

How to access these books:

- ◆ Buy them online using a site like www.booko.com.au
- ◆ Take this brochure to your local bookshop
- ◆ Take this brochure to your local public library or check the library catalogue online
- ◆ Some of these books may be available to borrow from a health service such as 0-4 CYMHS. Check with your clinician or health worker.

The Queensland Centre for Perinatal and Infant Mental Health (QCPIMH) supports parents, caregivers and communities to have the confidence, knowledge, skills and resources to support their own wellbeing and raise emotionally healthy and resilient children.

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BOOKS ABOUT...

Grief and loss



BOOKS ABOUT...

Grief and loss

The books in this brochure may help parents and caregivers support young children going through grief or loss.

As you read these books with the child, notice their reactions. Depending on their age they may:

- look at particular pictures
- point to things that interest them
- want to talk about how the book relates to their own experience

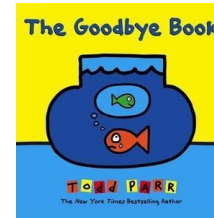
If the child doesn't want to read the story, it may be too close to their own experience and hard to hear. Put the book aside in a place where the child can explore it in their own time.

Children sometimes request the same book over and over. Repetition helps them make sense of new ideas.

Hearing the same story again and again can be very comforting.

Not every book is for every child. It's always a good idea to read a book yourself before reading it to a child.

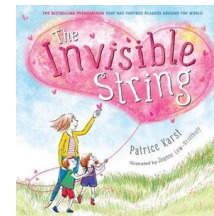
The goodbye book
by Todd Parr, 2015
Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye.
Age range: 0-4 years
ISBN: 9780316404976



The memory tree
by Britta Teckentrup, 2014
A beautiful and heartfelt picture book to help children celebrate the memories left behind when a loved one dies.
Age range: 0-5 years
ISBN: 9781408326343



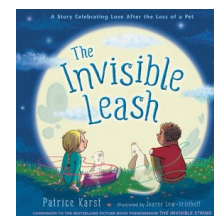
The invisible string
by Patrice Karst, 2018
Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief.
Age range: 4+
ISBN: 9780316486231



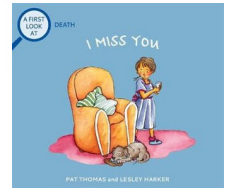
Something very sad happened
by Bonnie Zucker 2016
Something Very Sad Happened helps very young children understand death and process the loss of a loved one.
Age range: 2-4
ISBN: 9781433822667



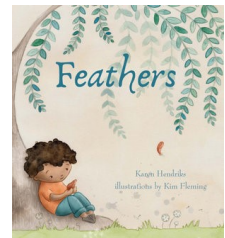
The invisible leash
by Patrice Karst, 2021
This gentle story celebrates the love, warmth, and joy that animals give us in this life and beyond.
Age range: 4+
ISBN: 9780316524896



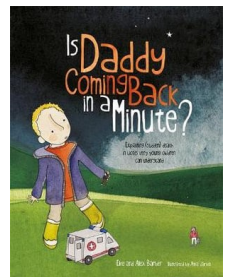
I miss you
by Pat Thomas, 2021
This reassuring picture book explores the difficult issue of death for young children.
Age range: 4+
ISBN: 9781526317582



Feathers
by Karen Hendriks 2020
A young boy's mother has died. Simple reminders of her reassure him.
Age range: 3-6
ISBN: 9781925592214



Is Daddy coming back in a minute?
by Elka Barber, 2021
This book explains death in words very young children can understand.
Age range: 3-6
ISBN: 9781787757646



In my heart : a book of feelings
by Jo Wittek, 2014
This book helps young children recognise and talk about their emotions.
Age range: 3+
ISBN: 9781419713101

