

# About Hedgehog



A book about grief for young children

Written by  
Dani Seatter

Illustrated by  
Anna Stead



For my darling Mum, Jim and Paul  
who have taught me about love and grief.



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## Foreword

As a leading expert in child bereavement I've always recognised the need for children to have access to a wide range of resources to enable them to understand the complex emotions that grief can engender.

Being able to ask questions to the right people, in the right way, at the right time, is fundamental in the grieving process for children.

This book is an invaluable addition to books for bereaved children and my library of excellence.

Dr. Shelley Gilbert MBE







“Where’s Hedgehog?”

Owl stopped, looked, flapped a wing.

“Gone away,” said Owl.

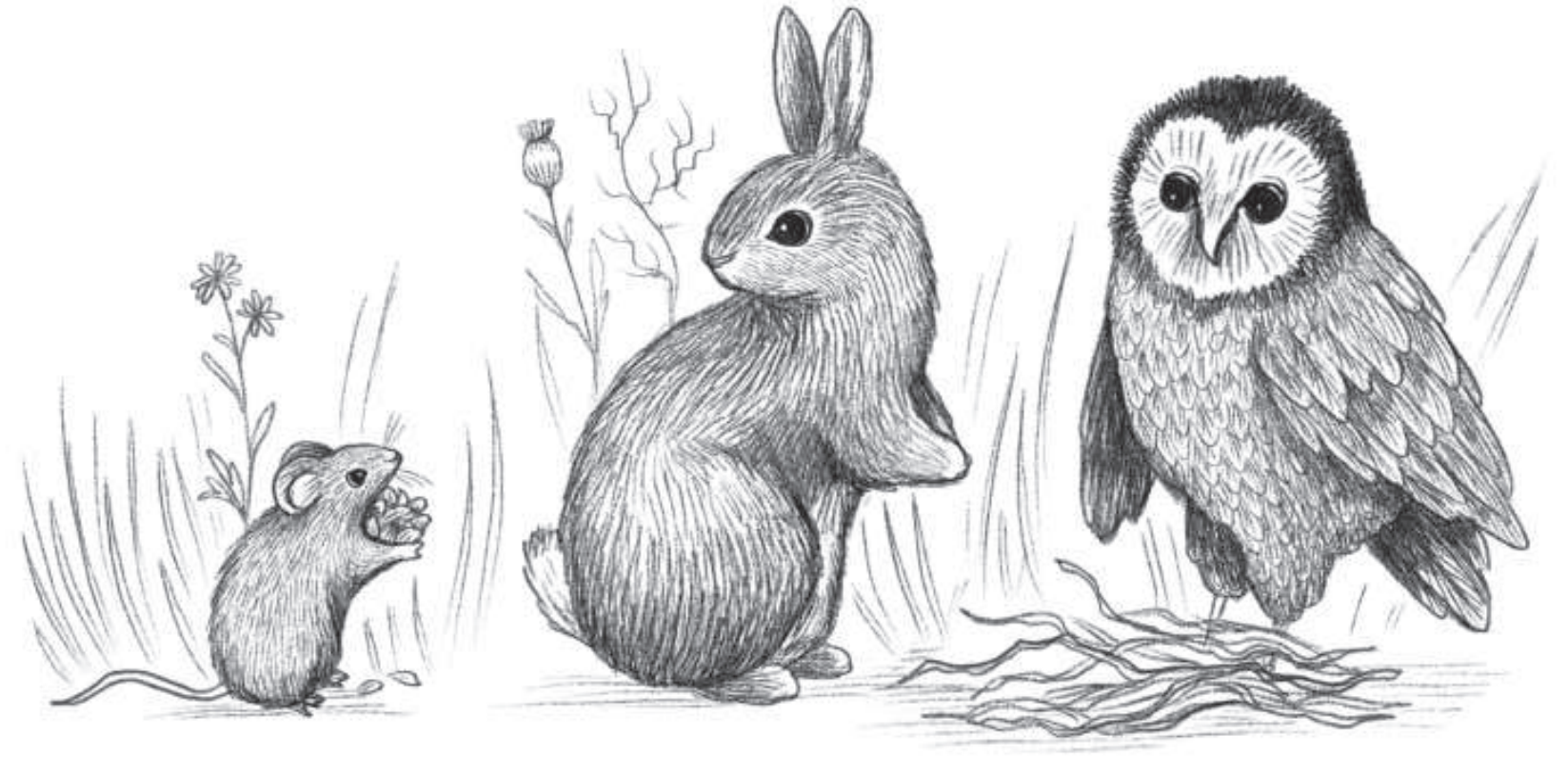
“Oh,” said Rabbit.

“Where’s Hedgehog?”

Mouse stumbled, mumbled,

“Not here anymore.”

“Oh,” said Rabbit.







“Where’s Hedgehog?”

Bee buzzed “Gosh, is that the time?...”

And Bee flittered away as fast as could be.

“Oh,” said Rabbit.





“Where’s Hedgehog?”

Rabbit hopped, stopped, wondered,

‘Where was Hedgehog?’

“I’m sure I don’t quite know,”

Robin blustered, flustered.

