

### Journals/Workbooks

Boulden J. *Saying Goodbye*. Revised ed. Boulden Publishing; 1992.

Coloring book for ages 6-10 years that deals with death, feelings awareness, and remembrance.

Crossley D, Wish W. *Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died*. Hawthorn Press; 2010.

This book offers a structure and an outlet for the difficult feelings that inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief, whilst finding a balance between remembering and having fun. This book is a useful companion in the present, and will become an invaluable keepsake in the years to come.

Drescher J. *The Moon Balloon: A Journey of Hope and Discovery for Children and Families*. Association for the Care of Children's Health; 1996.

This is a colorfully illustrated picture book and interactive journal with a delightful story about seven hot-air balloons. This book provides a safe, supportive outlet to help you and your children cope with the problems of everyday living as well as life changing experiences. Playful hot-air balloons, representing various emotions, offer vehicles whereby children can write and draw feelings, which can otherwise be difficult to speak about. Sharing these symbols can improve self-image, trust, and creativity.

Goldman JP, Goldman LE, Goldman JP. *Bart Speaks Out!: Breaking the Silence on Suicide*. Western Psychological Services; 1998.

Workbook for ages 7-12 years that attempts to break the shame and silence associated when a loved one dies from suicide.

Grollman E. *A Child's Book About Burial and Cremation*. Centering Corporation; 2001.

Journal style workbook. Simple wording that is helpful for all ages, including adults.

Heegaard ME. *Coping With Death and Grief*. Lerner Pub Group; 1990.

For ages 10-14 years. Children tell stories and learn about death and grieving. Suggestions for adults helping children with anger management.

Heegaard ME. *Beyond the Rainbow: A Workbook for Children in the Advanced Stages of a Very Serious Illness*. Fairview Press; 2002.

An art therapy book which helps children cope with a life-threatening illness. Children are encouraged to express in pictures what they are often incapable of expressing in words.

Heegaard M. *When Someone Very Special Dies: Children Can Learn to Cope with Grief*. Woodland Press; 1996.

This workbook is designed for children to illustrate with pictures they choose to draw. This book should be used with a parent or caring adult. Helpful suggestions on how to use this workbook are clearly written. Recommended for school age through adolescence.

Johnson J, Johnson M. *Tell Me, Papa*. Centering Corporation; 2001.

Answers to questions children ask about death and dying. A gentle explanation for children about death and funerals. Tells children about what happens when you die, explains the funeral, cremation and answers questions honestly. Useful tool for parents and caregivers searching for the right words to say.

Lane GG. *My Memory Book: A Journal for Grieving Children*. Chi Rho Press; 1997.

Workbook and journal that helps children explore their feelings.

McWhorter G. *Healing Activities for Children in Grief*. Gay McWhorter; 2003.

An activity book designed to help counselors in a group setting help children following a death. The book is divided into three sections: children's activities (ages 5-8), preteen activities (ages 9-12), and teen activities (ages 13-18). In each section counselors can choose from a variety of opening activities designed to promote discussion and main activities that involve a specific topic or theme. There is also a special holiday section.

Rugg S, Rugg J, Mullis A, et al. *Memories Live Forever: A Memory Book for Grieving Children*. Centering Corporation; 1996.

This simple expressive workbook helps children to remember and honor the memories they have about a death. It covers a wide range of topics in the grief process with appropriate exercises for children to work through to help with a wide range of feelings.

Salloum A. *Reactions*. Centering Corporation; 1998.

A workbook for children ages 8 and up who are experiencing trauma and grief.

Shavatt D, Shavatt E. *My Grieving Journey Book*. Paulist Press; 2002.

A workbook which discusses different feelings and encourages emotional expression.

Silverman J. *Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies*. Fairview Press; 1999.

Activities for all ages that help kids cope when a special person dies.

Traisman ES. *Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss*. Centering Corporation; 1992.

Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business, and use their creativity to work through the grieving process.

Traisman ES. *Remember...A Child Remembers: A Write-in Memory Book for Grieving Children*. (Johnson J, ed.). Centering Corporation; 1994.

A write-in memory book for bereaved children ages 8-12. This is a unique tool for children who are grieving the loss of someone they love. There are pages for writing about the person's life and death, a goodbye letter, pages to draw the service, and more. Keeps memories safely preserved.

Wolfelt AD. *The Healing Your Grieving Heart Journal for Teens*. Companion Press; 2002.

This diary affirms the grieving teen's journey and offers gentle, healing guidance. In order to sort through their confusing feelings and thoughts, teens are prompted to explore simple, open-ended questions. Teens are encouraged to write what they miss about the person who died, the specific feelings that have been most difficult since the death, or the things they wish they had said to the person before they died.

Zotovitch KD. *Good Grief for Kids*. Journal Keepers; 2000.

A journal to help children cope with their grief during times of loss. Parent info, including child development and grief, suggested reading, and space for kids to color/journal. Ages 6-12 years.

## Websites

Center for Loss & Life Transition. Center for Loss & Life Transition. Accessed June 22, 2022.

<https://www.centerforloss.com/>

The Center for Loss is dedicated to "companioning" grieving people as they mourn transitions and losses that transform their lives. Helping mourners by serving as an educational resource and professional forum.

Friends of Karen. Accessed June 22, 2022. <https://www.friendsofkaren.org/>

A community organization that guides families caring for a child with a life-threatening illness.

The Dougy Center for Grieving Children & Families | Portland, OR. Dougy Center. Accessed June 22, 2022. <https://www.dougy.org/>

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences.

## Books by Topic

### Animal Characters

Breebaart J, Breebaart P. *When I Die, Will I Get Better?* Peter Bedrick Books; 1993.

Fred and Joe are rabbit brothers who live happily in their home at the edge of the woods, until one morning Joe does not get out of bed. At first Doctor Owl thinks he can cure him, but the little rabbit dies. The rest of the story tells how the neighbors help prepare for the burial, how Fred puts his brother's favorite books and toy into the coffin, and promises to play in the field close to the grave every day. After the funeral, Fred wants to be alone and is very angry; but gradually

he and his parents, with the loving support of their friends, begin to feel better. Eventually the boy is able to laugh and play again. Straightforward, simply told, and moving, this book does not gloss over the finality of death or the sadness and anger that results, but makes it clear that the bereaved do return to normal life in time.

Cosgrove S. *The Dream Tree*. Price, Stern, Sloan; 1974.

A playful, sensitive story of a caterpillar's transformation into a butterfly. Though this story is about change, not death, it can be used as an analogy, or with children who may not be ready for more concrete stories about death.

Dodge NC. *Thumpy's Story: A Story of Love and Grief Shared*. Prairie Lark Press; 1984.

Thumpy the rabbit tells the story of his sister's death. Thumpy discusses his thoughts and feelings.

Durant A. *Always and Forever*. Random House Children's Publishers; 2013.

When Fox dies, Mole, Hare, and Otter are devastated. They feel they will never get over their great sadness. How can life go on without him? Then one day Squirrel comes to visit. She reminds Fox's family of all the funny things he used to do. And as the friends share dinner and tell stories, they realize at last that in their hearts and memories, Fox *is* still with them, and he will be—always and forever.

Engel D. *Eleanor, Arthur, and Claire*. Atheneum; 1992.

Claire, a young mouse, loves spending her summers with her grandparents, and although she finds things changed after her grandfather's death, she and her grandmother find the strength to go on without him.

Hughes S. *Alfie and the Birthday Surprise*. Red Fox; 2007.

The death of Bob's cat prompts his friends and family to give him a surprise birthday party and a very special present.

London J. *Gray Fox*. Viking Books for Young Readers; 1993.

Beautiful seasonal illustrations accompany the story of Gray Fox—running, hunting, mating. After being struck by a truck, Gray Fox is discovered and laid to rest by a young boy. Poetic story of Fox's proud spirit which live on in his cubs and their cubs after them.

O'Toole DR. *Aarvy Aardvark Finds Hope: A Read Aloud Story for People of All Ages About Loving and Losing, Friendship and Hope*. Compassion Books; 1988.

Aarvy is sad and upset. Ralphy Rabbit helps Aarvy learn about the strengths within himself. The lessons Aarvy teaches: Grief is a natural healing process. Grief is emotional, physical, spiritual and highly personal. Ages 8 and up.

Stickney D. *Water Bugs and Dragonflies: Explaining Death to Young Children, A Coloring Book*. Pilgrim Press; 2009.

Aimed primarily at children this book uses the allegory of metamorphosis to assist in understanding death. A water bug cannot understand why some of them go to the top of reeds and don't come back. When one promises to come back and tell what happens, he is surprised that when he changes to a dragonfly, he cannot return and must wait for his friends to find out for themselves.

