



Institute for
Play and Attachment

Understanding Bereavement

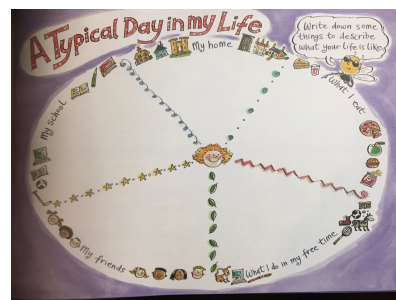
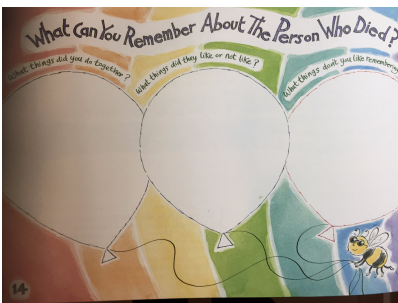
Supporting Resources

We hope that you enjoyed using the reflective piece at the end of Caroline's video which was included as a stimulus for members to consider their own mortality.

To further support our November module 'Understanding Bereavement' guest expert Caroline Lloyd has provided members with a number of links to activities, research and books which she recommends to members of the Institute for Play and Attachment.

Please follow these [links](#) to access Caroline's recommendations:

'[Muddles, Puddles & Sunshine](#)' book. The whole book is full of exercises like these:



Lots of them, like those above, allow for words or pictures or just to be used as prompts for play with other toys/resources. I, personally, find this is the best book of all on the market for children right up until adolescence. (I would use it as a resource for me, rather than show the book to older children!).

An ebook called '[Lost for Words](#)' that was just released this week which may also be used in work with children

Please find attached an [article](#) written by Dr Hall which, in my opinion (and that of my peers and superiors) is considered the best article written on bereavement theory in general. It fleshes out more of the depth to what I touched on in my module.



If members would like even more information than my book; [Grief Demystified](#) would be appropriate before you then move into textbooks! (of which there are many and I am happy to recommend specific ones if anyone would like that).

Finally, I would recommend the newly released app 'MyGrief' by Dr Hall. It is particularly aimed at bereaved people and is limited (in my opinion) for those supporting the bereaved.