**Suggested List of Books on Grief**

**Young Children:**

·        *A Terrible Thing Happened*: a story for children who have witnessed violence or trauma (such as abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire). By Margaret Holmes ( ages 4-8).

·       Nana Upstairs and Nana Downstairs   by Tomie De Paola  A quiet story of the wonderful times that Tommy shares with his great-grandmother and grandmother. Each dies but lives on in memories

·      Last Week My Brother Anthony Died A young girl talks about missing her brother, who died when he was a month old. Especially for families who experience loss of an infant.

·        Life and Death in the Third Grade by Maureen Burns and Cara Burns.  A third grader’s abrupt thrust into the world of death through the sudden accident of a close friend.

·         The Accident  by Carol Carrick  An honest look at a young boy’s feelings of anger, guilt, and depression after his dog is killed.

·        Lifetimes: by Byron Mellonie and Robert Ingpen  Plants, animals and people all have a lifetime, so dying is as much a part of living as being born.

·        A Taste of Blackberries by Doris Smith   A boy struggles with his own grief when his best friend dies as a result of an allergic reaction to a bee sting.

·       After a Suicide: a workbook for grieving kids by The Dougy Center

·         Help Me Say Goodbye  activities for helping kids cope when a special person dies  by Janis Silverman

·       I Had a Friend Named Peter: talking to children about the death of a friend by Janice Cohn. A loving book which helps children through the pain of losing a friend to death.

·       After the Funeral offers some real help to parents, teachers and other caring adults in dealing with children’s grief. Great to read prior to a loss. By Jane Loretta Winsch (reference to God and heaven)

·         Sad Isn’t Bad: a good-grief guidebook for kids dealing with loss by Michaelene Mundy for children of all ages

·       Tear Soup A recipe for healing after loss. A book for all ages. by Pat Schwiebert and Chuck DeKlyen

·       The Berenstain Bears Lose a Friend  (Sister bear deals with the loss of her beloved goldfish) by Stan and Jan Berenstain

·         When a Pet Dies by Fred Rogers

·       The Tenth Good Thing About Barney  a small boy’s cat dies and they have a funeral for him. by Judith Viorst

·         It’s Not Your Fault Koko Bear:  a read along book for parents and young children during a divorce

·        I Don’t Want to Talk About It.  A story about divorce for young children 4-8. Shows how children don’t want to “talk” about it but express their feelings through their behavior.  by Jeanie Franz Ransom

·         Let’s Talk About It: Divorce  by Fred Rogers

·         Let’s Talk About it: Adoption by Fred Rogers

·       Let’s Talk About it: Stepfamilies  by Fred Rogers

·       Somebody Loves You Mr. Hatch: a beautiful story showing the impact of love  by Eileen Spinelli

·       Our Family Has Cancer Too by Christine Clifford An opportunity for children and parents to share feelings about cancer.

·         Our Mom Has Cancer by Abigail and Adrienne Ackerman  A wonderful picture book about a parent with cancer. Written by two sisters, it conveys what kids want to know. Excellent for elementary and younger children.

·       Daddy’s Promise: story of a little boy’s journey of discovery after the death of his father. He is angry and full of questions. His mother and a series of dreams where he visits his father and learns about life, death and life after death answer these questions.  By Cindy Klein Cohen and John Heine

·        When Dinosaurs Die: a guide to understanding death  by Laurie and Marc Brown. This book addresses children’s fears and curiosity head on. A primary grades standard on death. An excellent resource for children and their families. A good book to read before an urgent need presents itself.

·         My Secret Bully : the truth about bullying in friendships by Trudy Ludwig

New Books that Lisa just discovered:

 ***Have You Filled a Bucket Today?  A Guide to Daily Happiness for Kids*** by Carol McCloud (winner of 8 awards)

This sweet book encourages positive behavior as children see how easy and rewarding it is to express kindness, appreciation and love on a daily basis.

***Bullies are a Pain in the Brain***written and illustrated by Trevor Romain  (1997) Juvenile/non fiction/bullying

If you are sick of being picked on, pushed around, threatened or teased, this book is for you. Trevor teaches great strategies for youngsters to "bully proof" themselves.  Free Spirit Publishing

***What to Do When You 're Scared and Worried: a guide for kids***by James Christ, Ph.D 2004  This book explains many common worries that kids have and teaches where they come from, how the body and mind work together, fear chasers and worry erasers, phobia information, panic attacks and more. There are web sites, book and other helpful resources too.

***How to be a Friend: A Guide to Making Friends and Keeping Them***by Laurie Krasny Brown and Marc Brown  (1998)

***My Family's Changing: A First Look at Family Break-up***by Pat Thomas   Explains divorce in simple terms and addresses children's worries, fears and questions.

***The Saddest Time*** by Norma Simon:  When someone dies it is sad. The person is no longer able to talk to us and play with us. 3 anecdotes deal with the deaths of a young uncle with a terminal illness, a classmate killed in an accident and the death of a grandparent.

***Big Ernie's New Home: A Story for Children Who are Moving***by Teresa and Whitney Martin (ages 2-6)

Talks about normal grief reactions in a child who is moving to a new place and leaving his old friends behind.

***Going to the Hospital:***by Fred Rogers    Great resource for young children who are having their first hospital experience. Filled with warmth and reassurance.