



The helpline for people parenting alone,
sharing parenting or separating.

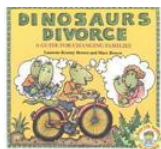
Children's Books

Finding the right books to support your child during a time of family transition, or to help answer questions that can be challenging, can be difficult. One Family has compiled a list of children's books which may help your child to better understand their unique family.

Contents

Divorce/Separation	Page 1
Family Types	Page 6
Adoption and Fostering	Page 8
Death and Bereavement	Page 12
Stepparents and Stepfamilies	Page 19

Divorce/Separation



Dinosaurs Divorce by Marc Brown & Laurene Krasny Brown

This informative children's book not only shares what kinds of feelings a child may experience if their parents divorce, but how to deal with those emotions. It teaches that although a divorce in the family changes some things, one of those things is not how much the parents love their child. *Age 3-6*



Mum and Dad Glue by Kes Gray

A book about a boy coming to terms with his parents' divorce, with a powerful message that even though his parents may be broken, their love for him is not. *Age 3-6*

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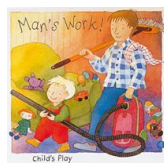


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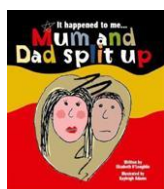
Two Homes by Claire Masurel

Alex has two front doors, two bedrooms and two very different favourite chairs. He has a toothbrush at Mummy's and a toothbrush at Daddy's. But whether Alex is with Mummy or Daddy, one thing stays the same: Alex is loved by them both by always. This portrayal of the life of a child whose parents are divorced is full of warmth, comfort and affection. *Age 3-6*



Man's Work by Annie Kubler

This book contains no words just pictures so the story can be made up by the parent. It could be good for single dads, to show dads and their sons together without their other parent. It contains drawings of daddy and his son doing household chores, such as cleaning the house together. They vacuum, wash up, pick up toys and make the house spick and span. *Age 3-6*



Mum and Dad split up by Elizabeth O'Loughlin and Kayleigh Adams

The simple story of a family splitting up is told from a child's point of view and illustrated by a child, letting young readers know they are not alone. Designed for adults and children to read together, or for older children to read by themselves, the book acknowledges children's distress and encourages children to find their own way of coping with the trauma and upheaval life has thrown at them. *Age 4+*



Rainy Day by Emma Houghton

It's far too wet for the fair, and Ned thinks his special day with Dad is ruined. What can they do when it's pouring with rain? Luckily, Dad has plenty of ideas and gradually Ned finds out that rainy days aren't so bad - and they don't last forever. *Age 4+*



Two of everything by Babette Cole

Demetrius and Paula are two perfectly beautiful children, but they have a pair of parents who do nothing but argue, bicker and clash. In fact, they begin to worry that it's their entire fault, which leaves them feeling very sad

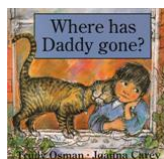
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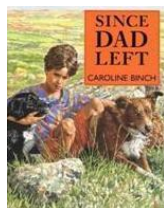
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and confused. So they call a meeting at school to see if anyone else is in the same parental predicament - and it turns out they're not alone! *Age 4+*



Where has daddy gone? by Trudy Osman and Joanna Carey

When parents separate, children can be casualties. This story of what happened to one little boy provides a sympathetic opportunity to broach the subject within the family, and help children not personally involved to understand what may be happening to their friends. A family story which tackles the subject of separation in a simple and sympathetic way. *Age 4+*



Since Dad left by Caroline Binch

Sid is cross. He doesn't understand why his mum and dad don't live together anymore. Sandra, his mum, arranges for him to spend some time with Mick, his dad, but Sid doesn't want to go. But Mick slowly wins him over, and by the time he returns to his mum, Sid feels he really has a dad again. *Age 4+*



Mom's house, Dad's house for kids by Isolina Ricci

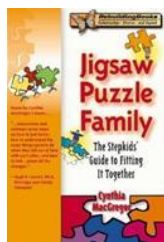
The focus of this book is the positive and proactive things kids can do to feel better. It gives tips on how to talk to parents about problems, strategies for addressing and resolving problems and answers to kids' unasked questions. The book doesn't end with the divorce, but continues with what to expect and how to cope when the family changes once again into a stepfamily. A must-read for kids whose parents are separating, divorcing, dating, or remarrying. *Age 4+*