“Oh,” said Rabbit.



Rabbit went to Hedgehog's favourite place.

Wondering, pondering.

Of all the places in the woods,

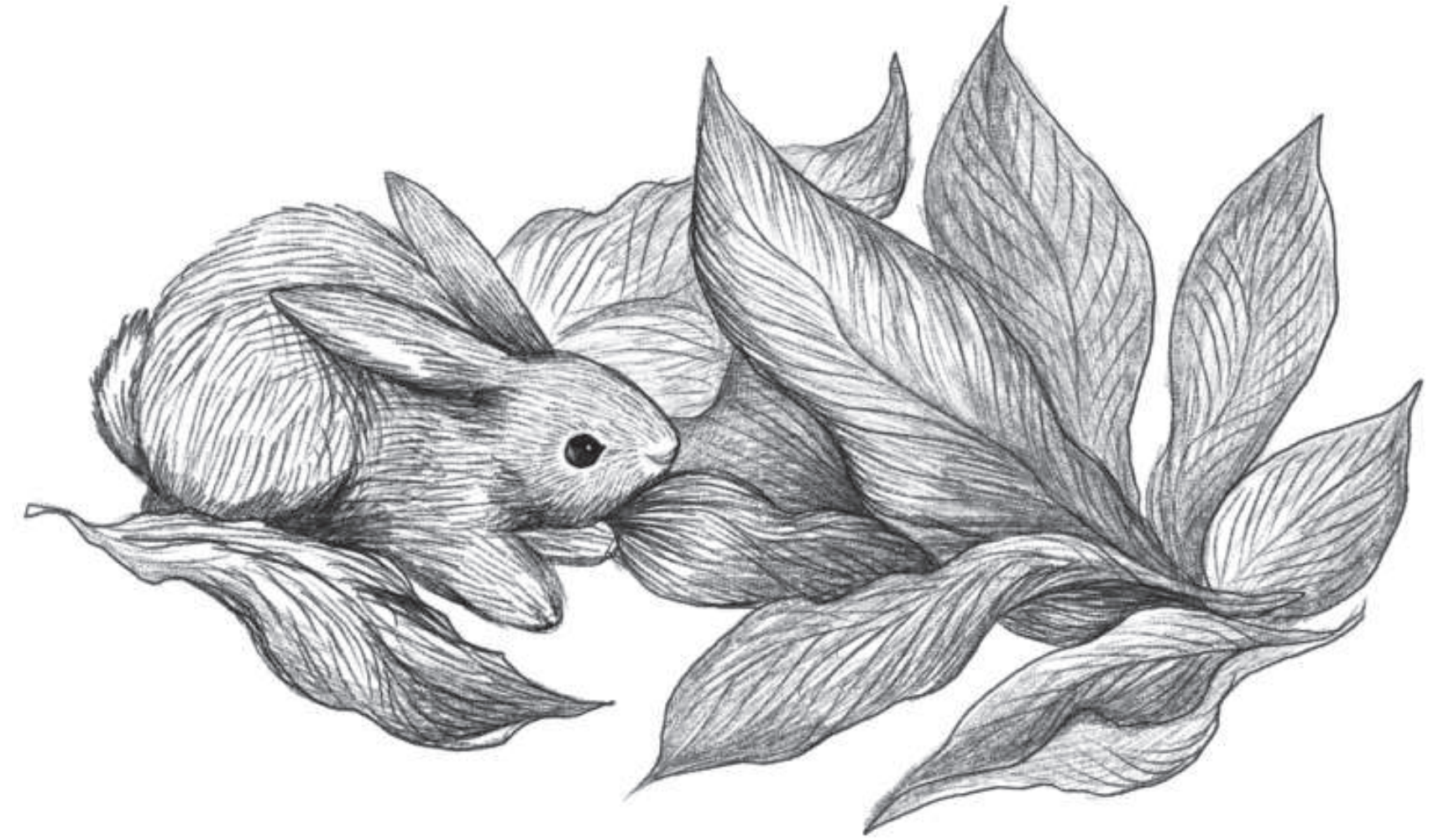
*where* could Hedgehog be?

Rabbit felt confused.

No one knew.

Perhaps Hedgehog was hiding?

On holiday? Asleep?





Badger shuffled by.

Paused, decided.

“Hello Rabbit, are you okay?”

“I can’t find Hedgehog,” said Rabbit.







“Ah,” said Badger,

“Okay, would you like to talk about it?”

“Yes!” said Rabbit,

“No one will tell me.”



Badger explained that Hedgehog had been very unwell.

And that Hedgehog had died.

“Being dead means Hedgehog is gone  
and we can’t see them anymore.”

“When someone dies, we miss them

and it’s okay to feel sad about it.

It’s important to talk  
and to remember Hedgehog,” explained Badger.





Rabbit quietly thought.

“I have questions!” Rabbit said eventually.

