



## Book List

These are books we've read and endorse and books that others have found helpful and shared with us. Books are arranged by age and type of loss. Loss due to divorce is currently mixed in with loss due to death. We hope you find this list helpful.

If you are a concerned adult wanting to help a child in your life cope with loss, you can't go wrong reading any book by Alan Wolfelt or Earl Grollman. Maria Trozzi's book "Talking with Children About Loss" is also excellent. Any book or resource written by the Dougy Center ([www.dougy.org](http://www.dougy.org)) is endorsed by Good Grief.

If you know of a book you feel should be on our list, please contact us at [info@good-grief.org](mailto:info@good-grief.org).

### **Preschool to Early School Age**

**Where's Jess?**, by J. Johnson - In this picture book, a mother and father answer in simple and comforting ways a young child's questions about death and the death of their new baby.

**About Dying: An Open Book for Parents and Children Together**, by Sara Stein - This book teaches about death, funerals, burial, and remembering by telling the story of two siblings who experience the death of a pet bird, and who later experience the death of their grandfather. It also features text for parents to help them deal with questions and issues children may have.

**The Empty Place: A Child's Guide through Grief**, by Roberta Temes  
In this book, a young boy talks about how empty he feels since his sister died and talks with a baby sitter who had a similar experience. It touches on guilt, lack of interest in old activities, and changes in parental behavior.

**I Had a Friend Named Peter - Talking to Children about the Death of a friend**, by Janice Cohn

**The Dead Bird**, by Margaret Brown



**When Dinosaurs Die: A Guide to Understanding Death**, by Laurie Brown

### **Preschool to School Age**

**Sad Isn't Bad - A Good-Grief Guidebook for Kids Dealing With Loss**, by Michaelene Mundy. About the death of a grandparent.

**It's Not Your Fault KoKo Bear: A Read Together Book for Parents and Young Children During Divorce**, by Vicki Lansky - Great for children ages 3-7 who are experiencing a divorce in their family

**The Fall of Freddie the Leaf**, by Leo Buscaglia

This book shows the seasons of life using the story of Freddie the Leaf, who falls from the tree in autumn. It explains that leaves do not come back to life and that death is not the same as sleep.

**Thumpy's Story: A Story of Love and Grief Shared by Thumpy, the Bunny**, by N. Dodge - This book tells a simple story with soft, expressive illustrations of two rabbit parents who help their surviving child by dealing sensitively with fears and questions. It is designed to help children and parents express their own grief, and is available as a coloring book and a workbook in which the child can write and draw.

**Lifetimes: A Beautiful Way to Explain Death to Children**, by Bryan Mellonie and Robert Ingpen - This book talks about the various lengths of life spans for plants, animals, and people and says that dying is very much a part of living. It explains that there is a beginning and an end with living in between, and that sometimes things are too hurt or ill to continue living, so they die.

**The Tenth Good Thing about Barney**, by Judith Viorst - This book tells the story of a cat who dies and is buried. The child and father discuss heaven, and later they plant seeds in the garden. The father explains that Barney will become part of the ground and help plants grow, which they decide is a pretty good job for a cat.

**I Don't Want To Talk About It** by Jeanie Franz, A story about divorce for young children



**Dinosaurs Divorce: A Guide for Changing Families** by Laurene Krasny Brown and Marc Brown - Help children to understand divorce and all the other changes that go along with it.

### **School Age**

**Today My Sister Died**, by Ronee Domske

This is a story narrated by an older sister who lost a 3 and 1/2-year-old sister in an accident. She shows how to deal with things by discussing her relationships with her brother and parents, and by exploring the feelings that come about during funeral planning, holidays, doing things with friends, getting a family picture taken, and remembering.

**The Magic Moth**, by V. Lee

This book tells the story of a 10-year-old girl with a heart defect and the impact her death has on her family. It is told from the perspective of her six-year-old brother, describing with compassion and realism his thoughts, feelings, anger, questions, uncertainties, and confusion.

**I Don't Want To Talk About It** by Jeanie Franz, A story about divorce for young children

**Children are Not Paper Dolls**, by E. Levy

This book tells about the wide variety of reactions and feeling from children who have lost a sibling. Pictures, poems, and quotes from bereaved siblings look at funerals, families, friends, school, holidays, and feelings.

