

# PATHWAYS CENTER *for* GRIEF & LOSS

## BIBLIOGRAPHY FOR BEREAVED CHILDREN

Brown, Laurie and Brown, Marc. **When Dinosaurs Die - A Guide to Understanding Death.**

An excellent resource for children and families to read together.

Bunting, Eve. **The Memory String.**

Laura learns to remember her mother while beginning to make new memories with her family, including 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.

Chissick, Michael and Peacock, Sarah. **Frog's Breathtaking Speech- How Children (and Frogs) Can Use Yoga Breathing to Deal with Anxiety, Anger, and Tension.**

Teaches children four yoga breathing techniques in a fun and interactive way to show how breathing can be used to deal with anger, anxiety, and tension.

Cobb, Rebecca. **Missing Mommy.**

Helps younger children understand the loss of a parent from a child's point of view.

Cochran, Bill. **The Forever Dog.**

The story of a boy coming to accept the death of his dog.

Crist, James J. **What to Do When You're Scared and Worried: A Guide for Kids.**

A great tool for kids to use who are coping with worries and fears. Offers kids helpful coping techniques, education on how the body and mind work together, a special "Note to Grown-ups," and helpful resources.

Delp, Leslie, M.A. **Logan's First Funeral.**

Logan, a young boy, learns that his friend has died and has questions about the funeral. This book offers language to use to explain concepts, like burial, cremation and grief to young children to help them better understand funerals, death and their feelings. Good for children ages 3-9.

Dennison, Allie, Amy, and David. **Our Dad Died - The True Story of Three Kids Whose Lives Changed.**

Written as journal entries by three children whose father died suddenly, it's a great book for older children and pre-teens.

Dobler, Marsha Ann. **A Journey with Mrs. Beens: A Children's Storybook of Greif Support.**

After Princess Jessica and Prince Michael experience the serious illness and death of their mother, Mrs. Beens takes the children on a journey to help them understand their grief and how to mourn. This book is recommended for children ages 3-9 and contains important information on how to support a grieving child.

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

True story of a young girl who tries to rediscover happiness after the death of her father as she realizes that she can always keep the memory of her father alive in her heart. All ages.

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.

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.**

Blends brief stories and education to help older children/pre-teens gain 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.**

Offers ideas on how to talk, frankly, with children about grief and loss. Addresses how adults can listen and gives suggestions to help children feel connected to their loved one.

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

For children who have witnesses any kind of violent or traumatic event. Afterword offers suggestions for helping traumatized children.

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

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. Through the help of a neighbor she learns how to remember her father and begins to understand that it's okay to feel happy.

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.**

This story offers insight into loss and new beginnings through the death of a family pet who dies and continues to watch over the family as they adopt a new pet.

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

Helps children confront their feelings of grief and identify healthy coping strategies.

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

Helps all ages understand the natural cycle of life in a simple, practical manner.

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

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. Missing her desperately while coping with feelings of anger and worry for his father, his grandmother helps him realize that his mother will always be with him.

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

After a loss, a young boy tries to understand how to cope and learns how remembering provides a sense of comfort. Great for preschool age or younger children.

Paradis, Susan. **Edna.**

A young elephant, struggling with bad memories and worries, learns to trust a mouse who offers help to untangle her thoughts and worries so she can 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.

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.

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

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.**

For families who have experienced a miscarriage or still birth and addresses how parents can help their children 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 answer their questions about death.

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

Addresses the deaths of an uncle, classmate and grandmother are addressed.

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

For older children/pre-teens and describes 12 year old girl and her path of healing after the death of her father.

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

For children six years and older who have experienced a suicide loss, 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's simple, honest answers 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.

Taché, Teana. **Turned Upside Down.**

This book is written as a conversation between a child and their loved one. It helps children understand their grief and to find positive meaning of their loved one's death. The book explores the idea that there is a continual bond of love and that the loved one's life offers a special gift to the child that will live forever in their heart.

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

Addresses the Christian perspective on the death of a loved one. Includes a faith parenting guide, provides helpful and personal activities for the child, and offers honest answers to questions a child may have.

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

For younger children, explores the difficult feelings and questions about death in a simple but realistic way.

Trabucco, Dana. **Threads to Gigi.**

Strengthens the bond between a little girl and her deceased grandmother as she dreams about her grandmother and the memories they shared.

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 grief after her sister dies and the emotions of those around her as she finds her way toward healing.

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

Lew's mother is amazed at how well her six year old remembers his grandfather. Mother and son share the loss and lessen their loneliness.

Many of these books can be borrowed from a  
Pathways Center for Grief & Loss Library at our Mount Joy or York locations.



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