Varley S. *Badger's Parting Gifts*. Andersen Digital; 2013.

When Badger's friends discover he is dead, they each think about the special gifts he has shared and taught them.

Velthuijs M. *Frog and the Birdsong*. Andersen Digital; 2012.

When Frog finds a blackbird lying still on the ground, his friend Pig thinks the bird is asleep, Goose thinks he is ill, but Hare knows the bird is dead. Together the animals bury the small bird, learning to grieve but also to keep on living.

White EB. *Charlotte's Web*. Harper & Brothers; 1952.

A classic favorite. Story about a little girl, a little pig, and a beautiful spider, Charlotte. Book highlights the sweetness of relationships and the reality of dying. Recommended for school age and adolescents.

## Friend Loss

Bahr M. *If Nathan Were Here*. Eerdmans Books for Young Readers; 2000.

In this book, the author gently explores the grief of a young boy whose best friend has died. With the help of an understanding teacher, a kind neighbor, and an empathetic parent, the boy finds ways to give expression to his questions and sorrow and to reach out to someone else who needs him.

Cohn J. *I Had a Friend Named Peter: Talking to Children About the Death of a Friend*. William Morrow & Co; 1987.

When Betsy learns about the death of a friend, her parents and kindergarten teacher answer questions about dying, funerals, and the burial process.

Knapp NT. *Missing My Best Friend*. SpringJoy Press; 2011.

A young boy talks about meeting his best friend, then losing him in a car accident. Family helps him express his feelings and grieve.

Loftis C. *The Boy Who Sat by the Window: Helping Children Cope with Violence*. New Horizon Press; 1997.

A story about a school dealing with the death of a classmate who was shot and killed riding to school.

Smith DB. *A Taste of Blackberries*. Revised ed. HarperCollins; 2004.

A little boy feels lonely and guilty when his friend, Jamie, is stung by a bee and dies in an allergic reaction. The boy describes his feelings at the funeral parlor, the funeral itself, and his eventual success in accepting Jamie's death.

## General

Bernstein JE. *Loss and How to Cope With It*. Clarion Books; 1979.

This book focuses on the death of a loved one with personal stories about the feelings associated with profound loss. Chapters include When Someone Dies, Your Feelings, You can Handle Your Feelings, and Living with the Survivors.

Bernstein JE, Gullo S, Hausherr R. *When People Die*. Dutton; 1977.

Explains in simple terms the reasons for death, theories on afterlife, burial practices, grief, and the naturalness of death in the chain of life.

Berry J. *Good Answers to Tough Questions About Death*. Joy Berry Enterprises; 2008.

A broad-ranging book written to help children understand the many issues surrounding death.

Bley A. *And What Comes After a Thousand?* Kane/Miller Book Pub; 2007.

Lisa and elderly Otto spend their days rambling around his farm. Otto always seems to have an "emergency" cookie in his pocket, knows how to make a slingshot, and loves to count the stars. When Otto dies, Olga tries to comfort Lisa by telling her "Otto is like numbers. He's inside all of us, and that will never end."

Boulden J. *Saying Goodbye*. Revised ed. Boulden Publishing; 1992.

This award-winning book is widely used by hospices, schools, hospitals, and mortuaries as well as by parents and therapists. It is a gentle, non-threatening presentation of death with a healing discussion of emotional issues. For grades K-4.

Boulden J. *When Someone Is Very Sick*. Boulden Pub; 1995.

Elfo leads us through this playful yet realistic story of feelings children may experience when confronted with a serious illness in a family member. Elfo tells us about issues related to sickness: how the sick person may look, talk, and act differently and how he or she may now need medicines, tubes, and machines. Children often have unexpressed worries, and Elfo encourages the readers to express their feelings and write and talk about their experiences. Included with this book are memory pages and graphics to make get-well cards. For grades 3-4.

Breebaart J, Breebaart P. *When I Die, Will I Get Better?* Peter Bedrick Books; 1993.

Fred and Joe are rabbit brothers who live happily in their home at the edge of the woods, until one morning Joe does not get out of bed. At first Doctor Owl thinks he can cure him, but the little rabbit dies. The rest of the story tells how the neighbors help prepare for the burial, how Fred puts his brother's favorite books and toy into the coffin, and promises to play in the field close to the grave every day. After the funeral, Fred wants to be alone and is angry; but gradually he and

his parents, with the loving support of their friends, begin to feel better. Eventually the boy is able to laugh and play again. Straightforward, simply told, and moving, this book doesn't gloss over the finality of death or the sadness and anger that results, but makes it clear that the bereaved do return to normal life in time.

Boritzer E. *What Is Death*. Veronica Lane Books; 2000.

Addresses children's natural curiosity about this difficult subject. Introducing the concept of death with examples of customs and beliefs from different religions and cultures, the book also allows the reader to reflect on themes of tolerance, identity, and generosity.

Brown LK. *When Dinosaurs Die: A Guide to Understanding Death*. Reprint ed. Little, Brown Books for Young Readers; 2023.

This book uses dinosaurs to simply explain the meaning of being alive and dead and why someone dies. It is a well-written resource to prepare children for the feelings and questions they might have when someone has died and how they can help themselves to cope. Details are also given about the many different types of rituals cultures have to say goodbye. Ages 3-12 years.

Brown MW. *The Dead Bird*. HarperCollins; 1995.

Tells the story of a group of children who find a dead bird in the park and decide to have a burial and funeral. Each day they return to the grave with flowers. They continue "until they forget."

Bunting E, Moser B. *On Call Back Mountain*. Blue Sky Press; 1997.

Ben and Joe are thrilled when Bosco, the fire watchman, comes back for the summer. When Bosco heads to the tower, Ben and Joe say goodbye to him every night with their lantern. After Bosco dies, the two brothers encounter a lone wolf on the spot where they had signaled to their friend up on the mountain tower.

Buscaglia LF. *The Fall of Freddie the Leaf: A Story of Life for All Ages*. C.B. Slack; 1982.

Uses the life of a leaf to talk about death as part of the life cycle.

Cain J. *The Way I Feel*. Parenting Press; 2000.

An easy to read rhyming story about different feelings from Silly to Frustrated, Scared and Sad.

Carson J. *You Hold Me and I'll Hold You*. Scholastic; 1997.

A book about a little girl's experience after the death of a distant family member. Through the process of a relative dying, it gives expression to worries and solutions for resolving issues. Recommended for ages 4-8 years.

Cohn J. *I Had a Friend Named Peter: Talking to Children About the Death of a Friend*. William Morrow & Co; 1987.

When Betsy learns about the death of a friend, her parents and kindergarten teacher answer questions about dying, funerals, and the burial process.

Cosgrove S. *The Dream Tree*. Price, Stern, Sloan; 1974.

A playful, sensitive story of a caterpillar's transformation into a butterfly. Though this story is about change, not death, it can be used as an analogy, or with children who may not be ready for more concrete stories about death.

Curry C. *I Remember You Today*. The Annapolis Publishing Company; 2003.

An interactive picture book for children dealing with loss and grief. Grief is a process, and because silence will not erase the pain, the author wrote this book as an effort to affirm the feelings of young children dealing with the loss of a sibling or parent. It is also meant as a catalyst for dialogue for grieving parents.

Doleski, T. *The Hurt*. Paulist Press; 1983.

Justin's reaction to various upsetting experiences results in a balloon type "Hurt" growing bigger and bigger. Finally, through sharing his feelings with his father and experiencing reconciliation, Justin is able to let the Hurt go.

Fanestil J. *Mrs. Hunter's Happy Death: Lessons on Living from People Preparing to Die*. Doubleday Religion; 2006.

This book focuses on lessons on living from people preparing to die.

Farrington L, Weil JC. *And Peter Said Goodbye*. 2nd ed. Enchante Innertainment Inc; 1996.

For ages up to 12 years. A boy is angry because he did not attend his grandparent's funeral.

Fox M. *Tough Boris*. HMH Books for Young Readers; 1998.

Boris von der Borch is a tough and fearless pirate. But when his parrot dies, he cries and cries. This simple, brightly illustrated book provides an excellent reinforcement of the acceptability of expressing feelings.

Fry VL, Paterson K. *Part of Me Died Too: Stories of Creative Survival Among Bereaved Children and Teenagers*. Dutton Books for Young Readers; 1995.

Eleven true stories about young people who have experienced the loss of family members or friends. The chapters progress from relatively simple deaths, such as a pet or anticipated loss, to more complex deaths such as a mother and sister from AIDS, or an abusive father.

Gerstein M, Rinpoche S. *The Mountains of Tibet*. Reprint ed. Barefoot Books; 2013.

Based on Buddhist teachings, this story tells of a woodcutter living in the mountains of Tibet who upon his death is given the choice of going to heaven or living again in whatever form and place he likes.

