



National Bereavement Resource Guide

Wherever you are
We're there for you



NEW YORK LIFE
FOUNDATION

eluna

An extensive guide to aid those in need

Wherever you are.
We are there for you.

National Bereavement Resource Guide
Sponsored by New York Life and Eluna

Wherever children and their families are grieving, and wherever they are in the grieving process, we are here to help.

New York Life is proud to partner with Eluna to provide the enclosed compilation of state and local resources—camps and grief organizations organized by state, plus books and websites for children and their families experiencing loss.

The New York Life Foundation (www.newyorklifefoundation.org) has long been focused on serving children in need. In 2008, the Foundation expanded that focus to include an initiative to help children deal with the loss of a parent, caregiver or sibling and to help parents deal with the emotional turmoil that results from the death of a close family member. We believe this comprehensive guide will provide the necessary resources and directory of services to help support grieving families in communities across the country. In addition, we've developed a bereavement website that can help—www.AChildinGrief.com.

Eluna

(elunanetwork.org) is a public, 501(c)(3) non-profit with a mission to support children and families impacted by grief or addiction. Founded in 2000 in Seattle by former MLB pitcher Jamie Moyer and child advocate Karen Phelps Moyer, Eluna was originally called The Moyer Foundation and launched a series of programs supporting thousands of children and families annually at no cost to them. Camp Erin® is the largest national network of grief programs for bereaved children and teens, Camp Mariposa® is a national addiction prevention and mentoring program for youth impacted by a family member's substance use disorder, and the Eluna Resource Center offers online tools, local referrals and personalized phone and email support for families experiencing grief, addiction and other related issues.





“Inadequate and unrealistic communication about death was the most significant situational factor in children who were having difficulty working through their grief.”

*(K. Siegel, F. Mesagno, G. Christ, “A Prevention Program for Bereaved Children”
American Journal of Orthopsychiatry, 1990)*

Bereavement Resources

Children's Books

A Birthday Present for Daniel

Juliet Rothman

A little girl's brother has died. She shares with readers what this means to her. She tries to understand her own feelings and those of her mother, father, and sister, illustrating that there are different ways that people can react when someone they love dies.

A Complete Book About Death for Kids

Earl Grollman & Joy Johnson

This friendly, inviting book for children, 6 and older gently explains death as a part of life. It offers reassurance for the confusing feelings children experience when someone dies.

A Grief Guide & Healing Workbook

Paul Alexander

The companionable texts of this workbook quietly lead into writing exercises and guided visualizations.

A Keepsake Book of Special Memories

Laurie Van-Si & Lynn Powers

This prepared book enables children to take an active role in their own healing and in gathering memories to hold for a lifetime.

A Season for Mangoes

Regina Hanson & Eric Velasquez

Sareen tells her stories of Nana's last mango season and their search for the perfect mango, but she's afraid the words won't come or that she'll begin to cry. It's only when Sareen faces her fear that she realizes it's not the sadness of Nana's death that she'll remember best but the joy of Nana's life.

A Taste of Blackberries

Doris Buchanan Smith

This book tells the story of a young boy and how he deals with the sudden death of his best friend from an allergic reaction to a bee sting.

A Terrible Thing Happened

Margaret Holms

This is a wonderful book for teachers or parents to use with younger children. It uses a fun character to show different emotions that children have after witnessing or being a part of something that is traumatic to them.

A Time to Mourn, A Time to Comfort

Rachmiel Tobesman

This is a workbook of activities, stories and explanations help children to understand their feelings and the grieving process in the Jewish community. This unique book is filled with many activities and much more, which makes it an invaluable resource for parents and children.

A Volcano in My Tummy: Helping Children to Handle Anger

Elaine Whitehouse & Warwick Pudney

Children who experience grievous losses of all kinds experience a multitude of intense emotions. Some, like anger, can be difficult to manage as the child or teen may lack competency in handling them. This book will help caring adults provide coaching and guidance to 6–15-year-olds on how they can understand and channel their anger so they can live successful, nonhurtful lives.

Aarvy Aardvark Finds Hope

Donna O'Toole

With the help of his friend Ralphy Rabbit, Aarvy Aardvark comes to terms with the loss of his mother and brother.

About Dying: An Open Family Book for Parents and Children Together

Sara Stein

This book puts death in very concrete, easy-to-understand terms for young children, starting with their common experiences and graduating to the death of a family member.

After a Murder: A Workbook for Grieving Kids

The Dougy Center Staff

An interactive workbook that helps to explain confusing elements specific to a murder.

After a Suicide: A Workbook for Kids

The Dougy Center Staff

Workbook for children who have been exposed to a suicide.

After Charlotte's Mom Died

Cornelia Spelman

After Charlotte's mother's sudden death, Charlotte and her father are devastated. A counselor helps them find ways to talk and to build hope for their futures. Realistic facial expressions and body language in the softly colored illustrations complement the clarity of this story for children, grades K–4.

After the Funeral

Jane Winch

This book offers multicultural illustrations and clear suggestions to encourage honest communication about death and dying with children. It helps young people articulate questions and identifies the feelings they often have when facing loss.

After You Lose Someone You Love

Amy, Allie & David Dennison

This is a journal that was written by three ordinary children whose lives were forever changed when one night their father died unexpectedly and suddenly. Of course, the world of this family fell apart. From these journal entries and drawings, they rework their lives until they came to realize they were moving forward on a journey called grief.

And Peter Said Goodbye

Liz Farrington

This is a story about a boy named Peter, who goes on a journey across the country to his grandfather's funeral to help him cope with his feelings about death. This is a great resource to exemplify different types of grief.

