

# PATHWAYS CENTER

## for GRIEF & LOSS

### BIBLIOGRAPHY FOR BEREAVED CHILDREN

- Brown, Laurie and Brown, Marc. **When Dinosaurs Die - A Guide to Understanding Death.**  
In a quiet, unthreatening manner, this book is an excellent resource for children and families to read together.
- Bunting, Eve. **The Memory String.**  
A girl named Laura cherishes a string made of buttons from her family members including buttons of her deceased mother. It's up to Laura to learn to remember her mother while beginning to make new memories with her family, including those with her step-mother.
- Burpo, Colton. **Heaven Is For Real - For Kids.**  
A little boy's astounding story of his trip to heaven and back. Based on the bestseller adult book *Heaven is for Real* and told from Colton's perspective, this book will show kids, through illustrations and first-person storytelling, that heaven is for real.
- Chissick, Michael and Peacock, Sarah. **Frog's Breathtaking Speech- How Children (and Frogs) Can Use Yoga Breathing to Deal with Anxiety, Anger, and Tension.**  
This book helps teach children four yoga breathing techniques in a fun and interactive way. The story helps to build children's awareness of their breath and how breathing can be used to deal with anger, anxiety, and tension.
- Cobb, Rebecca. **Missing Mommy.**  
This book for younger children addresses the loss of a parent from a child's point of view. The story explores the many emotions of a bereaved child, from anger and guilt to sadness and confusion. Recognizes that children are not alone and they are still a part of a loving and supportive family system.
- Cochran, Bill. **The Forever Dog.**  
The story of a boy coming to accept the death of his dog celebrates the joys of owning a pet and becomes a heartfelt guide for anyone who is coping with the loss of a loved one.
- Crist, James J. **What to Do When You're Scared & Worried: A Guide for Kids.**  
This book is a great tool for kids to use who are coping with worries and fears. It includes helpful coping techniques, education on how your body and mind work together, a special "Note to Grown-ups," and a list of helpful resources.
- Dennison, Allie, Amy, and David. **Our Dad Died- The True Story of Three Kids Whose Lives Changed.**  
A book written as journal entries by three children whose father died suddenly. The children write about the night he died, the funeral, the first week, the first year, the cemetery, their thoughts and feelings, their sadness and grief, and the future. Great book for older children and pre-teens.
- Douglas, Eileen. **Rachel and the Upside Down Heart.**  
True story of a young girl who is trying to rediscover happiness after the death of her father. She realizes that she can always keep the memory of her father alive in her heart. Excellent for all ages.

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

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Dougy Center. **After a Murder: A Workbook for Grieving Kids.**

An excellent interactive workbook that helps explain confusing elements specific to a murder such as police, media, and the legal system. Children learn that they are not alone in their feelings and experiences.

Dougy Center. **After a Suicide: A Workbook for Grieving Kids.**

An excellent interactive workbook that helps children who have been exposed to suicide to learn from other children.

Dougy Center. **Children, Teens and Suicide Loss.**

A guide book that addresses the common questions and concerns to support children and teens impacted by the suicide death of a loved one.

Hanson, Warren. **The Next Place.**

Inspirational story of light and hope in a place where earthly hurts are left behind.

Heegard, Marge. **Growing Up...And Grieving.**

This book blends brief stories and education to help older children/pre-teens have a better understanding of death, grief and the changes that often occur because of the death.

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

Practical workbook that teaches basic concepts of death and helps children understand and express their feelings.

Higginbotham, Anastasia. **Death is Stupid.**

This book offers ideas on how to talk, frankly, with children about grief and loss. It offers insight to how younger children use magical thinking to understand death and how adults can listen and answer questions about death. It also gives suggestions to help children feel connected to their loved one.

Holmes, Margaret. **A Terrible Thing Happened.**

This gently told story is for children who have witnesses any kind of violent or traumatic event, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fires. An afterword at the end of the story, for parents and/or caretakers, offer suggestions for helping traumatized children.

Johnson, Joy and Johnson, Marv. **Tell Me Papa.**

Simple stated, an excellent book that explains many of the basic questions children ask about death, funerals, the role of the funeral, and what happens to the body after death.

Kaplow, Julie and Pincus, Donna. **Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent.**

This story is about a little girl whose father died and sometimes her sadness feels so big she is afraid to feel it. She also worries about her mother and whether they all are going to be happy again someday. Through the help of a neighbor she begins to understand that it's okay to feel happy and learns how to remember her father.

Karst, Patricia. **The Invisible String.**

Specifically written to calm a child's fear of being apart from the ones they love and reminds children and adults they are never truly alone.

Kerr, Judith. **Goodbye MOG.**

A story about a family pet, MOG, who dies and continues to watch over the family as they adopt a new pet. The story offers insight into loss and new beginnings

McIntyre, Barbara Betker. **Jungle Journey: Grieving and Remembering Eleanor the Elephant.**

This story will inspire children to take a remarkable journey through the jungle after the death of their beloved Eleanor the Elephant. The story helps children confront their feelings of grief and is intended to identify healthy coping strategies.