**My Twin Sister Erika**, by I. Voge

(Harper and Row, 1976)

School age.

This story expresses the feelings of love and rivalry between twin sisters and the strong feelings of loss when one dies.

**Aarvy Aardvark Finds Hope**, by Donna O'Toole

School age.

In this book, Aarvy the Aardvark is befriended by Ralphy Rabbit, who helps Aarvy work through stages of grief by telling him about how he felt when his sister died.

**The Old Dog**, by Sara Abbott



**Nanna**, by Jennifer Bartoli

**When People Die**, by Joanne Bernstein and Stephen Gullo

**About Dying**, by Sara Bonnett Stein

### **Late School Age to Adolescent**

**Beat the Turtle Drum**, by by C. Green

This book tells the story of two sisters who are great friends and the anger, guilt, and sadness one of them feels when the other is suddenly killed by an accidental fall from a tree.

**Bridge to Terabithia**, Katherine Paterson

**How it Feels When a Parent Dies**, by Jill Krementz

**To Hell with Dying**, by Alice Walker

**Season of Discovery**, by Gloria Gldreich

**Bubba, Me and Memories**, by Barbara Pomerantz

**The Happy Funeral**, by Eve Bunting

**First Snow**, by Helen Coutant

**The Mountains of Tibet**, by Mordicai Gerstein

### **Adolescent**

**Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love**, by E. Grollman

This book speaks to teens in a way that acknowledges their feelings, promotes discussion and offers hope.

**When a Friend Dies- A Book for Teens about Grieving and Healing** by Marilyn Gootman



**Losing Someone You Love: When a Brother or Sister Dies**, by E. Richter

In this book, 15 young people who have lost a brother or sister share their grief experiences. With honesty and courage, they talk openly about how the death occurred, their feelings, and their difficulties adjusting at home and at school.

**Angel Catcher: A Journal of Loss and Remembrance**, by Kathy and Amy Eldon - A unique and sensitive guide designed to help teens overcome the loss of a loved one. Helps one to celebrate the life of a loved one. A place to write, draw and place photos to capture memories.

**Facing Change: Falling Apart and Coming Together Again in the Teen Years**, by Donna O'Toole

**Say Goodnight, Gracie**, By Julie Deaver

**Shira: A legacy of Courage**, by Earl Grollman

**Tiger Eyes**, by Judy Blume

**How it Feels When a Parent Dies**, by Jill Krementz

**For Adults**

**Healing the Bereaved Child: Grief Gardening, Growth Through Grief and Other Touchstones for Caregivers**, by Alan D. Wolfelt, Ph.D.

**Bereaved Children and Teens: A support Guide for Parents and Professionals**, edited by Earl Grollman

**Talking With Children About Loss**, by Maria Trozzi  
Words, Strategies, and Wisdom to Help Children Cope With Death, Divorce and Other Difficult Times.

**When Children Grieve – For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses**, by John James and Russell Friedman

**Parenting Through Crisis**, by Barbara Coloroso

**Guiding Your Child Through Grief**, by Mary Ann and James Emswiler



**Talking about Death – A Dialogue between Parent and Child**, by Earl Grollman

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

**Life and Loss: A Guide to Helping Grieving Children**, by Linda Goldman

**Never the Same – Coming to Terms with the Death of a Parent**, by Donna Schuurman

**Motherless Daughters – The Legacy of Loss**, by Hope Edelman

**On Grieving the Death of a Father –** by Harold Ivan Smith

**The Loss That Is Forever: The Lifelong Impact of the Early Death of a Mother or Father –** By Maxine Harris

**Helping Children Cope with Separation and Loss**, by Claudia Jarratt

**Healing a Child's Grieving Heart – 100 Practical Ideas for Families, Friends and Caregivers**, by Alan D. Wolfelt

**Children and Grief: When a Parent Dies**, by William Worden

**On Grief and Grieving**, by Elizabeth Kubler-Ross and David Kessler

**The Grief Club** by Melody Beattie - Part memoir, part self help book, part journalism, Beattie shares her own experiences with the loss of a 12 year old son, divorce, and drug addiction.

