

## **PARENTS:**

### **Explaining Death to Children**

Earl Grollman, 1967

This book is written for parents and professionals who work with children. Provides information on the stages of understanding by children based on their age.

### **Talking About Death**

Earl Grollman, 1990

Written for parents or those who work with children. Addresses ways that death can be discussed with children.

### **A Collection of Letters to Bereaved Parents**

Letters written by parents to parents who have lost a child. Includes death from various illnesses and accidents.

### **25 Things to do when Grandpa Passes Away, Mom & Dad get Divorced, or the Dog Dies**

Laurie Kanyer and Jenny Williams

The description of this book is contained in the title, as it provides a variety of activities that can help children through a variety of losses.

### **Healing the Hurt, Restoring the Hope**

Suzy Yehl Marta, 2003

Offers information about the stages of grief in children and offers activities that parents, caregivers, and teachers can use to help children throughout the grief process. Also includes suggestions for "what to say" and "what not to say" when looking for the right words to explain and offer comfort.

### **How Do We Tell The Children? A Parents Guide to Helping Children Understand and Cope When Someone Dies**

Dan Schaefer & Christine Lyons, 1987

This book assists parents in discussing death with their children.

## **CHILDREN & TEENS:**

### **When I Die, Will I Get Better?**

Joeri & Piet Breebaart, 1993

Beautifully written story about illness & death in terms young children can understand. Instead of children, the Rabbit family is featured. Preschool-elementary age children.

### **Saying Goodbye When You Don't Want To: Teens Dealing With Loss**

Martha Bolton

Teens find encouragement and hope in these stories by peers who share their pain from deaths of parents, siblings and friends. Also includes stories on many other causes of grief.

### **Face At The Edge Of The World**

Eve Bunting

Haunted by Charlie's suicide, Jed sets out to retrace his best friend's last weeks and discovers why Charlie did it.

### **Bye, Mis' Lela**

Dorothy Carter, 1998

Story about a caregiver who dies. Helps children understand death. Features African-American children & adults. Elementary age group.

### **Everett Anderson's Goodbye**

Lucille Clifton, 1983

Describes how a little boy feels after his father dies. Good book for elementary students to read or to be read to pre-school children. The family is African-American and appropriate for a culturally diverse group.

### **I Had A Friend Named Peter**

Janice Cohn, 1987

This book helps children understand the death of a friend their age. Age appropriate for pre-school-elementary school. There is a summary of information for parents and educators.

### **Just A Heartbeat Away-When A Mother Dies of AIDS**

Gabriel Constans, 1996

A story book to use with children who are dealing with a death of a loved one related to AIDS. In the book, it seems that the mother dies rather quickly after her diagnosis. This might be difficult for children who watched their loved one die a slow death. Ages middle to junior high.

### **Nana Upstairs & Nana Downstairs**

Tomie dePaola, 1973

Multi-generation family deals with the death of a great-grandma. Elementary school age.

### **Recovering From The Loss Of A Sibling**

Katherine F. Donnelly

This book addresses the questions, fears and feelings of surviving siblings of all ages.

### **I Will Remember You: A Guidebook Through Grief For Teens**

Laura Dower

This book helps teens explore their choices about grief, that there are no rules and that it is what you make it. Includes sections entitled, "50 Ways to Remember," and "Why It's Different for Teens."

### **Helping Teens Cope With Death**

The Dougy Center

An immensely useful book that explains common grief reactions of teenagers and offers advice for parents on supporting teens in grief – with helpful hints on handling the holidays and anniversaries.

### **We Don't Like to Remember Them as a Field of Grass: A book by children who have had a loved one murdered**

From the Dougy Center, 1991

A simple workbook to help children deal with a death when a loved one was murdered. Workbook style integrates storytelling & pictures to share their loss

### **Holidays & Special Days**

Jessie Flynn, 1994

Storybook with suggestions to help young children celebrate special occasions after the death of a loved one. Preschool to elementary age.

### **The Grieving Teen: A Guide For Teenagers & Their Friends**

Helen Fitzgerald

In brief sections, teens learn what others have faced during the death or the loss of someone they cared for, whether the cause was old age, violence, suicide or through accident or illness.

### **Sophie**

Mem Fox, 1994

A story about life & death. A little African-American girl comes to understand life & death when her grandfather dies. Preschool-elementary age children.

### **Good Grief: Helping Groups of Children When A Friend Dies**

Sandra S. Fox

Written for those who work with children. The book provides activities to facilitate group discussion and things to look for that might indicate a need to refer the child(ren) for additional counseling.

**Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children & Teens**

Virginia Lynn Fry, 1995

Discusses ways children and teens survived the death of a loved one. Includes death of father, mother, grandparent, pet, friend and includes deaths from AIDS, murder, suicide and illness.

**Beyond the Ridge**

Paul Goble, 1993

A short story about death based on Indian legacy. Comforting story that could be read to pre-school to elementary age children.

**When A Friend Dies: A book for teens about grieving & healing**

Marilyn Gootman, 1994

Simply & concisely discusses teen grief and ways for them to heal. Answers common questions & addresses fears and feelings. Appropriate for Jr./Sr. High.

**Talking About Death**

Earl & Sharon Grollman

Workbook to help children deal with a death. An aid for parents or professionals who are working with a grieving child. Elementary school age.

**For Teenagers: How To Cope With Losing Someone You Love**

Earl Grollman

With brief entries such as "Accidental Death," "Self-Inflicted Death," "Talking," "Crying," and "Going Nuts," offers advice and answers questions that teens are likely to ask themselves when grieving a death.

**Teenagers Face To Face With Bereavement**

Karen Gravelle

17 young adults discuss the deaths of parents, siblings and friends.

