



HOSPICE OF THE *Piedmont*
KIDS' GRIEF AND HEALING

GRIEF BIBLIOGRAPHY FOR CHILDREN

Loss of Parent

Bunting, Eve. The Memory String. NY: Clarion Books, 2000.

After Laura's mother dies, her father remarries, Laura finds a way to reconciliation. Ages 4-8

Clifton, Lucille. Everett Anderson's Goodbye. NY: Holt, 1988.

A little boy struggles through conflicting emotions as he tries to come to grips with the death of his father. Ages 5-10

Cobb, Rebecca. Missing Mommy. NY: Henry Holt and Company, 2013.

With warmth, reassurance and empathy, this book addresses the loss of a parent from a child's point of view. Ages 3-8.

Gilbert, Shelley & Baruch, Vicky. Chocolate Chipped. *A Story about a boy whose father dies. Ages: Elementary school students*

Grimes, Nikki & Pinkney, Jerry & Pinkney, Brian. A Walk in the Woods. Neal Porter Books, 2023.

A wise and heartfelt story about a boy whose father dies. Dad has left his son a map that the boy follows to explore the woods that he and his dad once explored together. Ages 4-8.

Kremetz, Jill. How It Feels When a Parent Dies. NY: Knopf, 1988.

A collection of photo-essays with thoughts and feelings of eighteen children, ages 7-16 who have lost a parent. Ages 5-adult

Levine, Jennifer. Forever In My Heart: A Story To Help Children Participate In Life As a Parent Dies.

A story/workbook to use with children to help them cope with their emotional stress as a parent dies. Ages 6-12

Lucan, Angie. My Big, Dumb, Invisible Dragon. *A story about a boy's grief journey with his 'grief dragon'. Ages: Elementary school students*

Mahdavi, Azam. Empty and Me. Lee and Low Books, 2023.

A mother dies and Empty, imagine the Pillsbury Dough Boy, accompanies a bereft daughter in her grief journey. Ages 5-8.

Mettler, Lucy. Treasures of the Tide. Elyon Books, 2023.

A heart-warming, life-affirming story for teaching young readers about loss and remembrance. Ages: Elementary school.

O'Toole, Donna. Aarvy Aardvark Finds Hope. NC: Celo Press, 1988.

Aarvy comes to terms with the loss of his mother and brother with the help of his friend. A wonderful story of grief and loss. All ages

Vigna, Judith. Saying Goodbye to Daddy. A. Whitman, 1991.

A story of a father's death and the healing that takes place in the weeks that follow. Age 4-9

Loss of Sibling

Clarkson, Chris. Where did Benjamin Go? Harry N. Abrams, 2023. *Charlie makes a list of all the things she misses about Ben, her older brother. Ages: 4-8*

Johnson, Marv and Joy. Where's Jess. NE: Centering Corporation, 1982.

Story of a little boy whose younger brother dies. Ages: 4+

Newton, Kimberly. Goodbye Sister: A Sibling's Book for Infant Loss. 2022.

Ages: 3-8

Mir, Saira. Always Sisters. Simon & Schuster Books for Young Readers, 2023. *Raya can't wait for her younger sister to be born. Raya finds out that the baby won't be coming home. Lovely soothing chalk pastel and watercolor illustrations. Ages: Age 4-8*

O'Toole, Donna. Aarvy Aardvark Finds Hope. NC: Celo Press, 1988.

Aarvy comes to terms with the loss of his mother and brother with the help of his friend. A wonderful story of grief and loss. All ages

Temes, Roberta. The Empty Place: A Child's Guide Through Grief. NJ: Small Horizons, 1992

A young boy is confused, angry and scared by the death of his older sister. He addresses his many feelings with the help of his teenage baby-sitter who also lost a sibling. Ages 5 and up

Loss of Grandparent

Aliki. The Two of Them. NY: Greenwillow, 1979.

A girl cares for her grandfather when he is sick and has fond memories of him after he dies. Ages 5-9

Burgess, Matthew. Sylvester's Letter. Enchanted Lion Books, 2023. *Sylvester tries to get a letter to his grandmother using sky divers, a river and butterflies to help. Ages: 6-7*

DePaola, Tomie. Nana Upstairs & Nana Downstairs. NY: Putnam, 1998.

Picture book about a boy's relationship with his grandmother and great-grandmother, and their deaths. Ages 5-9

Senechal, Jean-Francois. I wish I could Tell You. Milky Way, 2023. *A good grandparent Loss 101 book. Ages: Age 4-8*

Shriver, Maria. What's Happening to Grandpa? New York: Little, Brown and Company and Warner Books, 2004.
Story that helps children understand Alzheimer's disease.

