

Book List



For age 3+

Missing Mum, available from Barnados ISBN 1 900339 03

Tell Me Again What Happens, available from Barnados ISBN 900339 04 8

Getting To Know Sandra, available from Barnados ISBN 1 900339 03

These 3 picture story books provide the opportunity for adults to explore with young children any worries they may have about their parent's illness

Sammy's Mommy Has Cancer, by Sherry Kohlenberg ISBN 0-945354-55-x

This story helps young children to understand and accept the changes in their lives when a parent is diagnosed with a life-threatening illness

No Matter What, by Debi Giori ISBN 978-0-7475-6331-0

This book gently & powerfully conveys the idea of unconditional parent love which will continue after the parent has died

I Feel Frightened, by Brian Mosen ISBN 0-7502-1404-x

I Feel Sad, by Brian Mosen ISBN 0-7502-1406-6

I Feel Angry, by Brian Mosen ISBN 0-7502-1403-1

It's not Fair, by Brian Mosen ISBN 0-7502-2132-1

I'm Worried, by Brian Mosen ISBN 0-7502-2131-3

This series of picture books examine a range of emotions in an amusing but reassuring way. They provide the opportunity for adults to explore with children their feelings and emotions, in a non-threatening way

What Makes Me Happy, by Catherine & Laurence Anholt ISBN 0-7445-6069-1

This rhyming picture book explores a range of children's emotions and provides adults with an opportunity to talk about feelings



For age 4+

I Miss You, by Pat Thomas ISBN 13-978-0-7641-0

This picture book for young children, explores the issues of death, in a reassuring way

The Huge Bag of Worries, by Virginia Ironside ISBN 0-7500-2124-1

This story is about a girl who has a big blue bag of worries that follows her everywhere she goes. Finally her Gran notices and together they sort out the worries. The story encourages young children to share their worries with others

Looking into My Body, by Reader's Digest ISBN 1-57584-034-0

This illustrated book shows the workings of the human body



For age 5+

When Someone Has A Very Serious Illness, by Marge Heegaard

ISBN 0-9620502-4-5

This workbook helps children to express their feelings and concerns, and to develop coping skills. It can help families to communicate with each other about difficult issues

Because Someone I Love Has Cancer, Terri Ades

ISBN 0-944235-32-8

This activity book helps children to recognise their feelings and develop coping skills

The Secret C, by Julie Stokes ISBN 0-9539123 0 2

This book can help children and adults to talk openly about the difficult issues and feelings involved when someone they know has cancer

(continued overleaf)


For age 5+ (continued)
The Rainbow Feelings of Cancer, by Carrie & Chia Martin ISBN 1-890772-16

This book gently invites children to share their thoughts, feelings and questions when someone they love has a life-threatening illness

Flamingo Dream, by Donna Jo Napoli ISBN 0-688-17863-4

This beautifully illustrate book tells the story of a young child whose father is seriously ill with cancer. Before he dies they go on a trip to Florida to see where he grew up. The book goes on to describe how the father becomes weaker and goes into hospital where he dies. It describes the child's emotions and the importance of having memories of his father

When Your Mum or Dad has Cancer, by Ann Couldrick

This booklet helps to answer some of the questions children may have when a parent has cancer (available from The Child Bereavement Charity 0845 3571000)

Angry Arthur, by Hiawyn Oram ISBN 10-00991-96611

This book tells the story of a boy whose anger grows so powerful that it blows the universe to pieces. It provides the opportunity for adults to discuss with children any angry feelings they may have, and the importance of dealing with anger, rather than allowing it to build into a deep frustrated rage


For age 8+
The Year My Mother Was Bald, by Ann Speltz ISBN 1-55798-888-9

This story is based upon the real experiences of a family during the mother's year of cancer treatment. Clare writes a journal in which she describes her feelings and experiences throughout the time that her mother undergoes treatment. The book offers a wealth of information about the illness, its diagnosis and treatment in a lively and accessible way.

Two Weeks with the Queen, by Morris Gleitzman ISBN 9-780141-303000

This book tells of the adventures of a 12 year old boy who is determined To find a way to cure his younger brother who is ill with cancer. The author writes about a serious subject in a way that is easy for children to read.

Losing Uncle Tim, by Mary Kate Jordan ISBN

This book tells the story of a young boy who discovers his uncle has Aids and is going to die. It covers many of the issues, changes and difficult feelings that can occur when someone has a serious illness

Becky Bananas – This is Your Life, by Jean Ure ISBN 10-000-7121512

This is the story of an 11 year old girl who has leukaemia. It tells of her thoughts, her hopes and dreams and how she deals with the realisation that she is not going to get better


For Adults
As Big As It Gets, by Julie Stokes & Diana Crossley ISBN 0953912329

Supporting a child when someone in the family is seriously ill
This booklet provides a range of ideas for parents and carers to help them to talk to their children about the serious illness of a parent or child. It offers ways that adults can support children to cope with the stress and uncertainty of a life-threatening illness

Talking to Children about Cancer, available from Cancer Bacup

This guide for parents and carers discusses how to talk about cancer to children of all ages.

When a Parent Has Cancer, by Wendy Schlessel Harpham ISBN 0-06-074081-7

This book is written by a Doctor who is also a cancer survivor. She offers clear, direct advice to help parents bring up their children whilst they struggle with a potentially life-threatening disease. The companion book 'Becky & the Worry Cup' tells the story of a 7 year old girl's experiences with her mother's cancer

Grief In Young Children, by Atle Dyregrov ISBN 978-1-84310-650-0

Grief In Children, by Atle Dyregrov ISBN 978-1-84310-612-8

These handbooks for adults explain children's understanding of death at different ages, and provides information on how the adults around them can best help them cope