**The Next Place**

Warren Hanson, 1997

Easy to read book that shares what "the next life" will be like, an imaginary journey. Good for use of primary-middle school age children as well as adults.

**The Loss That Is Forever: The Lifelong Impact Of The Early Death Of A Mother Or Father**

Maxine Harris

For anyone who has experienced the early death of a parent, this book is an important guide to discovery and understanding. Also discusses relationship with surviving parent, intimate relationships and one's own mortality.

**When Something Terrible Happens-Children can learn to cope with grief**

Marge Heegaard;1991

This journal for children helps them identify and discuss their feelings. It allows them to draw and write about their feelings. For young children.

**When Someone Very Special Dies**

Marge Heegaard, 1988

This journal assists young children in identifying and talking about their grief. It allows them to draw and write about their feelings.

**The Brightest Star**

Kathleen Maresh Hemery, 1998

Story about a young girl whose mother died. She struggles with defining her family without her mother when she has a school project to complete. Appropriate for elementary-middle school.

**Losing Uncle Tim**

Mary Kate Jordan, 1989

This book addresses a death related to AIDS and is geared towards elementary to middle school age children. Deals with the feelings a child has when they lose a family member to AIDS.

**How It Feels When A Parent Dies**

Jill Krementz, 1981

This book is written with stories from children who explain how they felt when they lost a parent. A very inspirational book for use with middle-high school age children/teens.

**Daddy's Chair**

Sandy Lanton, 1991

Written for young children who have lost a parent, especially a father. Explains Jewish tradition related to death and helps a young boy deal with his father's death from cancer.

**For Those Who Live-Helping children cope with the death of a brother or sister**

Kathy LaTour, 1983/1991

This book talks about the grieving that occurs when a child or young adult dies in a family. It deals with the different feelings that might be experienced and how family dynamics might change. Middle to Junior High school level.

**Learning to Say Good-Bye: When A Parent Dies**

Eda LeShan, 1976

This book seems appropriate for middle-junior high children. Addresses issues such as "what about me?"; "the fear of being left alone" and many other thoughts.

**Forever In My Heart**

Jennifer LeVine, 1992

A story that helps children participate in life as a parent dies. Integrates story-telling and art to help the child deal with his loss. Elementary school age.

**Liplap's Wish**

Jonathan London, 1994

A storybook about death for children. Age appropriate for pre-school to elementary.

**Why Did Grandma Die?**

Trudy Madler, 1980

This is a story about the death of a grandmother and the effect it had on her school age granddaughter. Elementary to middle school age children.

**On the Wings of a Butterfly**

Marilyn Maple, 1992

A story about life & death. Young girl has cancer & dies but she comes to understand her life & death by the meaning of butterflies. Middle school age children.

**Listen for the Fig Tree**

Sharon Bell Mathis, 1974

Story about an African-American teenager who must deal with the death of her father & her mother's grief. Written as a novel, deals with poverty, blindness and aspects of grief. Appropriate for Jr/Sr high.

**Lifetimes: The Beautiful Way to Explain Death to Children**

Byron Mellonie & Robert Ingpen, 1983

This story book tells of the life and death cycle through the use of story and pictures. Appropriate for pre-school-elementary age children.

**Aarvy Aarvark Finds Hope**

Donna O'Toole, 1988

The book addresses life, friendship and death. Elementary to middle school age children will enjoy this book.

**When A Pet Dies**

Fred Rogers, 1988

Help children understand the death of pet by a story. Preschool-elementary age children.

**A Birthday Present for Daniel**

Juliet Rothman, 1996

Beautiful story about a young child who's brother died. Captures changes that occur in a family when a child dies. Elementary-middle school age children.

**Love, Mark**

Mark Scrivani; 1988

This book is written for children in letter form, answers questions related to grief. Elementary to junior high age.

**What's Wrong with Grandma?**

Margaret Shawver, 1996

A story about a family who learns to deal with Grandma's Alzheimer's disease. Helps children understand about memory loss and the disease. Middle-junior high school.

**What's Heaven**

Maria Shriver, 1999

Written for the child who has lots of questions about "life after death" and where people & animals go when they die. Written for pre-school-elementary children.

**The Saddest Time**

Norma Simon, 1986

Summarizes several types of death, how children were told and how they handled the death. A story book for elementary children.

**After Charlotte's Mom Died**

Cornelia Spelman, 1996

Addresses the pain and loneliness that a young girl feels after her Mom died. Her Dad is grieving and she doesn't know how to help or where to turn. After a fight at school, the girl & her father seek guidance from a therapist to help them deal with their grief. Elementary to middle school age.

**See You In Heaven**

Rev. Joe Stripling, 1998

When a little boy is diagnosed with cancer, he searches for the meaning of God. Written from a faith perspective. Appropriate for pre-school-elementary.

**Saying Goodbye to Daddy**

Judith Vigna, 1991

A story book for pre-school to elementary age children. A little girl mourns the death of her father.

**To Hell With Dying**

Alice Walker, 1988

This book features African-American children and their family members. The book is written from the perspective of a young woman who was deeply touched by a neighbor and his love for children in the neighborhood. It is a book of hope. Middle to junior high school age children.

**After the Funeral**

Jane Loretta Winsch, 1995

Multicultural book to help children understand their feelings after the loss of someone significant in their live. Encourages children to share their thoughts, feelings & fears. Preschool-elementary school age children.

**The Healing Your Grieving Heart Journal For Teens**

Alan D. Wolfelt, PhD

This journal affirms the grieving teen's journey and offers guidance. Teens are prompted to explore open-ended questions to help sort through their questions and feelings.