



TOBIN BROTHERS FUNERALS
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Books and Resources for loss and grief...
A comprehensive reading guide for all age groups

BOOKS AND RECOMMENDED READING

While the number of books on death, dying, loss and grief is vast, we do offer these recommended reading lists that we believe reflect the needs of those who are bereaved or grieving other losses.

The field of loss and grief has evolved significantly since the early days of the pioneering work of Elizabeth Kubler-Ross and her classic text 'On Death and Dying' published in the late 1960s. Since then practitioners have come to recognise many types or categories of grief, different ways people process grief, and different causes of grief. Grief occurs not only from the physical death of a person but from a range of losses such as a diagnosis of illness, a relationship breakdown, migration, or ageing. Grief is a lifelong experience.

Please use this reference as a starting point, knowing that they are a symbol in themselves of the fact that grief touches us all, and we each, in our own way, try to make some sense of the losses and the changes they bring.

For 24 hour service and enquiries, contact us at info@tobinbrothers.com.au or phone : 13 19 34

BOOKS FOR YOUNG CHILDREN

This list is compiled as an encouragement to those who care for children to search even further among the large range of children's books available which address these difficult life issues. These books are suitable for pre-school through primary school age groupings. All include many pictures along with beautiful text.

Death and Remembrance

It's Just Different Now - Linda Espie and Gabrielle Greig

Henry's parents have separated and he slowly adjusts to the many changes that are occurring.

Old Pig - Margaret Wild and Ron Brooks

Old Pig and Granddaughter have shared their lives. Old Pig recognises that death approaches and this gentle book tells of their last, positive times together.

I'll Always Love You - Hans Wilhelm

Elfie is "the best dog in the world". His owner relates his life story and his eventual death, reflecting on the importance of always letting people know their importance to us in our lives.

Toby - Margaret Wild and Noela Young

Toby is a fourteen year old dog, and his three young owners face his impending death with very different responses. A gentle reminder that we all express grief differently – not correctly or incorrectly – just differently.

When Dinosaurs Die - Laurie Krasny Brown and Marc Brown

A well loved book which explains in simple terms the event of death and the many responses we can have to it.

The Tenth Good Thing about Barney - Judith Viorst

A classic book relating to the death of Barney the cat. Barney's owner lists ten good things about Barney which helps him understand the ongoing impact of a life after death.

Tough Boris - Mem Fox and Kathryn Brown

Boris the Pirate has a much loved parrot. Boris is tough and fearless but cries when his parrot dies. A lovely book reminding us that tears are a natural response to loss.

Remember Me - Margaret Wild and Dee Huxley

Ellie's grandmother is struggling with the onset of dementia. This story tells of their private strategies to hold on to their memories.

The Fall of Freddie the Leaf - Leo Buscaglia, Charles B.Slack Book Division, New York, 1982

This classic tale of the last leaf left on the tree when Autumn comes is a lovely reminder of the cycles of life and death.

Beginnings and Endings with Lifetimes in Between - Bryan Mellonie and Robert Ingpen

The life-cycle is presented as the natural process it is, with gentle and relevant drawings to explain large concepts to small people.

Healing Your Grieving Heart - For Kids - Alan D. Wolfelt Fort

This book contains simple ideas for children experiencing grief. Sub-titled '100 Practical Ideas' it is an excellent book for an adult and child to read together.

Death - Janine Amos

This book is one in the 'Separation' series for children. Gently illustrated it takes a child through feelings, helping themselves to cope, and helping themselves move on through the grief.

Saying Goodbye to a Brother or Sister - Chrysalis Books Group

This book was produced by The Child Bereavement Trust to offer information to young children regarding death. The book follows a process from illness, to the shock of news of a death, to all the normal feelings a child may have right through to the time of the funeral and sharing memories of the person they loved.

What on Earth Do You Do When Someone Dies? - Trevor Romain

This writer has a life-time of experience in dealing with children's grief. Questions often asked by a child are responded to clearly. Emotions, practical issues, fears and uncertainties are all addressed matter-of-factly and will be a great help to any adult assisting a grieving child.

Death in a Nut - Eric Maddern

This traditional Scottish story is re-told in this beautifully illustrated book. Jack is a young boy facing the reality of Death. Jack tries to contain Death and in the process realises that the cycle of life depends on Death as much as it does on Birth.

The Sounds of the Sea - Jacqueline Harvey

Sam is a young boy whose Mother dies following an illness. Sam's story of his gradual process through anger, fear and grief with the help of his loving grandparents is a comforting one for any child whose parent has died.

Brodie - Joy Cowley

Brodie's friend tells the story of how Brodie became sick and died. The story relates the feelings of Brodie's class-mates, their different cultural responses to the question 'where has Brodie gone?' and their realisation of their own importance in his life.

