



## Recommended Books

### For Ages 4-10 Years

#### A Terrible Thing Happened, by Margaret M. Holmes and Sasha J. Mudlaff

A children's book that tells the story of Sherman, who had a terrible thing happen to him; it addresses themes of physical and emotional symptoms of trauma and working with helping professionals to feel better.

#### Badger's Parting Gifts, by Susan Varley

Badger's friends share memories of him after he dies and how he continues to live on through them.

#### Because the Sky is Everywhere, by Nancy Sharp

A child looks everywhere for his father until he learns an important life lesson. Available in English and Spanish.

#### Gentle Willow: A Story for Children about Dying, by Joyce C. Mills

This is a comforting story about a tree's relationships with her friends in the forest. This book addresses feelings of sadness, love, disbelief, anger, and provides children with different way of viewing death and dying.

#### The Grief Bubble, by Kerry DeBay

A workbook for children who have experienced the death of a loved one. Interactive, this book encourages the exploration of their grief. Available in English and Spanish.

#### The Invisible String, by Patrice Karst

This bestseller is touching and comforting for all ages because it describes the heart-to-heart connection that we never lose even when people become separated or when they die...the binding connection of love.

#### I Miss You: A First Look at Death, by Pat Thomas

This book helps young children understand that death is a natural complement to life, and that grief and the sense of loss are normal feelings for them to have following a loved one's death.

Lifetimes: The Beautiful Way to Explain Death to Children, by Bryan Mellonie

This book helps families understand the life cycle, with death being a part of that.

Not the End: A Child's Journey Through Grief, by Mari Dombkowski

Based on a true story, this book describes a family's journey through loss, providing insight and hope to the fact that as painful as loss can be, it is not the end of a family's story, but rather, a very important chapter. Available in English and Spanish.

Samantha Jane's Missing Smile, by Julie Kaplow and Donna Pincus

A story about coping with the loss of a parent. Samantha finds support in a friend and is able to talk about her feelings after her father died.

Tear Soup, by Pat Schwiebert and Chuck DeKlven

Grand has suffered a big loss in her life and begins her own recipe for her grief in her Tear Soup. Available in English and Spanish.

When Dinosaurs Die: A Guide to Understanding Death, by Laurie Brown and Marc Brown

This guide explains what it means to be alive and what it means to die. The book explains the importance of a funeral and other parts that may have take place after a loss, including emotions that people may experience.

When Someone Very Special Dies, by Marge Heegaard

This book helps discuss what death is and what happens when someone dies, and with communication and learning about their own coping skills.

Available in English and Spanish.

## **Tweens**

Always My Brother, by Jean Reagen

A girl loses her brother and finds ways to process her grief while continuing to remember her brother.

The Book of Lost Things, by John Connolly

A young adult novel about mourning, not only of a loved one, but mourning the life we no longer have.

Harry Potter series, by J.K. Rowling

A book series following the life of Harry Potter, having lost his parents as a baby. Harry struggles to find himself, deal with his grief, and his adolescent years while fighting for the wizarding world.

Healing Your Grieving Hearts for Kids, by Alan D. Wolfelt

This book offers suggestions for healing activities that will help people who are grieving learn how to express their grief naturally.

Fire in My Heart, Ice in My Veins, by Enid Samuel Traisman

A journal for tweens and teens to express themselves in different ways: letter writing, lyrics, songs, or poems. Available in English and Spanish.

## **Teens**

The Fault in Our Stars, by John Green

Hazel's lived her life with a death sentence due to her illness. After meeting a new friend, Augustus, Hazel's life becomes much more than the grief she has carried with her.

Griefjourney – Notes on Grief for Teens, Young Adults and Anyone Who Is Grieving, by Mark Scrivani

This book discusses the “firsts” of grief, and what may happen on your grief journey.

Healing Your Grieving Heart – Journal for Teens, by Alan Wolfelt

This journal offers prompts to explore your grief.

Me, Early and The Dying Girl, by Jesse Andrews

Greg knows he hates school, he thinks he's friends with Earl, and he likes making movies. Greg's life gets turned upside down when he is forced to become friends with a girl who is dying of cancer. A story of friendship and loss.

The Thing About Jellyfish, by Ali Benjamin

After her best friend dies in an accident, Suzy tries to find meaning in her death.

Sisterhood Everlasting, by Ann Brashares

Dealing with careers boyfriends, marriage, moves, the young women of this novel must navigate those challenges while also learning to navigate the sudden loss of a friend.

## **For Parents and Caregivers**

A Parent's Guide to Raising Grieving Children, by Phyllis Silverman and Madelyn Kelly

Phyllis and Madelyn offer guidance on what others have learned in their grief.

Death is Hard to Live With: Teenagers Talk about How They Cope with Loss, by Janet Bode

Through interviews with teens who have experienced the death of a loved one, Janet explores ways to find meaning in the grieve process.

The Grief Recovery Handbook, by John James and Russell Friedman

This book explores the effects of grief and specific actions that are needed during the grief journey.

Not Just Another Day-Families, Grief, and Special Days, by Missy Lowery

This book talks about ideas for celebrating special occasions and how to take care of yourself and family during holidays.

When Children Grieve, by John James, Russell Friedman, and Leslie Landon Matthews

How to support our children to develop a lifelong, healthy response to loss.

## **For Professionals**

Attachment and Loss, by John Bowlby

Bereaved Children and Teens: A Support Guide for Parents and Professionals, by Earl Grollman

Grief Counseling and Grief Therapy, by William Worden

Children and Grief: When a Parent Dies, by William Worden

Helping Bereaved Children: A Handbook for Practitioners, by Nancy B. Webb