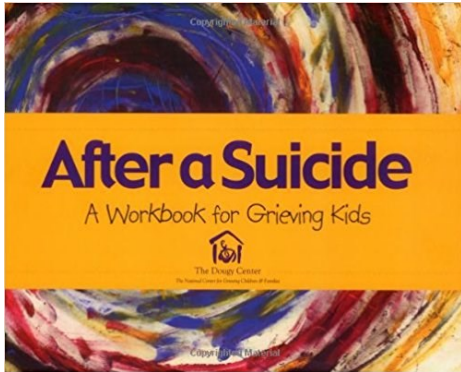
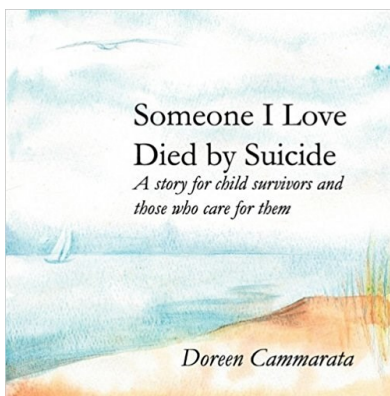


## Helpful Books to support children who are suicide bereaved

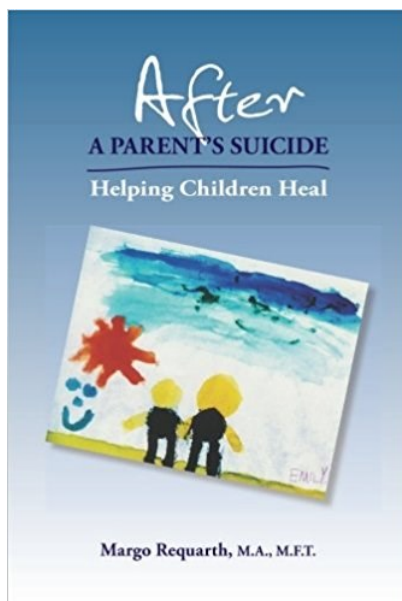
Available for purchase through Amazon, Book depository or Fish pond  
(unless other site mentioned)



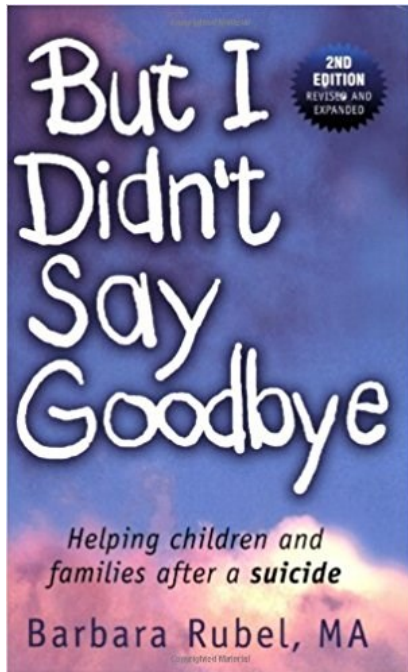
In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death



This newly revised edition of the book is designed for adult caregivers to read to surviving youngsters following a suicidal death. The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person. Although the language used in the book is simplistic enough to be read along with children and ultimately stimulating family discussion, it can be beneficial to all who have been tragically devastated by suicide. It is recommended for this book to be utilized in conjunction with therapy.



The premature death of a parent can be devastating for young children- with the consequences far more profound when the parent dies by suicide. Amidst the resulting grief, turmoil and confusion, the surviving parent is faced with the monumental task of tending to the emotional lives of the children left behind. In this instructive and impassioned work, longtime children's bereavement counselor and psychotherapist Margo Requarth, M.A., M.F.T., charts the complex emotional waters every family must navigate in the wake of a previously unimaginable suicide death. Starting with the haunting tale of her own mother's suicide, Requarth weaves together her experience counseling "survivors," poignant interviews with children, teens and parents, and the latest research on suicide and its aftermath. What emerges is a groundbreaking "how-to" guide for parent survivors: how to manage both the immediate and long-term implications of the suicide, how to talk to your children, how to see them through the heart-rending anguish to a place of acceptance, healing, and finally, a renewed and deepened capacity for joy.