**When Bad Things Happen to Good People** by Rabbi Kushner  
For adults who are suffering loss and grief.

**Caring for Your Grieving Child: Engaging activities for Dealing With Loss and Transition**, by: Martha Wakenshaw

Playing with your child is the best thing you can do to help your child heal from grief. Fun exercises that will help child work through feelings of loss and sorrow. A great resource for children

**Talking to Children about Separation and Divorce: A Handbook for Parents** by Risa Garon and Barbara Mandell - Useful and practical advice to survive separation and divorce with children. Gives a good roadmap through challenges of supporting children through family change.



### **Sibling Loss:**

**The Empty Room** by Elizabeth DeVita-Raeburn

### **Loss of Child**

**The Bereaved Parent** by Harriet Sarnoff Schiff

Very reassuring and helpful and tells the truth about living through the loss of a child.

**Beyond Tears: Living After Losing a Child** by Ellen Mitchell, Carol Barkin, Audrey Cohen, and Lorenza Colletti

**Love Never Dies: A Mother's Journey from Loss to Love** by Sandy Goodman

**A Broken Heart Still Beats: After Your Child Dies** by Anne McCracken and Mary Semel

**Stars In The Deepest Night: After the Death of a Child** by Genesse Bourdeau Gentry

**Saving Graces - Finding Solace and Strength from Friends and Strangers,** by Elizabeth Edwards

**How To Survive the Loss of A Child** by Catherine Snaders

**The Worst Loss** by Barbara Rosof

### **Loss of Spouse:**

**Mourning and Dancing** by Sally Miller

**Widow to Widow** - Genevieve Davis Ginsburg - Thoughtful, Practical Ideas for Rebuilding Your Life

### **Loss due to Suicide**

**No Time to Say Goodbye,** by Carla Fine

**After A Parent's Suicide: Helping Children Heal** by Margo Requarth  
How to explain suicide to children and how children grieve, how grief impacts



adolescents and more.

**But I Didn't Say Goodbye: For parents and professionals helping child suicide survivors** by Barbara Rubel A great resource to help children deal with the difficult and often hidden and stigmatizing after effects of suicide.

**After A Suicide: A Workbook for Grieving Kids** by The Dougy Center - A great workbook for children.

### **Sudden Death:**

**I Wasn't Ready to Say Goodbye: surviving, coping and healing after the sudden death of a loved one** .Shows grieving readers how to endure, survive and grow from the pain and turmoil surrounding human loss. By: Brook Noel and Pamela Blair

### **Violent Death**

**A Grief Like No Other. Surviving the Violent Death of Someone You Love.**  
By Kathleen O'Hara

Violent death includes: suicide, drug overdose, death by vehicular homicide and drunk drivers brings to survivors a different kind of grief. A valuable and important resource for victims and survivors.

**Living With Grief After Sudden Loss: Suicide, Homicide, Accident, Heart Attack**, Hospice Foundation of America . Edited by Kenneth Doka

### **Men and Grief:**

**Grief Quest: Men Coping With Loss**, by Robert Miller- A map for men seeking to heal their grief.

### **Childhood Sexual Abuse**

**The Me Nobody Knows** by Barbara Bean and Shari Bennett  
A Guide for Teen Survivors

For teens who have been abused and don't know where to turn. Shows survivors how to cope.

## **Pet Loss**

**Finding Peace After the Loss of a Loved Animal Companion** by Diane Pomerance - This book is written with care and compassionate wisdom that helps children and adults alike find an awareness of eternal life and peace. A must read for anyone grieving the loss of a pet.

**When a Pet Dies** by Fred Rogers - A way to help children deal with loss of a loved pet

## **Inspiration**

**Gifts From the Broken Jar: Rediscovering Hope, Beauty and Joy.** by PJ Long, A book that will help or inspire those who are navigating through their own darkness.

**Tuesdays With Morrie** by Mitch Albom -A story of a writer getting a second chance to discover life through the death of a friend.

**Letters to Sam- A Grandfather's Lessons on Love, Loss and the Gifts of Life,** by Daniel Gottlieb - Dr Gottlieb shares the wisdom he has derived from living in a wheelchair, battling his own inner demons and practicing psychology for the past 35 years. A gift to all families.

**A Grace Disguised: How the Soul Grows through Loss** by Jerry Sittser - A tragic accident introduced the author to loss of a magnitude few of us encounter. This book is about the grace that can transform us in the midst of sorrow. For those experiencing loss, A Grace Disguised offers a compassionate, deeply affirming message of hope, richness in living, and joy not after the darkness, but even in the midst of it