Angel Birthday

Erin Garay

A family comes up with a plan to help them grieve and celebrate their grandma's life – to host an Angel Birthday Party to celebrate their grandma's angel birthday. They buy balloons, bake her favorite cake, and create their own memorable gifts to celebrate her special day. This positive story provides families with tangible activities to heal their hearts and celebrate the life and memories of their loved ones.

Annie and the Old One

Miska Miles

This book gently explains to young children the reality and inevitability of death. The girl in this book comes to an understanding about her grandmother's death and finds new strength for herself and her family.

All Three Stooges

Erica S. Perl

This book is about Dash and Noah - two goofy, comedy-obsessed seventh grade boys – and the ripple effect of Dash's dad's suicide on their friendship. The author takes us along with Noah on his journey, tackling sensitive issues surrounding the death of a loved one—both from the perspective of supporting someone who is grieving, and as someone who is grieving.

Always and Forever

Debi Gliori and Alan Durant

When Fox dies, Mole, Hare, and Otter are devastated. They feel they will never get over their great sadness. How can life go on without him? Then slowly, the group of friends start figuring sharing dinner and stories together. They realize that in their hearts and memories, Fox is still with them and he will be – always and forever.

Always By My Side

Susan Kerner

This gentle, beautifully-illustrated picture book conveys a heart-warming message to children that even though a father is not in their lives, he is still a part of them. They will realize that they are like him in character, looks and actions; that his spirit surrounds them in their day-to-day activities, and helps make them who they are. Ages 4-8 years

Always in Your Dreams

Humberto Rodriguez

This is a bilingual book (Spanish and English) about a little girl's adventurous journey as she celebrates her relationship with her father, learns to cope with her loss, and comes to understand the power of his unconditional love of her – now and always.

Badger's Parting Gift

Susan Varley

The story of the death of a beloved old friend. As the animals talk about Badger, they remember his many skills and the kindness he showed them.

Because the Sky is Everywhere (Porque El Cielo Esta En Todas Partes)

Nancy Sharp

Liam's father dies but the truth is that Liam doesn't fully understand what this means. He wonders if his dad is hiding. Liam searches in all the obvious places until his dreams lead him to the sky where he feels his dad's presence all around him. In this sensitive and tender book, Liam learns that just as the sky is everywhere, so, too, is his father's love. Available in English and Spanish

Bereaved Children and Teens

Earl A. Grollman

Bringing together 14 experts from across the United States and Canada, *Bereaved Children and Teens* is a comprehensive guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one's death.

Birds of a Feather

Tom Crice

In this thoughtful story of grief, a young boy's life is interrupted when his grandfather dies. Suddenly his world is full of big questions and difficult emotions.

Blackberries in the Dark

Mavis Jukes & Thomas Allen

Takes place during first summer after Austin's grandfather has died. Austin and his grandmother learn how to keep memoirs of Grandpa alive — and begin some new traditions of their own.

Caring for Mama Bear

Essie Laflamme & Marie Crane-Yvon

The book provides a gentle springboard for children to talk about illness and death in a way that helps them to find comfort and hope as well as bring comfort and hope to those around them.

**Can You Hear Me Smiling?
A Child Grieves a Sister**

Aairane R. Jackson

In the powerful and touching picture book, nine-year-old Aairane talks about dealing with the loss of her sister who died at the age of 12. The book centers on the range of emotions Aairane feels while she grieves during this troublesome time.

Charlotte's Web

E.B. White

This classic novel tells the story of Wilbur, a little pig who becomes famous with the help of his clever spider friend, Charlotte, and their chatty animal neighbors. It teaches kids about the power of friendship and loyalty, and about the pain of loss; it reassures them that they will survive their seemingly survivable grief.

Checkers and Dotty: Saying Goodbye

Ellie Mruzek

Two teddy bear friends tell how they learned about saying goodbye after Grandma died. Honest, gentle explanations by their parents are combined with guided exercises to encourage young children to learn by playing.

Chester Raccoon and the Acorn Full of Memories

Audrey Penn

Chester Raccoon's good friend Skiddel Squirrel has had an accident and will not be returning - ever. Chester is upset that he won't get to play with his friend anymore. Mrs. Raccoon suggests that Chester and his friends create some memories of Skiddel, so that they will have good memories when they miss him. Chester, his brother Ronny, and their friends decide to gather at the pond, where they combine their memories and create a touching celebration of their friend's life.

Children Also Grieve: Talking About Death and Healing

Linda Goldman

The book follows the progress of Henry, the dog, through his family's loss of their grandfather. He explains how each member of the family deals with their grief and how they learn to understand it. He shows ways to heal by sharing memories, and presents a personal memory book for a child to create.

Chippy Chipmunk: Friends in the Garden

Kathy M. Miller

When Chippy, a chipmunk, experiences the death of his best friend Pickle, a meadow vole, his friends in the garden help him express his grief.

Daddy's Gone

Millie Richmond

This story steps into the shoes of a young boy whose Dad has died recently. It validates his feelings of loss and offers a slice of hope, rather than a platter of platitudes.

Daddy's Not Coming Home

Jeremy LeBon

A young boy name Christian learns that his father is not coming home from Iraq, where he was serving in the Marine Corps.

Dancing on the Edge

Kit Bakke

After her mother's sudden death, twelve-year-old Dot finds herself in shock as her world has changed. She accompanies her aunt to a trip to England where she learns about her past, learns more about her mother, and processes her grief.