Goble P. *Beyond the Ridge*. Aladdin; 1993.

At her death, an elderly Indigenous woman of the Great Plains experiences the afterlife believed in by her people, beyond the ridge to a more beautiful world.



Greene CC. *Beat the Turtle Drum*. Puffin Books; 1994.

Joss, a girl who loves horses, plans to rent a horse for her birthday. But her beautiful plan ends in tragedy when she is killed in a fall. This tender book explores the death of a family member and its impact on the other people in the family.

Greenlee S, Drath B. *When Someone Dies*. Peachtree Publishers; 1992.

A very clear and easy book to read. A sensitive message of how one feels and how to deal with the loss of a loved one. Recommended for ages 8-10 years,

Grifalconi A. *Kinda Blue*. Little Brown & Co; 1993.

Sissy feels lonely and blue until her Uncle Dan cheers her up by explaining that everything, even corn, needs special attention every now and then.

Heegaard ME. *Coping With Death and Grief*. Lerner Pub Group; 1990.

For ages 10-14 years. Children tell stories and learn about death and grieving. Suggestions for adults helping children with anger management.

Hemery KM. *Sunflower Promise*. Centering Corporation; 2005.

A chapter book for children ages 8-12 who are experiencing the death of someone they know.

Joslin M. *The Goodbye Boat*. Wm. B. Eerdmans Publishing Co.; 1999.

Simply written analogy comparing the death of a grandmother figure to a boat sailing away, providing in the illustrations and text a message of hope that sadness will ease and death is not the end.

Karst P. *The Invisible String*. Devorss & Co.; 2000.

Story reminding children they are never alone and always connected to those they love, family, friends, pets, even if those people are far away, nearby, or deceased. The book uses the metaphor of invisible string as a string of love that connects people together. Appropriate for preschool, elementary school, and older.

Kroll VL. *Helen the Fish*. Albert Whitman & Company; 1992.

When six-year-old Hannah's beloved goldfish dies after a relatively long life, she seeks comfort from older brother, Seth.

Levete S. *How Do I Feel About When People Die*. Stargazer Books; 2005.

This book encourages children to explore their feelings about the personal issues that may affect them. This book joins a group of friends as they talk about how they cope with the death of loved ones of all ages.

Levy J. *The Spirit of Tío Fernando / El Espíritu de Tío Fernando*. Albert Whitman & Company; 1995.

Written in both Spanish and English, this story tells of the history and traditions of the Day of the Dead celebrated through Mexico and Central America.

Marsoli LA, Collier-Morales R, Fink J. *Things to Know About Death and Dying*. Silver Burdett Press; 1985.

A nonfictional look at the many aspects of death, such as the physiology of death, suicide, hospice care, funerals, mourning practices, wars, television portrayals of death, and obituaries.

Mellonie B, Ingpen RR. *Lifetimes: The Beautiful Way to Explain Death to Children*. Reprint ed. Paw Prints; 2009.

This book uses examples of nature to explain death as something that happens to all living things. It is concrete and understandable for young children. Beautiful Illustrations. Recommended for all ages.

Mills JC. *Gentle Willow: A Story for Children about Dying*. Magination Press; 2003.

Written for children who may not survive their illness or for the children who know them, this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling well. Amanda summons the Tree Wizards, who visit Gentle Willow and determine that they can't fix her. Amanda is angry at first, but eventually she listens to the Tree Wizards as they explain that death is a transformation and journey into the unknown. They also counsel Amanda that the medicine she can give Gentle Willow is love. In a final act of love, Amanda comforts Gentle Willow, who is afraid, with a story about the caterpillar who transforms into a butterfly. A "Note to Parents" addresses how to cope with death and dying.

Moundlic C. *The Scar*. Candlewick Press; 2011.

When the boy in this story wakes to find that his mother has died, he is overwhelmed with sadness, anger, and fear that he will forget her. He shuts all the windows to keep in his mother's familiar smell and scratches open the cut on his knee to remember her comforting voice. He doesn't know how to speak to his dad anymore, and when grandma visits and throws open the windows, it's more than the boy can take—until his grandmother shows him another way to feel that his mom's love is near. With tenderness, touches of humor, and unflinching emotional truth, the author captures the loneliness of grief through the eyes of a child, rendered with sympathy and charm in expressive illustrations.

Mundy M. *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss*. Open Road Media; 2014. Discusses how people of various faiths deal with loss and grief. References God and use of prayer.

Newman L. *Too Far Away to Touch*. Clarion Books; 1995.

Zoe has an especially close relationship with her uncle, Leonard, who is now sick. Following a visit to the planetarium, he explains to her that when he dies, he will be like the stars, too far away to touch.

Nystrom C, Baum A, Bellwood S. *Emma Says Goodbye: A Child's Guide: Bereavement*. Chariot Victor Pub; 1994.

Coming to terms with the death of someone is hard. Emma and her family have time to work through their hurt. This story explains what is happening to Aunt Sue as her illness progresses and how Emma, her family, and Aunt Sue herself, react.

Palmer EDP. *I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss*. Impact Publishers; 1994.

An informative book about a child's normal emotions when experiencing a loss. It is simple and easy to read and understand. Recommended for young children.

Prestine JS. *Someone Special Died*. Fearon Teacher Aids; 1993.

Focuses on feelings of a young child after the death of a loved one. Gives suggestions to help children cope with feelings.

Robinson T. *What Happens When People Die?* Deseret Book; 2009.

To a little child, death is often a mysterious and frightening thing. What does it mean, to die? Will we ever see the person again? What is resurrection? The lovely pastel illustrations and simple explanations in this book provide a way for parents or other loved ones to help even tiny children understand what happens when someone dies.

Rofes E. *The Kid's Book About Death and Dying*. Little Brown & Co; 1985.

Through group experience and creative writing, students of Fayerweather Street School examine their earliest experiences with death, their thoughts on American death rituals, their fears and fantasies. Useful reading for teachers and adults.

Romain T. *What On Earth Do You Do When Someone Dies?* Free Spirit Publishing; 1999.

Insightful book that talks to kids about what death means and how to cope, answering questions in straightforward terms.

Rylant C. *Missing May*. Reissue ed. Scholastic Paperbacks; 2004.

A neighbor helps a young girl come to terms with her aunt's death. Heartwarming and emotional story about the struggle people go through dealing with the finality of death.

Schwiebert P, DeKlyen C. *Tear Soup: A Recipe for Healing After Loss*. 5th ed. Grief Watch; 2005.

Grandy experiences a big loss and makes her personalized tear soup recipe. Tear soup is used as metaphor for the grieving process.

Simon N. *The Saddest Time*. Reprint ed. Albert Whitman & Company; 1986.

Explains emotions that occur when death happens, read aloud, encourages discussion. Includes three specific short stories about death: young boy loses uncle, school age boy dies in accident, and young girl loses grandmother.

- Stein SB. *About Dying: An Open Family Book for Parents and Children Together*. Walker & Co; 1983.  
A book about a bird dying and burial followed by the death of a grandfather. Explanation to adults about a child's understanding of the dying process. Recommended for all ages.
- Stickney D. *Water Bugs and Dragonflies: Explaining Death to Young Children, A Coloring Book*. Pilgrim Press; 2009.  
Aimed primarily at children, this book uses the allegory of metamorphosis to assist in understanding death. A water bug cannot understand why some of them go to the top of reeds and don't come back. When one promises to come back and tell what happens, he is surprised that when he changes to a dragonfly, he cannot return and must wait for his friends to find out for themselves.
- Stiles N, Henson J. *I'll Miss You, Mr. Hooper*. Random House/Children's Television Workshop; 1984.  
Big Bird learns that he will still be taken care of after Mr. Hooper's death and has many good memories of him.
- Thomas P. *I Miss You*. Sourcebooks Explore; 2001.  
Simple language to explain what happens when someone dies and the feelings people may have, also reviews various customs of dealing with the dead.
- Thompson C. *How to Live Forever*. Penguin Random House Australia; 2012.  
Every night for two years, Peter searches the library for the lost book on how to live forever, and when he finds it, he makes an important decision.
- Thornhill J. *I Found a Dead Bird: The Kids' Guide to the Cycle of Life and Death*. Owlkids; 2006.  
The death of a bird is just the start of this book dealing with the life cycle.
- Tresselt AR. *The Dead Tree*. Parents' Magazine Press; 1972.  
This book tells the story of the life cycle of an oak tree, poetically and through illustration. Death is portrayed as a natural and necessary part of the life cycle. Informative and hopeful.
- Varley S. *Badger's Parting Gifts*. Andersen Digital; 2013.  
When Badger's friends discover he is dead, they each think about the special gifts he has shared and taught them.
- Velthuijs M. *Frog and the Birdsong*. Andersen Digital; 2012.  
When Frog finds a blackbird lying still on the ground, his friend Pig thinks the bird is asleep, Goose thinks he is ill, but Hare knows the bird is dead. Together the animals bury the small bird, learning to grieve but also to keep on living.
- Winsch JL. *After the Funeral*. Paulist Press; 1995.  
Different children express emotions and fears following the death of a loved one. Each feeling is validated and normalized.

