss and change, and children who are unable to understand or verbally express their feelings often act them out in unhealthy ways. This book discusses basic concepts of marriage and divorce and offers young minds a creative way to sort out and express all the powerful feelings resulting from their parents' decision to separate.	www.womensbookshop.co.nz
What about Me? A guide to separation and divorce for children	Lois Tonkin	A guide to separation and divorce for New Zealand children, this is an invaluable tool for those wanting to support children through family break up. Using fun brother and sister characters, and a question and answer format, it answers the typical questions children ask. It uses a simple, honest style to explore the issues and encourage readers to express their thoughts and feelings about their own situation. For independent readers (7–12) or for adults or carers to read with a child (5–12).	www.relationships.com.au/advice/managing-separation/children-and-separation/what-about-the-children-parenting-information-booklet
What about the children	Relationships Australia	This booklet is good for helping parents to remember their children's needs during separation.	
What About the Kids?: Raising Your Children Before, During, and After Divorce	Judith S. Wallerstein	Wallerstein shows parents how to guide children through the dissolution of a marriage. She advises parents to get their own heads straight before dealing with the kids. Wallerstein addresses the developmental problems that infants and toddlers might face and ways of easing them into differing options for care. She's forthright in talking about the reactions of older children and talks about their needs with empathy, insight and rigor, but never loses sight of what parents need and feel, too.	
Sexual Assault			www.secasa.com.au
Centre against Sexual Assault		Resources for children and young people who are being abused	
Worries			
Little Mouse's Big Book of Fears	Emily Gravette	Kindergarten-Grade 4—A tiny mouse and his gigantic fears collide in this humorous creation. This handbook dramatically states, "A fear faced is a fear defeated," and encourages the fainthearted to conquer their fright through writing, drawing, and collage.	
The Huge Bag of Worries	Virginia Ironside	It is funny and helpful, not didactic or worrying. It describes how it feels to have worries, to have trouble talking about them, and how to diminish the worries. At the age when children begin to have worries (4, 5 and certainly later as well) this book is a good starting point for talking about them.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website
The Worry Tree	Marianne Musgrove	Grade 3–5. After a fight with her sister, Juliet's parents decide that she needs her own room. Juliet's new bedroom, was her Nana's bedroom when she was about 10 years old. Behind the old wallpaper, Juliet finds her grandmother's "worry tree." where Nana explains that each of the animals sitting in the tree can be trusted to take care of one of Juliet's various concerns while she is sleeping. Musgrove gives a realistic picture of an ordinary family dealing with a variety of common problems, such as sibling rivalry, incompatibility, and parental aging. The book's one flaw is the girl's solution to the school bully, which isn't very realistic. The author has, however, provided a unique solution for Juliet's worries.	

Booklist and Resources

Title	Author(s)	Description	Publishing / website
Miscellaneous Resources			www.cancer.org.au
Cancer Council of Australia		fact sheets on cancer	
Courtyard Games	Gary B Lewis	Primary aged games and puzzles designed for children's workers and chaplains	www.goodgrief.org.au
Good Grief		I Can cards, ru worried cards etc	www.kidshealth.org
KidsHealth		Information about health, behaviour, and development from before birth through the teen years.	http://www.health.nsw.gov.au/resources/subs/index.asp
NSW Health		Variety of resources on different health issues	www.peoplemaking.com.au
People Making		I Can cards, Dude poster and heads	www.stlukes.org.au
St Lukes		I can cards, books	www.skylight.org.nz/skylight-shop
Skylight		Resources for people of all ages facing tough times, and for those caring for them - family members and friends, professionals and community helpers.	Red Cross Newcastle
Trauma Teddies		available to give to children in groups	www.dominie.com.au
Dominie		Educational Supplier	www.michelleandersonpublishing.com
Michelle Anderson Publishing			
Online Resources sites			www.amazon.co.uk
Amazon UK			www.amazon.com
Amaxon USA			www.boomerangbooks.com.au
Boomerang Books			www.booktopia.com.au
Booktopia			www.borders.com.au
Borders			www.capersbookstore.com.au
Capers Bookstore			www.chw.edu.au/parents/kidshealth/books
Children's Hospital Westmead		Grief section of bookstore has a range of titles to assist in dealing with death and grief for children, adolescents and families	www.fishpond.com.au
Fishpond			www.mediacom.org.au
MediaCom Education Inc		Has grief and counselling section	www.teaching.com.au
Modern Teaching Aids (MTA)		Miss and Mr Face felt activity sets help children explore emotions, feeling and facial expressions.	www.openleaves.com.au
Open Leaves Books		A premier book seller in Mental Health and Psychotherapy books and text.	www.rainboweducational.com
Rainbow Educational		Educational resources	www.skylightbooks.com
Skylight Books		Resources to help children and young people deal with change, loss and grief	www.feelingfacescards.com
Feeling Faces cards		Feeling faces that you can print off. Also, some games you can play with the cards. These cards can be purchased as well.	www.soul2soul.ca
Soul 2 Soul		In TOOLKIT select "Working through the tasks of Grief" for an outline of Worden's	www.innovativeresources.org
Innovative Resources		St. Luke's in Bendigo - loads of useful resources and a newsletter.	http://www.childgrief.org
Children's Grief Education Association		In particular, go to the "Children's page" for a useful worksheet.	