Lighthouse : A Story of Remembrance - Robert Munsch

Sarah and her father make a special trip to the lighthouse her grandfather used to take her Father when he was a child. The trip itself and Sarah's memories of her grandfather mean that this small pilgrimage is a turning point in her grief journey.

When Someone Very Special Dies - children can learn to grieve - Marge Heegard

A practical format for allowing children to understand the concept of death and how to develop coping skill in life.

I Miss You: A first Look at Death - Pat Thomas, Lesley Harker

Full-colour illustrations assist this practical text in explaining the complex but normal feelings we have when someone we love dies. It is helpful to parents and teachers in their support of little ones who are grieving.

Water Bugs and Dragonflies: Explaining death to children - Doris Stickney

For those who believe in life after death this simple and beautiful story of water-bug's transformation into a dragonfly is helpful for little ones who ask so many questions when someone they love dies.

What is Death? - Etan Boritzer Lane

A wonderful book which examines the many different customs and beliefs from around the globe. Not only is it easy to understand for the 8-10 year old, but also helps create understanding and tolerance of other beliefs.

When Goodbye is Forever - Lois Rock

An excellent book for those whose belief includes life after death in Heaven. Ideal for children 4-8 years.

Other areas of loss and grief

Sad isn't Bad: A Good-Grief Guidebook for Kids

Written by a school counsellor, this book is an affirmation to children that while feelings of sadness are natural that there is safety, and good, and hearts do ultimately mend.

Dinosaurs Divorce - Laurene Krasny Brown and Marc Brown

The many changes in families which occur when separation and divorce take place are simply and clearly explained. The range of emotional and practical responses are addressed with the overall aim of children not feeling isolated in the event.

Rainbow Feelings of Cancer - a book for children who have a loved one with cancer

- Carrie Martin and Chia Martin

Carrie's Mother was diagnosed with cancer when Carrie was 7 years old. This book arises from her experience and is a helpful tool in supporting young ones dealing with similar situations.

Our Mom has Cancer - A & A Ackerman

Abigail (11) and Adrienne (9) are sisters who express their feelings in words and drawings about her illness. This book is sensitively presented and offers a feeling of community in dealing with such losses.

25 Things to do when Grandpa passes away, Mom and Dad get divorced, or the Dog dies. Activities to help children suffering loss or change - Laurie Kanyer

A collection of simple down-to-earth activities to manage the emotional responses to childhood loss. The author writes from a 20 year background in assisting children with a variety of losses.

BOOKS FOR TEENAGERS

When a Friend Dies: a book for teens about grieving and healing - Marilyn Gootman

A small book which looks at questions teenagers often pose when faced with the funeral and death of a friend: how should I be acting? Is it wrong for me to go to parties? What if my friends start acting strange?

Something I've Never Felt Before: How teenagers cope with grief - Doris Zagdanski

Doris has presented a beautiful book interweaving stories of pain recounted by teenagers and adding her observations on ways to cope and help those grieving.

Healing Your Grieving Heart for Teens: 100 practical ideas - Alan Wolfelt

A wonderful collection of practical ideas to help teenagers who are facing the sadness of a broken heart. It recognises the unique needs of this age-group and gently leads them through ways to help not only themselves but also their families.

Common Threads of Teenage Grief : A Handbook of Healing - Janet Tyson

This book is the culmination of a teenage grief support group in which members wrote of their losses and what helped them in that experience. It is obvious that this book is based in the reality of these nine young people's experiences and so will resonate with the rawness of grief which is felt, especially when grief is a new experience.

BOOKS FOR ADULTS

Sad isn't Bad: A Good-Grief Guidebook for Kids

Written by a school counsellor, this book is an affirmation to children that while feelings of sadness are natural that there is safety, and good, and hearts do ultimately mend.

Living with Grief, Loss and Change - Mary Ellen Smith

'Living with Grief, Loss and Change' addresses the discomfort that many people have with grief. Mary talks about normalising grief, learning to live a meaningful life with grief as opposed to 'getting over' it and looks at strategies for living constructively with grief, loss and change. These losses can occur from life events as diverse as death, retirement, divorce or health issues.

This is not a dry clinical account but instead provides personal real-life stories in order for the reader to be able to identify and feel what is being talked about.

Anatomy of Bereavement - Dr. Beverly Raphael

This Australian pioneer in the field of loss and grief addresses the diverse causes of grief and the impact on various age groups. Has become a 'classic' of the genre.

Disenfranchised Grief: Recognising Hidden Sorrow - Kenneth J. Doka (Ed.)

This text is a collection of writing from various practitioners looking at the many types of loss which go unrecognized in the wider community, therefore leaving those who grieve experiencing isolation, loneliness and lack of support.