Dear Notebook: Inside the Hearts and Minds of Young Authors

Powerful Writers Anthology 2007

A collection of student writings from 2006–2007 from all grade levels in elementary school. Students learn to record the details of their lives—their thoughts and feelings, memories, observations, and wonderings

Dear Parents: Letters to Bereaved Parents

Joy Johnson

Fifty-eight parents or siblings, who have experienced the death of a child in the family, offer letters to help other parents find their way through this very difficult loss.

Don't Despair on Thursdays!

Adolph Moser

Children are sure to be comforted by the friendly illustrations and the kindly way the author speaks to them. Losses of all kinds are named and validated.

Dusty Was My Friend

Andrea Clardy

This is a great recourse for children who have lost a friend. Andrea tells the story of eight-year-old Benjamin remembering his friend Dusty and tries to understand his own feelings about losing a friend in this way.

Draw it Out

Rosalie Frankel, MA, ATR-BC and Steffanie Lorig

This interactive, therapeutic activity book supports children who are affected by overwhelming feelings of grief or loss due to the death of a loved one or of a classmate, broken family situations, or serious illness. The book was developed under the guidance of 27 experts in the fields of bereavement counseling, social work, grief camps, Child Life, and art therapy. It is filled with age-appropriate, research-based prompts that serve as an outlet for inner pain and a springboard to healing conversations. It helps children: articulate and navigate complex emotions and ask questions they may be afraid to ask, reveal perceptions or misconceptions about their situation, identify their support systems, and process loss and increase coping skills. Ages 6+

Everett Anderson's Goodbye

Lucille Clifton

A young African American boy struggles to understand and accept his father's death. With the help of his mother, he remembers that love never dies, and his father will live in his memory.

Fatherloss: How Sons of All Ages Come to Terms with the Death of Their Dads

Neil Chethik

Shows how losing father brings challenge and loss but can also be a foundation of heartiness, liberty, and hope.

Fernside: Supporting Children and Families Through Grief, Giving Grief Form

Christi Kettman

A collection of art by grieving children and teens at Fernside.

Finding Grandpa Everywhere

John Hodge

A young child discovers memories of a grandparent. This book is beautifully illustrated with a storyline that addresses issues that children have after a grandparent dies. It includes a section for teachers and parents.

For the Grieving Child – An Activities Manual

Susan Jaffe

It begins with a clear, at times whimsical, explanation of death, followed by drawing, exercise, music, craft, and memory activities that help a child understand different feelings and experiences.

From Here to There

Ben Keckler

A beautifully done book inviting children to enter the journey of grief, loss, and change with honesty and hope.

Gentle Willow: A Story for Children About Dying

Joyce Mills & Cary Pillo

This comforting story about a tender-spirited tree and her friends in the forest will also help all children with the death of friends, family members, or even pets.

Goodbye Mousie

Robie H. Harris

One morning a boy finds his pet, Mousie, won't wake up. The truth is Mousie has died. At first the boy doesn't believe it. He gets very mad at Mousie for dying and then he feels very sad. But talking about Mousie, burying Mousie in a special box, and saying good-bye helps this boy begin to feel better about the loss of his beloved pet.

Goodbye Rune

Marit Kaldhol

This is a beautiful story of how a little girl comes to learn about death. Her best friend is accidentally killed, and she learns to understand what death means and how to grieve.

Good Grief for Kids

Katherine Zotovich

This book was designed to teach children the basic concepts of death and to help them grieve and grow in healthy ways.

Good Night, Grandma

Sandi Washburn

Good Night, Grandma is a lasting reminder that, while we may lose those we love, their beauty, wisdom, and song can forever give us hope and peace.

Gran-Gran's Best Trick

L. Dwight Holden

This book explains living and dying in a manner that is understandable to children. It is especially good for a child who is losing his or her grandparent.

Grandad's Ashes

Walter Smith

This beautifully illustrated full-color children's picture book tells the story of four grandchildren who embark on an adventure to find the best place to scatter their Grandad's ashes, but find plenty of challenges on the way.

Grandma's Gone to Live in the Stars

Max Haynes

This beautifully illustrated full-color children's picture book tells the story of four grandchildren who embark on an adventure to find the best place to scatter their Grandad's ashes—but find plenty of challenges on the way.

Grandma's Scrapbook

Josephine Nobisso

A grandmother and young granddaughter record their special times in a scrapbook that becomes a continuing legacy.

Grandpa Loved

Josephine Nobisso

The relationship between a grandfather and his young grandson is explored: on the beach, in the woods, in the city, and in intimate family moments. This is a moving lesson about the legacy of love.

Grief is like a Snowflake

Julia Cook

After the death of his father, Little Tree begins to learn how to cope with his feelings and start the healing process. With the help and support of his family and friends, Little Tree learns to cope by discovering what is important in life. Also available is a matching activity and idea book to go along with the story.

Great Answers to Difficult Questions

Linda Goldman

This book explores children's thoughts and feelings about death and provides parents and other caring adults with guidance on how to respond to difficult questions.

Heart Shaped Pickles

Karla Wheeler

This uplifting gentle grief support book for children tells the true story of a little girl, Jenny, whose beloved grandfathers die just weeks apart.

Helping Children Grieve & Grow

Donna O'Toole

A guide for adults to help children through losses of all kinds. It covers a wide range of childhood concerns in an inviting, concise format, and is easy to read and understand.

Helping Children Heal from Loss:

A Keepsake Book of Special Memories

Laurie Van-Si & Lynn Powers

This book enables children to express their grief while capturing memories.