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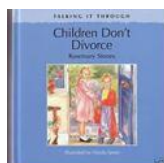


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Jigsaw puzzle family; the step kid's guide by Cynthia MaGregor
Step

For all the kids who wonder how the jigsaw puzzle pieces of their newly combined family will ever fit together," a warm and understanding resource for children of divorce. Jigsaw Puzzle Family helps kids realize they're not alone -- many other kids are dealing with a new stepparent, new stepbrothers and/or stepsisters, a new house with new rules. Readers will find dozens of practical and helpful suggestions for making stepfamily life better. *Age 4+*



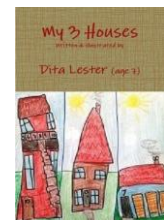
Children don't divorce by Rosemary Stones and Nicola Spoor

Covering issues around divorce e.g. the effects on friends at school, visits by a social worker and the arrival of a new partner. Looking at separation and divorce from the child's angle and offers a good opportunity for children to explore and express their feelings. *Age 4+*



Was it the chocolate pudding? by Sandra Levins and Bryan Langdo

A story about divorce in a typical family, with age-appropriate explanations with childlike innocence and humour, this book explains divorce from a kid's point of view. *Age 4+*



My 3 Houses by Dita Lester

A self help book for children, written by a seven year old girl about her parent's separating, moving house and leaving friends and family behind to begin again in a new town, start a new school and make new friends . *Age 4+*



When Katie's Mum and Dad separated by Sarah, Duchess of York

Provides child-friendly advice when parents separate, and gives reassurance for children who think they may be responsible for their parents' separation. Katie realizes that her parents are happier apart-and

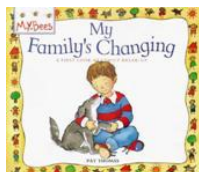
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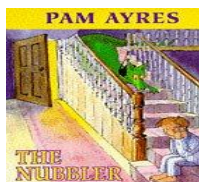
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that no matter what, some things will never change: she loves her dad and mom very much, and they will always love her back. *Age 4+*



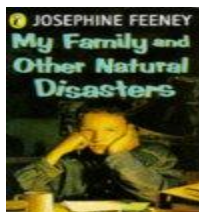
My family's changing by Pat Thomas and Lesley Harker

This is a picture book that takes the subject of divorce and explains the facts gently but seriously. It addresses the child directly and is designed to encourage interaction between parents and the child, dealing with difficult personal and emotional issues for younger children. *Age 4+*



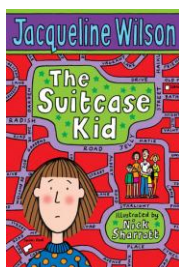
The Nubbler by Pam Ayres

Rufus is miserable because his parents are constantly arguing. The Nubbler is a dragon-like creature who helps him cope with the rows and their eventual separation. *Age 8+*



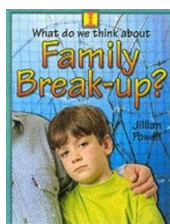
My Family and Other Natural Disasters by Josephine Feeney

Thirteen year old Patrick has to write his life story for school but his parents have just separated and refuse to answer any of his questions about the past. A story about family break-up. *Age 12-14*



The Suitcase Kid by Jacqueline Wilson

When her parents' divorce and remarry, only child Andy, has to adjust to moving between two homes and two new families. But all she really wants is to go back to her first home. *Age 9-12*



What Do We Think About Family Break-up? by Jillian Powell

A book for young children which explores family break-up and the changes and emotions involved. *Age 6-9*

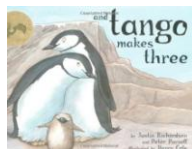
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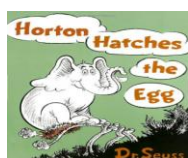
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FAMILY



