



Books for Grieving Children & Teens, Parents & Grandparents

For Young Children

Astor, Cynthia. ***A Song for Cecilia Fantini***. H. J. Kramer, 1997. A beautifully illustrated story about a girl grieving the loss of her beloved piano teacher.

Buscalia, Leo. ***The Fall of Freddy the Leaf***. H. Holt & Co., 1982. Death is presented as a natural part of life, illustrated through the lifecycle of a leaf.

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.

Douglas, Eileen. ***Rachel and the Upside Down Heart***. Price Stern Sloan, 1990. A touching, true story written by a mother for her four-year-old daughter, Rachel, who lost her father. Rachel gradually rediscovers joy while learning to keep her father's memory alive in her heart.

Goble, Paul. ***Beyond the Ridge***. Aladdin Paperbacks, 1993. A beautiful explanation of death from a Native American perspective.

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.

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.

Mellonie, B. and Ingpen, R. ***Lifetimes: The Beautiful Way to Explain Death to Children***. Bantam Books, 1983. This book describes the universal cycle of life and death, illustrated with lovely photographs of plants, animals and people.

Meislin, Barbara. ***No One Can Ever Steal Your Rainbow***. Purple Lady Productions, 2005. A girl experiences loss, but finds hope through her own inner strength. Music CD with healing song included.

Miles, Miska. ***Annie and the Old One***. Little Brown & Co., 1971. A wise Navajo grandmother teaches her granddaughter how to accept death.

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.

Sherkin-Langer, Fern. ***When Mommy Is Sick***. Albert Whitman & Co., 1995. A touching story about a girl's fears when her mother is ill and hospitalized.

Turner, Barbara J. ***A Little Bit of Rob***. Albert Whitman & Co., 1996. A beautifully illustrated story about a girl's first crabbing expedition with her parents after the death of her big brother.

Velthuijs, Max. ***Frog and Birdsong***. Farrar, Straus and Giroux, 1991. Animals learn about the cycles of birth and death when they encounter a dead bird upon their path.

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.

Viorst, Judith. ***The Tenth Good Thing About Barney***. Macmillan Publishing Co., 1971. A boy grieves the loss of his cat.

For Older Children & Teens

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.

Fry, Virginia Lynn. **Part of Me Died, Too**. Dutton's Children's Books, 1995. A group of older children tell their stories of loss. This book provides advice on how to work on grief through art projects and personal rituals.

Gootman, Marilyn E. **When A Friend Dies**. Free Spirit Publishing, 1994. Gentle advice and compassionate wisdom about how teens can cope and begin to heal, written by a mother whose own children experienced the death of a loved one. Recommended by Michael Stipe of REM.

Grollman, Earl and Malikow, Max. **Living When A Young Friend Commits Suicide**. Beacon Press, 1999. A straightforward book by an internationally recognized grief counselor reviews the questions that inevitably arise after a suicide.

For Parents & Grandparents

Fitzgerald, Helen. **The Grieving Child**. Simon & Schuster, 1992. A practical guide for parents to help them explain death to their children, understand their children's emotional responses and learn hands-on-techniques for helping them with their grief work. Includes answers to parents' most frequently asked questions.

Galinsky, Nadine. **When a Grandchild Dies: What To Do, What to Say, How to Cope**.

Miller, Sukie. **Finding Hope When A Child Dies**. Simon & Schuster, 1999. Provides comfort and hope, by drawing on cross-cultural wisdom, for one of the

Krementz, Jill. **How It Feels When A Parent Dies**. Alfred A. Knopf, 1981. A moving series of interviews with children, aged 7–16, who have experienced the death of a parent. They candidly discuss their questions and fears.

Rylant, Cynthia. **Missing May**. Dell, 1992. A novel charting a girl's journey towards hope in the midst of mourning her mother.

Schleifer, Jay. **When Someone You Know Has Been Killed**. Rosen Publishing Group, 1998. Educates youth about how to heal from a tragic loss and how to help grieving peers.

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**. Eerdman'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.

most devastating of events. Filled with insightful ideas, practical information and inspiring personal stories.

Reed, Mary Lou. **Grandparents Cry Twice: Help for Bereaved Grandparents**.

Rubel, Barbara. **But I Didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors**. Griefwork Center, Inc., 1999. An extraordinary resource to help children deal with the difficult, often hidden and stigmatizing aftereffects of suicide.

Borrow these and other books on coping with grief and loss from the **Vivienn & Alan Fosman Library of Hope** at Hospice by the Bay in Larkspur (415) 927-2273.

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