Mellonie, Bryan and Ingpen, Robert. **Lifetimes - The Beautiful Way to Explain Death to Children.**

Explains life and death in a very simple, practical way. Helps all ages to understand the natural cycle of life.

Miller, Kathy M. **Chippy Chipmunk: Friends in the Garden.**

When Chippy's best friend, Pickle, dies, his friends in the garden help learn how to talk about his feelings and accept and feel at peace with his friend's death. Beautiful photography of animals and nature helps children experience death with sensitivity and continuity with life and death.

Moundlic, Charlotte. **The Scar.**

When his mother dies, a young boy is overwhelmed with emotions. He misses her desperately while coping with feelings of anger and worry for his father. He deals with fears of forgetting his mother until his grandmother helps him to see that his mom will always be with him.

Olivieri, Laura. **Where Are You? - A Child's Book about Loss.**

A book about a young boy after a loss trying to understand how to cope and how remembering can help to bring a sense of comfort. Great for preschool age or younger children.

Paradis, Susan. **Edna.**

Edna, a young elephant, is struggling with bad memories and worries. She learns to trust a mouse who offers help to untangle her thoughts and worries, leading Edna to feel more hope and joy.

Penn, Audrey. **The Kissing Hand.**

Told through the eyes of Chester the Raccoon as he anticipates his first day of school, this story is for any child who is coping with separation from a loved one.

Petsel, Barb. **Remembering Grandma's Hugs.**

This book helps families to talk openly to children about death and offers a way to open the door to celebrate memories about the person who died.

Ray, Melody. **Someone I Love Died from a Drug Overdose.**

A workbook for young children that offers brief, honest language to help adults talk to children about a loved one's death from a substance overdose and offers explanations on why someone may abuse drugs.

Ringved, Glenn. **Cry, Heart, But Never Break.**

A sensitive story about learning to say good-bye to those we love. This book shows children that death is a natural part of life – both necessary and inevitable.

Rylant, Cynthia. **Dog Heaven.**

A book about the loss of a pet and the beautiful interpretation of what heaven looks like for a dog. Great book for children who have experienced any loss and to encourage them to talk about what heaven would be like for their loved one.

Schwiebert, Pat and DeKlyen, Chuck. **Tear Soup.**

As comforting to adults as it is to children, this wonderfully illustrated story affirms and educates while bringing comfort and helping to fill the void that occurs after a significant loss.

Schwiebert, Pat. **We Were Gonna Have a Baby, But We Had an Angel Instead.**

A book for families who have experienced a miscarriage or still birth. It also has a great piece at the end for parents on how to help their children continue to cope with this loss.

Silverman, Janis. **Help Me Say Goodbye- Activities for Helping Kids Cope When a Special Person Dies.**

A workbook for children that provides a safe place to write about feelings, remember their loved one, and also provides some education to help answer their questions about death.

Simon, Norman. **The Saddest Time.**

The deaths of an uncle, classmate and grandmother are addressed. Each section preceded by a poignant introduction.

Sutton, Carol. **Double or Nothing.**

This is a story about a 12 year old girl and her path of healing after the death of her father. The story reminds us that it is normal to have many different feelings after a loss and that memories help keep us connected to our loved ones. Good story for older children/pre-teens.

Smid, Emmi. **Luna's Red Hat.**

Luna's mother died by suicide one year ago and she continues to struggle to understand why and feels guilty that it may have been her fault. Her father offers simple and honest answers to help her better understand why her mother died, that her death was not Luna's fault and how memories can help her feel connected to her mother. A good book for children 6 years old and older who have experienced a suicide loss.

Tanguald, Christine Harder. **Someone I Love Died.**

This book addresses the death of a loved one through a Christian perspective. Includes a faith parenting guide, provides helpful and personal activities for the child, and addresses questions a child may have and gives honest answers.

Taylor, Lauren and Taylor, Randy. **I Miss My Brother.**

This book is told through the eyes of a little girl whose younger brother died in a car accident. She shares her feelings and thoughts as she tries to understand his death and how to cope.

Thomas, Pat. **I Miss You- A First Look at Death.**

This reassuring picture book explores the difficult issues of death for young children. Children's feelings and questions about this sensitive subject are looked at in a simple but realistic way.

Wolfelt, Alan. **Healing Your Grieving Heart For Kids - 100 Practical Ideas.**

Simple advice and activities for children after a death. Great for older school aged children and pre-teens.

Yeomans, Ellen. **Lost and Found: Remembering a Sister.**

The story of a one child's search for understanding after the death of her sister. If someone could be "lost" could they also be "found?" Dealing with her own grief and accepting the emotions of those around her this child finds her way toward healing.

Zolotow, Charlotte. **My Grandson Lew.**

Lew misses his grandfather and has pleasant dreams about him. His mother is amazed that six year old Lew remembers his grandfather. Mother and son share the loss and lessen their loneliness.