And Tango Makes Three by Justin Richardson and Peter Parnell

This tale is based on a true story about a penguin family living in New York City's Central Park Zoo and it explains same-sex parenting to children. *Age 2-5*



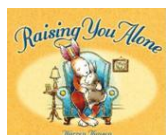
Horton Hatches the Egg by Dr. Seuss

This book is ideal for a variety of parenting situations, including adoptive families and those with absentee parents. Horton is a lovable elephant who happens upon a mama bird, Maysie, and her egg. Maysie persuades Horton to sit on the egg for her. *Age 4+*



What are Parents by Kyme FoxbyLee

Playfully rhyming words and beautifully illustrated pictures lead a child through a journey to discovering diversity while learning to accept their unique family. The book teaches children about all types of families. *Age 4+*



Raising You Alone by Warren Hanson

Raising you alone is an essential book for any single parent family. With heart and humour, it talks about the quirks and challenges that must be faced every day. A picture book for parents as well as children, this honest, engaging story is the perfect way to say, "I will always love you." *Age 4+*



Do I Have A Daddy? by Jeanne Warren Lindsay

Addressing single parent families, this book helps kids with absent, deceased, and unknown dads talk about and deal with this often difficult situation. When Erik, a preschooler, is teased by other children about not having a dad, his mother explains that there are many kinds of fathers, and not all of them live with their children. *Age 3+*

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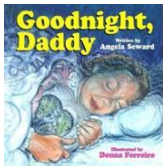
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The Family Book by Todd Parr

The Family Book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two mums or two dads, a big family or a small family, a clean family or a messy one, Todd Parr

assures readers that no matter what kind of family you have, every family is special in its own unique way. *Age 4+*



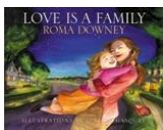
Goodnight Daddy by Angela Seward

This is a realistic portrayal of a little girl's love for her absent father and her disappointment at being "stood up" by him. Her mother helps her realize that she can cope with being disappointed by someone she loves and move ahead with her life. *Age 4+*



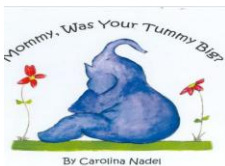
All Families are Special by Norma Simon

The book helps children understand how people in the family support each other through good times and bad. It introduces children to many different types of family. *Age 4+*



Love is a Family by Roma Downey

Lily storms home to her mother one day, demanding a real family, she's positive they are the weirdest family. Her single parent mom doesn't seem overly fazed. *Age 4+*



Mommy, Was Your Tummy Big? by Carolina Nadel

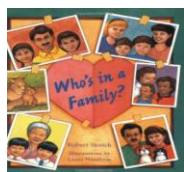
This book is filled with charming and bubbly illustrations in pink and purple that will help parents explain both IVF and donor egg conception. It tells the story of a baby elephant who notices lots of pregnant animals and innocently asks, "Mommy, was your belly big. *Age 4+*

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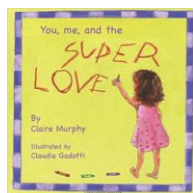


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Who's in a Family? by Robert Skutch

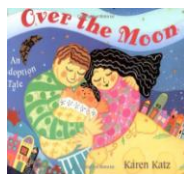
Who's in a Family? looks at a vast array of families using snappy text and colorful illustrations. Some kids live with mom, dad, a brother and a Golden Retriever in a big house, while others live with just mom, and yet others travel back and forth between parents' homes or live with a grandmother. But, regardless of their differences, all of the families have *love* in common. The book features a blank page at the end, so your child can draw. *Age 3-7*



You, Me and Superlove by Claire Murphy

In this story Holly asks the question why her Daddy does not live with her. Mummy addresses the question, without going into the specific details, by telling Holly about "The Superlove". The story aims to reinforce to a child that a situation of a parent not being around right now is in no way the child's fault, and that they are loved very much – in fact, Superloved! *Age 3+*

Adoption and Fostering



Over The Moon: An Adoption Tale by Karen Katz

The text flows beautifully with the graphics, explaining that a couple wanted a baby very badly and would travel a great distance to make their dream of a complete and happy family come true. This is an ideal book to begin a discussion of adoption with a young child. *Age 3+*



