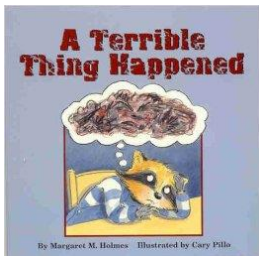
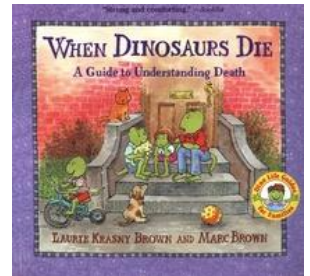


# Grief and Bereavement Book Recommendations for Children

## Books for Children:

Brown, Laurie & Marc. ***When Dinosaurs Die: A Guide to Understanding Death***. Little Brown & Company, 1996.

This book addresses all different types of death, including suicide. It also discusses the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died. Recommended for: ages 7+

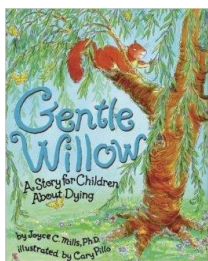
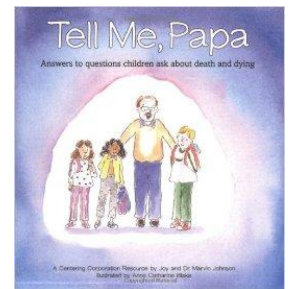


Holmes, Margaret. ***A Terrible Thing Happened***. Magination Press, 2000.

This is a story for children who have witnessed violence or trauma. The raccoon in the story wants to forget what he saw, but it still bothers him. He meets someone that helps him talk through his experience and feel better. Recommended for: ages 4-8

Johnson, Joy & Marvin. ***Tell Me, Papa: Answers to questions children ask about death and dying***. Omaha, NE. The Centering Corporation. 2005.

This book offers a gentle explanation to questions children ask about death, dying and funerals. It honestly tells children about what happens when you die, explains the funeral, cremation, burial and answers questions. Useful tool for parents and caregivers searching for the right words to say. Recommended for: ages 6+

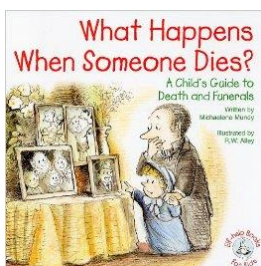
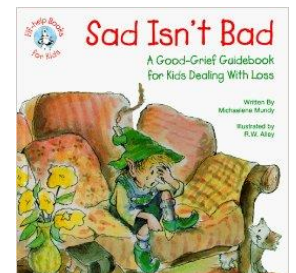


Mills, Joyce. ***Gentle Willow: A Story for Children about Dying***. Magination Press, 2003.

Written for children who may not survive their illness or for the children who know them, this tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling very well. Recommended for: ages 4+

Mundy, Michaelene. ***Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss***. One Caring Place, 1998.

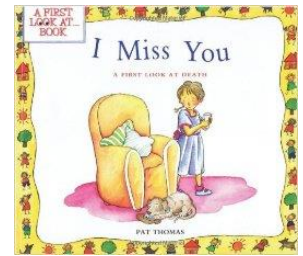
This guide tells children what they need to know after a loss, such as the world is still safe; life is good; and hurting hearts do mend. Written by a school counselor, this book helps comfort children facing one of the hardest realities. Recommended for: ages 4+



Mundy, Michaelene. ***What Happens When Someone Dies?: A Child's Guide to Death and Funerals***. Abbey Press, 2009.