Help Me Say Goodbye

Janis Silverman

This art therapy book encourages children to express their feelings in words or pictures. It helps them think about what to say and do, how to deal with feelings, and how to remember their special person that has died.

Homemade Books to Help Kids Cope

Robert Ziegler

This immensely helpful book gives techniques and instructions for helping children make their very own storybooks, offering an effective and creative way to help kids deal with loss.

Honey Bear Died

Jennifer E. Melvin

This unique book offers the reader exact safe and supportive words to use when telling a 3-5 year old child a loved one has died. It maintains the language and repetition that a preschooler demands while also using terms specific for this age and developmental comprehension to eliminate any confusion, misconceptions, or fears.

How Can I Help Papa?

Elissa Al-Chokhachy & Ulrike Graf

A story of a nine-year-old Pumpkin and her feelings, questions, and behaviors in response to her dying grandfather. Examples are given for ways kids and adults can help, empowering children during a time when they often feel afraid and a loss of control.

How Do We Tell Children?

Dan Schaefer & Christine Lyons

This classic guide has been updated to help parents and children deal with traumatic events. It includes age specific information for a variety of circumstances, a crisis checklist, and resource pages.

How I Feel Coloring Book

Alan Wolfelt

This delightful coloring book helps children, ages 3-8, recognize and express many intense feelings of grief. Also included is a note to the caregiver on ways to use this book.

How It Feels When a Parent Dies

Jill Kremetz

Eighteen children from age 7–17, speak openly of their experiences and feelings. As they speak, we see them in photos with their surviving parent and with other family members, amid their everyday lives.

I Am Not a Crybaby

Norma Simon

Children describe a variety of situations that make them want to cry, emphasizing that crying is a normal reaction.

I Had a Friend Named Peter

Janice Cohn

An exceptionally accurate and understanding account of the feelings and questions that arise when a child's playmate dies is presented in this gently told story.

I Heard Your Daddy Died

Mark Scrivani

It is simple and helpful tool for family and caregivers to read to a child whose parent has died. Many ideas are given for coping and remembering.

I Heard Your Mommy Died

Mark Scrivani

This book lets young children know it is okay for them to cry, be sad, and also be happy and play. There are many ideas to encourage discussion and help the child remember their parent in meaningful ways.

I Know I Made It Happen

Lynn Bennett Blackburn

A gentle book about feelings that validates and comforts young children who are fearful that their thoughts, words, or actions made someone get hurt or sick, or made them die.

I'll Always Love You

Hans Wilhelm

In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. When she is young, Elfie is full of pep and pranks; but as her master grows taller and taller, Elfie grows fatter and slower. One morning Elfie does not wake up. The family grieves and buries her, and the boy refuses a new puppy. He is not yet ready for another pet; but when he is, he will tell that one, as he told Elsie every night, "I'll always love you."

I Miss You: A First Look at Death

Pat Thomas

This lovely book gently but clearly helps children with their feelings and questions about death.

I Remember, I Remember

Enid Samuel Traisman

This book provides a place for your thoughts after a loved one dies. With pages to reflect memories and shared events, you create a keepsake to be shared with others. Comforting quotes and suggestions are given throughout.

I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss

Pat Palmer

This heartwarming illustrated book sensitively names and validates a variety of grievous losses that may happen to a young child. It can be used to gently help children label and express their feelings.

If Nathan Were Here

Mary Bahr

This book has great illustrations and presents ideas for conversation with children on the different stages of mourning.

If Only

Carole Geithner

If Only follows the story of 13-year-old Corinna and her grief journey after her mom dies from cancer. Corinna navigates through the first day of school, Mother's Day, 8th grade, friends, and boys. This moving and sometimes humorous story helps open difficult conversations in families about grief.

Incredibly Lonely, That's Me

Ben Keckler

Allow us to introduce you to one of our grieving friends: a young lady who dealt with and continues to deal with loneliness. She lost her "big sister" when she was only nine and was very lonely when our paths crossed. In listening to her, I felt her loneliness and, as I continued to listen, I observed a rainbow of hope.

Isabelle's Dream: A Story and Activity Book for a Child's Grief Journey

Betsy Bottino Arenella

Story about two sisters in which Sophia visits Isabelle in a dream.

It Is OK to Feel Sad!

Margaret Collins

Engaging games and stories help very young children understand grief and the other emotions they may face when someone dies. Includes an age-appropriate memory page, which can be filled in with a picture and special thoughts. Features many helpful suggestions for adults on how to talk about death with small children.

Jungle Journey: Grieving and Remembering Eleanor the Elephant

Barbara Betker McIntyre & Michael O. Henderson

This book serves as a guide book for parents and children alike who are struggling with the trauma of loss.

Ladder to the Moon

Maya Soetoro-Ng

Little Suhaila wishes she could have known her grandma, who would wrap her arms around the whole world if she could, Mama says. And one night, Suhaila gets her wish when a golden ladder appears at her window, and Grandma Annie invites the girl to come along with her on a magical journey

Lifetimes

Bryan Mellonie & Robert Ingpen

Authors Bryan and Robert use nature to explain to children that dying is as much a part of living as being born. *Lifetimes* is about beginnings and endings as well as about living in between.

Losing Uncle Tim

Marykate Jordan

This book offers a realistic, kind explanation of terminal illness in a manner that children can understand.

Lost and Found

Ellen Yeomans

After her sister dies, a young girl realized the ways her life has changed. As she finds her way, she searches and finds comfort and meaning in unique ways. Her process will help others as well.

