



## Suggested Resources

### *Children Dealing with Grief and Loss: Ages 3-8 years*

#### ***STORY BOOKS***

Baumgart, Klaus. **Laura's Star**

A hopeful storybook that deals with loss and encourages talking about feelings.

Bunting, Eve. **Rudi's Pond**

A story about a young friend that dies from congenital heart problems.

Brown, Marc & Brown, Laurie Krasny. **When Dinosaurs Die- A Guide to Understanding Death** From the creator of *Arthur*. A practical and enticing story-book for ages 3-12 years.

Cain, Janan. **The Way I Feel**

Feelings come and go, sometimes when we least expect it. Ages 4-8 years.

Curtis, Jamie-Lee. **Today I Feel Silly**

Helps children identify a variety of feelings.

dePaola, Tomi. **Nana Upstairs, Nana Downstairs**

A story about a grandmother and great-grandmother living in the same house.

Dickerson, Julie. **Grandpa's Berries**

A granddaughter remembers her grandpa. A gentle way to learn about the life cycle.

Douglas, Eileen. **Rachel and the Upside Down Heart**

A mom and child grieve and adjust to changes after the child's dad dies.

Emborsky, Jane. **Caroline**

A story about a dad that dies and a young girl's experience at the funeral, seeing the open casket and the feelings that accompany loss. For ages 6-10.

Emberly, Ed & Miranda, Anne. **Glad Monster, Sad Monster**

This joyful and useful book enables children and adults to discuss feelings by using colorful masks that pop-up.

Fox, Mem. **Tough Boris**

An easy to read story about Boris the tough pirate who cries when his parrot dies. Ages 4-7 years.

Godwin, Patricia. **I feel Orange Today**

A cute story that connects feelings with feelings and life.

Greenlee, Sharon. **When Someone Dies**

A gentle story for ages 5 and up that focuses on the unanswerable questions about death and feelings of grief.

Hanks, Bernice. **Green Mittens From Grandma**

A young child remembers all the wonderful things about his grandmom.

Hanson, Warren. **The Next Place**

A magically illustrated book that encourages imagination and conversation. All ages.

Hazen, Barbara Shook. **Why did grandpa have to die?**

A child struggles to understand when a grandfather gets sick and dies.

- Hodge, John. **Finding Grandpa Everywhere**  
A young child discovers memories.
- Jerome, Karen. **If Nathan Were Here**  
A sensitive and honest story about a child's best friend that dies and the people who help him get through grief. Ages 4-8 years.
- London & Long. **Liplap's Wish**  
A bunny wishes that his grandmother could return. For ages 4-7 years.
- Marshall, Bridget. **Animal Crackers**  
A child remembers her granny. Deals with aging and memory loss.
- Mellonie & Ingpen. **Lifetimes**  
A story about the process of life. Especially useful for ages 4-7 years.
- Mills, Joyce. **Gentle Willow- A Story for Children about Dying**  
Uses a squirrel's friendship with a tree to describe the dying process and feelings of loss.
- Mr. Rogers. **When A Pet Dies**  
Helpful book for young children in classic Mr. Rogers style.
- O'Toole, Donna. **Aarvy the Aardvark Finds Hope**  
For children 8 and up. Deals with loss of a mother, grieving, saying goodbye and playing again.
- Palmer, Pat. **I Wish I Could Hold Your Hand**  
Helps children deal with the pain of loss. Including; divorce, death and a friend moving away.
- Powell, Sandy. **Geranium Morning**  
A book about grief for children ages 7-10 years. Two children deal with the death of a parent, one in an accident, one through illness. Includes; guilty feelings, regret and isolation.
- Rylant, Cynthia. **Dog Heaven**  
A whimsical story about what animals and people do in Heaven. For ages 3+.
- Seauss, Dr. **My Many Colored Days**  
A story that relates colors to feelings and relays the message that we all have a variety of emotions, and that's ok.
- Sheppard, Caroline. **Brave Bart**  
When a very bad, sad and scary thing happens to a cat. Encourages communication. Deals with understanding and coping. For ages 6-12 years. Discussion guide for therapists. Optional-puppet.
- Turner, Barbara. **A Little Bit of Rob**  
A heart-warming story about a girl's brother that died. Deals with children trying to keep their grief-related feelings from their parents.
- Varley, Susan. **Badger's Parting Gifts**  
Badger's friends are sad when he dies, but cherish the legacies he leaves.
- Viorist, Judith. **The Tenth Good Thing About Barney**  
A cat dies and a young boy remembers good things about his life.
- Wunsch, Jane. **After the Funeral**  
Deals with feelings and events that often occur over time. A variety of situations.
- Wood, Audrey. **Quick as a Cricket**  
A brief, whimsical story for young children that identifies actions and feelings and connects the images with animals.

## ***ACTIVITY BOOKS***

Boulden, Jim and Joan. **Good-bye Forever**

Coloring book for ages 3-6 years that deals with what happens when people die & feelings.

Boulden, Jim and Joan. **Saying Good-bye**

Coloring book for ages 6-10 years that deals with death, feelings awareness and remembrance.

Eldon, Amy. **Angel Catcher for Kids**

A journal to help children remember the person who died. Ages 7-12 years.

Gaines-Lane, Gretchen. **My Memory Book**

Workbook and journal that helps children explore their feelings.

Goldman, Linda. **Bart Speaks Out**

Workbook for ages 7-12 years that attempts to break the shame and silence associated when a loved one dies from suicide.

Grollman and Johnson. **A Child's Book About Burial and Cremation.**

Journal style workbook. Simple wording that is helpful for all ages, including adults.

Heegard, Marge. **When Someone Very Special Dies**

Activity book for ages 5 and up that helps children understand death and find healthy ways to cope.

Levine, Jennifer. **Remembering Special Days**

Workbook that focuses on remembering and living with changes. For ages 4 and up.

Salloum, Alison. **Reactions**

A workbook for ages 8 and up who are experiencing trauma and grief.

Silverman, Janis. **Help Me Say Goodbye**

Activities for all ages that help kids cope when a special person dies.

Wolfelt, Alan. **How I Feel**

A coloring book for younger grieving children.

Zotovitch, Katherine Dorn. **Good Grief For Kids**

A journal to help children cope with their grief during times of loss. Parent info, including child development and grief, suggested reading and space for kids to color/journal. Ages 6-12 years.

***Hoping Skills Company Sympathy Gift & Resource Center***

140 Elliott Street Suite 5 • Beverly, MA 01915 • USA

Phone: 978.921.2237 • 1.888.815.HOPE • Fax: 978.921.2239

Email: [Info@hopingskills.com](mailto:Info@hopingskills.com) • [www.GriefGifts.com](http://www.GriefGifts.com)