This is a book addresses questions children have when they are first confronted with death and funerals. It also mentions traditional Christian beliefs and practices associated with death and dying. Recommended for: ages 5+

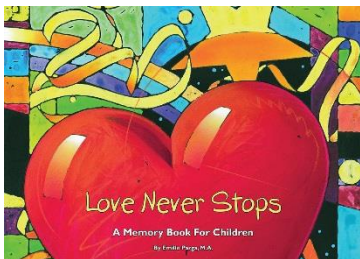
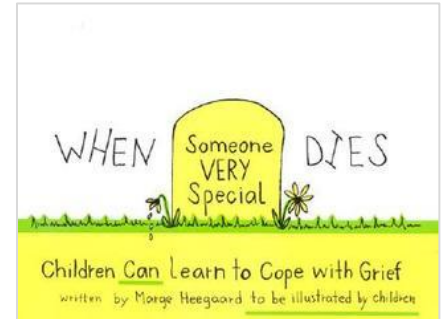
Thomas, Pat. *I Miss You: A First Look at Death*. Barron's Educational Series, 2001. This book helps children understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. The story is simple and direct, to aid in younger children's understanding. Recommended for: ages 4+



## Activity Books for Children:

Heegaard, Marge. *When Someone Very Special Dies*. Minneapolis: Wooland Press, 1991.

This is a workbook for children to illustrate their thoughts and feelings. This book should be used with a caregiver (Guidance and instructions are written in the book). Recommended for: Ages 5-12

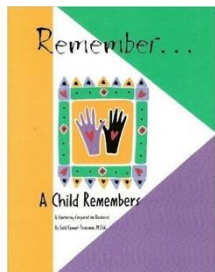
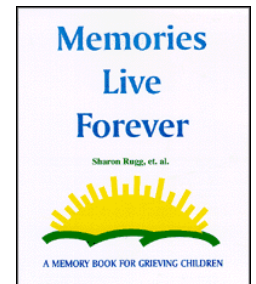


Parga, Emilio. *Love Never Stops: A Memory Book for Children*. Centering Corporation, 2007.

This activity book has pages with guided headings for children to write or draw to help them cope with some of the hard feelings they are having about the death of a friend or family member. Recommended for: ages 4-12

Rugg, Sharon. *Memories Live Forever*. Rising Sun Center for Loss & Renewal, 1995.

This workbook helps children learn that those who die remain a part of our lives through memory, love, and the stories and actions we develop. The words and the pictures in the book, created by children, are filled with heartfelt wishes and caring intentions. Available in English and Spanish. Recommended for: ages 9-12

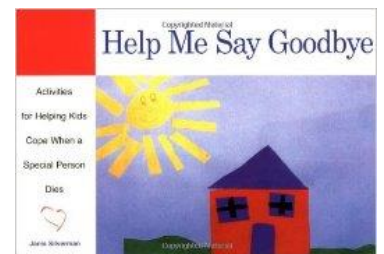


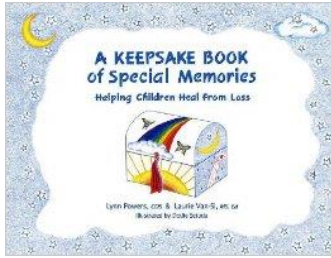
Samuel-Traisman, Enid. *A Child Remembers*. Centering Corporation, 1994.

This is a write-in memory book for children who are grieving the loss of someone they love. There are pages for writing about the person's life and death, a goodbye letter, pages to draw the service and more. Available in English and Spanish. Recommended for: ages 8-12

Silverman, Janis. *Help Me Say Goodbye: Activities for Helping Kids Cope When A Special Person Dies*.

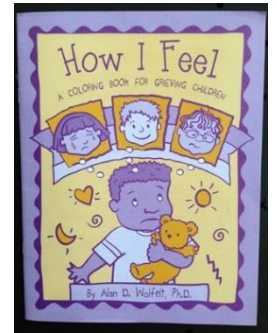
This art therapy and activity book is designed to aid children in coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis. Children are encouraged to express in pictures what they are often incapable of expressing in words.





Van-Si, Laurie & Powers, Lynn. ***A Keepsake Book of Special Memories***. Portland State University, 1994. This workbook helps children to express their grief while capturing memories. By collecting photographs of the person who has died, writing, drawing and storytelling, children use the artistic process to enter their emotional and bodily feelings, explore dreams, learn self-care, and celebrate life. Open-ended sentences and questions help them feel comfortable and express themselves freely. Recommended for: ages 4-12 (to be completed with parent or caregiver).