Tell Me Again About the Night I Was Born by Jamie Lee Curtis

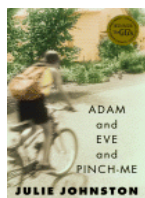
Actress and adoptive mom Jamie Lee Curtis writes in a pitch-perfect tone, addressing the logistics of adoption on a basic level that will make a child feel both safe and satisfied. This charming story of a mom and dad telling their child about the night she was born reaffirms love and family commitment with every page-turn. *Age 3+*

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Adam and Eve and Pinch-Me by Julie Johnston Age 10+

By the time fifteen year old Sara arrives at the latest in a long line of foster-homes, she has her future figured out. She plans to get a new life with no attachments to anyone... but she didn't reckon on growing fond of her foster family.

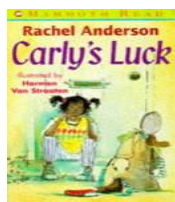


Adoption by Karen Bryant-Mole - Wayland 'What's Happening?' Series A clear, accessible book which answers many of the questions young children ask about adoption. Age 7-9



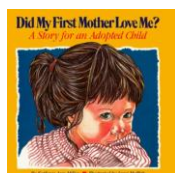
Belonging Doesn't Mean Forgetting by Sheila Byrne and Leigh Chamber

A story about a little boy being adopted. Includes notes and worksheets for use with a child. Age 4-8



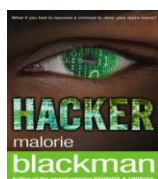
Carly's Luck by Rachel Anderson

When her mum is taken into hospital, Carly is sent to stay with foster parents, but is determined not to like it. Age 7-10



Did My First Mother Love Me? by Kathryn Ann Miller

When Morgan looks for reassurance that her birth mother loved her, her adoptive mum reads a letter from her. Includes a section for adoptive parents. Age 3-8



Hacker by Marjorie Blackman

Vicky is adopted and doesn't get on with her brother Gib. But when her adoptive father is arrested and accused of stealing from the bank where he works, they have to work together to prove his innocence. Age 11-14

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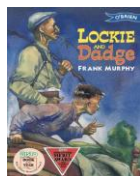
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Letting Go by Joyce Stengel

When Kathy arrives at yet another foster home, she decides it is time to go back to her real mother. But things do not go according to plan.

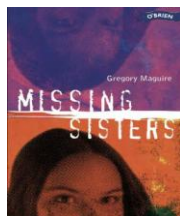
Age 8-11



Lockie and Dadge by Frank Murphy

Lockie is miserable in his strict new foster home. He runs away and is taken in by a nice couple, but will he be allowed stay with them?

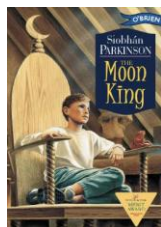
Age 11-13



Missing Sisters by Gregory Maguire

Twelve year old Alice lives in an orphanage. At summer camp she discovers that she has a twin sister and sets out to find her.

Age 11-13



The Moon King by Siobhán Parkinson

Ricky is an abused child who is fostered with a large family. He is bullied by one of the other children, but finds refuge in a 'moon' chair in the attic.

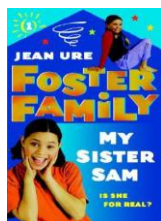
Age 10-12

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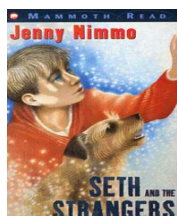
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My Sister Sam by Jean Ure

The first in a series of titles about Abi, a ten year old girl and her foster brothers and sisters. Age 8-10, read also:

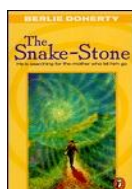
- **Meet the Radish** 0340727225 p/b 1999
- **Here Comes Ellen** 0340727233 p/b 1999
- **Secret Simon** 034072741 p/b 1999



Seth and the Strangers by Jenny Nimmo

Three years after leaving an abusive stepfather for a loving foster family, Seth still finds it difficult to settle. Then he discovers evidence of visitors from another planet and realises he must help them get home.

