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**Helping Your Family Cope with Cancer**

**Booklist for Children and Families**

Learning someone you love has cancer is difficult. Stories can help you and your family find ways to talk about what you’re feeling and experiencing. Here are some books, available at the library or bookstore, that might help as you cope with this challenging time.

Parents, we encourage you to review any books before sharing them with your child. You are the best person to decide if a book fits your family’s values and will be helpful to your child.

**Preschool/Elementary**

**Fiction**

* *Let My Colors Out* by Courtney Filigenzi, Ages: 4-8
* *No Matter What* by Debi Gilori, Ages: 4-8
* *The Invisible String* by Patrice Karst, Ages: 4-8
* *Our Dad is Getting Better* by Alex Silver, Ages: 4-8
* *Our Mom is Getting Better* by Alex Silver, Ages: 4-8
* *The Feelings Book* by Todd Parr, Ages: baby/toddler
* *Wherever You Are: My Love Will Find You* by Nancy Tillman, Ages: 4-8

**Informational**

* *Feelings to Share from A to Z* by Todd Snow, Ages: 3+
* *Metu and Lee Learn About Breast Cancer* be Shenin Sachedina, Ages: 4-8
* *Mom and the Polka-Dot Boo-Boo: A Gentle Story Explaining Breast Cancer to a Young Child* by Eileen Sutherland and Maggie Sutherland, Ages: 4-8
* *Mom Has Cancer! (Let’s Talk About It Series)* by Jennifer Moore-Mallinos, Ages 4-8
* *Nowhere Hair: Explains Your Cancer and Chemo to Kids* by Sue Glader and Edith Buenen, Ages: 3-8
* *Our Mom has Cancer* by Abigail Ackerman and Adrienne Ackermann, Ages: 4-8
* *Someone I Love is Sick: Helping Very Young Children Cope with Cancer in the Family* by Kathleen McCue, Ages: 2-6
* *The Hope Tree: Kids Talk About Breast Cancer* by Laura Joffe Numeroff and Wendy Schlessel Harpham, Ages: 4-8
* *Where's Mom's Hair?* By Debbie Watters and Sophie Hogan, Ages: 4-8

**Activity Books**

* *Because…Someone I Love Has Cancer: Kids’ Activity Book* by the American Cancer Society, Ages 6-12
* *When Someone Has a Very Serious Illness* by Marge Heegaard, Ages 4-11

**Older Elementary/Middle School**

* *A Teaspoon of Courage for Kids: A Little Book of Encouragement for Whenever You Need It* by Bradley Trevor Grieve, Ages: school age
* *Be the Boss of Your Stress: Self-Care for Kids* by Timothy Culbert, MD and Rebecca Kajander, CPNP, MPH, Ages: school age
* *Butterfly Kisses and Wishes on Wings: When Someone You Love Has Cancer… A Hopeful, Helpful Book for Kids* by Ellen McVicker, Ages: school age
* *Ida B…and Her Plans to Maximize Fun, Avoid Disaster, and (Possibly) Save the World*  by Katherine Hannigan, Ages: 9+
* *Our Family Has Cancer, Too!* By Christine Clifford Beckwith, Ages: 9-12
* *The Blue Day Book for Kids: A Lesson in Cheering Yourself Up* by Bradley Trevor Grieve, Ages: school age
* *The Rainbow Feelings of Cancer* by Carrie Martin, Ages: 9-12
* *The Year My Mother Was Bald* by Ann Speltz and Kate Sternberg, Ages: 9-12
* *When Mom’s Cancer Doesn’t Go Away,* by Maryann Makekau and Derek Makekau
* *When Someone You Love Has Cancer: A Guide to Help Kids Cope* by Alaric Lewis and RW Alley, Ages: 8-12
* *You Are Not Alone: Families Touched by Cancer* by Eva Grayzel, Ages: 9-12

**Teen/ Young Adult**

* *A Teaspoon of Courage* by Bradley Trevor Grieve, Ages: young adult/adult
* *Both Sides Now* by Ruth Pennebaker, Ages: teen
* *The Blue Day Book* by Bradley Trevor Grieve, Ages: teen
* *Too Stressed to Think?: A Teen Guide to Staying Sane When Life Makes You Crazy* by Annie Fox, MEd and Ruth Kirschner, Ages: teen/young adult
* *When Your Parent Has Cancer: A Guide for Teens* by the National Cancer Institute, Ages: teen

**Adult**

* *Another Morning: Voices of Truth*, *and Hope from Mothers with Cancer* by Linda Blachman
* *Can I Still Kiss You? Answering Your Children's Questions About Cancer* by Neil Russell
* *Helping Your Children Cope with Your Cancer* by Peter Van Dernoot
* *How to Help Children Through a Parent’s Serious Illness* by Kathleen McCue
* *Raising An Emotionally Healthy Child When a Parent is Sick* by Paula K. Rauch
* *When a Parent Has Cancer*: *A Guide to Caring for Your Children* by Wendy Schlesse Harpham
* *When Someone You Love has Cancer* by Cecil Murphey and Michal Sparks

**Note: Ages are general guidelines. Some of the books speak to all age groups.**