Wolfelt, Alan. ***How I Feel: A Coloring Book for Grieving Children***. Companion Press. 2011. This book explores many of the feelings grieving children often experience. The expressive, easy-to-color drawings clearly depict disbelief, fear, anger, loneliness, happiness, sadness, and other normal grief feelings. And the simple text provides grieving children with words to describe their new, sometimes scary feelings. Recommended for: ages 3-8.

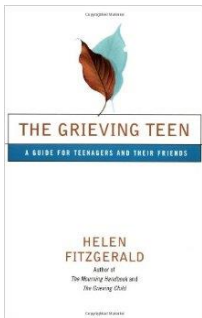
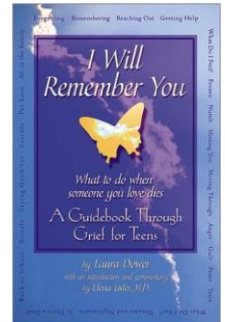


# Grief and Bereavement Book Recommendations for Teens

## Books for Teens:

Dower, Laura. ***I Will Remember You: What to Do When Someone You Love Dies- A Guidebook Through Grief for Teens***. Scholastic Paperbacks, 2001.

This book is an inspirational and accessible guide to coping with loss. It includes personal stories of death and life from real teens, advice from a renowned grief counselor, and dozens of hands-on creative exercises to help teens move through their pain and sorrow . . . into tomorrow.

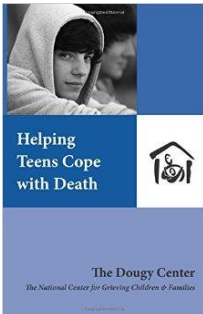
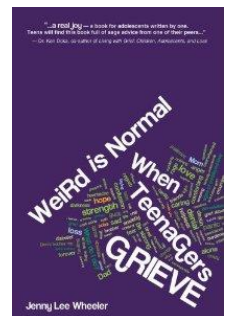


Fitzgerald, Helen. ***The Grieving Teen***. Touchstone, 2000.

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

Wheeler, Jenny Lee. ***Weird is Normal When Teenagers Grieve***. Quality of Life Publishing, 2010.

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. This book is for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen. She validates that teens have the right to grieve in their own way, according to their own timetable and that their grief attacks might be different from those of adults around them.



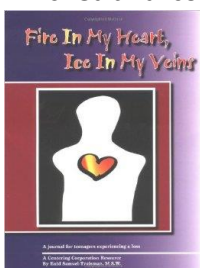
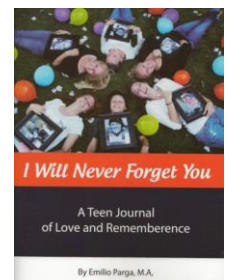
The Dougy Center. ***Helping Teens Cope with Death***. The Dougy Center, 1999.

This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them. The book also offers advice from parents and caregivers of bereaved teens on how to support adolescents and how to determine when professional help is needed.

## Activity Books for Teens:

Parga, Emilio. ***I Will Never Forget You: A Teen Journal of Love and Remembrance***. Centering Corporation, 2008.

An open-ended journal for teens to document their feelings and memories about the person they loved and lost.

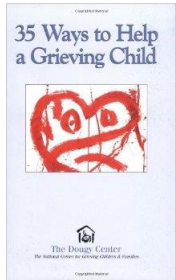
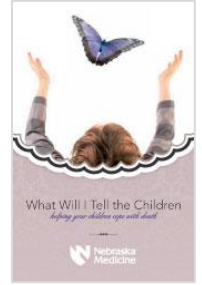


Samuel-Traisman, Enid. ***Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss***. Centering Corporation, 1992.

This book allows teens to write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know and use their creativity to work through the grieving process.