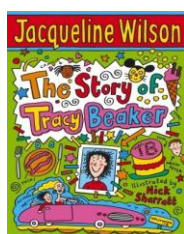
Age 8-10



The Snake-Stone by Bernie Doherty

Fifteen year old James is adopted and is determined to trace his birth mother. So he sets out to discover who she is and why she gave him away.

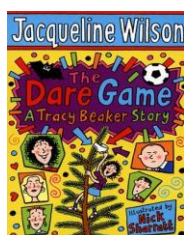
Age 12-15



The Story of Tracy Beaker by Jacqueline Wilson

A poignant and funny novel about ten year old Tracy who lives in a children's home and wants to be fostered. Read also the sequel:

Age 8-12



The Dare Game by Jacqueline Wilson

Tracy thinks her foster mum is mean so she's delighted when her birth mum wants her back.

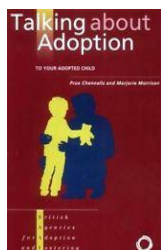
Age 8-12

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Talking About Adoption to your Adopted Child

By Prue Chennell and Marjorie Morrison

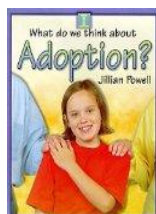
A guide for adoptive parents about explaining to your child that s/he is adopted.



Tom and the Tree-House by Joan Lingard

Tom always felt special because he is adopted. But when his parents tell him they're going to have a baby, he doesn't feel special anymore.

Age 6+



What Do We Think About Adoption? By Jillian Powell

An introduction to adoption and fostering for younger children which answers many of the questions they ask. Contains notes for parents and teachers.

Age 6+

Death and Bereavement

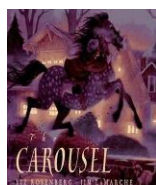


All Shining in the Spring: The Story of a Baby Who Died

By Siobhán Parkinson

Matthew, an only child, is delighted when he hears that his mother is going to have a baby. Later, he is told that the baby will not live and he and his parents comfort each other.

Age 3-7



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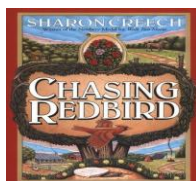


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The Carousel by Liz Rosenberg

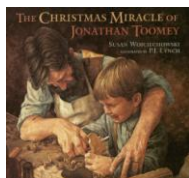
Two sisters remember their mother as they visit the carousel in the park.

Age 7-10



Chasing Redbird by Sharon Creech

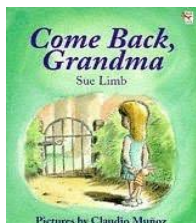
A moving story about Zinny who is devastated when her beloved Aunt Jessie dies. She escapes from her chaotic family and tries to come to terms with her grief. Age 12-15



The Christmas Miracle of Jonathan Toomey

By Susan Wojciechowski

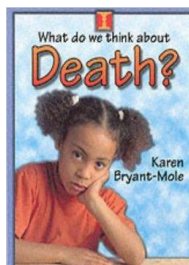
Jonathan Toomey has become cold and hard since the death of his wife and baby. As he works on nativity figures ordered by a widow and her son, his heart gradually unfreezes. Age 6-9



Come Back, Grandma

Sue Limb

Bessie loves her Grandmother very much. When she dies, Bessie never stops missing her until she grows up and has a daughter who is just like Grandma. Age 4-7



Death by Karen Bryant-Mole

A simple, accessible book which focuses on the feelings of children when someone they know dies.

Age 6-10

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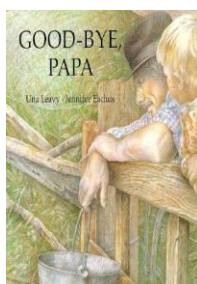
The helpline for people parenting alone,
sharing parenting or separating.



The Ghost Twin by Richard Brown

James and his parents still miss his twin Joe terribly even though he's been dead for three years. After his death, James becomes even more introverted until he meets Joe's ghost.

