

CHILDREN AND TEENS' BOOK LIST

Books for Grief in General

***Bereaved Children and Teens: A Support Guide for Parents and Professionals** Edited by Earl A. Grollman. For children about ages 3-18 (appropriate for older teens)

Brave Bart (a cat experiences both a post-traumatic stress reaction and grief following a bad, scary thing) Caroline Sheppard, ACSW. Ages 3-14
**Can be ordered through OUR HOUSE*

Children Also Grieve: Talking about Death & Healing (Story about a dog in a family whose grandfather died; has room to create scrapbook) Linda Goldman. Ages 5-10

Day of the Dead (A village in Mexico prepares and celebrates this holiday which honors the memories of their loved ones) Tony Johnston & Jeanette Winter. Ages 3-10

Fall of Freddie the Leaf (Poetic look at the life cycle and its meaning) Leo Buscaglia, Ph.D. All ages

***Healing Your Grieving Heart For Teens: 100 Practical Ideas** Alan D. Wolfelt, Ph.D. Ages 12-18

grief girl: my true story (Memoir of a woman who was orphaned suddenly at age 14) Erin Vincent. Ages 12-Adult

I Wish I Could Hold Your Hand (Explanations of grief and how to cope with loss using death of a beloved dog) Dr. Pat Palmer. Ages 3-6

I Wish I had a Book to Read: Helping a child's heart heal when someone special has died (Grieving children will see themselves in this sensitively written book which offers a unique way to write and draw about their feelings and memories following the death of someone close)
Randi Pearlman Wolfson, MFT. Ages 7-13
Available at www.lookupaththemoon.com.

Lifetimes: A beautiful way to explain death to children. (Gentle explanations of the life cycle) Ages 3-7

My Grief Journal: for Grieving Teens (Offers the opportunity to draw or write about memories & feelings after death) OUR HOUSE . Ages 11-18

My Memory Book: for Grieving Children (Offers the opportunity to draw or write about memories & feelings after death) OUR HOUSE. Ages 3-10

The Saddest Time (Explains death using three examples, death of a young uncle with a terminal illness, of a classmate killed in an accident, and of a grandparent) Norma Simon. Ages 6-12

A Taste of Blackberries (A fictional look at how a pre-adolescent boy who comes to terms with the death of a friend) Doric Buchanan Smith. Ages 8-14

The Tenth Good Thing About Barney (Death, Grief and the afterlife as experienced by a young boy following the death of his dear cat) Judith Viorst. Ages 3-8

Timothy Duck (Duck learns about death, dying, grieving, and healing when his friend dies) Lynn Bennett Blackburn. Ages 3-8

When Someone Dies (grief reactions after the death of someone close) Sharon Greenlee. Ages 4-10

When Someone Very Special Dies (Workbook format dealing with lifecycle, grief reactions, memories and coping strategies) Marge Heegaard. Ages 5-10

***When a Friend Dies** (Book for teens about grieving and healing) Marilyn Gootman, Ed.D. Ages 12-18

When Dinosaurs Die Laurie Krasny Brown and Marc Brown. Ages 6-12

Why Do People Die? (General treatment of subject of death, funerals, the after-life and grief, written and illustrated in an engaging style) Cynthia MacGregor. Ages 6-12

Death of a Parent

Everett Anderson's Goodbye (Young boy experiences grief following the death of his father) Lucille Clifton. Ages 3-9

Sad But OK- My Daddy Died Today (Chapter book chronicling a family's journey through cancer, death, and grief. Barbara Frisbie Juneau. Ages 8-12

Saying Goodbye to Daddy (Gentle treatment of death, funerals, grief as a multi-generational family grieves the death of the adult son, husband and father) Judith Vigna. Ages 6-12

Death of a Grandparent

Finding Grandpa Everywhere (a young child discovers memories of a grandparent) John Hodge. Ages 3-10. Available through the Centering Corporation, www.centering.org.

I know I Made it Happen (Deals with self blame when a series of bad things happen including a grand parent's death) Lynn Bennett Blackburn. Ages 6-12

Saying Goodbye to Grandma (In depth look at a family gathering for the funeral of a beloved grandmother) Jane Resh Thomas. Ages 8-12

What's Heaven? Maria Shriver. Ages 3-8

Zeydeh (A Story Guide to Help Jewish Children Cope With Loss and Bereavement) Moshe Halevi Spero. Ages 6-12

Death of a Sibling

Alicia Afterimage, Lulu Delacre. Ages 12-adult

Always My Brother, Jean Reagen. Ages 6-11

A Birthday Present for Daniel. Juliet Rothman. Ages 3-9

***Child Facing Grief**. Janis Loomis Romond. Ages 9-18

The Empty Place- A Child's Guide through Grief. Roberta Temes, PhD, Ages 3-8

Thumpy's Story (Bunnies learn about death, grief and love when their sibling dies. Good Explanations for younger children. Nancy C. Dodge. Ages 3-8

Death by Suicide

Bart Speaks Out (An interactive story and workbook for children dealing specifically with a death by suicide. Uses photos of dogs to soften the impact) Linda Goldman, M.S. Ages 3-10

But I Didn't Get to Say Good-Bye (A book for parents and professionals helping child suicide survivors; portions may be read aloud with older children) Barbara Rubel. Griefwork Center Inc, New Jersey

Death of a Pet:

Children and Pet Loss: A Guide for Helping. Marty Tousley

The Loss of a Pet: New Revised and Expanded Edition. Wallace Sife

My Pet Died (Let's Make a Book about It). Rachel Biale

"Oh Where has my Pet Gone?": a pet loss memory book. Sally Sibbit. Ages 3-103

Pet Loss: Thoughtful Guide for Adults and Children. Herbert A. Nieburg

When Only the Love Remains: The Pain of Pet Loss. Emily Margaret Stuparyk

The Tenth Good Thing About Barney (Death, Grief and the afterlife as experienced by a young boy following the death of his dear cat) Judith Viorst. Ages 3-8

Recommended for Parents of Grieving Children:

Bode, Janet. **Death if Hard to Live With: Teenagers Talk about how They Cope with Loss.** Delacorte Press (1993)

Bowlby, John. **Attachment & Loss.** Vol. III. Basic Books (2000)

Dresser, Norine and Fredda Wasserman for OUR HOUSE Grief Support Center. (2010). **Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief.** New York: DemosHEALTH Publishing.

Grollman, Earl A. **Bereaved Children and Teens: A Support Guide for Parents and Professionals.** Boston: Beacon Press (1995).

Hannelore, Corr, Charles A. **Childhood & Death.** Hemisphere Publishing Corp.

Silverman, Phyllis R. **Never Too Young to Know: Death in Children's Lives.** Oxford Press (2000)

Silverman, Phyllis & Kelly, Madeline. **A Parent's Guide to Raising Grieving Children.** Oxford University Press, 2009

Webb, Nancy Boyd. **Helping Bereaved Children: A Handbook for Practitioners.** New York: The Guilford Press (1993)

Worden, William J. **Children and Grief: When a Parent Dies.** New York, The Guilford Press (1996)