Simon, Norma. The Saddest Time. Albert Whitman Company, 1986.
Three anecdotes that deal with terminal illness, accidental death and the death of a grandparent. Ages 5-10

Loss of Aunt/Uncle

Loehr, Carol Ann. My Uncle Keith Died. Canada: Trafford Publishing, 2006.
Covers topic of suicide

Loss of Friend

Swemba, Kelly. Missing Violet. Beaming Books, 2023.
A story about a little girl whose best friend dies. Ages 4-9

General Grief and Loss Topics

Brown, Laurie & Brown, Marc. When Dinosaurs Dies: A Guide to Understanding Death. NY: Little, Brown & Co., 1996.
Gently and directly addresses children's fears and curiosity about death. Ages 4-10

Brown, Margaret Wise. The Dead Bird. MA: Addison-Wesley, 1995.
Children confront the cycle of life when they find a dead bird. Ages 4-8

Buscaglia, Leo. The Fall of Freddie the Leaf. NJ: Slack, Inc., 1982.
The story of life and death, as related through the changing seasons. Ages 5-adult

Doerrfelt, Cori. The Rabbit Listened. Dial Books, 2018.
A moving and universal picture book about empathy and kindness, sure to soothe heartaches big and small. Ages 3-5

Durant, Alan. Always and Forever. NY: Harcourt, 2003.
After Fox dies, his friends are devastated. Squirrel helps them to learn that in their hearts and memories, Fox is still with them – always and forever. Ages 4+

Empson, Jo. Rabbityness. ME: Child's Play, 2012.
When Rabbit disappears and no one knows where he has gone, his friends are desolate. It positively introduces children to dealing with loss. Ages 3-7

Fry, Virginia Lynn. Part of Me Died, Too. NY: Dutton Children's Books, 1995.
Eleven true stories about young people who experienced the loss of family members of friends. A sensitively written and resourceful book. Ages 9-adult

Heegard, Marge. When Someone Very Special Dies. MN: Woodland Press, 1988.
A workbook for grieving children to illustrate to help them cope with loss. Ages 6-12

Henderson, Michael. Jungle Journey: Grieving & Remembering Eleanor the Elephant. Traverse Publishing Co., 2000.

A guide for parents and their children who are struggling with the trauma of loss.

Holmes, Margaret M. A Terrible Thing Happened. NY: Magination Press, 2000.

This book helps a child deal with a scary event. Ages 4+

Jeffers, Oliver. The Heart and the Bottle. Philomel Books, 2010.

Explores themes of Love and Loss. Ages: Elementary school age

Johnson, Kevin. Cape. Roaring Books Press, 2023. *A little boy uses a cape to help him be brave preparing to go to a funeral.*

Ages: 4-8

Karst, Patricia. The Invisible String. CA: DeVorss & Company, 2001.

Although not specifically about loss from death it discusses how people are always connected through the invisible string of love. Ages : elementary school age

Leigh, Korie. What does Grief feel like? Free Spirit Publishing, 2023.

Helps children explore the ways people experience grief when someone dies. Ages 3-8

Loth, Sebastian. Remembering Crystal. NY: NorthSouth, 2010.

A gentle story of a duck and her best friend a turtle. In the gentle story, children learn that true friendship is gift that doesn't die. Ages 3+

Mellonie, Bryan & Ingpen, Robert. Lifetimes: The Beautiful Way to Explain Death to Children. NY: Bantam, 1983.

Addresses the cycle of life by describing the beginnings, endings and life span in different parts of nature and with people. Ages 4-10

Meng, Cece. Always Remember. *A story about an old turtle who dies. Ages: Elementary school students*

Mier, Lori. Merin And Her Very Bright Star: A story of resiliency. *A beautifully illustrated, poignant story about finding a way forward through loss. 2021. Ages: Elementary school students*

Mills, Joyce C. Gentle Willow. NY: Magination Press, 1993.

A tender story that addresses feelings of sadness, love, disbelief, and anger related to illness and death. Ages 4-9

Muth, Jon. Addy's Cup of Sugar. Stillwater and Friends Book, 2020.

Picture book is based on an ancient Buddhist legend, and features Stillwater the Panda from Jon's Caldecott Honor Book and New York Times Bestselling book, Zen Shorts.

New York Life Foundation. The Golden Sweater.

Kai's Journey is a film and book series that is dedicated to children and families who have experienced the death of a loved one. It's about a little boy named Kai who, together with his mom, learns how to navigate a profound loss in their family. Book 1 of 3

New York Life Foundation. The Fishless Lake.

