For Young Children


DePaola, T. *Nana Upstairs and Nana Downstairs*. Putnam, 1973. A heartwarming story about Tom, who finds that his great-grandmother has died when he goes upstairs to visit her.

Dodge, Nancy C. *Thumpy’s Story*. Prairie Lark Press, 1984. Ideal for small children. Written from Thumpy the Bunny’s perspective, the story talks of how his parents were sad and how he and his brother handled the loss of their sister.


Holmes, Margaret M. *A Terrible Thing Happened*. Magination Press, 2000. This gently told story is for children who have witnessed any kind of tragedy. An afterward for parents offers many suggestions for helping traumatized children.

Karst, Patrice. *The Invisible String*. Devorss & Co., 2000. Specifically written to address children’s fear of being apart from the ones they love, whether through anger, distance or even death.

Levy, Janice. *The Spirit of Tio Fernando (El espíritu de tío Fernando)*. Albert Whitman & Co., 1995. This is a magical story, written in both English and Spanish, about a Mexican family celebrating the Day of the Dead.


Saltzman, David. *The Jester Has Lost His Jingle*. The Jester Co., 1995. A court jester and his assistant discover that laughter can redeem a weary world and provide the best tonic for anyone facing seemingly insurmountable obstacles.


Stein, Sara. *About Dying: An Open Family Book for Parents and Children Together*. Walker and Co., 1983. Shows that individuals can have very different reactions to loss and that there is no one “normal” way to grieve.


Vigna, Judith. *Saying Goodbye to Daddy*. Albert Whitman & Co., 1991. After Clare loses her father, she experiences feelings of sadness, anger and guilt. She gradually learns to cherish his memory and hold him in her heart always.

Vigna, Judith. *When Eric’s Mom Fought Cancer*. A young boy’s fears and struggles are described as he watches his mother battle cancer.


**For Older Children & Teens**

Boritzer, Etan. *What is Death?* Veronica Lane Books, 2000. Introduces the concept of death with examples of customs and beliefs from different religions and cultures, and encourages children to embrace the positive in life.

Canfield, Jack, et. al. *Chicken Soup for the Kid’s Soul* and *Chicken Soup for the Teenage Soul*. Health Communications, Inc., 1998 and 1997. A hundred and one stories, in each edition, on courage, hope, and laughter, written by youth and adult inspirational authors, with specific sections on death and dying and "tough stuff."

Dillon, Zach. *This One’s For You!* Landmark Editions, 1999. Written by a 13-year-old boy who lost his grandmother, this is a fictional account about a child who loses his mother. It realistically portrays the heart of a grieving child.

Eldon, Amy. *Angel Catcher for Kids: A Journal to Help You Remember the Person You Love Who Died*. Chronicle Books, 2002. Designed to help a child overcome the loss of a loved one, this spiral-bound journal also invites the child to record precious memories of the special person who has died.


Grollman, Earl, *Straight Talk About Death for Teenagers*. Beacon Press, 2014. Making the point that teen grief is often overlooked or minimized, insightful observations and workbook questions lead readers to examine their own unique grief process.


Sanford, Doris. *It Must Hurt a Lot: A Book About Death and Learning and Growing*. Multnomah Press, 1985. When Joshua’s puppy is killed by a car accident he learns that some surprises come wrapped in the “package” of loss.


Schwiebert, Pat, et al. *Tear Soup: A Recipe for Healing*. Grief Watch, 2007. In this modern-day fable, a woman who has suffered a terrible loss cooks up a special batch of tear soup, blending the unique ingredients of her life into the grief process. Along the way she dispenses a recipe of sound advice for people who are in mourning.


Sloan, Justin. *Back by Sunrise*. CreateSpace, 2014. A young girl becomes a bird with the help of a magical necklace her dad left behind before deploying with the Army. When the necklace is stolen by a conniving raven, Brooke must battle to take back her necklace and return home, in the process learning that love and family are forever.

Smith, Doris Buchanan. *A Taste of Blackberries*. Harper Trophy, 1973. When a boy loses his best friend after a harmless prank, he must find the strength to bear his grief and his guilt.

Whelan, Gloria. *Forgive the River, Forgive the Sky*. Eerdmans’s Books for Young Readers, 1998. When 12-year-old Lily’s father dies on her beloved hometown river, her whole life changes. She eventually learns that loss is inevitable when we love.

**More Grief Resources**

The Dougy Center: The National Center for Grieving Children & Families: [www.dougy.org](http://www.dougy.org)

National Alliance for Grieving Children: [www.childrengrieve.org](http://www.childrengrieve.org)

The Compassionate Friends: Supporting Family after a Child Dies: [www.compassionatefriends.org](http://www.compassionatefriends.org)

*Teen Grief Book*. HBTB, 2015. An interactive workbook written with the help of teens. Used each year at Hospice by the Bay’s grief support weekend for children & teens. Order online at: [www.hospicebythebay.org/contact-us](http://www.hospicebythebay.org/contact-us)

Borrow these and other materials for all ages on coping with grief and loss from the Vivienn & Allen Fosman Library of Hope at Hospice by the Bay, Larkspur, (415) 927.2273.

For grief counseling services and support, visit [www.hospicebythebay.org](http://www.hospicebythebay.org) or call the Bereavement Department at (415) 526.5699 or (707) 931.7299.