Love and Remembrance

Margot Kenefick Burkle

With this very special memory book, parents, siblings, grandparents, and others can record and keep sacred the special memories of a child who is loved and is not forgotten.

Love Never Stops: A Memory Book for Children

Emilio Parga, M.A.

This book is a way for children to wrap words around their experience of grief.

Lucy Lets Go

Linda Goldman

Lucy Lets Go is a resource that creates age appropriate dialogue for young children to discuss dying and death through an interactive storybook. Tasha is just a puppy when she gets very sick. The family decides to have a celebration of her life, with lots of ideas of how children can participate. The story follows the bond between Tasha and Lucy (narrator), Tasha's death, the grieving process for Lucy, and the rituals and memorialization Lucy shares.

Mama's Right Here

Susan Kerner

This book is a delicate, affectionately written reminder that a mother's love never disappears. Even when a mother is absent, her presence is constant in a child's heart. *Mama's Right Here* reminds children that a mother's love is always with them-in the way they look, and in everything they do.

Memories and Blessings

Rachmiel Tobesman

This book of activities, stories and explanations help children to understand their feelings and the grieving process in the Jewish community. This unique book is filled with many activities and much more, which makes it an invaluable resource for parents and children. Each chapter teaches children important skills to cope with many of the traditions and confusion so common when someone dies.

Memories Live Forever

Sharon Rugg, et al.

This workbook helps children commemorate and remember someone very important in their lives have died. Children learn that those who die can remain a part of our lives through memory, love, and in the way we develop the stories and actions of our own lives.

Missing My Best Friend

Norma Thorstad Knapp

Told through the eyes of a young boy, this story addresses a young boy's grief and shows how his parents and grandparents help him mourn and cope with the unexpected loss of his best friend.

Molly's Mom Died

Margaret Holmes

This lovely book honestly explores the many changes and feelings a child experiences following the death of a mother.

Muddles, Puddles and Sunshine

Diane Crossley

This activity book offers practical, yet fun, exercises for grieving children. It helps them remember that even when someone dies and life seems gloomy, there is still sunshine.

My Cinderella Grandma

Holly Gavin & Tammy Rodgers

The story of one little girl and her grandmother who passes away from melanoma. Children and parents will be blessed by this sensitive and sweet approach to death, mourning, and the joy of hope that will come when we all get to heaven.

My Favorite Color is Blue. Sometimes.

Roger Hutchison

This is a children's picture book with text and illustrations to guide the reader through different emotions and reactions related to grieving, including shock, tears, anger, and hope.

My Friend, Matilda

Ben Keckler

My Friend, Matilda delicately and gently explores this all too familiar feeling of sadness, offering the hope that through unconditional love we will always be united with one another.

My Grandson Lew

Charlotte Zolotow

This is a story of a boy named Lew, who is remembering his grandfather and all the things he loved about him. This story models grieving for young children and helps them articulate what they'd like to remember about loved ones.

My Life Changed: A Journal for Coping with Loss and Grief

Amy, Allie & David Dennison

When their father died suddenly, the three young people created this journal so that others could safely draw out and write down hard-to-talk-about feelings. They include questions to help get started. By preteens for their peers.

My Yellow Balloon

Tiffany Papageorge

Joey makes a new friend, a bright yellow balloon, at the carnival. Joey and his beloved balloon do everything together. When the yellow balloon accidentally slips off Joey's wrist and flies away, Joey navigates through the different emotions of grief and loss.

Nadia the Willful

Sue Alexander

This is a wonderful story about the different reactions to death told through a child's eyes. It is a somewhat simplistic story about a sister and her family's loss of the oldest brother.

Nana Upstairs and Nana Downstairs

Tomie De Paola

Nana upstairs won't be there anymore, and Tommy must struggle with saying goodbye to someone he loves.

Never Too Young to Know: Death in Children's Lives

Phyllis Silverman

The author uses stories of children's own experiences, supported by data from a large research study, to explain the wide range of effects of loss upon children, the challenges they face as they grieve, and ways of supporting them as they change and grow in the bereavement process.

No New Baby

Marilyn Gryte

A caring grandma explains the sadness and loss of miscarriage to her grandchild, reminding her that she's not to blame, that it's okay to ask questions and to have all kinds of feelings.

**No One Can Ever Steal Your Rainbow
(book and CD)**

Barbara Meislin

Even in the darkest of times, the rainbow within our hearts, our core essence, cannot be harmed by outside events, experiences, or even great loss.

Not The End

Mari Dombkowski

A young girl narrates this story about how her family continues to grow and enjoy life after the death of her father; demonstrating how turning the daily pages of our lives can help with healing.

Not The End of the Chavez Family

Mari Dombkowski

Based on the true story of the Chavez family of El Paso, Texas, this children's book details the life of the family after the father suddenly died. Intended for children ages 6-12, this book's limited text, touching illustrations, and helpful strategies, assist adults in talking to children about their loss.

Ocho Loved Flowers

Anne Fontaine

A tender story told by a young girl who discovers that her beloved cat, Ocho, is sick and not going to get well. She learns how to face the news, care for him during his terminal illness, grieve when he dies, and cherish his memory.

On Children and Death

Elisabeth Kubler-Ross

This compassionate book offers the families of dead and dying children the help and hope they need to survive.

Overcome Loss: Activities and Stories to Help Transform Children's Grief and Loss

Julia Sorensen

Designed to encourage social and emotional learning, these exercises employ play, art, and storytelling to access the ways in which children naturally express their feelings.