Kai's Journey is a film and book series that is dedicated to children and families who have experienced the death of a loved one. It's about a little boy named Kai who, together with his mom, learns how to navigate a profound loss in their family. Book 2 of 3

New York Life Foundation. The Girl with the Locket.

Kai's Journey is a film and book series that is dedicated to children and families who have experienced the death of a loved one. It's about a little boy named Kai who, together with his mom, learns how to navigate a profound loss in their family. Book 3 of 3

Papageorge, Tiffany. My Yellow Balloon. A Story of loss and letting go. Ages: Elementary school students

Parr, Tood. The Goodbye Book. A Story about saying goodbye. A fish's companion dies. Ages: Elementary school students

Raschka, Chris. The Purple Balloon. Schwartz & Wade Books, 2007.
Story about a boy who has a terminal illness. Ages 6-9

Ray, Melody. Someone I Love Died From a Drug Overdose. Centering Corporation, 2018.
Assists children that are grief after a drug overdose death.

Rowland, Joanna. The Memory Box: A Book About Grief. Sparkhouse Family, 2017.
Explores grief and remembering loved ones. Ages 4-8
Read aloud link: <https://www.youtube.com/watch?v=IchUamhJmKQ>

Santat, Dan. After the Fall: How Humpty Dumpty Got Back Up Again. Roaring Book Press, 2017.
Explores coping with anxiety and fear. Ages: Elementary School Ages

Shriver, Maria. What's Heaven? New York: St. Martin's Press, 1999.
A story with loving, confident and uplifting answers to questions posed by a little girl. Ages. 5+

Stepanek, Mattie JT. Heartsongs. Alexandria, VA: VSP Books, 2001.
A collection of the early poems and artwork of a young, gifted, award-winning poet who explored the challenges in living with a life-threatening condition.

Stepanek, Mattie JT. Journeys through Heartsongs. Alexandria, VA: VSP Books, 2001.
A second collection of poems which share the rare wisdom Mattie has acquired through his struggle with muscular dystrophy.

Stickney, Doris. Water Bugs and Dragonflies. Pilgrim Press, 1982.
This mini-book uses the symbol of a water bug turning into a dragonfly to weave a tale of death and new life. Ages 3-9

Stein, Sara. About Dying: An Open Family Book for Parents and Children Together. Walker, 1974
A picture book to help the young child understand death and to participate in commemorating. Ages 4-8

Thomas, Pat. I Miss You: A First Look at Death. NY: Barron's Educational Series, Inc. 2001.
This book helps children understand that death is a natural complement to life and explores the normal feelings of grief. Ages 4+

- Varley, Susan. Badgers Parting Gifts. NY: Lothrop, Lee and Shepard Books, 1984.
This wonderfully illustrated book is about the death of someone very special and how his friend's memories of him help them with their grief. Ages 4-9
- Viorst, Judith. Tenth Good Thing about Barney. NY: Atheneum, 1971.
Illustrated book for children about the death and burial of a pet cat. Ages 4-8
- Wild, Margaret. Old Pig. NY: Atheneum, 1971. NY: Dial Books for Young Readers.
A tender story of living and loving, giving and receiving. About a young pig who lives with his grandmother. Ages 3-8
- Witek, Jo. In My Heart: A Book of Feelings. NY: Abrams Appleseed, 2014.
A colorful, playful book discussing an array of feelings. Ages: elementary school
- Wolfelt, Alan D. Healing Your Grieving Heart: 100 Practical Ideas for Kids. Fort Collins: Companion Press, 2000.
Offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.
- Zucker, Bonnie. Something Very Sad Happened: A Toddler's Guide to Understanding Death. Washington, DC: Magination Press, 2016.
Very easy to understand for toddlers. Ages 2-4.

Workbooks

- Dougy Center. After a Suicide: A Workbook for Grieving Kids. Oregon.
Explains suicide events to children focusing on reasons people choose to die. Grades K-4.
- The National Alliance for Grieving Children. **When Someone Dies: A Child-Caregiver Activity Book**. *An activity book for children that also provides valuable information to parents and caregivers about how grief impacts children.*
- Quality of Life Publishing Company. What is Death, What is Grief. 2022.
This activity book explains death and grief to children in a simple way. The coloring-book format and activities throughout encourage kids to be creative and share their feelings.
- Vlomis, Patricia. My Memory Journal: A coloring book for children who have experienced loss and grief. 2024. Ages 6-18.