

Suggested Books on Bereavement for All Ages

Check your local public library or local hospice society.

Children ages 3 to 5

- *My Many Colored Days*. Dr. Seuss. (1998). A useful book to help adults talk to children about emotions.
- *Sad Isn't Bad*. M. Mundy. (2006). A good grief guidebook for kids dealing with loss.

For Parents:

- *Lifetimes: a beautiful way to explain death*. B. Mellonie & R. Ingpen (1983).
- *How Do We Tell the Children? A step by step guide for helping children two to teen cope when someone dies*. D. Schaefer & C. Lyons. (1993). Helpful book for parents and professionals about communication with children of various ages on the topic of death and dying.



Children ages 6 to 8

- *Badger's Parting Gifts*. S. Varley. (1992). A badger dies after a long life. His friends are sad, but remember the things he taught them.
- *Vanishing Cookies. Doing OK when a parent has cancer*. M. Goodman. (1991). A story about a child's concerns and needs when someone in the family has cancer.

For Parents:

- *Helping Children Cope with the Loss of a Loved One. A guide for grownups*. W. Kroen & P. Espeland (Ed.). (1996). This book is helpful for parents and professionals and was the winner of the 1996 Parents' Award for Excellence. The advice and information cover the experiences of children from infancy through to age eighteen.



Children ages 9 to 11

- *Charlotte's Web*. E.B. White. (1952). A story of love, friendship, seasons, change and death between a young girl, a pig, and a spider.
- *Zebra: And Other Stories*. C. Potok. (2000). Short stories written for young people facing coming of age milestones such as peer pressure, grief, divorce, and finding hope.

- *When dinosaurs die*. L. Browne (1998).
- *The Invisible String*. P. Karst. (2000).

For Parents:

- *The Grieving Child. A parent's guide*. H. Fitzgerald. (1992). Easy to read book for parents with many tips and recommendations about ways to support grieving children at any age.

Suggested Books on Bereavement for All Ages - *continued*

Young teens

- *Common Threads Of Teenage Grief*. J.N. Tyson (2005). Teens tell their stories of grief to teens.
- *You Are Not Alone: Teens Talk About Life After The Loss Of A Parent*. Lynne Hughes (2005).

Holidays and Grief

- *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season*. Alan Wolfelt (2005).
- *A Decembered Grief: Living With Loss While Others Are Celebrating*. H. I. Smith (1999).

Death of a Parent

- *Never The Same: Coming To Terms With The Death Of A Parent*. Donna Shurman (2004).
- *Crow Lake*. Mary Lawson (2002) Fiction

Death of A Spouse or Partner

- *The Year of Magical Thinking*. Joan Didion. (2007).
- *Good Grief*. Lolly Winston (2007). Fiction, humorous

Men's Grief

- *Men and Grief*. Carol Staudacher (1991).
- *When a Man Faces Grief/ A Man You Know is Grieving*. T. Golden & J. Miller (1998).

Death of A Grandchild

- *Grandparents Cry Twice: Help For Bereaved Grandparents*. Mary Lou Reed (2000).
- *When A Grandchild Dies: What To Do, What To Say, How To Cope*. Nadine Galinsky. (1999).

Death Of A Child

- *Living on the Seabed: A Memoir of Love, Life and Survival*. Lindsay Nicholson (2006).
- *Beyond Tears: Living After Losing A Child*. Ellen Mitchell (2005).

Death Of A Sibling

- *Surviving the Death of a Sibling*. T.J. Wray (2003).
- *Letters to Sara: The Agony of Adult Sibling Loss*. Anne McCurry. (2001).

Sudden Death

- *No Time for Goodbyes: Coping with Sorrow, Anger and Injustice After a Tragic Death*. Janice Harris Lord. (2006).

Suicide

- *Healing After The Suicide Of A Loved One*. Ann Smolin & John Guinan. (1993).
- *Stronger Than Death: When Suicide Touches Your Life*. Sue Chance. (1994).