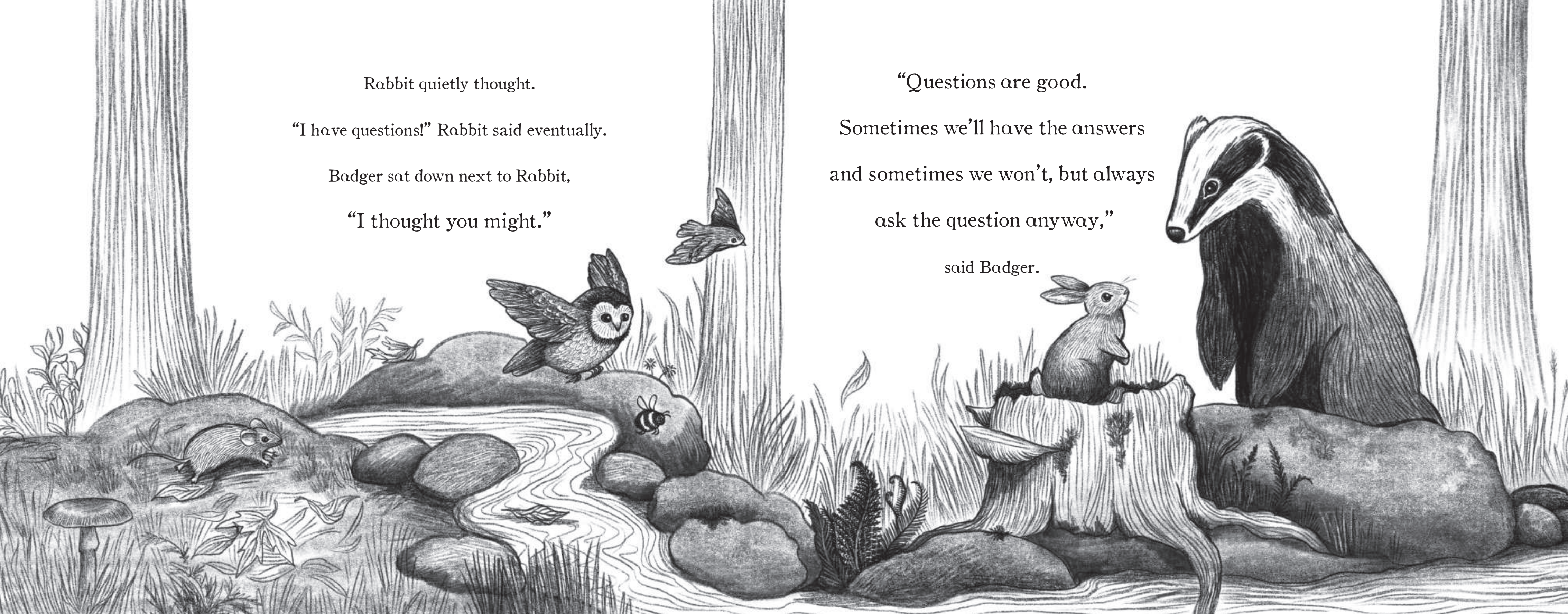
Badger sat down next to Rabbit,

“I thought you might.”

“Questions are good.

Sometimes we’ll have the answers  
and sometimes we won’t, but always  
ask the question anyway,”

said Badger.





Rabbit thought for a moment,  
“And no one will mind?”  
“We might feel sad, but no, we won’t mind,”  
said Badger, Owl, Mouse, Bee and Robin.







## Your Questions





Your Memories





# Resources

## Grief Encounter

Grief Encounter work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief.

*Their services include:*

One-to-one counselling

Group workshops

Music, art and drama therapy

Residentials and Family Fun Days

Bespoke support for schools, universities and colleges

A dedicated Trauma Team for support following a sudden or traumatic bereavement

Accredited training courses and webinars for professionals

Award-winning resources including their unique Grief Relief Kit, Grief Encounter Workbook and Journal

Bereavement is devastating at any age, but for a child it is life-changing. Get in touch with them if you need support.

Founded by Dr Shelley Gilbert MBE, their mission is to give every child and young person access to the best possible support following the death of someone close.

To access further support visit their website:

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

or email: [hello@thegriefdoctor.co.uk](mailto:hello@thegriefdoctor.co.uk)

## Gilbert's Grief Book

Gilbert's Grief Book is a unique, wonderful resource to build and expand some of the themes in this book.

Available from [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

## Child Bereavement UK

Child Bereavement UK helps children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies.

**Helpline: 0800 02 888 40**

[helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)

Live Chat via the website

[www.childbereavementuk.org](http://www.childbereavementuk.org)

Published by Eco-Able Ltd 2024. ISBN 978-1-9196003-6-9  
[www.eco-able.co.uk](http://www.eco-able.co.uk)





“Beautifully and poetically written, Seatter captures the part of the grieving process where you search, miss and pine for your loved one.

As a children’s grief expert, I love how Rabbit feels able to ask questions to the right people, in the right way, at the right time. The door is left open for further exploration.

An invaluable addition to books for bereaved children and my library of excellence.”

Dr. Shelley Gilbert MBE, Founder Grief Encounter, Children’s grief expert. [www.thegriefdoctor.co.uk](http://www.thegriefdoctor.co.uk)



£20.00

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