

For Young Children

Astor, Cynthia. ***A Song for Cecilia Fantini***. H. J. Kramer, 1997. A beautifully illustrated story about a girl grieving the loss of her beloved piano teacher.

Brown, Margaret Wise. ***The Dead Bird***. Harper Collins, 1995. Finding a still warm but dead bird, a group of children give it a fitting burial. An excellent handling of the subject of death in which all young children have a natural interest.

Buscaglia, Leo. ***The Fall of Freddy the Leaf***. H. Holt & Co., 1982. Death is presented as a natural part of life, illustrated through the life cycle of a leaf.

DePaola, T. ***Nana Upstairs and Nana Downstairs***. Putnam, 1973. A heartwarming story about Tom, who finds that his great-grandmother has died when he goes upstairs to visit her.

Dodge, Nancy C. ***Thumpy's Story***. Prairie Lark Press, 1984. Ideal for small children. Written from Thumpy the Bunny's perspective, the story talks of how his parents were sad and how he and his brother handled the loss of their sister.

Douglas, Eileen. ***Rachel and the Upside Down Heart***. Price Stern Sloan, 1990. A touching, true story written by a mother for her four-year-old daughter, Rachel, who lost her father. Rachel gradually rediscovers joy while learning to keep her father's memory alive in her heart.

Goble, Paul. ***Beyond the Ridge***. Aladdin Paperbacks, 1993. A beautiful explanation of death from a Native American perspective.

Holmes, Margaret M. ***A Terrible Thing Happened***. Magination Press, 2000. This gently told story is for children who have witnessed any kind of tragedy. An afterward for parents offers many suggestions for helping traumatized children.

Karst, Patrice. ***The Invisible String***. Devorss & Co., 2000. Specifically written to address children's fear of being apart from the ones they love, whether through anger, distance or even death.

Levy, Janice. ***The Spirit of Tio Fernando (El espíritu de tío Fernando)***. Albert Whitman & Co., 1995. This is a magical story, written in both English and Spanish, about a Mexican family celebrating the Day of the Dead.

Mellonie, B. and Ingpen, R. ***Lifetimes: The Beautiful Way to Explain Death to Children***. Bantam Books, 1983. This book describes the universal cycle of life and death, illustrated with lovely photographs of plants, animals and people.

Meislin, Barbara. ***No One Can Ever Steal Your Rainbow***. Purple Lady Productions, 2005. A girl experiences loss, but finds hope through her own inner strength. Music CD with healing song included.

Miles, Miska. ***Annie and the Old One***. Little Brown & Co., 1971. A wise Navajo grandmother teaches her granddaughter how to accept death.

Saltzman, David. ***The Jester Has Lost His Jingle***. The Jester Co., 1995. A court jester and his assistant discover that laughter can redeem a weary world and provide the best tonic for anyone facing seemingly insurmountable obstacles.

Sherkin-Langer, Fern. ***When Mommy Is Sick***. Albert Whitman & Co., 1995. A touching story about a girl's fears when her mother is ill and hospitalized.

Stein, Sara. ***About Dying: An Open Family Book for Parents and Children Together***. Walker and Co., 1983. Shows that individuals can have very different reactions to loss and that there is no one "normal" way to grieve.

Turner, Barbara J. ***A Little Bit of Rob***. Albert Whitman & Co., 1996. A beautifully illustrated story about a girl's first crabbing expedition with her parents after the death of her big brother.

Velthuijs, Max. ***Frog and Birdsong***. Farrar, Straus and Giroux, 1991. Animals learn about the cycles of birth and death when they encounter a dead bird upon their path.

Vigna, Judith. ***Saying Goodbye to Daddy***. Albert Whitman & Co., 1991. After Clare loses her father, she experiences feelings of sadness, anger and guilt. She gradually learns to cherish his memory and hold him in her heart always.

Vigna, Judith. ***When Eric's Mom Fought Cancer***. A young boy's fears and struggles are described as he watches his mother battle cancer.

Viorst, Judith. ***The Tenth Good Thing About Barney***. Macmillan Publishing Co., 1971. A boy grieves the loss of his cat.

For Older Children & Teens

Boritzer, Etan. ***What is Death?*** Veronica Lane Books, 2000. Introduces the concept of death with examples of customs and beliefs from different religions and cultures, and encourages children to embrace the positive in life.

