Books About Grief and Loss

Books for Grieving Children

Buscaglia, Ph.D, Leo: **Fall of Freddie the Leaf** (Poetic look at the life cycle and its meaning.) All ages

Clifton, Lucille. **Everett Anderson’s Goodbye** (Young boy experiences grief following the death of his father). Ages 3-9, Death of a Parent.

De Paola, Tomie (1983). **The Legend of The Blue Bonnet** (a cultural story about Native American Comanche beliefs and grief. She who was alone uses a doll, ashes, to help others and heal herself). Ages 6-10, Death of parents and grandparents.

Goldman, Linda.: **Children Also Grieve: Talking about Death & Healing** (Story about a dog in a family whose grandfather died; has room to create scrapbook). Ages 5-10 or **Bart Speaks Out** (An interactive story and workbook for children dealing specifically with a death by suicide using photos of dogs). Ages 3-10


Johnston, T. & Winter, J.: **Day of the Dead** (A village in Mexico prepares and celebrates this holiday which honors the memories of their loved ones). Ages 3-10


Mundy, M. (1998): **Sad Isn’t Bad: A good-grief guidebook for kids dealing with Loss.** (Permission to have feelings with some generalized spiritual undertones about God, prayer, and spirit). Ages 5-10.

Pastor, Melanie Joy. **Wishes for One More Day** (grandchildren make a scrapbook of wishes for one more day with grandfather, Jewish family traditions). Ages 3-11, Death of a Grandparent.

Rothman, Juliet. **A Birthday Present for Daniel.** (Ages 3-9, Death of a Sibling).


Schwiebert, P. and Deklyen (2006) **Tear Soup.** Ages 5-12 and 20 plus: Beautifully illustrated book about how grief is different for everyone, each person must create their own tear soup.

Sheppard, ACSW, Caroline. **Brave Bart** (a cat experiences both a post-traumatic stress reaction and grief following a bad, scary thing). Ages 3-14 *Can be ordered through WPS Western Psychological Services at 1.800.648.8857


* Wolfelt, Ph.D., Alan. **Healing Your Grieving Heart For Kids: 100 Practical Ideas** (Ages 3-11).

**Books for Grieving Teens and Tweens:**


Grollman, Earl. **Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love.**


Samuel-Traisman, Enid (1992): **Fire in My Heart, Ice in My Veins: A journal for teens experiencing a loss.** Available at [www.centeringcorp.com](http://www.centeringcorp.com), approx ~ $8.95

Scrivani, Mark (2005): **When Death Walks In – For teenagers facing death.** Available at [www.centeringcorp.com](http://www.centeringcorp.com), approx ~ $3.99

Wolfelt, Ph.D., Alan: **Healing Your Grieving Heart For Teens: 100 Practical Ideas.**
Books for Grieving Adults:


Buscaglia, Ph.D, Leo: *Fall of Freddie the Leaf* (Poetic look at the life cycle and its meaning) All ages


Didion, Joan (2005). *The Year of Magical Thinking*.


Jones, Linda L. (2007). *It's Only Temporary… A Journal for Surviving Loved Ones*. To purchase, please contact info@manelockcommunications.com or www.manelockcommunications.com


Recommended for Professionals & Parents of Grieving Children/Teens:

Bode, Janet (1993). *Death is Hard to Live With: Teenagers Talk about how They Cope with Loss.*


Rubel, Barbara. *But I Didn’t Get to Say Good-Bye* (A book for parents and professionals helping child suicide survivors; portions may be read aloud with older children) Griefwork Center Inc, New Jersey.


Books for Death of a Pet:

Bialec, Rachel. My Pet Died (Let’s Make a Book about It).


Sibbit, Sally. “Oh Where has my Pet Gone?”: a pet loss memory book. Ages 3-10

Stuparyk, Emily Margaret. When Only the Love Remains: The Pain of Pet Loss.
