



Resources for Families Coping with Loss

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Younger Children's Books

A guide to helping younger children cope with the loss of someone special

(AGES 4-8)

Nana Upstairs & Nana Downstairs. Tomie DePaola. Putnam Publishing Group, 2000. After the death of his beloved great-grandmother, a young boy learns that she will live on in his memory forever.

When Dinosaurs Die: A Guide to Understanding Death. Laurie Krasny Brown and Marc Brown. Little, Brown and Company, 1996. A multicultural look at dying and the customs that surround it.

Lifetimes: The Beautiful Way to Explain Death to Children. Bryan Mellonie and Robert Ingpen. Bantam, 1983. Explains life and death of plants, animals and people in terms of beginning, ending and living in between.

What Is Death? Etan Boritzer. Veronica Lane Books, 2000. The author talks about what different cultures do with a loved one after death, different belief systems and how death is viewed by varied cultures.

What's Heaven? Maria Schriver. Golden Books Adult Publishing, 1999. This book is for people of all faiths. It is a starting point for parents who must talk about this difficult topic with children and supports explaining different beliefs.

Saying Goodbye to Daddy. Judith Vigna. Albert Whitman & Company, 1991. This is a good resource for when a child loses a parent suddenly. It gently discusses the finality of death in a way that decreases fear in a child. As well, it discusses funerals and how to prepare a child for what to expect.

Saying Goodbye to Grandma. Jane Resh Thomas. Clarion Books, 1988. This is a good resource for when a child loses a grandparent. It will assist the parent in explaining death and what happens during a memorial service and funeral.

Where is Grandpa? TA Barron. Putman Juvenile, 2001. A gentle story of young boy's grief after the death of his grandfather. It focuses on telling the happy memories of his grandfather, as well as helping children understand where people may go after they die.

Poppy's Chair. Karen Hesse. Scholastic, 2000. Explains death from a child's perspective.

I Miss You: A First Look At Death. Pat Thomas. Barron's Educational Series, 2001. This book helps children better understand that death is a natural part of life and that grief and loss are normal feelings they may experience.

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss. Michaelene Mundy. Abbey Press, 1998. This will answer questions children may have when dealing with the death of an immediate family member.

Older Children's Books

A guide to helping older children cope with the loss of someone special

(AGES 9 +)

Healing Your Grieving Heart for Teens: 100 Practical Ideas – Simple Tips for Understanding and Expressing Your Grief. Alan D. Wolfelt. Companion Press, 2001. This book is a lifeline for grieving teens. It reminds the teen that they must express the grief to heal and shows them how to mourn. It will teach the teen how to live and love well again.

I Wasn't Ready to Say Goodbye. Brook Noel and Pamela Blair. Sourcebooks, 2001. This book and companion workbook for surviving, coping and healing after the sudden death of a loved one.

I Will Remember You. What to do when Someone You Love Dies: A guidebook through grief for Teens. Laura Dower. Tandem Library, 2001. This guide can help you explore grief through real life stories and creative hands-on exercises.

Straight Talk About Death for Teenagers: How to cope with losing someone you love. Earl A. Grollman. Beacon Press, 2000. This book explains what to expect when you lose someone you love.

Teenagers Face to Face with Bereavement. Karen Gravelle and Charles Haskins. iUniverse, 1998. Young people express feelings of anger, pain and guilt as they come to terms with the death of a parent, sibling or close friend.

Healing Your Grieving Heart for Teens: 100 Practical Ideas. Alan D. Wolfelt. Companion Press. Companion Press, 2001. Provides ideas and action oriented tips that teach the basic principles of grief and healing.

When A Friend Dies: A Book for Teens About Grieving and Healing. Marilyn E. Gootman and Pamela Espeland. Free Spirit Publishing, 2005. This book speaks directly and simply to anyone who has suffered the loss of a friend.

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ADULT BOOKS

A guide for parents and caregivers in supporting and better understanding children after the loss of someone special

Guiding Your Child Through Grief. M. Emswiler. Bantam, 2000. Identifies typical grief reactions by age.

The Grieving Child: A Parent's Guide. Helen Fitzgerald. Simon & Schuster, 1992. A practical and compassionate book that offers advice on how to help a child cope with the death of a parent or loved one.

Parenting Through Crisis: Helping Kids in Time of Loss, Grief and Change. B. Coloroso. Harpers Resources, 2001. Sooner or later, all families are faced with crisis. This book provides information on how to cope with different crises, including death.

Helping Children Cope With Death. Donna Schurman. The Dougy Center for Grieving Children, 1998. A guidebook that provides a comprehensive overview of how children grieve and suggestions to support them.

Helping Children Grieve: When Someone They Love Dies. Theresa Huntley. Minneapolis: Augsburg Fortress Publishers, 1991. This straight forward book helps adults talk to children in meaningful ways, to nurture their faith and build emotional strength during a time of crisis. Explains common reactions of children of all ages.

Talking About Death: A Dialogue Between Parent and Child. Earl A. Grollman. Beacon Press, 1990. A compassionate guide for adults and children to read together. Includes read-along stories, answers to questions children often ask about death and a list of resources and organizations.

35 Ways to Help A Grieving Child. The Dougy Center for Grieving Children, 1999. Learn about behaviors and reactions to expect from children, ways to create safe outlets for kids and how to be supportive during this difficult time.

CHILDREN'S VIDEOS

Good Grief Charlie Brown. (2002). NR rating. Linus and the twisted tale of his security blanket. Everything bad happens and yet, Linus can't give up the blanket.

After the Tears: A Gentle Guide to Help Children Understand Death. (2000). G. Rating. Children are taught about death, the process of death, what it means to grieve and how our faith will sustain us in difficult times.

Lion King. (1995). G. Rating. Lion cub is sent to exile after his father is killed by a rival uncle. The little hero finds his way to the "circle of life" with new friends.

Ice Age. (2002). G. Rating. A team of "sub zero heroes" band together to save a human infant after the death of his mother.

Finding Nemo. (2003). G Rating. After the sudden death of his mother, Nemo is later captured by a scuba diver. His father, a nervous nellie clownfish sets off in the vast ocean to find him.

Brother Bear. (2003). G Rating. After a hunter kills a bear, he becomes a bear himself and is hunted by his own older brother. The focus in on the relationship between the hunter and the orphaned bear.

Jack Frost. (1998). PG Rating. After his sudden death, a father comes back as a snowman to help his family heal.

Teen Videos

Two Brothers. (2004). PG Rating. These cubs are separated shortly after their birth, when their father is killed by hunters. The story depicts their difficulties with life following the death.

Raising Helen. (2004). PG-13 Rating. A successful fashion designer gains custody of her sister's children after a sudden death.

Big Fish. (2004) PG-13 Rating. A young man who never really knew his dying father, sits at his bedside and recollects memories of his youth.

A Walk to Remember. (2002). PG Rating. Two teens, from different backgrounds fall in love and soon realize that forever is unlikely as one teen is diagnosed with terminal cancer.

Here on Earth. (2000). PG Rating. Romance develops between two teens when she is diagnosed with a terminal illness.

Websites

www.centerforloss.com

www.childrensgrief.net

www.griefnet.org

www.dying.about.com

www.aboutourkids.org

www.growthhouse.org

www.kidsaid.com

www.bereavementmag.com

www.royalhospitals.org (excellent articles on children and developmental stages of grief)

www.barrharris.org (bibliography of personal resources and books for children and adolescents)