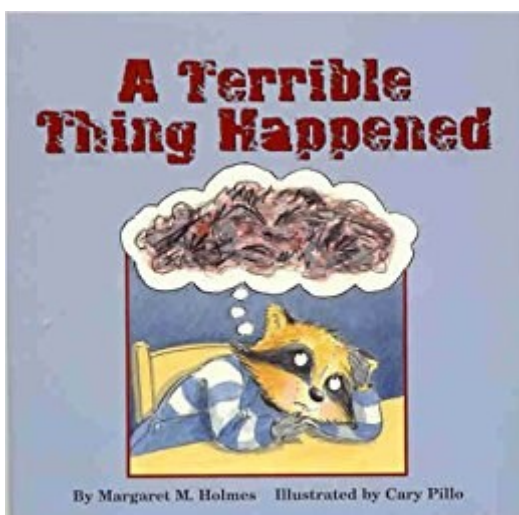


But I Didn't Say Goodbye is a book seen through the eyes of Alex, an eleven-year-old boy, whose father has died by suicide. This story is a glimpse into a child's traumatic and life changing personal experience. But I Didn't Say Goodbye introduces you to a bereaved family immediately after a suicide and ends five years later. The dialogue in each chapter will show you how you can help develop honest, open communication between children and the people in their lives.

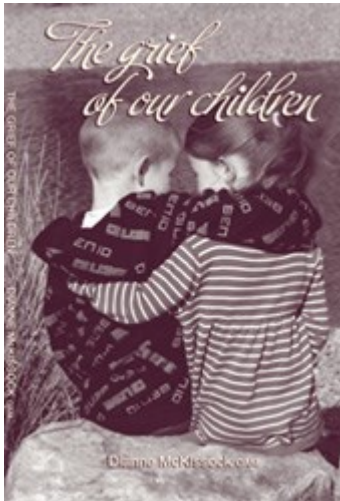
### **Supporting a Child who has been Bereaved through Suicide**

Explaining to a child that someone has died by suicide is possibly one of the most difficult situations that a parent or carer might ever face. This booklet offers practical advice for families in the immediate days and weeks when suicide has been the cause of death. It is a useful booklet aimed at giving parents and professionals the confidence to involve children in discussions about the nature of a death by suicide. It is hoped that children may then begin to understand some of the complexities that often surround suicide. The booklet includes child-friendly activities for you to do as a family as you begin to make sense of what has happened and start to look at ways in which your family can learn to cope.

297mm x 210mm, 44 pages.



Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but something inside him started to bother him. He felt nervous and had bad dreams. Then he met someone who helped him talk about the terrible thing, and made him feel better.

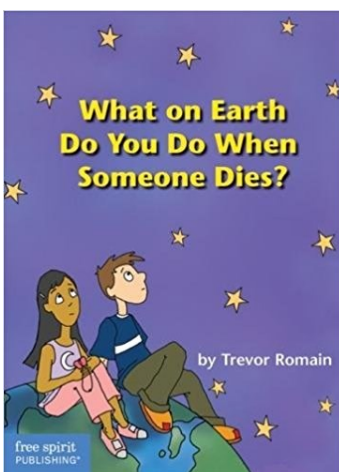


### **The Grief of our Children** By Dianne McKissock

When children grieve, their pain, curiosity and directness can force a confrontation of reality that we may prefer to deny. How can we provide answers to questions that we ourselves dare not formulate? How can we provide reassurance that everything will be alright when we are not sure of our own ability to survive? How can we comfort when we feel comfortless and bereft of emotional resources? We may have much to learn about children's grief, but there are many things we do know. This unique, practical book explores the grief of children of all ages and highlights specific aspects of grief at each stage of psychosocial development.

It provides useful suggestions which empower grieving children and provides hope, understanding and support for those who care for them.

[http://www.bereavementcare.com.au/books/grief\\_children.htm](http://www.bereavementcare.com.au/books/grief_children.htm)



When Trevor Romain's father died, Trevor didn't know what to feel, say, or do. Shocked, saddened, and confused, all he could say was . . . wow. As he started understanding what had happened, he began writing about his experiences and feelings. His new book—simple, insightful, and straight from the heart—is for any child who has lost a loved one or other special person.

Trevor talks directly to kids about what death means and how to cope. He asks the kinds of questions kids have about death—Why? How? What next? Is it my fault? What's a funeral?—in basic, straightforward terms. He describes and discusses the overwhelming emotions involved in grieving—sadness, fear, anger, guilt—and offers practical strategies for dealing with them. He also suggests meaningful ways to remember and honor the person who has died.



### **Tell Me What Happened (2014)**

Many people feel daunted by the idea of telling a child about the suicide death of a loved one. This book features professional tips and advice on talking with children and young people about suicide, as well as first-person stories by program participants.