Part of Me Died Too: Stories of Creative Survival Among Bereaved Children and Teenagers

Virginia Lynn Fry & Katherine Paterson

These young people used writing, drawing, games of safe aggression, farewell projects, rituals, and other creative activities to bring their feelings into the open, to explore them, and to be able heal and feel whole.

Pieces of Georgia

Jen Bryant

Georgia shares all aspects of her life and thoughts, and readers come to understand the depth of her loss. Her story is a universal one of love, friendship, and loss.

Psalms for a Child Who Has Lost Her Mother

Carol Japha

This is a book of poetry from the perspective of a young child grieving the death of her mother.

Rabbityness

Jo Empson

Rabbit enjoys doing rabbity things, but he also loves un-rabbity things! When Rabbit suddenly disappears, no one knows where he has gone. His friends are desolate. But, as it turns out, Rabbit has left behind some very special gifts for them, to help them discover their own unrabbity talents! Rabbityness celebrates individuality, encourages the creativity in everyone and positively introduces children to dealing with loss of any kind.

Rachel and the Upside Down Heart

E. Douglas

A true story of how Rachel rediscovers happiness while keeping the memory of her father alive in her heart.

Remember... A Child Remembers

Enid Samuel Traisman

This journal is to help children grieve. The pages include writing about memories of the loved one, a goodbye letter, and a story "About Us." There are also pages to draw out the feelings and meaning of the loss.

Remind Me Again

The Ster Family

This is a simple story about keeping the memory of a beloved grandparent or family member alive by sharing about that person during bedtime stories.

Rosie Remembers Mommy: Forever in Her Heart

This is the story of a young girl who is struggling after the death of her mother. We follow Rosie through her grief journey filled with different emotions. Rosie and Daddy go to meet Anna, who works with children after someone dies. Through play, song, and art, Anna helps Rosie eventually cope with the loss of her mother. The story also helps illustrate how a parent can provide solace and support to a child after a death. This book is available only online [here](#).

Rubber Houses

Ellen Yeomans

(Fiction) Kit must find a way to own her grief to mourn Buddy while at the same time joyfully celebrate the characteristics and quirks that constituted his presence in her life.

Sad Hug, Mad Hug, Happy Hug: A Children's Story About Death

NHPCO

It helps children understand the grief and other emotions they will experience.

Children learn

what will happen around them as family and friends cope with the loss, and how they themselves will progress through stages of sadness, anger, and acceptance.

Sad Isn't Bad

Michaelene Mundy

This friendly guidebook gives children (and those who care for them) a comforting, realistic look at loss. It's loaded with positive, life-affirming help for coping with loss for a child. It's a book that promotes healthy grief—and growth.

Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent

Julie Kaplow & Donna Pincus

After her father dies, Samantha Jane's sadness seems so big she can't let herself feel it. She is afraid to be happy again, and worries about her mother. The gentle comfort and understanding of her mother and a neighbor help her through. The book includes notes for parents.

Sammy in the Sky

Barbara Walsh

Sammy, the best hound dog in the whole wide world, loves his girl and she loves him. When illness cuts Sammy's life short, the girl's family keeps his spirit alive by celebrating his love of chasing wind-blown bubbles, keeping loyal guard at night, and offering his velvety fur for endless pats and tummy scratches.

Sam's Dad Died

Margaret Holmes

After his dad dies, Sam explores his many feelings as he goes through his days at home and at school. Gradually, with support and time, he becomes thankful for the good feelings, love, and memories given him by his father.

Sara Dippity

Maggie Murphy

The story of a young girl who is saddened by the loss of her Grandma and finds peace and healing through encounters with a cardinal in her backyard.

Saying Goodbye

Jim & Joan Boulden

Children learn about the cycle of life in a sensitive and caring way. The story and activities engage children and allow them to learn at their own pace in a nonthreatening way.

Saying Goodbye to Daddy

Judith Vigna

Saying Goodbye to Daddy is a good resource for a child who has lost a parent suddenly. It starts with breaking the news to the child. The feelings of confusion, sadness, and anger are well described in this book. The author gently discusses the finality of death in a way that minimizes the fear. She also discusses the funeral home and the funeral.

Saying Goodbye to Lulu

Corinne Demas

A young girl and her lovable dog, Lulu, are the best of friends. Lulu is the best dog a girl could ever hope for, but when she grows older and gradually becomes weak, the little girl must face the sad possibility of losing her dear friend, and inevitably, cope with the death of her canine companion.

Serafina's Silver Web

Inge Evenson

This uplifting story will provide much comfort to children and families who are experiencing the death of a loved one.

Since My Brother Died/Desde Que Murio Mi Hermano

Marisol Munoz-Kiehne

A young person speaks to the reader about reactions, feelings, and ways of coping with the death of a brother. This book is bilingual.

Something Happened

Cathy Blanford

Written for children whose families have experienced a miscarriage, stillbirth, or neonatal death, this simple, clear story helps them to understand what has happened, to deal with all the feelings that arise, and to continue to feel loved and secure.

**Something to Remember Me By:
A Story About Love and Legacies**

Susan V. Bosak & Laurie McGaw

As the years pass, the keepsakes fill a cedar chest with memories, as it becomes clear that one gift is most precious of all—the gift of love.

Sorry You're Lost

Matt Blackstone

When seventh grader Denny "Donuts" Murphy's mother dies, he becomes the world's biggest class clown. But deep down, Denny just wants to return to a time when his mom is still alive and where his dad doesn't sit in front of a TV all day. This chapter book is told from the perspective of Denny as he navigates his grief, the death of his mom, and middle school.