## Grandparent Loss

Aliki. *The Two of Them*. Reprint ed. HarperCollins; 1987.

Story of a loving relationship between grandfather and granddaughter. Written in verse. Text and illustrations tell of cherished memories following the grandfather's death.

Barker P. *What Happened When Grandma Died*. Concordia Publishing; 1982.

When her grandmother dies, a young girl feels better after her mother reads Bible verses describing God's plan for everlasting life.

Barron TA. *Where Is Grandpa?* Reprint ed. Puffin; 2001.

A boy and his family each talk about their special place where they remember grandpa as they mourn his loss.

Boelts M. *Sarah's Grandma Goes to Heaven: A Book About Grief*. Zonderkidz; 2004.

A story to help children ages 4-8 better understand and deal with death. Sarah is sad when her grandma dies of cancer. She doesn't understand where Grandma has gone. Sarah's mother lets her choose if she wants to attend the funeral and she decides to go. Sarah learns about heaven and God's wonderful plan. To remember Grandma, she plants a special garden that would please Grandma, knowing she would love the gardeners the most. Also included are two pages of ideas for parents to use to help children through the grieving process. Available in English and Spanish.

Bosak SV, McGraw L. *Something to Remember Me By: An Illustrated Story for Young and Old*. 4th ed. Communication Project; 1998.

Grandmother and granddaughter bonding. Grandmother preparing her granddaughter over time for her death by giving mementos that are full of good memories.

Britain L. *My Grandma Died: A Child's Story About Death and Loss*. Parenting Press; 2003.

A young child talks about the emotions felt after Grandma's death. Includes a list entitled "Things I Can Do When Someone I Love Dies."

Bruchac J. *Fox Song*. Philomel; 1993.

After the death of her great-grandmother, Jamie remembers the many special things the old woman shared with her about the natural world.

Burningham J. *Grandpa*. Red Fox; 2003.

A little girl and her grandfather share very special moments.

Cazzola G. *Bells of Santa Lucia*. Philomel; 1991.

Lucinda loves the bells of her Italian village. When her granny dies, no longer calling Lucinda with the hand bell she constantly rang from sickbed, Lucinda hates all bells. When Lucinda must ring the giant "Grandmother Bell" in the village square to warn of fire, she feels her granny has helped her to save the beloved lambs.

dePaola T. *Nana Upstairs and Nana Downstairs*. Reissue ed. Puffin Books; 2000.

Tommy goes to visit his grandmother and great grandmother every Sunday. After a time, his great grandmother dies. He sees a star in the sky and thinks of her.

Fassler J. *My Grandpa Died Today*. Human Sciences Press; 1983.

A touching story about the love shared by a young boy and his grandfather. Grandpa tells David he is not afraid to die because he knows David is not afraid to live. When grandpa dies, David and the adults cry. In spite of his sadness David goes on playing and eventually learns why Grandpa had not been afraid to die.

Fox M. *Sophie*. HMH Books for Young Readers; 1997.

This book is about aging. As Sophie grows bigger and her grandfather gets smaller, they continue to love each other very much.

Hazen BS, Berk B. *Why Did Grandpa Die? A Book about Death*. Golden Book; 1985.

Death and loss in a family setting, deals with the suddenness of death and a girl's anger. Covers stages and the process of grieving.

Henkes K. *Sun & Spoon*. Reissue ed. Greenwillow Books; 2007.

After the death of his grandmother, ten-year-old Spoon observes the changes in his grandfather and tries to find the perfect artifact to preserve his memories of her.

Hoopes LL. *Nana*. Harper & Row; 1981.

After her grandmother's death, a little girl finds many happy reminders of her as she wanders through house and garden.

Joose B. *Ghost Wings*. Chronicle Books; 2001.

While celebrating the Days of the Dead, a young Mexican girl remembers her wonderful grandmother who sang songs, made tortillas, chased monsters away, and loved butterflies.

Kroll V. *Fireflies, Peach Pies & Lullabies*. Simon & Schuster Children's Publishing; 1995.

When Francie's Great Granny Annabel dies of Alzheimer's disease, Francie finds a way to help people remember her great grandmother.

Le Tord B. *My Grandma Leonie*. Atheneum; 1987.

Simple, delicately illustrated book describing the loving relationship between a young child and her grandmother. When Grandma Leonie goes to the hospital and doesn't come back, memories and thoughts of "how much she loved me" comfort.

Medina T. *DeShawn Days*. Lee & Low Books; 2003.

This is a story crafted by loving memory in heartfelt poetry. Ten-year-old DeShawn deals with the death of his grandmother in an urban neighborhood that buzzes with life.

- Miles M, Parnall P. *Annie and the Old One*. Little, Brown Books for Young Readers; 1985.  
A Navajo girl unravels a day's weaving on a rug whose completion, she believes, will mean the death of her grandmother.
- Nobisso J. *Grandma's Scrapbook*. Gingerbread House; 2000.  
A scrapbook of memorabilia chronicles the tender and sometimes zany moments shared between Grandma and her granddaughter during their seaside summers. The last summer in the scrapbook reveals how their roles have changed. Now the girl guides Grandma's wheelchair to places Grandma once brought her on the back of her bike or in a stroller. This poignant story uplifts and dignifies the experience of aging and loss, tingeing it not with sadness, but with hope and wonder.
- Nodar CS. *Abuelita's Paradise*. Albert Whitman & Company; 1992.  
Although her grandmother has died, Marita sits in Abuelita's rocking chair and remembers the stories Abuelita told of life in Puerto Rico.
- Orgel D. *The Mulberry Music*. Trophy Press; 1979.  
A young girl's first experience with death: the death of a beloved grandmother. The reality of characters, swift pace, and unusual resolution all create an uncommonly moving story.
- Ross K, Ross A. *Cemetery Quilt*. Houghton Mifflin Harcourt; 1995.  
When Josie travels to her grandmother's house to attend her grandfather's funeral, she learns of a family tradition, the cemetery quilt. She learns to commemorate her grandfather's life as well as those of other deceased relatives.
- Ryan V. *When Your Grandparent Dies: A Child's Guide to Good Grief*. One Caring Place/Abbey Press; 2002.  
Addresses the needs of children and the adults who care for them. Losing a grandparent is often a child's first experience with grief. The ordeal can be as bewildering as it is painful. Explaining what happens from a child's-eye view, the little elves in this book depict the difficult days before, after, and beyond a grandparent's death. They explore the meaning of death and heaven, as well as how to stay close in spirit with a grandparent who has died. With ideas for action and questions for discussion, this creative guide will help you help your grieving child to create comforting memories and find closure.
- Scheller M. *My Grandfather's Hat*. McElderry Books; 1992.  
A boy recalls his relationship with his grandfather by playing with his grandfather's old hat.
- Shriver M. *What's Heaven?* Golden Books Adult Publishing; 2007.  
This is a story of Kate, a little girl whose great-grandma has just died. She seeks answers, and her mother helps her learn about Heaven. The childlike, thought-provoking questions are real, coming from Shriver's own family when her mother passed away.

Stevens M, Ualand K. *When Grandpa Died*. Childrens Press; 1979.

When grandpa dies, the little girl feels hurt and angry. With her parents' help she learns to accept the death and later shares her memories with her sister.

Thomas JR. *Saying Goodbye to Grandma*. Clarion Books; 1988.

When 7-year-old Suzie's grandmother dies, she goes back with her parents to the small town where Mother grew up to attend Grandma's funeral. Sensitive exploration of grief as well as a loving picture of a family drawn together.

Thurman C. *A Time for Remembering*. Simon & Schuster Children's Publishing; 1989.

Helpful story of communication between grandfather and grandson before death and encouragement of commemoration and expression of feelings following the death.

Woodruff E. *Dear Napoleon, I Know You're Dead, But...* Yearling; 1994.

Marty receives a surprising reply when he writes a letter describing his spirited but sick grandfather, Napoleon Bonaparte.

Wright BR. *The Cat Next Door*. Holiday House; 1991.

After grandma dies the annual visit to her summer cabin is not the same, but a visit from the cat next door reminds of how things used to be and comforts a grieving grandchild.

Yolen J. *Grandad Bill's Song*. Philomel; 1994.