Canfield, Jack, et. al. ***Chicken Soup for the Kid's Soul*** and ***Chicken Soup for the Teenage Soul***. Health Communications, Inc., 1998 and 1997. A hundred and one stories, in each edition, on courage, hope, and laughter, written by youth and adult inspirational authors, with specific sections on death and dying and "tough stuff."

Dillon, Zach. ***This One's For You!*** Landmark Editions, 1999. Written by a 13-year-old boy who lost his grandmother, this is a fictional account about a child who loses his mother. It realistically portrays the heart of a grieving child.

Eldon, Amy. ***Angel Catcher for Kids: A Journal to Help You Remember the Person You Love Who Died***. Chronicle Books, 2002. Designed to help a child overcome the loss of a loved one, this spiral-bound journal also invites the child to record precious memories of the special person who has died.

Fassler, Joan. ***My Grandpa Died Today***. Human Sciences Press, 1971.

Fry, Virginia Lynn. ***Part of Me Died, Too***. Dutton's Children's Books, 1995. A group of older children tell their stories of loss. This book provides advice on how to work on grief through art projects and personal rituals.

Gootman, Marilyn E. ***When A Friend Dies***. Free Spirit Publishing, 1994. Gentle advice and compassionate wisdom about how teens can cope and begin to heal, written by a mother whose own children experienced the death of a loved one.

Warburg, Sandol. ***Growing Time***. Houghton Mifflin, 1989. A boy refuses to even talk about replacing his beloved old dog. Then falls in love with a new puppy who needs his help.

White, E.B. ***Charlotte's Web***. Harper Collins, 1952. A tender story of friendship, love, life, and death.

Grollman, Earl and Malikow, Max. ***Living When A Young Friend Commits Suicide***. Beacon Press, 1999. A straightforward book by an internationally recognized grief counselor reviews the questions that inevitably arise after a suicide.

Grollman, Earl, ***Straight Talk About Death for Teenagers***. Beacon Press, 2014. Making the point that teen grief is often overlooked or minimized, insightful observations and workbook questions lead readers to examine their own unique grief process.

Krementz, Jill. ***How It Feels When A Parent Dies***. Alfred A. Knopf, 1981. A moving series of interviews with children, aged 7–16, who have experienced the death of a parent. They candidly discuss their questions and fears.

Rylant, Cynthia. ***Missing May***. Dell, 1992. A novel charting a girl's journey towards hope in the midst of mourning her mother.

Sanford, Doris. ***It Must Hurt a Lot: A Book About Death and Learning and Growing***. Multnomah Press, 1985. When Joshua's puppy is killed by a car accident he learns that some surprises come wrapped in the "package" of loss.

Schleifer, Jay. ***When Someone You Know Has Been Killed***. Rosen Publishing Group, 1998. Educates youth about how to heal from a tragic loss and how to help grieving peers.

Schwiebert, Pat, et al. ***Tear Soup: A Recipe for Healing***. Grief Watch, 2007. In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of tear soup, blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning.

Sloan, Justin. ***Back by Sunrise***. CreateSpace, 2014. A young girl becomes a bird with the help of a magical necklace her dad left behind before deploying with the Army. When the necklace is stolen by a conniving raven, Brooke must battle to take back her necklace and return home, in the process learning that love and family are forever.

Smith, Doris Buchanan. ***A Taste of Blackberries***. Harper Trophy, 1973. When a boy loses his best friend after a harmless prank, he must find the strength to bear his grief and his guilt.

Whelan, Gloria. ***Forgive the River, Forgive the Sky***. Eerdman's Books for Young Readers, 1998. When 12-year-old Lily's father dies on her beloved hometown river, her whole life changes. She eventually learns that loss is inevitable when we love.

More Grief Resources

The Dougy Center: The National Center for Grieving Children & Families: www.dougy.org

National Alliance for Grieving Children: www.childrengrieve.org

The Compassionate Friends: Supporting Family after a Child Dies: www.compassionatefriends.org

Teen Grief Book. HBTB, 2015. An interactive workbook written with the help of teens. Used each year at HBy the Bay Health's grief support weekend for children & teens. Order online at: www.bythebayhealth.org/contact-us

Borrow these and other materials for all ages on coping with grief and loss from the **Vivienn & Allen Fosman Library of Hope** at By the Bay Health, Larkspur, (415) 927.2273.

For grief counseling services and support, visit www.bythebayhealth.org or call the Bereavement Department at (415) 526.5699 or (707) 931.7299.