



Books About Grief and Loss

Books for Grieving Children

- Buscaglia, Ph.D, Leo: **Fall of Freddie the Leaf** (Poetic look at the life cycle and its meaning.) All ages
- Clifton, Lucille. **Everett Anderson's Goodbye** (Young boy experiences grief following the death of his father). Ages 3-9, Death of a Parent.
- De Paola, Tomie (1983). **The Legend of The Blue Bonnet** (a cultural story about Native American Comanche beliefs and grief. She who was alone uses a doll, ashes, to help others and heal herself). Ages 6-10, Death of parents and grandparents.
- Goldman, Linda.: **Children Also Grieve: Talking about Death & Healing** (Story about a dog in a family whose grandfather died; has room to create scrapbook). Ages 5-10 or **Bart Speaks Out** (An interactive story and workbook for children dealing specifically with a death by suicide using photos of dogs). Ages 3-10
- Heegaard, Marge (1988) **When Someone Very Special Dies** (Workbook format dealing with lifecycle, grief reactions, memories and coping strategies, - Woodland Press. * in Spanish as (2003) **Quando Alguien Muy Especial Muere**). Ages 5-10 (Fairview Press); or (1996) **When a Family Is in Trouble: Children Can Cope With Grief from Drug and Alcohol Addiction**. Ages 5-11 (Woodland Press) or (1992) **When Someone Has a Very Serious Illness: Children Learn to Cope With Loss and Change**. Ages 5-10 (Woodland Press) or (1992) **When Something Terrible Happens** (Workbook format dealing with lifecycle, grief reactions, memories and coping strategies). Ages 5-10. Woodland Press.
- Hodge, John. **Finding Grandpa Everywhere** (a young child discovers memories of a grandparent, and begin to understand euphemisms for death). Available through the Centering Corporation, www.centering.org. Ages 3-10, Death of a Grandparent.
- Johnston, T. & Winter, J.: **Day of the Dead** (A village in Mexico prepares and celebrates this holiday which honors the memories of their loved ones). Ages 3-10
- *Krasny Brown, Laurie & Brown, Marc. (1998) **When Dinosaurs Die** (Book discusses all causes of death, what death is, and all customs around death using cartoon dinosaurs). Ages 5-12. Little, Brown Young Readers.
- *Mellonie, B. & Ingpen, R. R.: (1983) **Lifetimes: The beautiful way to explain death to children**. (Gentle explanations of the life cycle) Ages 3-7. Bantam Books.



- Mundy, M. (1998): **Sad Isn't Bad: A good-grief guidebook for kids dealing with Loss.**
(Permission to have feelings with some generalized spiritual undertones about God, prayer, and spirit). Ages 5-10.
- Pastor, Melanie Joy. **Wishes for One More Day** (grandchildren make a scrapbook of wishes for one more day with grandfather, Jewish family traditions). Ages 3-11, Death of a Grandparent.
- Rothman, Juliet. **A Birthday Present for Daniel.** (Ages 3-9, Death of a Sibling).
- Rotwein-Pivnick, Randi. **Where Is Daddy Now?** (Ages 3-9, "loss" of a father without saying what happened to dad. With appropriate questions from adults to help kids share, this could be used for death, abandonment, incarceration). \$10.56 via <http://www.authorhouse.com/BookStore/>
- Schwiebert, P. and Deklyen (2006) **Tear Soup.** Ages 5-12 and 20 plus: Beautifully illustrated book about how grief is different for everyone, each person must create their own tear soup.
- Sheppard, ACSW, Caroline. **Brave Bart** (a cat experiences both a post-traumatic stress reaction and grief following a bad, scary thing). Ages 3-14 *Can be ordered through WPS Western Psychological Services at 1.800.648.8857
- Silverman, Janis (1999). **Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies.** (A workbook style book that is good for journaling and drawing for Ages 3-11).
- * Wolfelt, Ph.D., Alan. **Healing Your Grieving Heart For Kids: 100 Practical Ideas** (Ages 3-11).

Books for Grieving Teens and Tweens:

- Fitzgerald, Helen. (2000) **The Grieving Teen** (A Guide for Teenagers and Their Friends). Fireside.
- Grollman, Earl. **Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love.**
- Gootman, Marilyn E. (1994). **When a Friend Dies: A book for teens about grieving and healing**
(From first days to after death to the future).
- Hughes, Lynne B. (2005): **You Are Not Alone: Teens talk about Life After the Loss of a Parent**
Available at www.centeringcorp.com, approx ~ \$8.99
- Samuel-Traisman, Enid (1992): **Fire in My Heart, Ice in My Veins: A journal for teens experiencing a loss.** Available at www.centeringcorp.com, approx ~ \$8.95
- Scrivani, Mark (2005): **When Death Walks In – For teenagers facing death.** Available at www.centeringcorp.com, approx ~ \$3.99
- Wolfelt, Ph.D., Alan: **Healing Your Grieving Heart For Teens: 100 Practical Ideas.**



Books for Grieving Adults:

Alexander, Paul. **A Grief Guide and Healing Journal**. Available through www.centeringcorp.com.

