Clinical Social Work



**Helping Your Family Cope with Death and Grief**

**Booklist for Children and Families**

The death of a loved one 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**

* *The Velveteen Rabbit* by Bianco Williams, Ages: 4+
* *Chester Racoon and the Acorn full of Memories* by AudreyPenn, Ages: 3-8
* *Dog Heaven* by Cynthia Rylant, Ages: 4+
* *I Miss You: A First Look at Death* by Pat Thomas, Ages: pre-school/school
* *Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent* by Julie Kaplow, Donna Pincus, et al., Ages: 4-8
* *Sun & Spoon* by Kevin Henkes, Ages: elementary/middle
* *Tear Soup* by Pat Schweibert and Chuck DeKlyen, Ages: 8-12
* *The Fall of Freddie the Leaf: A Story of Life for All Ages* by Leo Buscaglia, Ages: 4-8
* *The Invisible String* by Patrice Karst, Ages: 4-8
* *The Next Place* by Warren Hanson, Ages 4-8
* *What on Earth Do You Do When Someone Dies* by Trevor Romain, Ages: 5-10
* *Where Are You? A Child’s Book About Loss* by Laura Olivieri, Ages: 4-8
* *What Does Grief Feel Like,* by Korie LeighAges 3-8

**Informational**

* *Sad Isn't Bad: A Good Grief Guidebook for Kids dealing With Loss* by Michaelene Mundy and R. W. Alley, Ages: 5-12
* *The Memory Box: A Book About Grief* by JoannaRowland, Ages: 4-8
* *Water Bugs & Dragonflies: Explaining Death to Young Children (Looking Up)* by Doris Stickney and Robyn Henderson Nordstrom, Ages: all ages
* *What Happens When Someone I Love Can’t Get Better: A Book to Prepare and Cope with End of Life* by Jenni Rogers and Sara Olsher, Ages: 4-10
* *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown, Ages: 4-7
* *When Someone Dies* by Andrea Dorn, Ages 4-10.
* *When Your Grandparent Dies: A Child’s Guide to Good Grief* by VictoriaRyan, Ages: 4+

**Activity Books**

* *Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies* by Janis L. Silverman, Ages: school age
* *When Someone Very Special Dies* by Marge Heegaard, Ages: 4-8

**Teen/ Young Adult**

* *Healing Your Grieving Heart for Teens: 100 Practical Ideas* by Alan D. Wolfelt, Ages: teen
* *Tiger Eyes* by Judy Blume, Ages: teen
* *Weird Is Normal When Teenagers Grieve* by Jenny Lee Wheeler, Ages: teen
* *You Are Not Alone: Teens Talk About Life After the Loss of a Parent* by Lynne B.Hughes, Ages: teens
* *You Shouldn't Have to Say Goodbye* by Patricia Hermes, Ages: middle school/young adult

**Adult**

* *Preparing Your Children for Goodbye: A Guidebook for Dying Parents* by Lori Hedderman
* *Talking About Death: A Dialogue Between Parent and Child* by Earl A. Grollman
* *When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses* by John W. James and Russell Friedman

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