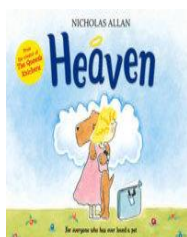
Age 10-13



Goodbye Pappa by Una Leavy

Shane and Peter love staying at their grandfather's. After they return home, he dies suddenly and they return for the funeral. Their mother suggests that they should remember all the happy times they shared. A picture book for sharing.

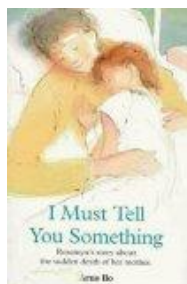
Age 4-7



Heaven by Nicholas Allan

A little girl has a conversation about heaven with her dog.

Age 4-8



I Must Tell You Something by Arno Bo

Nine year old Rosemary tells the moving story of her family's stay in hospital after a car accident in which they are all badly injured. Her mother dies and they have to come to terms with her death.

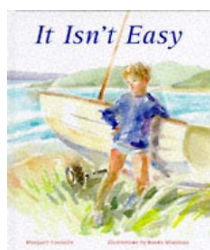
Age 9-12

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It Isn't Easy by Margaret Connolly

A gentle story about a boy and his family after his brother is killed in an accident.

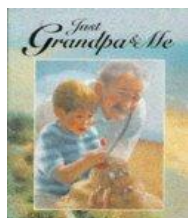
Age 4-9



Jenny Angel by Margaret Wild

Jenny is convinced that she is a guardian angel who can keep her dying brother alive if she watches over him. A poignant picture book about coming to terms with death.

Age 6-9



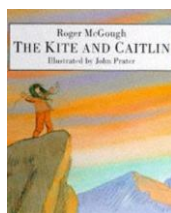
Just Grandpa and Me by Sally Grindley

A story about a little boy's happy day out with his Grandpa as they remember Grandma. A comforting book for sharing with a child who has recently lost a grandparent. Age 4-8



Karen's Goldfish by Ann M. Martin

Karen is very upset when her pet goldfish dies. She feels better after holding a funeral and inviting her friends. Age 7-9



The Kite and Caitlyn by Roger McGough

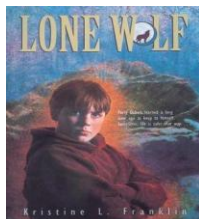
A moving story about a little girl who is terminally ill when she inherits a kite. She keeps it by her bed and dreams of all the places she will fly it. Age 5-8

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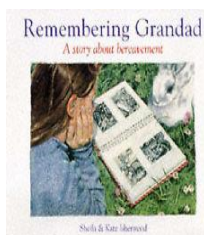


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Lone Wolf by Kristine L. Franklin

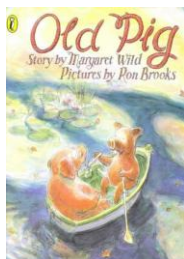
After the tragic death of his baby sister, Perry's parents decide to separate. He and his dad move to a cabin in the woods and live in isolation until a new family moves in and Perry is forced to face things he's tried to forget. *Age 11-14*



My Grandad (also published as Remembering Grandad)

By Sheila Isherwood

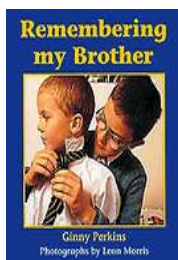
A little girl remembers all the happy and special times she has had with her Grandad before he died. *Age 4-8*



Old Pig by Margaret Wild

A gentle story about Old Pig who prepares herself and her granddaughter for her imminent death.

Age 4-8



Remembering My Brother by Ginny Perkins

Greg's older brother Chris died a while ago. He tells us how he and his family miss and remember him.