After Grandad Bill dies, everyone in the family remembers him differently. But reminiscences do nothing to help a young boy cope with his loss, until he recalls his own feelings on the day his grandfather died—and his memories of a best friend who was much beloved.

Zalben JB. *Pearl's Marigolds For Grandpa*. Simon & Schuster Children's Publishing; 1997.

When Pearl's Grandpa dies, she wonders how she'll get along without him. During this difficult time, Pearl struggles to get through her daily routine and tries to remember her grandfather. Finally, Pearl discovers she is able to keep his memory alive in simple ways; planting marigolds in his memory.

Zolotow C. *My Grandson Lew*. Trophy Press; 1985.

Lewis remembers many special things about Grandpa who died four years earlier. Since Lewis never asked, Mother never told him of Grandpa's death. Both share their loving memories and find this less lonely than remembering him alone.

## Heaven

Burpo T, Vincent L. *Heaven Is for Real: A Little Boy's Astounding Story of His Trip to Heaven and Back*. Thomas Nelson; 2010.

When Colton Burpo made it through an emergency appendectomy, his family was overjoyed at his miraculous survival. What they weren't expecting, though, was the story that emerged in the months that followed, detailing their little boy's trip to heaven and back.



Gerstein M, Rinpoche S. *The Mountains of Tibet*. Reprint ed. Barefoot Books; 2013.

Based on Buddhist teachings, this story tells of a woodcutter living in the mountains of Tibet who upon his death is given the choice of going to heaven or living again in whatever form and place he likes.

Goble P. *Beyond the Ridge*. Aladdin; 1993.

At her death, an elderly Indigenous woman of the Great Plains experiences the afterlife believed in by her people, beyond the ridge to a more beautiful world.

Hanson W. *The Next Place*. Mission Pub.; 1998.

Written in the first person, the text and beautiful illustrations are designed to give a comforting image of “the next place” that a spirit goes to after death. This book is ideal for someone looking for answer to where a spirit could go. For all ages.

Lewis B. *What Is Heaven Like?* Bethany House Publishers; 2006.

A young boy and his sister, missing their recently departed grandfather, ponder heaven. In a quest for understanding, the boy sets off to ask everyone he encounters all about it—his teachers, the ice cream truck driver, the dentist, his family—and each person offers a different yet insightful response.

Libby L. *Someday Heaven*. Revised ed. Zonderkidz; 2001.

This book provides biblically based answers on a topic that’s not always easy to explain to a young child. It tries to answer the complex questions we all have about dying and heaven using a unique blend of scriptures and simple analogies.

Portnoy MA. *Where Do People Go When They Die?* Kar-Ben Publishing; 2004.

Children ask various adults and themselves “where do people go when they die?” Each individual gives a different answer that reflects various beliefs about death. This is an ideal book for children looking to form their own beliefs about death. Written by a rabbi, the book also includes suggestions on how to help parents explain death to children.

Rylant C. *Cat Heaven*. Blue Sky Press; 1997.

God created cat heaven, with fields of sweet grass where cats can play, kitty-toys for them to enjoy, and angels to rub their noses and ears.

Rylant C. *Dog Heaven*. Blue Sky Press; 1995.

A whimsical story about what animals and people do in Heaven. For all ages to enjoy.

Shriver M. *What’s Heaven?* Golden Books Adult Publishing; 2007.

This is a story of Kate, a little girl whose great-grandma has just died. She seeks answers, and her mother helps her learn about Heaven. The childlike, thought-provoking questions are real, coming from Shriver’s own family when her mother passed away.

Welsh P. *I Wonder What You Do on Your First Day in Heaven*. Phoebe Welsh Publishing; 2005.

A thoughtfully written and illustrated book that offers consolation and hope to anyone who has experienced the loss of a loved one. It is a story about birth and celebration, death and grief, wonder and hope. This book will help create important conversations and begin the process of healing.

## HIV/AIDS

Moutoussamy-Ashe J. *Daddy and Me: A Photo Story of Arthur Ashe and His Daughter Camera*. Alfred A. Knopf; 1993.

Text and photos provide insight into the relationship of tennis great Arthur Ashe and his 6-year-old daughter Camera, showing how young children and their families deal with AIDS.

Nelson T. *Earthshine*. Laurel Leaf; 1996.

Slim watches over her father, a disarmingly charismatic man, as his struggle with AIDS reaches its climax.

## Parent Loss

Alexander-Greene AK. *Sunflowers and Rainbows for Tia: Saying Goodbye to Daddy*. Centering Corporation; 1999.

Tells the story of a young girl beginning the night of her father's death through the funeral. Discusses emotions and events surrounding his death.

Boyd CD. *Circle of Gold*. Reissue ed. Scholastic Paperbacks; 1996.

Great for kids ages 8-12 years. A girl deals with the death of her father.

Clifton L. *Everett Anderson's Goodbye*. Reprint ed. Square Fish; 1988.

A story of an African American boy's experience trying to understand the death of his father. It is short and easy to read. Describes five stages of grief. Recommended for ages 5-8 years.

Cohen CK, Heiney JT. *Daddy's Promise*. Promise Publications; 1997.

Jesse deals with his anger and questions over his father's death through questions and a series of dreams about his dad who promises to always watch over him.

Douglas E. *Rachel and the Upside Down Heart*. Price Stern Sloan; 1990.

When Rachel is four years old, her daddy dies, changing her life forever. At first, Rachel feels so sad it's as if her heart is upside down. This is the true story of how Rachel rediscovers happiness while keeping the memory of her father alive in her heart.

Dragonwagon C. *Winter Holding Spring*. Atheneum; 1990.

Following the death of her mother, Sarah and her father struggle through the first painful year. At first separately, then together, they begin to remember Sarah's mother with joy as well as grief.

Greenfield E. *Nathaniel Talking*. Writers & Readers; 1993.

Nine-year-old Nathaniel tells of his experiences through rap and poetry. Two poems address the death of his mother and his love for her.

Hemery KM. *The Brightest Star!* Centering Corporation; 1998.

A little girl discusses her feelings following the death of her mother and finds comfort in looking at the stars.

Kaplow J, Pincus D. *Samantha Jane's Missing Smile: A Story About Coping With the Loss of a Parent*. Magination Press; 2007.

Samantha Jane learns that it is okay to be happy after her father dies; she will have many feelings and can find different ways to express them.

Krementz J. *How It Feels When a Parent Dies*. Reprint ed. Knopf; 1988.

Eighteen vignettes written by kids ages 7 to 17 years, sharing feelings about the death of a parent.

LeShan EJ. *Learning to Say Good-By: When a Child's Parent Dies*. Avon Books; 1988.

Openly discusses the questions, fears, and fantasies many children experience when a parent or someone close to them dies.

Lowden SG. *Emily's Sadhappy Season*. Centering Corporation; 1993.

Shares the feelings of a young girl after the death of her father. Explores the relationship between mother and daughter.

Madenski M. *Some of the Pieces*. Little Brown & Company; 1991.

A year after the death of her father, two children and their mother try to come to terms with their loss.

Mann P. *There are Two Kinds of Terrible*. Doubleday Books; 1977.

When Robbie breaks his arm, that's terrible. But he learns that there is another kind of terrible when his mother dies of cancer. Explores how difficult it is for remaining family members to reestablish their relationships with one another after a death.

Marzel P. *Daddy's Chair*. Kar-Ben Publishing; 1991.

When Michael's father dies, his family sits shiva; observing Jewish week of mourning and remembering good things about him.

Miller W. *Zora Hurston and the Chinaberry Tree*. Lee & Low Books; 1994.

From the top of the chinaberry tree, Zora dreams of one day seeing the cities beyond the horizon. Her mother encourages her free spirit and passes on the rich oral tradition of her African American community. When her mother dies, Zora realizes the importance of her promise to remember the stories and her dreams.

Mills LA. *The Rag Coat*. Little, Brown Books for Young Readers; 1991.

Minna proudly wears her new coat made of clothing scraps, including her dead father's work clothes. At school the other children laugh at the coat until she tells them the stories behind the scraps.

Moundlic C. *The Scar*. Candlewick Press; 2011.

When the boy in this story wakes to find that his mother has died, he is overwhelmed with sadness, anger, and fear that he will forget her. He shuts all the windows to keep in his mother's familiar smell and scratches open the cut on his knee to remember her comforting voice. He doesn't know how to speak to his dad anymore, and when Grandma visits and throws open the windows, it's more than the boy can take—until his grandmother shows him another way to feel that his mom's love is near. With tenderness, touches of humor, and unflinching emotional truth, the author captures the loneliness of grief through the eyes of a child, rendered with sympathy and charm in expressive illustrations.

Moutoussamy-Ashe J. *Daddy and Me: A Photo Story of Arthur Ashe and His Daughter Camera*. Alfred A. Knopf; 1993.

