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| **Title** | **Author** | **Suggested Age Range** |  |
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| When someone has a serious illness | Marge Eaton Heegard | 9-12 | Drawing out feelings: This book will help families communicate and evaluate a child's understanding and feelings about family change while teaching basic concepts of illness and healthy coping skills. |
| What’s up with Bridget’s mum? | Kim Chilman-Blair | 12+ | Bridget is an A-grade student and star of the school soccer team... But her mum just doesn't seem to care. She just stays in bed all day, ignoring her daughter. All of Bridget s successes seem empty without her mum's support. Luckily the Medikidz, a group of super-powered action-heroes with attitude, are on-hand to help Bridget get to grips with what's going on! Pump, Chi, Skinderella, Gastro, Axon and trusty robot Abacus each have their own complementary abilities and characters to ensure that their particular brand of edu-tainment is always banter-driven and never sugar-sweet! Join Bridget as the Medikidz take her on a whistle-stop tour of Mediland a distant planet whose geography and inhabitants bear a striking similarity to the intricacies of human anatomy and physiology. Along the way she'll learn all about breast cancer and come to understand and appreciate what her mother is going through. The Medikidz range of graphic novels explains childhood illness in a way that is imaginative, engaging and easy to understand. Developed by a team of doctors, Medikidz does not try to 'sugarcoat' serious problems. Rather, the information provided empowers children with the knowledge they need to take ownership of their disease, providing them with skills for selfmanagement, while taking away their fear of the unknown. |
| When someone very special dies | Margee Heegad | 9-12 | A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate. |
| Always and Forever | Alan Durant/Debi Giliori | 11-12+ | 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. |
| Fink Question Cards – Stage 2 or 3 | Child Bereavement UK | 7-11 stage 2, 11 +stage 3 | Fink cards are specially developed thought provoking question cards around the subjects of Loss and Change that have been designed to get people talking, by creating great conversations. |
| Feelings in a Jar Cards |  | 8+ | Everyone needs to know how to name and express feelings. Each jar holds 365 little slips printed with “feelings words”—gleeful, insecure, grateful, angry, cranky, courageous, hopeful, and many more. Pull a slip and act out the feeling, or invite someone else to act it out. Use as discussion starters, journaling prompts, or icebreakers for groups. Ages 8 & up, 365 slips, 3" recyclable plastic screwtop jar. |
| Grief Encounter Workbook | Shelly Bilbert | 8-16 | A workbook to encourage conversations with children, young people and adults about death.Grieving is hard work, especially for parents and children in deep grief. The upward spiral of grief replaces stages theory and allows time for people to adjust to the fact that someone special has died. The book is full of creative activities and offers incredible comfort to mourners-old and young. |

**Downloadable Leaflets**

**Preparing a child for loss**

<https://be.macmillan.org.uk/Downloads/CancerInformation/ChildrenAndYoungPeople/MAC15372PrepareForLossE02LowresPDFHS20190516.pdf>

**Talking to Children and Young Teenagers when an adult has cancer**

<https://be.macmillan.org.uk/downloads/cancerinformation/LivingWithAndAfterCancer/MAC5766_E04_N_talktochildren_p03_lowres_20190815_EC.PDF>