

Resources and Organisations to Support Children and Young People and their Families Through Grief.

Jan 2025



We have collated these resources from a range of organisations, not necessarily Christian. Every situation will be different so you will want to find the best approach for whatever you are faced with; whether it is individuals or organisations such as schools. It is by no means exhaustive but we hope it is of help.

We look forward to the promised time when

He will wipe away every tear from their eyes and eliminate death entirely. No one will mourn or weep any longer. The pain of wounds will no longer exist for the old order has ceased.

Revelation 21:4 The Passion Translation (TPT)

Here is a podcast from Parenting For Faith where they spoke to Abigail Richardson (a qualified counsellor) all about what we can do when our children or teens lose someone in their life that they love.

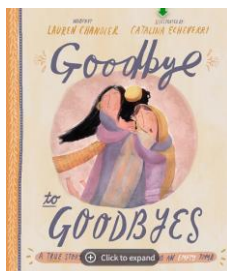
[Listen now](#)

There are a number of books to support children and young people when someone dies, here are a small selection:

All these books are still able to be purchased online, if you would like are unable to find them please contact your CYP Team as we have copies of them all.

Grief and Your Child

When your child faces the loss of someone close, their world no longer feels safe. Grief and its aftermath take us all by surprise, but even more so children, who don't have the words or tools to face grief and can respond with fear, withdrawal, and other behaviors. How do you help your child with their fear and sadness, especially if you are also grieving? How can you help them see that God is both big and loving?



Goodbye To Goodbyes

Telling the story of Lazarus and the empty tomb, this colourful storybook helps children understand and come to terms with illness and hard times.

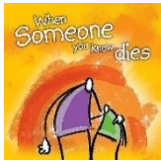
- For young readers aged 3-6

Water bugs and Dragonflies, Doris Stickney. Bloomsbury

Conveys profoundly the idea of a place beyond our experience and understanding. Not all children can grasp the insect metaphor. Available in a full-colour, illustrated version.



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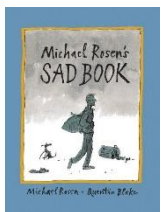
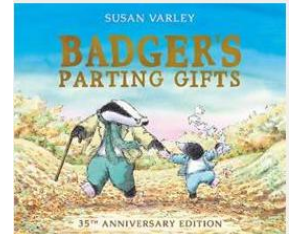


When Someone You Know Dies, Jonathon Carswell. DayOne

A booklet helping children who are grieving the death of a friend, family member or someone they know. It compassionately seeks to address some of their questions, while comforting them with the truth of the Bible Storybook.

Badger's Parting Gift, Susan Varley. Harper Collins

Badger's friends learn to come to terms with his death by remembering the gifts he had given them.

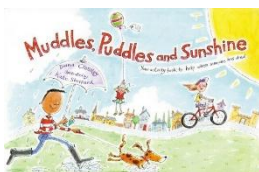


Michael Rosen's Sad Book, Michael Rosen. Walker

A personal and honest description of grief with superb Quentin Blake illustrations. How being sad makes us feel and how we can learn to live with it.

Huge Bag of Worries, Virginia Ironside. Hodder

Allows children to face their worries and know that they are a normal aspect of life and that they are not responsible for all the things which concern them. Not specifically grief related but good for anxieties in general.



Muddles, Puddles and Sunshine, Diana Crossley. Winston's Wish

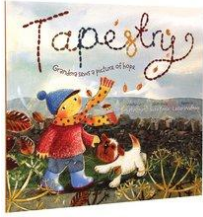
An activity book for an adult to work through with a child when someone in their family has died.

The Awesome Super Fantastic Forever Party

A book for parents wanting to talk to kids about what Heaven is like, this beautifully illustrated book seeks to answer this age old question in a bold, bright and buoyant way.

- For ages 3-6





Tapestry, Bob Hartman. Authentic Media Ltd.

A gentle insightful book for any adult explaining eternity to a child.

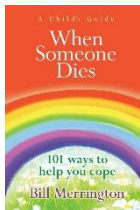


Cry, Heart, But Never Break, Glenn Ringtved. Enchanted lion Books

A story about learning to say goodbye to a loved one. Children saying goodbye to their Grandmother meet death who explains. A good book to open up all kinds of questions. Not Christian but helpful and useable.

The Heart and the Bottle, Oliver Jeffries. Harper Collins

Explores cleverly how we 'bottle up' our feelings. It could be used with a grieving child.

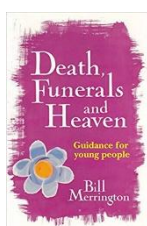
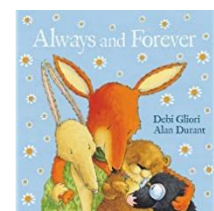


When Someone Dies, 101 Ways to Help You Cope, by Bill Merrington

Is excellent and offers exercises that children can do to help them.

Always and Forever, Alan Durant.

When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.



Death, Funerals and Heaven, Guidance for Young People, ISBN 9781848671850,

Tackles a range of subject areas that older children and young people might be wondering about, although adults may not fully anticipate them.



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Grief in Children, Atle Dyregrov

highlights the devastating effect losing a parent can have on children's education. Researchers Atle Dyregrov, Martin Lytje and Sophie Rex Christensen looked at a wide range of research into children's experience and attainment at school after a parent dies. They looked at the evidence for how being bereaved affects well-being and relationships in class, and how it affects grades, exam results and the level of education reached.