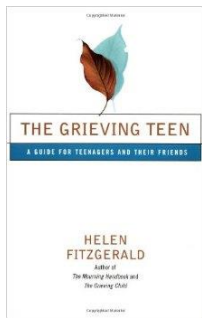
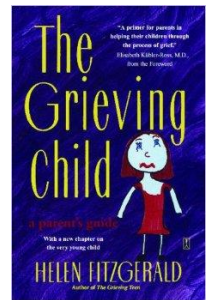
# Grief and Bereavement Book Recommendations for Parents

Bell, Jacque & Esterling, Linda. **What Will I Tell the Children?** Nebraska Medical Center. 2013. When a death occurs, finding the words to describe it to a child can be difficult. The topic is daunting to approach but can be done so in a way that respects their emotional intelligence. This booklet was created by Child Life Specialists and grieving families and contains specific advice on how to address death with a child based on their age range.



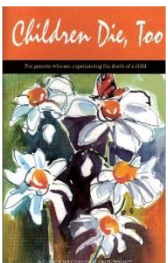
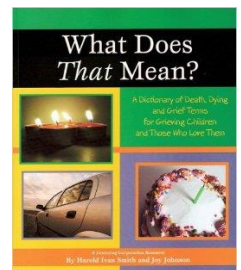
Dougy Center Staff. **35 Ways to Help a Grieving Child.** Dougy Center, 2010. This guidebook presents 35 simple and practical suggestions for supporting a grieving child. Drawn from stories, suggestions and insight shared by children and their family members at The Dougy Center, this book explores behaviors and reactions of children at different ages and maturity levels; outlets for children to safely express their thoughts and feelings; and ways to be supportive during difficult times, such as a memorial service, anniversary or holiday.

Fitzgerald, Helen. **The Grieving Child.** New York: Simon & Schuster, 1992. Explaining death to a child is one of the most difficult tasks a parent or other relative can face. This book offers practical, compassionate advice for helping a child cope with the death of a loved one. Parents of children from toddlers to the teen years will find much-needed guidance.



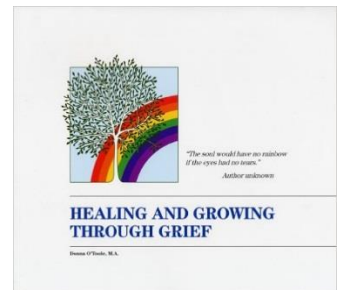
Fitzgerald, Helen. **The Grieving Teen.** Touchstone, 2000. In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief. Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

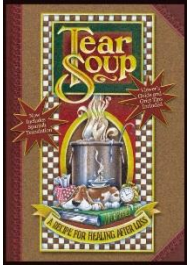
Ivan, Harold & Johnson, Joy. **What Does That Mean?** Centering Corporation, 2006. "This is a dictionary of death, dying and grief terms for grieving children and those who love them."



Johnson, Joy. **Children Die, Too.** Centering Corporation, 2004. This 16 page booklet is for newly bereaved parents needing general information on grief.

O'Toole, Donna. **Healing and Growing Through Grief.** Compassion Press, 2010. This book tells what people experience following any type of grievous loss, how to tell if a person who is hurting is in trouble, where to get help and how to help yourself and others heal and grow.

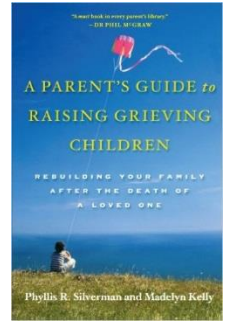




Schwiebert, Pat. ***Tear Soup: A Recipe for Healing and Loss***. Grief Watch, 2008.  
After Grandy suffers a loss, she cooks up her won batch of tear soup. Grandy blends together different ingredients from her own grief process to make her soup. Along the way, she also gives advice for others who are mourning the loss of a loved one. There are full color illustrations throughout the book. Recommended for ages 9 – adults

Silverman, Phyllis & Kelly, Madelyn. ***A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One***. Oxford University Press, 2009.

In this book, the authors offer guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to "protect" children from the reality of death may be more harmful than helpful. This book allows readers to see what others have learned from mourning and surviving the death of a loved one.