Text and photos provide insight into the relationship of tennis great Arthur Ashe and his 6-year-old daughter Camera, showing how young children and their families deal with AIDS.

Nelson T. *Earthshine*. Laurel Leaf; 1996.

Slim watches over her father, a disarmingly charismatic man, as his struggle with AIDS reaches its climax.

Ness E. *Sam, Bangs & Moonshine*. Square Fish; 1971.

Samantha is a fisherman's daughter who envelops herself in a world of fantasy in which her dead mother is a mermaid living in a cave. Her father helps Sam to confront reality and distinguish it from her fantasy world.

Olivieri L. *Where Are You: A Child's Book About Loss*. Lulu.com; 2007.

A young boy asks questions to remember his dead parent. He misses his parent and realizes the parent is with him anyway. Appropriate for preschool and elementary school.

Perkins G, Morris L. *Remembering Mum*. A & C Black; 1996.

Mandy died from pneumonia at 27, leaving two young sons, Sam and Eddy, feeling hurt and confused. This book emphasizes the importance of talking about bereavement and of remembering the people who have died.

Paterson K. *Flip-Flop Girl*. Reprint ed. Puffin Books; 1996.

After their father dies, nine-year-old Vinnie, her mother, and her younger brother, mute since the funeral, move to a small town where Vinnie meets Lupe, a tall, confident, yet odd girl who has also suffered tragedy.

Polikoff BG. *Life's a Funny Proposition, Horatio*. Puffin; 1994.

As Horatio tries to adjust to the death of his father from lung cancer, Horatio's grandfather mourns the loss of his dog Mollie.

Powell ES. *Geranium Morning*. Carolrhoda Books; 1990.

A book about grief for children ages 7-10 years. Two children deal with the death of a parent, one in an accident, one through illness. Discusses guilty feelings, regret, and isolation.

Scrivani M. *I Heard Your Mommy Died*. Centering Corporation; 1994.

Tools for discussing emotions and coping with the death of a mother. Talks about the changes and common concerns of children.

Scrivani M. *I Heard Your Daddy Died*. Centering Corporation; 1996.

Tools for discussing emotions and coping with the death of a father. Talks about the changes and common concerns of children.

Simon L, Johnson Drantell J. *A Music I No Longer Heard: The Early Death of a Parent*. Simon & Schuster; 1998.

Contains 70 true stories of men and women who lost one of their parents while they were still in their teens, and describes how the children coped with the loss.

Tiffault BW. *A Quilt for Elizabeth*. Centering Corporation; 1992.

With the loving guidance of her grandmother, Elizabeth assembles a patchwork quilt made of fabrics from her family's old clothes and belongings. As Elizabeth realizes she has many simple yet vibrant memories of her father, she gains a greater sense of herself and of her father's spiritual presence in her life.

Vigna J. *Saying Goodbye to Daddy*. Albert Whitman & Company; 1991.

Emotions of confusion, resentment, grief, and fear are highlighted after Clare's father is killed suddenly in a car accident. Clare's mother and grandfather, themselves grief-stricken, help her through the funeral and her sorrow.

Weitzman E. *Let's Talk About When a Parent Dies*. Powerkids Press; 1997.

Emphasizes the importance of love in helping one another through traumatic times in life; initial shock, self-blame, fear of losing other loved ones, sharing feelings, and eventual adjustment. It also provides advice on surviving the death of a parent and suggests what feelings and behavior to expect from others.

Woodson J. *Locomotion*. Speak, An Imprint of Penguin Group; 2004.

In a series of poems, 11-year-old Lonnie writes about his life, after the death of his parents, separated from his younger sister, living in a foster home, and finding his poetic voice at school.

## Pet Loss

Burleigh R. *Good-Bye, Sheepie*. Two Lions; 2012.

A dad helps his son deal with the death of his pet dog.

Carrick C. *The Accident*. Clarion Books; 1981.

A boy witnesses the death of his pet dog who is run over by a truck. He struggles with his own sense of responsibility for what happened, becomes angry, and withdraws until his father helps him find a suitable gravestone.

Carrick C. *The Foundling*. Clarion Books; 1986.

Memories of his dog, killed in an accident, cause Christopher to resist his parents' efforts to adopt a puppy.

Clark EC. *Up in Heaven*. Doubleday Books for Young Readers; 2004.

Arthur's dog Daisy dies and goes to dog heaven. Arthur learns to deal with his loss.

Cohen M. *Jim's Dog Muffins*. Abridged ed. Star Bright Books; 2008.

When Jim's dog is killed, the other first graders experience with him his natural reactions to death.

Dabcovich L. *Mrs. Huggins and Her Hen Hannah*. Dutton; 1985.

Mrs. Huggins' contented relationship with her hen, Hannah, comes to an unfortunate end, but is reborn in an unexpected way.

Demas C. *Saying Goodbye to Lulu*. Little, Brown Books for Young Readers; 2009.

A young girl and her lovable dog, Lulu, are the best of friends. They grow up together until Lulu dies. Though she is deeply saddened by Lulu's passing and misses her very much, over time the little girl discovers that the sweet memory of her beloved Lulu will live on forever... in her heart.

Fox M. *Tough Boris*. HMH Books for Young Readers; 1998.

Boris von der Borch is a tough and fearless pirate. But when his parrot dies he cries and cries. This simple, brightly illustrated book provides an excellent reinforcement of the acceptability of expressing feelings.

Graeber CT. *Mustard*. Simon & Schuster Children's Publishing; 1982.

Eight-year-old Alex and his family try to come to terms with the old age and death of their beloved cat.

Hughes S. *Alfie and the Birthday Surprise*. Red Fox; 2007.

The death of Bob's cat prompts his friends and family to give him a surprise birthday party and a very special present.

Johnson J. *Remember Rafferty*. Centering Corporation; 1998.

A book about the death of a pet for children of all ages. Rafferty is a family dog that gets very sick. Talks about remembering your pet and grieving the loss. This book is unique because of the scrapbook in the back for children to write down memories of their beloved pet.

Kantrowitz M. *When Violet Died*. Parents' Magazine Press; 1973.

When Amy and Eva's bird dies, they bury it and invite the neighborhood children to the funeral. Afterward, as they look at their cat who is about to have kittens, they realize that nothing lasts forever; they can take comfort in knowing new life goes on.

Keller H. *Goodbye, Max*. Walker Books, Limited; 1990.

Ben blames his parents for the death of his dog Max, and does not want the new puppy they brought home.

Kroll VL. *Helen the Fish*. Albert Whitman & Company; 1992.

When six-year-old Hannah's beloved goldfish dies after a relatively long life, she seeks comfort from her older brother Seth.

Moore-Mallinos J. *I Remember*. B.E.S. Publishing; 2005.

Story about a boy's life with his dog Jake, and how he feels and copes after Jake dies. Also in Spanish.

Parker MB. *Jasper's Day*. Kids Can Press; 2004.

Jasper, an old dog with cancer, and his family celebrate his last day doing all of Jasper's favorite things. The book is sensitive to the family's decision to euthanize Jasper at the end of his special day, and shows a family that loves and supports each other.

Rogers F. *When a Pet Dies*. Puffin Books; 1998.

A nice approach to understanding a child's feelings when experiencing the loss of a pet. Explores the feelings of frustration, sadness and loneliness that a child may feel when a pet dies.

Rylant C. *Cat Heaven*. Blue Sky Press; 1997.

God created Cat Heaven, with fields of sweet grass where cats can play, kitty-toys for them to enjoy, and angels to rub their noses and ears.

Rylant C. *Dog Heaven*. Blue Sky Press; 1995.

A whimsical story about what animals and people do in Heaven. For all ages to enjoy.

Sanford D. *It Must Hurt a Lot: A Book about Death and Learning and Growing*. Multnomah Books; 1985.

This book emphasizes the grief and feelings of a child after the loss of his favorite puppy. Touching, realistic, and sensitive storyline. The "special secrets" format is helpful and validating. Different reactions to death are incorporated into the story. Recommended for ages 5-6 years.

Tobias T. *Petey*. Putnam; 1978.

Emily's pet gerbil suddenly gets sick and dies. Emily presents her feelings of sadness, anger, and love as she deals with her loss and grief.

Viorst J. *The Tenth Good Thing About Barney*. Atheneum Books for Young Readers; 1971.

A boy deals with the grief after the death of his cat.

Wilhelm H. *I'll Always Love You*. Dragonfly Books; 1988.

In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolor illustrations, tender and warm in color and mood, suit the simple text perfectly.

## Pregnancy Loss

Blanford C. *Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss*. Centering Corporation; 2012.

