BOOKS TO READ WITH CHILDREN ABOUT GRIEF & DEATH

I Miss You: A First Look at Death
Pat Thomas, Lesley Harker (Illustrator)

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct—easily accessible to younger children. There are full-color illustrations on every page. (Ages 4-7)

When Dinosaurs Die: A Guide to Understanding Death, Vol. 0
Laurie Krasny Brown, Marc Tolon Brown, Marc Brown

Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

The Fall of Freddie the Leaf: A Story of Life for All Ages
Leo Buscaglia, Leo F. Buscaglia

Originally published in the fall of 1982, the wonderfully wise and strikingly simple story of a leaf named Freddie has become one of the most popular books of our times. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with a winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.

After offering solace for a generation of adults and children alike, *The Fall of Freddie the Leaf* arrives in a classic edition with a beautiful new package that will appeal to today's readers at a time when stories of comfort and inspiration have become more important than ever.

What on Earth Do You Do When Someone Dies?
Trevor Romain, Elizabeth Verdick

Simple, insightful, and straight from the heart, this book is for any child who has lost a loved one. The author talks directly to kids about what death means and how to cope. He answers questions kids have about death--Why? How? What next? Is it my fault? What's a funeral?--in basic straightforward terms. Illustrations.

The Tenth Good Thing About Barney
Erik Blegvad (Illustrator)

Because the life cycle of animals is so short, it's usually the first death a child experiences. Fortunately, there are good children's books to help in many difficult situations. This book works better than any other book on the subject. It is the story of a small boy who is trying to understand and recover from his cat's death. The author is honest and authentic in her approach.

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss
R. W. Alley (Illustrator)

Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend.

Written by a school counselor, this book helps comfort children facing of the worst and hardest kind of reality. Full color.

Where Is Grandpa?
T. A. Barron, Chris K. Soentpiet (Illustrator), Chris Soentpiet (Illustrator)

When Grandpa dies, the whole family grieves, and his youngest grandson can't imagine life without him. Everyone has fond memories of Grandpa. His granddaughter talks about hiking the canyon with him, and his grandsons remember Grandpa climbing up to the tree house and carving pumpkins in the kitchen. But where is Grandpa now? The youngest boy thinks he knows. Grandpa is still close by, a part of all the people and places he loved.

My Grandma Died: A Child's Story about Death and Loss
Lory Britain, Carol Deach (Illustrator)

A young child talks about the emotions felt after Grandma's death. Includes a list entitled "Things I can do when someone I love dies."

Never Say Goodbye
Lea Gillespie Gant, Maryn Roos (Illustrator)

A comforting story of faith and love, *Never Say Goodbye*, whispers to children the tale of one little bunny who is led to overcome the departure of a loved one.

Lifetimes: the Beautiful Way to Explain Death to Children
Bryan Mellonie and Robert Ingpen

Lifetimes is a moving book for children of all ages. It lets us explain life and death in a caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells us about plants. About animals. About people. It tells us that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

Where Do People Go When They Die?
Mindy Avra Portnoy, Shelly O. Haas (Illustrator)

Children ask different adults and themselves about death and receive a wide variety of answers. Includes an afterward and suggestions for parents.

Saying Goodbye to Daddy
Judith Vigna

Kindergarten-Grade 3-- Through a third-person narration, readers learn of Clare's emotions after her father dies in a car accident. What she experiences are universal stages of grief, all explored realistically. Her grandfather is a strong, sensitive character who knows how to re-direct her actions. He tries to answer her questions; when he cannot, he provides her with avenues of thought. The illustrations--a combination of watercolor, colored pencil, and ink--are childlike in perspective and placed on the right-hand page, opposite the text. Overall, the drawings are competent, although the location of the pipe organ in the church is highly unlikely. The writing is weak and not at all eloquent. Grammar is questionable, word order is discordant and does not read aloud well, and there are inconsistencies in the use of action words. However, the subject is addressed in a straightforward, accurate manner, and the book will suit those who need to explain the death of a parent. Acceptable for collections that can support another book on the grieving process.

BOOKS FOR ADULTS ABOUT GRIEF & DEATH

Talking with Children about Loss: Words, Strategies and Wisdom to Help Children Cope with Death, Divorce and Other Difficult Times

Maria Trozzi, Kathy Massimini

Through captivating stories and thoughtful analysis, Maria Trozzi explains how to handle the difficult job of talking with children and adolescents about loss, with discussions about: * How children perceive and interpret events such as death, disability, and divorce * Guiding children through the four tasks of mourning * Helping children face funerals, wakes, and memorial services * Children's fears and fantasies: how they express them, and how to address them * Age-appropriate responses to children's questions and concerns * Talking to children about long-term illness, suicide, family or community tragedy, and other special situations * What to do when children won't talk about loss, and when to seek professional help.

35 Ways to Help a Grieving Child (Guidebook Series)

Dougy Center for Grieving Children

If you know a child or teen who has experienced a death, this guidebook presents you with simple and practical suggestions for how to support him or her. Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays.

When Children Grieve: For Adults to Help Children Deal With Death, Divorce, Pet Loss, Moving, and Other Losses

John W. James, Russell Friedman, Leslie Landon Matthews

Coauthors of The Grief Recovery Handbook, John W. James and Russell Friedman join with psychotherapist Leslie Landon Matthews to present When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses. This compassionate manual addresses the nature of grief, purges common myths the worst of which, the authors claim, is that time heals all wounds (only small, positive actions can heal a person, insist James, Friedman and Matthews) and encourages adults to adopt a more healthy approach to grief themselves, so that they, in turn, can help children.