



1-888-815-HOPE

CHILDREN'S GRIEF RESOURCES

Death of a Parent or Caregiver

Adults Helping Children

Donner, Chris. **Confronting the Cow**

Author shares his experience of how he and his children dealt with their grief after his wife died from breast cancer.

Emswiler, Mary Ann & Jim. **Guiding Your Child Through Grief**

Guides parents through the experience of helping children while dealing with uncertain and helpless feelings. Deals with many grief and loss issues, including; complicated mourning, step parenting and several types of death related situations.

Fitzgerald, Helen. **The Grieving Child**

Easy to read, separated into bold heading paragraph style. For parents, teachers and professionals helping children grieve.

Fitzgerald, Helen. **The Grieving Teen**

Discusses the specific issues of a grieving teen.

Garth, Maureen. **Sunshine. Starbright. Moonbeam. The Inner Garden.**

Meditations for children to discover inner strength, be freed from worries and experience peace.

Grollman, Earl. **Straight Talk About Death for Teenager: How to Cope with Losing Someone You Love.** Practical advice for helping teens.

Harris, Maxine. **The Loss That Is Forever**

The Lifelong Impact of the Early Death of a Mother or Father

A comprehensive book that describes the impact of childhood loss through stories, and events.

Hoping Skills Company, LLC **A GUIDE BOOK to HELP YOU PREPARE CHILDREN and TEENS for WAKES, FUNERALS and MEMORIAL SERVICES Includes Typical Grief Responses and Answers to Tough Questions Children and Teens May Ask You About Death**

Johnson & Roberts. **Thank-you for Coming to Say Good-bye**

Sensitive and helpful information on what to do before, during, and after remembrance services.

Kroen, William. **Helping Children Cope with the Loss of a Loved One: A Guide for Grownups.**

Explains children's perceptions and reactions- grief and loss. Specific strategies for infants-teenagers.

Rando, Therese. **Grieving: How To Go On Living When Someone You Love Dies.** Discusses almost every facet of loss. Includes types of loss and coping skills for continuing your life after a loss.

Trozzi, Maria. **Talking with Children About Loss: Words, Strategies and Wisdom to Help**

Information about several types of loss, separated into its own individual chapters.

Wolfelt, Alan. **Helping Children Cope with Grief**

Practical suggestions that deal with emotional, physical and behavioral grief responses.

Worden, J. William. **Children and Grief- When a Parent Dies**

Identifies risk factors, interventions and resources.

www.GriefGifts.com

Meaningful Products and Compassionate Services

Activity Books for Children

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

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

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

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

Capacchione, Lucia. **The Creative Journal for Teens- Making Friends with Yourself**

Easy techniques for teens to write and express themselves through writing and art.

Conlin, Jayan Landry and Butler, Maria. **Nat's Story- A story of grief, hope and recovery after a suicide.**

For ages 8+. Workbook that discusses common feelings, questions and emotions after a suicide.

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 which attempts to break the shame and silence, which is often an issue 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.

Traisman, Enid. **Fire in my Heart, Ice in my Veins**

Journal for teens dealing with the death of someone close to them.

Wolfelt, Alan. **How I Feel**

A coloring book for younger grieving children.

Wolfelt, Alan. **The Healing Your Grieving Heart Journal for Teens**

A very inclusive book-style journal that encourages teens to write down their responses to questions about their grief.

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

A journal to help children cope with their grief during times of loss. Good parent information on child development and grief and suggested readings. Space for kids to color/journal. Ages 6-12 years.

Books for Children

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

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

Brown, Marc and 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.

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 years.

Krementz, Jill. **How It Feels When A Parent Dies**

Personal stories about children ages 7-16 years.

Heegard, Marge. **Coping with Death and Grief**

For ages 10-14 years. Children tell stories and learn about death and grieving. Suggestions for adults helping children with anger management.

Hanson, Warren. **The Next Place**

A magically illustrated book that encourages discussion and using your imagination. All ages.

Mellonie & Inngen. **Lifetimes**

A story about the process of life. Especially useful for ages 4-7 years.

Napoli, Donna. **Flamingo Dream**

A creatively illustrated book about a father who dies from cancer and is cremated. Ages 6-12.

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 and one through illness. Includes; guilty feelings, regret and isolation.

Rylant, Cynthia. **Dog Heaven**

Cat Heaven

Two different whimsical stories about what animals and people do in Heaven. For ages 3 and up.

Sheppard, Caroline. **Brave Bart**

When a "very bad, sad and scary" thing happens to a cat. Encourages communication between adult and child. Deals with understanding and coping. For ages 6-12 years. Discussion guide for therapists.

Optional-puppet may be purchased.

Wunsch, Jane. **After the Funeral**

Deals with feelings and events that often occur over time. A variety of situations.

Books for Teens

Buckingham & Huggard. **Coping with Grief**

Helps teens identify, cope with, and deal with grief and loss.

Canfield, Hansen & Kirkberger. **Chicken Soup for the Teenage Soul**

Wonderful short and encouraging stories for teens.

Dower, Laura. **I Will Remember You:**

What to do when someone you love dies. A Guidebook Through Grief for Teens

A grief journal and book all in one. Explores what life and death mean to an individual, special rituals, teen issues and grief related feelings and emotions.

Fitzgerald, Helen. **The Grieving Teen**

Non-threatening resource book for teens that is divided into easy to read-quick reference topics.

Fry, Virginia. **Part of me Died, Too**

Stories of other children and teens who have experienced a variety of losses. Creative self-help strategies for dealing with loss.

Gootman, Marilyn E. **When a Friend Dies: A Book for Teens About Grieving and Healing**

A short book that normalizes the many emotions teens often experience after a loss.

Grollman, Earl. **Straight Talk About Death for Teenagers: How to Cope With Losing Someone You Love**

A classic version to help teens cope with death and recognize/acknowledge their grief.

Heegard, Marge. **Coping with Death and Grief**

For ages 10-14 years. Children tell stories and learn about death and grieving. Suggestions for adults helping children with anger management.

O'Toole, Donna. **Facing Change**

Helpful information for teens about coping, understanding and healing through loss.

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