Author: Various | Price: \$10.00

Available from Jesuit Social Services (support after suicide):

<https://jss.org.au/research-and-advocacy/research-publications/#Suicide>

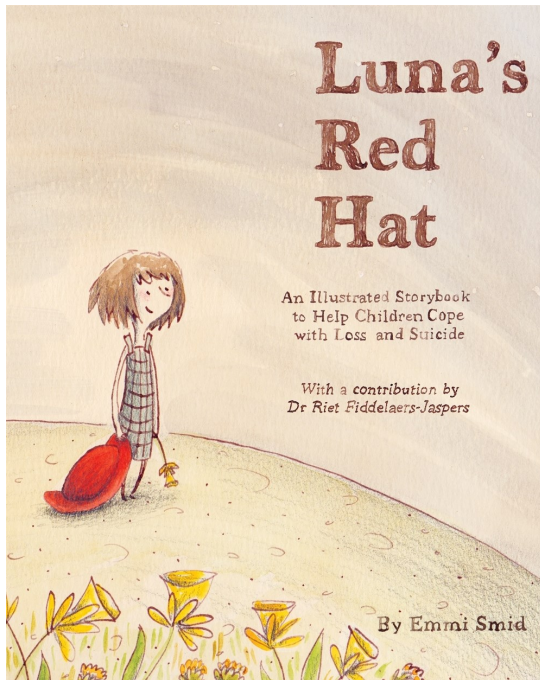


**Red Chocolate Elephants** is a remarkable resource for children bereaved by suicide. In a world where children are forgotten mourners, this unique combination of text, pictures, and voices - all in the words of bereaved children themselves - is a treasured safe haven for young people to hear their fears, questions, and difficulties put into words by other children just like them.

This book and DVD will be an excellent resource for parent and child to use together in trying to face the suicide of a loved one. In writing and production, Red Chocolate Elephants, Dr. Diana Sands has given children everywhere who are bereaved by suicide a wonderful gift for beginning their journey of healing."

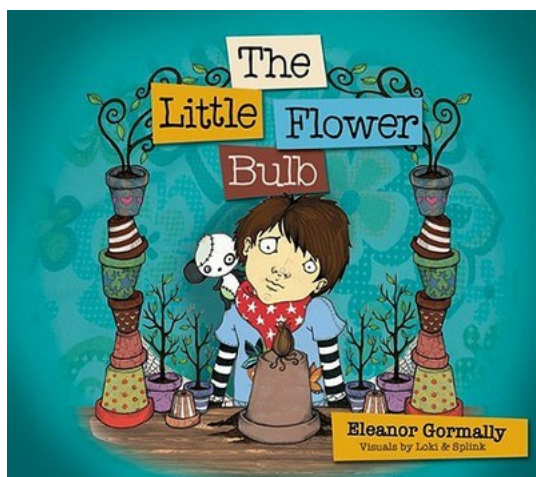
Author: **Diana C. Sands, PhD**

<http://bereavedbysuicide.com.au/red-chocolate-elephants.html>

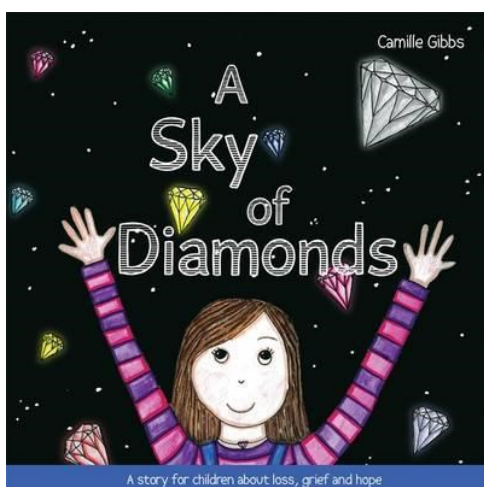


**Luna's Red Hat:** It is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.

This beautifully-illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide. Suicide always causes shock, not just for the family members but for everyone around them, and children also have to deal with these feelings. The book approaches the subject sensitively and includes a guide for parents and professionals by bereavement expert, Dr Riet Fiddelaers-Jaspers.



**The Little Flower Bulb** tells the story of Jamie, his mom, and his twin sisters, and of how Jamie comes to deal with the death of his father. Suitable for children aged 3-10, this beautifully illustrated book will be helpful for parents when talking to children bereaved by the suicide of a close relative.



**A Sky of Diamonds:** When Mia learns that her mother has died, all the colour in her world changes to a dreary grey. She feels guilty, angry, sad and lost (sometimes all at once!), and she doesn't know what to do to feel better. Little by little, with the help of her Dad, Mia learns how to cope with her difficult feelings. Together, they remember her mother by creating memory boxes, and they even get rid of anger by crazily sloshing paints and punching holes in newspapers! In the end, Mia finds her own, very special way of coping. When she feels sad or lonely, she looks up to the stars.

Full of practical strategies, this storybook for children aged 5-9 addresses loss, grief and hope. The book highlights the importance of giving children the time and space to work through their feelings and provides a host of thoughtful activities to help them cope. It also addresses some of the questions children commonly ask about death.