Stones for Grandpa

Renee Londner

A little boy and his family gather at the cemetery for the unveiling of his grandpa's gravestone, bringing stone to place on the grave, as is the Jewish custom. The family tells stories that help each other deal with the loss of his grandpa, reminding him of the wonderful memories he has of his grandpa.

Sweet Memories

Elaine Stillwell

Sweet Memories offers a variety of hands-on activities and projects children can do to remember a person they miss.

The Big Chair: A Story of Grief and Discovery

Beth Rotondo

The Big Chair is a remarkably warm, soothing, yet honest book that is sure to soften the grief of any child or even adult who reads it. It invites readers to climb up with Anna into Mrs. Seasons' chair to surround themselves with her wisdom and comfort in sorting through the myriad of feelings associated with loss.

The Birthday of an Angel

Zoey Leslie Hess

This book, written by an 11-year-old, is about the coping of a death of a loved one. Most people think of death as a loss, something that causes heartbreak one would rather not think about it. This book shares a different perspective, showing that your loved one is an angel and will always be with you.

The Brightest Star

Kathleen Maresh Hemery

A tender story about Molly and how she is helped to remember and feel connected to her mother.

The Class in Room 44

Lynn Bennett Blackburn

This story describes the reaction of children when a classmate is killed in a car accident. With teacher guidance, it helps them understand their feelings and grieve in a healthy way.

The Children Who Lived

Kathryn A. Markell

This is a unique approach toward grief and loss in children. It focuses on fictional child and adolescent characters experiencing grief, such as Harry Potter books, to help grieving children.

The Coat I Wear

Mel Maxwell

This is the story of a child grieving the death of a sibling and uses the analogy of having to wear a very big, heavy and uncomfortable coat to symbolize the weight of grief that covers the character. The book then moves through the many emotions we all feel as we grieve a loved one and uses the coat to express the sadness and the loneliness but also the warmth and comfort we take from our precious memories over time.

The Copper Tree

Hilary Robinson & Mandy Stanley

When Olivia's teacher, Miss Evans, dies, the children at her school are encouraged to think of everything that reminds them of her. Written with touching sensitivity and sprinkled with light hearted moments, *The Copper Tree* is about love and legacy and will help children understand that while sadness is an inevitable part of grief, death is not necessarily the end...for what is left behind can be everlasting.

The Daffodils Still Grow: A Book for Grieving Daughters

Sherri Elizabeth Tidwell

This book is a full-color illustrated book that portrays life for a young girl after her mother dies. The book is written from the first person perspective of the young girls as she walks through the different emotions and things she experiences after her mother dies.

The Empty Place

Roberta Temes, Ph.D

When a nine-year-old boy's beloved big sister dies, he is confused, angry and fearful. For the first time he must face the finality of death and the pain of loss. His parents, also grieving, seem distant, until a friend teaches them all how to cope and heal. This book speaks to the many experiences of emptiness children may feel in their home and in their heart when a sibling dies.

The Fall of Freddie the Leaf

Leo Buscaglia

This story tells how Freddie and his friends, all leaves, change with the seasons, finally falling to the ground with winter's snow. Both children and adults will respond to this sensitive treatment of the delicate balance between life and death. The photographs are very effective.

The Goodbye Boat

Mary Joslin

The Goodbye Boat has a very moving message: Goodbyes are painful, but there is hope that comfort will return, that death is not the end of love.

The Goodbye Book

Todd Parr

This book about loss is colorfully illustrated and well written for young children (ages 3-6 years). It is about a fish who loses its friend. The story clearly walks the reader through the different emotions you might feel when you have to say goodbye to someone. It reminds the reader that it is okay to not know all the answers and that someone is there to support you.

The Great Change

White Deer of Autumn

In this deeply moving Native American story, a grandmother explains that, just as the caterpillar "dies" only to become a beautiful butterfly, there is no end in the Circle of Life—only The Great Change.

The Grief Bubble

Kerry DeBay

This interactive coloring book helps children explore and understand what grief is and how it can feel. The book is also available in Spanish.

The Healing Book

Ellen Sabin

This is an interactive book help children and families express their feelings, ask questions, and explore their memories about a loved one who has died. It is an activity book, journal, and conversation-starter that children can make their own and use in whatever way best meets their needs during the grieving and remembering process.

The Invisible String

Patrice Karst

When Liza and Jeremy are frightened during a thunderstorm, their mother reassures them that they can always feel her love even when she is not nearby. An invisible string connects people who love each other. No matter how far apart you are from the person you love, no one is ever alone. *The Invisible String* reminds us that we can stay connected to the people in our lives who have died.

The Kid's Book About Death and Dying

Eric Rofes

This book about death and dying covers a wide range of subtopics, including learning to talk about death, death of a pet, death of children, and "Is there life after death?"

The Magical Thoughts of Grieving Children

James Fogarty

This book offers a unique framework for helping children heal from the wounds created by the life process of death, a framework that has its defining basis in children's magical thought.

The Memory Box

Joanna Rowland

From the perspective of a young child, this book artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process.

The Moon Balloon a Journey of Hope and Discovery for Children and Families

Joan Drescher

This book is a powerful and healing tool for parents, teachers, and children.

The Next Place

Warren Hanson

An inspirational journey of light and hope to a place where earthly hurts are left behind.

The Road Through Loss

Naomi Silver, et al.

This very helpful map shows some of the places we might visit when loss happens. It's had great success with children and adults to help understand the experiences of grieving losses of all kinds.

The Saddest Time

Norma Simon

The Saddest Time is a great resource to use with children that are dealing with both the potential and eventual loss of someone they care about.