Grief: The Mourning After 2nd Edition - Catherine Sanders

This book can be read easily by professional and volunteer. It is an encouraging and helpful book outlining the process of grief with practical strategies to assist the bereaved.

The Phoenix Phenomenon: Rising from the Ashes of Grief - Joanne Jozefowski - Jason Aronson

This book outlines the very positive growth attainable following the loss of someone deeply loved. It is an inspirational book for those who have felt their world has ended. Mental health workers will find it very helpful.

Grief Counselling and Grief Therapy - J.W. Worden

This text offers counselling techniques and information on specific causes of death such as anticipatory grief and children's violent death.

On Death and Dying - Elizabeth Kubler-Ross

This short and simple book has been named as one of the most significant studies in the area of psychology of the late 20th century. Dealing with the end of life feelings of terminally ill patients Kubler-Ross opened up public discussion around what had been treated as a taboo subject.

Nonfinite Grief - Elizabeth J. Bruce and Cynthia L. Schultz

This book by two women based in Victoria, Australia, has become a text of great importance to those who work with individuals and families living with non-ending loss and grief. This book looks at strategies to assist those (for example) who support people living with disabilities.

Continuing Bonds: New Understandings of Grief- Klass, Silverman, Nickman - Taylor and Francis

This book (with writing by 22 authors) demonstrates that individuals can resolve grief healthily while maintaining bonds of love with the deceased. It therefore challenges many previously proposed theories that there is a need to relinquish or let go of the loved one in order to live a productive life.

Coping with Grief - Mal McKissock

This Australian writer has provided us with a wonderful basic book which is small and very accessible. An excellent 'first book' on loss and grief.

Bereavement - J.Penson

A guide for nurses examining ways of helping family members and friends, before during and after the death of a client.

Death and Dying - Allan Kellehear

An interdisciplinary scholarly book on death and dying in Australia

Living beyond Loss - Walsh and others

The impact of loss on family functioning and the reorganization of roles and relationships and related topics.

Men and Grief

When a Man faces Grief: 12 Practical ways to help you heal from loss - Golden and Miller

This book has already become something of a classic in its focus on men and their grief. It not only includes ways a man can address his own grief, but a second portion of the book outlines ways in which a spouse or friends can support the man in his grief.

Men Don't Cry... Women Do: Transcending gender stereotypes of grief - Martin and Doka

This book outlines the many ways that an individual can experience, express and adapt to grief. While it acknowledges gender influences it also discusses how each individual has their own strengths and weaknesses and is unique in their expressions of loss.

Why Men Grieve: Why men grieve differently and how you can help them - Elizabeth Leavng

Eleven men tell their stories of grief and different reactions. They speak of loss through unemployment, divorce, personal injury and funerals, death. The author then writes a commentary on each story, providing information and balance to this work.

Other

Earl A. Grollman

While the rest of this guide lists books and does not single out specific authors, we make an exception here for a prolific author whose work is very readable and accessible. The following titles are available through good book stores and are worth reading:

Living when a loved one dies

Talking about death: A dialogue between parent and child

Straight talk about death for teenagers: how to cope with losing someone you love

Caring and coping when your loved one is seriously ill

Living when a young friend commits suicide

Time remembered

When someone you love has Alzheimer's: a caregivers journey

Talking about divorce (a picture book for children)

Bereaved Children and Teens: A support guide for parents and professionals

Concerning death: a practical guide for the living

What helped me when my loved one died

The working parent dilemma: how to balance the responsibilities of children and careers

Living when a young friend suicides

In sickness and in health

Living with loss, healing with hope

Talking about death

FURTHER SUPPORT

BEREAVEMENT AND GRIEF SUPPORT SERVICES

Australian Centre for Grief and Bereavement - www.grief.org.au | 1300 664 786

Compassionate friends - www.compassionatefriendsvictoria.org.au | (03) 9888 4944 or 1800 641 091

Mercy Western Grief Services - (03) 9364 9838

Road Trauma Support Team - 1300 367 797

Sid and Kids Victoria - 1800 240 400

Victims Support Agency - 1800 819 817

Lifeline - 13 11 14

Griefline - (03) 9935 7400

Mensline - 1300 78 99 78

Kids Helpline - 1800 55 1800

Reach Out - www.reachout.com.au (for adolescents)

Amber Community: Road Trauma Support Team - 1300 367 797

Gather My Crew - www.gathermycrew.org.au

INDIVIDUAL SUPPORT

General Practitioner

Grief Counselling

Art Therapy

Traditional Chinese Medicine

Hypnotherapy

Emotional Freedom

Kinesiology E.M.D.R.

Mindfulness Meditation

Yoga



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