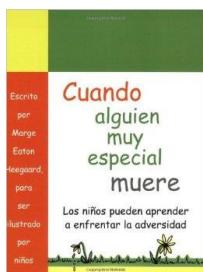
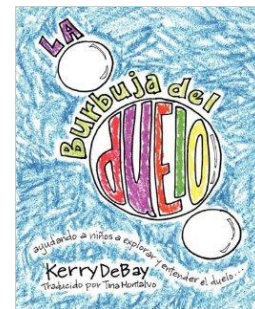


# Libros recomendados en español sobre luto y duelo

DeBay, Kerry. **La Burbuja del Duelo**. Limitless Press LLC, 2007.

"La Burbuja del Duelo" es un libro especial para niños de 6 o más años, quienes han sufrido la muerte de alguien especial. El formato invita a la expresión de sus pensamientos y sentimientos, fomentando así la exploración de su duelo. Una herramienta útil para los padres, consejeros, educadores y otros adultos para ayudar a los niños a lidiar con el duelo."

Recomendado para edades 6 o mayores.



Heegaard, Marge. **Cuando Alguien Muy Especial Muere**. Minneapolis: Wooland Press, 1991.

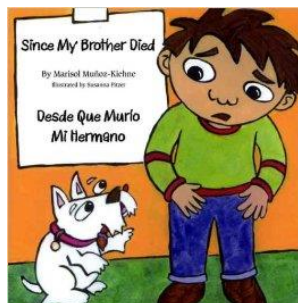
Este es un libro de trabajo, para que los niños puedan ilustrar sus ideas y sentimientos. Este libro debe ser utilizado con la ayuda de un adulto (La guía e instrucciones vienen escritas en el libro).

Recomendado para edades 5-12.

Johnson, Joy. **Los Niños También Mueren**. Centering Corporation, 1998.

"Para padres que están sufriendo la muerte de un hijo." Sobrevivir a la muerte de un hijo no se logra de acuerdo a un patrón fijo de emociones. Los diversos sentimientos y experiencias se asemejan al estado del tiempo. Justo cuando crees que la tormenta ha pasado, esta regresa para afectarte nuevamente. Algunos padres han descrito la pena como las olas del mar. Cuando menos las esperas, se estrellan contra ti y te revuelcan. La pena es algo que se convierte en parte de tu vida. Nunca "la dejas atrás" ni "la superas." Es parte de ti, tal como tu hijo siempre será parte de ti y nunca lo olvidarás.

Recomendado Para: Adultos



Munoz-Kiehne, Marisol. **Desde Que Murio Mi Hermano/Since My Brother Died**. Centering Corporation, 2009.

En este libro, el niño habla sobre como son diferentes las cosas desde que murió su hermano, al final, el niño se da cuenta que su hermano aún vive en su corazón.

Recomendado para edades 5-12.

O'Toole, Donna. **Sanar y Crecer a través del duelo/Healing and Growing Through Grief**. Compassion Press, 2010.

Este libro cuenta lo que vive la gente después de una perdida dolorosa, como saber si una persona que está sufriendo, está en problemas, a donde acudir por ayuda y como ayudarse a sí mismo y a los demás a sanar y sobreponerse. Recomendado para: adultos.





Rugg, Sharon. **Los Recuerdos Viven Eternamente**. Rising Sun Center for Loss & Renewal, 1995. Este libro de trabajo ayuda a los niños a aprender que aquellos que han muerto, siguen siendo parte de nuestras vidas, a través de la memoria, del amor, y de las vivencias y acciones que juntos realizamos. Las palabras y las imágenes en el libro, creadas por niños, están llenas de deseos del fondo del corazón y notas de cariño.  
Recomendado para edades 9-12.

Schweibert, Pat & DeKlyen, Chuck. **Sopa De Lágrimas**. Grief Watch, 2008. Después de haber sufrido una pérdida, Grandy cocina una sopa de sus propias lágrimas. Grandy prepara una mezcla de ingredientes de su propio dolor para preparar su sopa. A través del proceso, ella también aconseja a los demás quienes están de luto por un ser querido. En el interior del libro encontraras ilustraciones a todo color.  
Recomendado para edades: 9 – adultos.