The Tenth Good Thing About Barney

Judith Viorst

Judith Viorst has written a lovely and touching look at death from the perspective of a child. Though dealing with the death of a pet, it helps children deal with the reality of any death.

This Star Won't Go Out

Esther Earl, with Lori and Wayne Earl

This Star Won't Go Out is a memoir about Esther and her journey with cancer and dealing with death. Esther was diagnosed with thyroid cancer at age twelve. This book is filled with Esther's journal, sketches, pictures, fiction, and letters, as well as the photographs and letters from Esther's family and friends who help to tell her story.

Thumpy's Story

Nancy Dodge

This is the story of how a family of rabbits helps each other when a beloved bunny dies. The story teaches families, and children of all ages, how to be sensitive to support each other through loss.

Timmy's Christmas Surprise

Karla Wheeler

Includes practical bereavement tips for the holidays and provides a springboard for discussions about death.

Turned Upside Down

Teana Tache

Designed as a memory keepsake, this book is written as a conversation between a child and their loved one, encouraging light, love, and forever memories. It helps children process, understand and embrace the loss of their very special someone.

Until We Meet Again

Susan Jones

A little boy who discovers that memories aren't just about what happened yesterday, but what we do every day to make the most of time with the people we love.

**Waterbugs and Dragonflies:
Explaining Death to Young Children**

Doris Stickney

This booklet, a classic in the field, helps adults introduce transformational aspects of death to children and adults. Nature and metaphor are the basis for this tender story. The booklet includes a brief parent guide, with a gentle Christian perspective.

**We Love Each Other: A Healing Journal
for Grieving Children**

Julie McLellan-Mariano

We Love Each Other is a healing journal for grieving children.

**We Were Gonna Have A Baby, but We
Had an Angel Instead**

Pat Schwiebert

A little boy's excitement turns to sadness when the baby he is waiting for dies before birth. He learns that the baby still lives in his heart. Helpful advice for parents.

What David Taught Me

Theresa Bergdahl

This book tells a story about a young girl who is grieving using language and imagery of sunflowers and a garden.

What Is Death?

Etan Boritzer & Nancy Forrest

Boritzer talks about what different cultures do with the body, different beliefs of the soul and afterlife.

**What on Earth Do You Do When
Someone Dies?**

Trevor Romain

In simple honest language, Romain explores the strong, confusing feelings children might have about death. This book is formatted in a question and answer style with questions children might ask about death.

What's Heaven?

Maria Shriver

This book introduces children to the idea of death and to the ritual of a funeral and to one conception of what happens after we die.

When Children Grieve from A to Z

Ginny Limer

This is a creative grief guide where children can color, reflect, and express their emotions.

**When a Friend Dies: A Book for Teens
About Grieving and Healing**

M. Gootman

In this update of a 1994 publication, 16 short chapters deliver helpful information on subjects including how can I stand the pain? How should I be acting? What is normal? Interspersed throughout the book, and placed over muted black-and-white photos of young adults from a variety of ethnic backgrounds, are quotes by teenagers who have experienced grief.

**When Dinosaurs Die: A Guide to
Understanding Death**

Laurie Krasny Brown & Marc Brown

The book 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.

When Someone Dies: A Child-Caregiver Activity Book

National Alliance for Grieving Children

The death of a family member or friend has a lasting impact on the lives of children. Often, families are at a loss as to how to talk to their children about death, and how to engage them in end of life rituals. "When Someone Dies" is an activity book for children that also provides valuable information to parents and caregivers about how grief impacts children, and offers guidance about how adults can connect with children on the very difficult subjects of death, dying, and bereavement.

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change

Marge Heegaard

An activity book in which children may draw changes in life.

When Someone Very Special Dies: Children Can Learn to Cope with Grief

Marge Heegaard

This book is written in practical format for allowing children to understand the concept of death and develop coping skills for life.

When Someone You Know Has Been Killed

J. Schleifer

The author discusses death and the fear of death, explains the emotions experienced when someone you know is killed, and gives strategies to cope with them.

When Someone You Love Dies

William L. Coleman

Coleman offers advice and support to young readers as they struggle to understand death and helps them work through the grieving process.

Where Do People Go When They Die?

Mindy Avra Portnoy

In this sensitively written book, children ask various adults, and themselves, "Where do people go when they die?" Each response is different, and reflects various beliefs about death. Suggestions on how to help explain death to children are also included.

Where's Jess?

Centering Corporation

This book discusses sibling loss. It is very simple and easy for children to understand.

When Your Grandparent Dies

Victoria Ryan

The elves in this well illustrated book speak from a child's eye view. They explore feelings, funerals, the meaning of death and how children can hold love as memory.

Why Did Grandpa Die

Barbara Hazen

This is a great story for children signifying that we don't always grieve in the same manner, and that it is okay to cry.

You Wouldn't Understand

Eileen Ennis

The sudden death of a beloved fourth grade teacher shocks the class and forces the students to explore the concept of death and how to cope with their emotions. The nine-year-old protagonist thinks no one could possibly understand these feelings and decides to bottle them up. However, the more the other students discuss their past experiences with grief, the more the main character realizes opening up to the right person is actually helpful. When children experience a significant death, their emotions are in flux and they grapple with all of the questions related to life coming to an end. How we teach children to cope, will have a direct impact on them for the rest of their lives. Included in this book, are suggestions for how to express grief as well as a helping section for adults.

Zach and His Dog

David Meagher

This book uses a story about the death of a boy's beloved dog as an opportunity for interaction between a child and an adult to assist the child in learning to deal with loss.