Brener, Anne. **Mourning And Mitzvah: A Guided Journal for Walking the Mourner's Path Through Grief to Healing**. 2nd ed., Jewish Lights Pub, 2001.

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

Deits, Bob. **Life After Loss: A Personal Guide Dealing with Death, Divorce, Job Change and Relocation**. Fisher Books, 2000.

Didion, Joan (2005). **The Year of Magical Thinking**.

Doka, Kenneth. **Living With Grief After Sudden Loss**. Washington D.C.: The Hospice Foundation of America (1996).

Edelman, Hope. **Motherless Daughters**. Reading: Addison-Wesley Publishing Company, 1994.

Frankl, Viktor E. **Man's Search for Meaning**. New York: Washington Square Press, 1997.

Gamino, L.A. & Taylor Cooney, A. (2002). **When Your Baby Died Through Miscarriage or Stillbirth**.

Gilbert, A. & Baker Kline, L. (2006). **Always Too Soon: Voices of Support for Those Who Have Lost Both Parents**

Jones, Linda L. (2007). **It's Only Temporary... A Journal for Surviving Loved Ones**.
To purchase, please contact info@manelockcommunications.com or
www.manelockcommunications.com

Klein, Henya Kagan. **Gili's Book: A Journey Into Bereavement for Parents and Counselors**. Teachers College Press, 1998.

Lodge Abelson Andreozzi, Linda. **Grief Journal: A powerful journaling retreat to help you move toward peace and acceptance of the loss in your life**. Available through
www.griefjournal.com.

Mack, Stan. **Janet & Me: An Illustrated Story of Love and Loss**. Cartooned story and a poignant easy read. Simon and Schuster, 2004.

Schwiebert, P. and Deklyen (2006) **Tear Soup**. Ages 20 plus: Beautifully illustrated book about how grief is different for everyone, each person must create their own tear soup.

* Wolfelt, Ph.D., Alan: **Healing A Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies**. OR (2001) **Healing Your Grieving Heart: 100 Practical Ideas** OR (1992) **Understanding Grief; Helping Yourself Heal**. OR **The Understanding Your Grief Journal**.

Zonnebelt-Smeenge, S. J. & De Vries, R.C. **Traveling Through Grief: Learning to Live Again After the Death of a Loved** OR **The Empty Chair: Handling Grief on Holidays and Special Occasions** OR **Getting to the Other Side of Grief: Overcoming the Loss of a Spouse**. Books focus on grief and spirituality from a Christian perspective.



Recommended for Professionals & Parents of Grieving Children/Teens:

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

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

The Dougy Center (2000, 2004). **35 ways to Help a Grieving Child.**

Emswiler, M.A. & Emswiler, J.P. (2000). **Guiding Your Child through Grief.** Bantam Books.

*Fitzgerald, Helen. **The Grieving Child: A Parent's Guide.**

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

Heegaard, Marge (1990). **The Drawing Out Feelings Series Facilitators Guide for Leading Grief Support Groups.** Woodland PR (goes with Heegaard's workbooks).

Hoy, William G. (2007) **Guiding People Through Grief: How to Start and Lead bereavement Support Groups.** Compass Press, available through emailing: griefresources@msn.com

Katz, R. S. & Johnson, T. A. **When Professionals Weep: Emotional And Countertransference Responses in End-of-life Care.**

Klicker, Ralph L. (2000). **A Student Dies, A School Mourns:: Dealing with Death and Loss in the School Community.** Brunner-Routledge.

Kubler-Ross, E. & Kessler, D. (2005). **On Grief and Grieving.**

Rubel, Barbara. **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) Griefwork Center Inc, New Jersey.

* Wolfelt, Alan (2005). **Companioning The Dying: A Soulful Guide For Counselors And Caregivers.**; OR (1996) **Healing the Bereaved Child: Grief Gardening, Growth Through Grief, and Other Touchstones for Caregivers.**; OR (2001) **Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends & Caregivers.** OR **Healing Grief at Work: 100 Practice Ideas After Your Workplace Is Touched By Loss.**

*Worden Ph.D., J. William (2001). **Children and Grief: When a Parent Dies.** The Guilford Press.
OR (2008) **Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner. (4th edition).** Springer Publishing Company.



Books for Death of a Pet:

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

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

Sibbit, Sally. "Oh Where has my Pet Gone?": a pet loss memory book. Ages 3-10

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

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

Wolfelt, Alan (2004). When Your Pet Dies: A Guide to Mourning, Remembering, and Healing.