There are some other books and resources for children on these pages

https://www.pinterest.co.uk/margaret_pritch/childrens-books-about-death/

<https://www.pinterest.co.uk/debbieh1605/bereavement/>

Resources to use with children/young people

- The youth website for Cruse. [Hope Again](#)
- Looking for ways to support bereaved children and their families in your community? This 'Remembering' Pack features a variety of engaging activities that offer children a creative way to remember loved ones who have died.

[Grief pack](#)



- Blog with idea that can be done with a young people's group with specific focus on God is love. [Link](#)
- Resources to help a child cope with the loss of a sibling. [Link](#)
- Cards to help children and young people explore loss in school community. [Link](#)
- Article about using Disney/Pixar films to facilitate a conversation about loss/death with a child. [Link](#)
- Lots of resources to support children and young people. [Grief Encounter](#)
- Help a child to remember someone. [Marie Curie](#)
- [Young Minds](#) support for parents to help a child through bereavement.
- Practical ideas to support children with bereavement. [Counselling Directory](#)



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Children who are facing the death of a loved one

When someone who a child knows well dies, their world changes in an instant. The temptation is to try to protect children from the effects of grief and facing the stark reality of death. However, the reality is that children need to know about death and to be supported in helping them work out responses and to deal with their own grief. This is complicated by the fact that those who care for children are grieving themselves at the same time as trying to support children.

Language

As you talk about death always use the correct language. Although 'death' and 'died' are stark words using terms like 'passed', 'passed on', 'passed away', 'fell asleep' are very unhelpful because they suggest that the person is only temporarily gone – or that they may wake up. Saying that someone is 'asleep' is also unhelpful because children can associate sleeping with dying and it can create fear for themselves and others.

Children need to know that sadness and crying are ok and that talking about how we are feeling and asking questions are good – even if we don't have all the answers. Listen really carefully to the question the child has asked, if you are unsure of what they are asking get them to repeat it, then answer it. If a child asks 'what happens when someone dies' we can give them a full, detailed answer, explaining about the body, funerals, the home, and a hundred other things, but the child may simply want to know that the person who died is safe and that someone will be looking after them.

Children need to feel part of the family at this difficult time. The danger of excluding children from grief and funeral planning is that they can feel pushed out and excluded and that their grief is less real; 'why did you stop me from going to grandad's funeral? He was my grandad!?"

For children of Christian families, there are some helpful Biblical ideas that we can use. Revelation tells us that in heaven there are no tears, sadness or pain (Revelation 21:4). In John's gospel Jesus tells us that his Father's house has many rooms and that Jesus is going ahead to prepare a place for us (John 14:2-3).

Asking 'I wonder' questions can be a good way of exploring this, e.g. "I wonder what granny's room in heaven would be like? Applying the same idea to the child can be helpful too. 'I wonder what your/ my room in heaven would be like? Talk about it, draw pictures, make it in playdough.

Help children to remember

- Create a memory box - let the child gather together some nick-nacks or items that belonged to their loved one – a book, magazine, a mug, a pipe, jewellery... Decorate the box.
Or make a little box out of fimo / air drying clay, make tiny things the person who died liked and put them in the box.
- Create a memory book – annotate photos of the loved one to create a collection of photos. The child can add their own drawings and writing as appropriate
- Memory jar – on post it notes, write memories and little anecdotes – this can be added to over time and then, when the family are feeling sad, or on a special occasion such as a birthday it can be looked at. Post it notes could be included with things like the loved one's favourite colour, food, tv programme, book, funny things they said or did, I remember when...,

These activities all give lots of opportunities to talk while making space to talk about everything is the most important thing for children.



Death through Suicide

This is a particularly difficult topic to navigate.

PAPYRUS Papyrus.org works with suicide prevention, intervention and postvention. It also aims to equip teachers with the skills and knowledge necessary to support schoolchildren who may be having suicidal thoughts with **Save The Class** resources. It runs HOPELINEUK where advisers can talk with children or young people under 35 or others who are worried about them.

They have a Schools Guide

Here are their downloadable and accessible help and advice resources.

Help and Resources

Here is a booklet offering help and advice after someone has died by suicide.

[Help is at hand – Support After Suicide](#)

SOBS (Survivors of Bereavement by Suicide) offer peer-led support to adults

Booklet

This is probably outside our remit but Amparo offer practical and emotional support for anyone impacted by suicide, they can offer advice to people when dealing with the police and coroners following a death by suicide.

Winstons Wish provide specialist bereavement support for children and families following a death by suicide.

As do Child Bereavement UK

[Suicide](#)

Sudden Death

Child Bereavement have many resources to support families as they process a sudden death. There are books to read with a child as well as those to help adults support children,

[Sudden Death](#)

Organisations that can support children, young people and their families

[Care for the Family](#)

A Christian based charity that seeks to support families in a range of areas including bereavement.

[Child Bereavement Network](#)

CBN supports professionals working with bereaved children and young people. The website includes lots of helpful information including resources which can be used to support children.

Tel: 020 7843 6309.

Child Bereavement UK

Produces lots of ideas and support materials for children and their families.

There is also a video for help with supporting a child with Autistic Spectrum Disorder(ASD)

There is a dedicated section on the website for the education sector.

Helpline line 0800 02 888 40.

CRUSE Bereavement Care

Offer help for parents

As well as help to support a child and help to support a young person .

There is a section specifically for young people themselves.

CRUSE offers a 1:1 counselling service from nearly 200 local branches. For both adults and children as well as resources and leaflets.

Helpline: 0808 808 1677.

Winstons Wish On line resources and advice offering support for children especially with the death of a parent or a sibling.

Tel: 01242 515157.

Saying Goodbye: Support for those suffering the loss of a baby whether during pregnancy, birth or infancy

With thanks to Birmingham & Ely Diocese