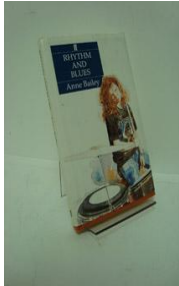
Age 4-9

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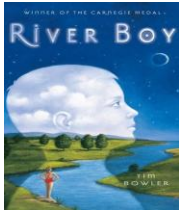


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Rhythm and Blues by Anne Bailey

Matti is still grieving for her mother when her father announces that his two daughters from another relationship are moving in. Things seem even worse when she learns that one of her half-sisters is dying of cancer. Age 13-16



River Boy by Tim Bowler

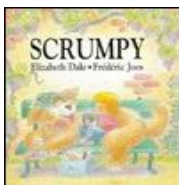
A poignant novel about a 15 year old Jess and her dying grandfather. They return to his boyhood home where he is determined to finish his last painting. Age 12-15



Sara Takes Charge by Joyce A. Stengel

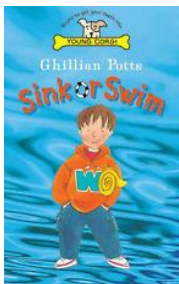
When Sara and Davey's mother dies, their father buries himself in his work leaving twelve year old Sara to worry about everything.

Age 9-12



Scrumpy by Elizabeth Dale

When Ben's dog dies, he thinks he will never be happy or want another pet again. As time passes, he remembers the happy times they shared and can move on with his life. Age 6-9



Sink or Swim by Gillian Potts

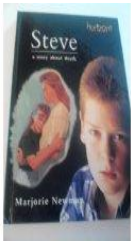
William has not spoken about his dad since he died. One day he rescues a baby from the river using the skills his dad taught him. Only then does he feel that he can talk about his dad to his mum. Age 7-9

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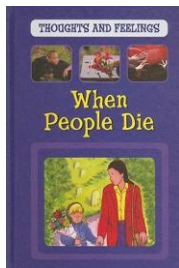


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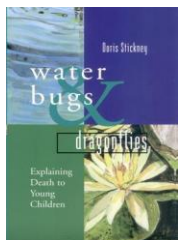
Steve by Marjorie Newman Watts

Steve and Gemma's dad is killed in an accident. It takes them time to get over the shock and learn to live without him. *Age 9-12*



When People Die by Sarah Levet

A book for sharing with a child which explains what death is, why people die, what happens afterwards and how to cope with grief. *Age 6-9*



Water Bugs and Dragonflies: Explaining Death to Young Children

by Doris Stickney

When author Stickney tried to explain the death of a 5-year-old friend to neighbourhood children, she told them what would become the story of *Water Bugs and Dragonflies*. The book offers a reassuring, graceful look at life and death for kids, telling them that their loved ones are always looking down on them. *Age 4+*

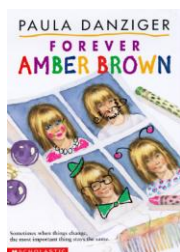
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Stepparents and Stepfamilies



Forever Amber Brown by Paula Danziger

Nine year old Amber likes her mother's new boyfriend, but she isn't sure if she wants them to get married... neither is her mother.

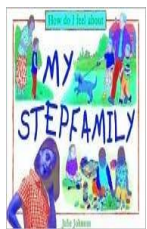
Age 7-9



Magic Dad by Alison Prince

Cosmo lives with his mum and dreams that his absent father is magic. When his mum meets a nice new boyfriend, Cosmo knows he can still have his magic dad in the background.

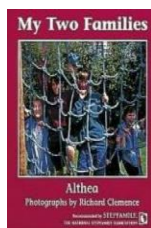
Age 7-9



My Stepfamily by Julie Johnson

Four boys and girls share their feelings about being part of a stepfamily.

Age 6-9



My Two Families by Althea

A photo-story in which stepbrothers and sisters discuss their thoughts and feelings about being part of a stepfamily. Age 7-10

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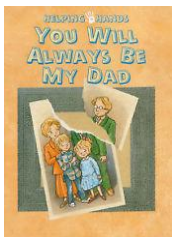
Sisters...No Way! by Siobhán Parkinson

Cindy is shocked when her recently widowed father announces that he's to remarry and that she's to gain two sisters in the bargain. Ashling, one of her 'new' sisters also tells her version of events. *Age 13-15*



Step by Wicked Step by Anne Fine

A group of teenagers on a school trip share stories about their experiences of living in stepfamilies. *Age 12-14*



You Will Always Be My Dad by Ann de Bode and Rien Broere

Laura really misses her dad since her parents separated. When her mother invites a new male friend to dinner, Laura decides to do her best to get rid of him because no one will replace her dad. *Age 5-8*

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