This simple, clear story is designed to help a young child understand what has happened when there has been a pregnancy loss. The book addresses the sadness that a child experiences when the anticipated baby has died. The child's fears and feelings of guilt are addressed as well as other confusing feelings. Perhaps most important, the book includes the family's experience of going on with life while always remembering their baby.

Cohn J. *Molly's Rosebush*. Albert Whitman & Company; 1994.

When Molly's mother miscarries, Grandma compares miscarriage to events in nature; not every robin's egg hatches and not every rosebud blooms. Through open communication, Molly and her parents work through their grief and look forward to the beautiful blossoms their newly planted rosebush will yield.

Gryte M. *No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth*. Centering Corporation; 1988.

After her unborn sibling dies, a young child tells how she feels about the baby's death. Her grandmother explains she's not to blame, we don't always have the answers and it's okay to ask questions.

Keough P. *Remembering Our Baby*. Centering Corporation; 2001.

A workbook for children whose sibling dies before birth. Includes pages for writing and drawing to help share thoughts and feelings. Begins with finding out about the new baby in the family, finding out about the death, questions, and things to do to remember the baby.

Schwiebert P. *We Were Gonna Have a Baby, But We Had an Angel Instead*. Grief Watch; 2003.

This is a book to help children confront and manage grief over the loss of a young sibling. It can help you let your children know that the baby that was lost can still be remembered in a special way.



## Sibling Loss

Aitken S. *Anna's Scrapbook: Journal of a Sister's Love*. Centering Corporation; 2000.

When her beloved baby sister dies suddenly, nine-year-old Anna keeps a journal of her feelings and makes a scrapbook of photographs and other reminders. Includes blank pages for making one's own scrapbook.

Alexander S. *Nadia the Willful*. Dragonfly Books; 1992.

Upon the death of Nadia's brother, her father, the sheik, decrees no one shall mention his name. For Nadia, not speaking about her brother means not remembering him. Headstrong Nadia finds a way to keep her brother's memory alive and helps her father remember too.

Breebaart J, Breebaart P. *When I Die, Will I Get Better?* Peter Bedrick Books; 1993.

Fred and Joe are rabbit brothers who live happily in their home at the edge of the woods, until one morning Joe does not get out of bed. At first Doctor Owl thinks he can cure him, but the little rabbit dies. The rest of the story tells how the neighbors help prepare for the burial, how Fred puts his brother's favorite books and toy into the coffin, and promises to play in the field close to the grave every day. After the funeral, Fred wants to be alone and is very angry; but gradually he and his parents, with the loving support of their friends, begin to feel better. Eventually the boy is able to laugh and play again. Straightforward, simply told, and moving, this book does not gloss over the finality of death or the sadness and anger that results, but makes it clear that the bereaved do return to normal life in time.

Dodge NC. *Thumpy's Story: A Story of Love and Grief Shared*. Prairie Lark Press; 1984.

Thumpy the rabbit tells the story of his sister's death. Thumpy discusses his thoughts and feelings.

Grimes N. *What Is Goodbye?* Disney-Hyperion; 2004.

Jerilyn and Jesse have lost their beloved older brother. But each of them deals with Jaron's death differently. Jerilyn tries to keep it in and hold it together; Jesse acts out. After a year of anger, pain, and guilt, they come to understand that it's time to move on.

Jeffs S. *Jenny: Coming to Terms With the Death of a Sibling*. Abingdon Press; 2006.

In this book, a child copes with her sister's illness and hospitalization. She asks her mother, "Why doesn't Rosie feel better after a good night's sleep?" and "Why is she always ill?" When her mom explains that she may not get better and that she might die, Jenny asks if "Jesus will take care of Rosie." The story ends with Jenny saying good-bye to her sleeping sister and praying, "Lord Jesus, please take care of Rosie."

Johnson M, Johnson J. *Where's Jess: For Children Who Have a Brother or Sister Die*. Revised ed. Centering Corporation; 2003.

A small boy's sibling dies and he notices she is gone. The parents tell him what death is about and how it is all right to remember and talk about Jess.

Johnston T. *That Summer*. Reprint ed. Clarion Books; 2007.

A young boy's summer begins like every other summer, but everything changes when his family finds out that his younger brother, Joey, is dying. Tony Johnston's poignant words and Barry Moser's intimate pictures invite us to share the experience of that summer—a season of family, of life, and of love. For ages 6 to 9.

Laird E. *Loving Ben*. Delacorte Books for Young Readers; 1989.

Anna's teen years bring maturity and fulfillment as she experiences the birth and death of a loved and loving hydrocephalic brother, changing ideas about character in both boyfriends and girlfriends, and working with a child with Down's Syndrome.

Munoz-Kiehne M. *Since My Brother Died / Desde Que Murío Mi Hermano*. Centering Corp; 2010.

A child discusses how things have changed since his brother died. Written in Spanish and English.

Old WC. *Stacy Had a Little Sister*. Concept Books; 1994.

Stacy has mixed feelings about her new sister Ashley, but when the baby dies of sudden infant death syndrome, Stacy is sad and misses her.

Reagan J. *Always My Brother*. Tilbury House Publishers; 2009.

Becky and her brother John were best buddies, telling jokes, caring for their dog Toby together, and playing soccer. John was always there to cheer her up and help her out—until he died. Becky wishes everything could go back to the way it was. When she is surprised and feels guilty about enjoying a friend's birthday party, her mom wraps reassuring arms around her and says, "Don't you think he'd want you to laugh, even now?" She gradually realizes that she can still enjoy the things that they used to do together and that the memories of John continue to make him part of their family. This is a sensitive, realistic story about the process of grief, acceptance, and recovery. Lovely illustrations bring readers right into the heart of Becky's family as they struggle to move forward.

Richter E. *Losing Someone You Love: When a Brother or Sister Dies*. Putnam Juvenile; 1986.

Sixteen young people from ages 10 to 24, who have lost a sibling, talk openly about their feelings—sorrow, fear, loneliness and anger—and their difficulties at home and school. Can be read as a whole or in pieces most useful to a particular child.

Roper J. *Dancing on the Moon*. SIDS Educational Services; 2001.

Five-year-old Carly is angry when her new baby brother Nigel takes her mother's attention away. With her mother's help, she grows to love her brother. But then, a sudden tragedy turns Carly's world up-side-down. In this moving, one-of-a-kind story, Carly takes action to get her brother back and in the end, realizes he's been with her all along.

- Rosen H. *Unspoken Grief: Coping With Childhood Sibling Loss*. Lexington Books; 1990.  
Helps parents prepare themselves for the death of a child and helping their children cope with the death of a sibling.
- Rothman JC. *A Birthday Present for Daniel: A Child's Story of Loss*. Prometheus Books; 1996.  
A young girl explains the different ways her family members have dealt with the death of her brother. Explains what the family does to celebrate her brother's birthday.
- Samuels VR. *Always My Twin: For Young Children Who Have Experienced the Death of Their Twin Sibling*. Trafford Publishing; 2005.  
Book for any child whose twin died before birth, after birth, or as a young child. The story is based on the author's own experience of losing a newborn twin daughter in 2002. The book tells the story through the eyes of a young girl whose twin sister dies shortly after their births. She begins her story with sharing the womb with her twin, the joy of her family anticipating the arrival of twins, the family's pain of losing one of their precious babies, and her own expressions of grief for her twin's death. The surviving twin also shares with the audience the precious ways in which she and her family remember her twin throughout the year. Included are interactive pages for the reader to respond to with pictures, identifying feelings, and providing family information.
- Schwiebert P. *Someone Came Before You*. Grief Watch; 2007.  
It explains in a gentle way the parents' desire for a child and the sadness that comes over them when that baby dies. It then shares how the parents, with the help of the baby, get to the point of wanting another child to come into their lives.
- Temes R. *The Empty Place: A Child's Guide Through Grief*. New Horizon Press; 1992.  
When a 9-year-old boy's beloved big sister dies, he is confused, angry, and fearful. For the first time he must face the finality of death and the pain of loss. His parents, also grieving, seem distant, until a counselor teaches them all how to cope and heal.
- Turner BJ. *A Little Bit of Rob*. Albert Whitman & Company; 1996.  
A young girl helps her family remember her brother.
- Wallace-Brodeur R. *Blue Eyes Better*. Puffin Books; 2003.  
When her older brother is killed in an accident, ten-year-old Tessa and her parents find it difficult to overcome their grief and return to living normally.
- Yeomans E. *Lost and Found: Remembering a Sister*. Centering Corporation; 2000.  
"We lost Paige. That's what my Grandma said 'lost'. My Parents said she died. I wondered if I could find her again." So begins the story of one child's search for understanding after the death of her sister. If someone could be "lost" could they also be "found"? Dealing with her own grief and accepting the emotions of those around her, this child finds her way toward healing.

## Teens

DiGiulio R, Kranz R. *Straight Talk About Death and Dying*. Facts on File; 1995.

Discusses what to expect when a loved one dies. Includes a section for journaling.

Fitzgerald H. *The Grieving Teen: A Guide for Teenagers and Their Friends*. Touchstone; 2000.

Addresses the special needs of adolescents struggling with loss and gives them tools they need to work through grief.

Fry VL, Paterson K. *Part of Me Died Too: Stories of Creative Survival Among Bereaved Children and Teenagers*. Dutton Books for Young Readers; 1995.

Eleven true stories about young people who have experienced the loss of family members or friends. The chapters progress from relatively simple deaths, such as a pet or anticipated loss, to more complex deaths such as a mother and sister from AIDS, or an abusive father.

Grollman EA. *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love*. Beacon Press; 1993.

Discusses normal reactions to death, your body's response to grief, participating in a funeral, and working through your grief. Also includes a journal to record memories of the person who died. Recommended for adolescents.

Hipp E. *Help for The Hard Times: Getting Through Loss*. Hazelden Publishing; 1995.

Earl Hipp addresses loss from the perspective of the heart. He discusses young people's experiences with loss and helps them figure out ways to continue functioning after loss.

Krementz J. *How It Feels When a Parent Dies*. Reprint ed. Knopf; 1988.

Eighteen vignettes written by kids ages 7 to 17 years, sharing feelings about the death of a parent.

O'Toole DB. *Facing Change: Falling Apart and Coming Together Again in the Teen Years*. Compassion Books; 1995.

A book about loss and change for teens. Includes: recognizing and understanding loss; common ways loss is experienced; creative coping choices; charting, finding, and using a support system; things you can do to help yourself through grief; finding and using help from others; growing through grief; resiliency; coping strategies that work; 75 ways to help yourself; and how to know you're making progress.

Scrivani M. *When Death Walks In: For Teenagers Facing Grief*. Centering Corporation; 1991.

For teenagers facing death. Helpful and supportive information for facing grief during the teen years. Gives important information about grief and what we can do about anger, sadness, and all the emotions that come when death walks in.

Simon L, Johnson Drantell J. *A Music I No Longer Heard: The Early Death of a Parent*. Simon & Schuster; 1998.

Contains 70 true stories of men and women who lost one of their parents while they were in their teens, and describes how the children coped with the loss.

Spies KB. *Everything You Need to Know About Grieving*. Rosen Pub. Group; 1990.

Personal anecdotes of various teens to illustrate the ways people grieve, sharing of feelings, and recovering from grief.

Teens Who Know, Tyson J. *Common Threads of Teenage Grief: A Handbook for Healing*. Helm Publishing; 2005.

Written by a middle school counselor and nine teenagers who discuss grief and how they dealt with it. Includes common questions teenagers ask.

Traisman ES. *Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss*. Centering Corporation; 1992.

Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business, and use their creativity to work through the grieving process.

Wheeler JL. *Weird Is Normal When Teenagers Grieve*. Quality Of Life Publishing Co; 2010.

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. This book is unique because it is a self-help book for grieving teens written by an actively grieving teen. The author lost her father to cancer when she was 14 and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one. Dr. Heidi Horsley writes in the Foreword, "Teen grief is often overlooked and unacknowledged. ... Jenny's journey will strike a note with teenagers everywhere who have experienced the loss of someone they love. She gives sound advice and lets them know they are not alone."

Wolfelt AD. *Healing Your Grieving Heart for Teens: 100 Practical Ideas*. Companion Press; 2001.

Offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Included in the books for teens and kids are age-appropriate activities that teach younger people that their thoughts are not only normal, but necessary.

## For Parents

Fitzgerald H. *The Grieving Child: A Parent's Guide*. Touchstone; 1992.

A guide for parents seeking to explain death to a child. Suggestions given to deal with emotional responses and helping a child's adjustment to a new life.

- Fitzgerald H. *The Grieving Teen: A Guide for Teenagers and Their Friends*. Touchstone; 2000.  
Addresses the special needs of adolescents struggling with loss and gives them tools they need to work through grief.
- Goldman L. *Life and Loss: A Guide to Help Grieving Children*. 3rd ed. Routledge; 2013.  
Discusses loss and helping children cope with change.
- Grollman E. *A Child's Book About Burial and Cremation*. Centering Corporation; 2001.  
This is one of the few books that explain burial and cremation to children. Begins with the funeral or memorial service, talks about what death is and the different ways people care for their loved ones' bodies. Talks about how the funeral director takes care of dead bodies, the burial, and cremation. Gentle and honest explanations that children can understand.
- Grollman E. *Talking about Death: A Dialogue between Parent and Child*. 4th ed. Beacon Press; 2011.  
First portion of the book presents a story about the death of a grandfather in simple language and deals with guilt and commemoration. The rest of the book is directed toward adults helping their children understand death and dying.
- Johnson J, Johnson M. *Children Grieve, Too: Helping Children Cope With Grief*. Centering Corporation; 1998.  
Gives needed information to those who work with grieving children. Basic, reader friendly, and talks about what you really need to know and how children respond to grief from infancy to teen.
- Johnson J. *Keys to Helping Children Deal With Death and Grief*. Barron's Educational Series Inc.; 1999.  
Offers advice on explaining death to children. Discusses grief and coping.
- Kroen WC. *Helping Children Cope with the Loss of a Loved One: A Guide for Grownups*. (Espeland P, ed.). Free Spirit Publishing; 1996.  
Offers advice to any adult helping a child deal with a death, discusses issues from infancy to 18 years.
- O'Toole DR. *Helping Children Grieve & Grow*. Compassion Books; 1998.  
Discusses common questions caregivers may have about children's grief and coping.
- Rosen H. *Unspoken Grief: Coping With Childhood Sibling Loss*. Lexington Books; 1990.  
Helps parents prepare themselves for the death of a child and helping their children cope with the death of a sibling.
- The National Center for Grieving Children & Families TDC. *35 Ways to Help a Grieving Child*. Revised ed. The Dougy Center; 2010.  
If you know a child or teen who has experienced a death, this guidebook presents you with simple and practical suggestions for how to support them. Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their

thoughts and feelings, and how to be supportive during special events such as the memorial service, anniversaries, and holidays.

Wolfelt AD. *A Child's View of Grief: A Guide for Parents, Teachers, and Counselors*. Companion Press; 2004.

A guide that discusses how children and teens grieve after the death of a loved one.

Wolfelt AD. *Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers*. Companion Press; 2001.

A compassionate resource for friends, parents, relatives, teachers, volunteers, and caregivers, this series offers suggestions to help the grieving cope with the loss of a loved one. Often people do not know what to say—or what *not* to say—to someone they know who is mourning; this series teaches that the most important thing a person can do is listen, have compassion, be there for support, and do something helpful. This volume addresses what to expect from grieving young people, and how to provide safe outlets for children to express emotion. Included in each book are tested, sensitive ideas for “carpe diem” actions that people can take right this minute—while still remaining supportive and honoring the mourner’s loss.

Wolfelt AD. *Healing the Bereaved Child: Grief Gardening, Growth Through Grief & Other Touchstones for Caregivers*. Companion Press; 1996.

This comprehensive guide to helping grieving children offers a holistic view of grief as a normal, natural process. It explores the ways in which bereaved children can not only heal but also grow through their grief, and provides the six needs of mourning and counseling fundamentals and techniques for caregivers. Also included are explorations of how a grieving child thinks, feels, and mourns; what makes each child’s grief unique; and ideas to help grieving adolescents.

## For Teachers

Blackburn LB. *The Class in Room 44: When a Classmate Dies*. Centering Corporation; 1991.

This classic children's story, now revised, is an essential tool for teachers who are dealing with a death in the classroom. For ages 5-10. Explores the many different feelings classmates will have while giving ideas to help remember the student.

Cassini KK, Rogers JL. *Death and the Classroom: A Teacher's Guide to Assist Grieving Students*. Compassion Books; 1996.

This teacher’s textbook is for situations in which a teacher and faculty come face-to-face with death in the school setting and must face their pupils’ questions and fears. From information on the many normal ways that children express grief and deal with terminal illness and sudden death, to suggestions for memorial services in school settings, this book makes a down-to-earth presentation of the “how to’s” with step-by-step directives for the first 48 hours and additional powerful suggestions for the remainder of the year.

The National Center for Grieving Children & Families TDC. *Helping the Grieving Student: A Guide for Teachers*. The Dougy Center; 1998.

At some point, every teacher will encounter a student who has been affected by a death. This guidebook is an essential resource for elementary, middle-, and high-school teachers, offering practical tips and information to respond to a death.