

Books for Children and Teens

Recommended for children 4-7

I Miss my Little Brother - by Lydia Allen
Everette Anderson's Goodbye - by Lucille Clifton
Nana Upstairs and Nana Downstairs - by Tomie DePaola
Where's Jess? - by J and M. Johnson with the Goldseins
Daddy's Chair - by Sandra Lanton
About Dying - by Sara Bennet Stein
I Remember Mama - by Joyce Smith Williams

Recommended for children 5-8

When Dinosaurs Die: A guide to understanding death - by L.K. Brown & M. Brown
Lifetimes: The Beautiful Way to Explain Death to Children - by Bryan Mellonie, Robert Ingpen
Gentle Willow: A Story for Children About Dying - by Joyce C. Mills
Aarvy Aardvark Finds Hope - by Donna O'Toole
It Must Hurt A Lot - by Doris Sanford
I Heard Your Mommy Died - by M. Scrivani
I Heard Your Daddy Died - by M. Scrivan
The Empty Place: A Child's Guide Through Grief - by Roberta Temes
The Tenth Good thing about Barney - by Judy Voirst

Recommended for children 8-11

The Fall of Freddie the Leaf: A Story for All Ages - by Leo Buscaglia
How It Feels When a Parent Dies - by Jill Krementz
Stacy had a little Sister - by Wendie C. Old
Am I Still A Sister? - by Alicia M. Sims
The Saddest Time - by Norma Simon
Saying Goodbye to Grandma - by Jane Resh Thomas
After Charlotte's Mom Died - by Judith Friedman
The Brightest Star - by Kathleen Maresh Hemery
Sam's Dad Died - by Margaret M. Holmes
Molly's Mom Died - by Margaret M. Holmes

Recommended for Teens

Death is Hard to Live With - by Janet Bode
Straight Talk about Death for Teenagers - by Earl Grollman
Learning to Say Good-Bye - by Edna LeShan
Facing Change: A Book about Loss and Change for Teens - by Donna O'Toole
Children Facing Grief - by Janis Loomis Remond
Fire in my Heart, Ice in my Veins - by Enid Samuel Traisman
Healing a Teen's Grieving Heart - by Alan Wolfelt

BOOKS FOR ADULTS

Loss of a Child

A Child Dies: A Portrait of Family Grief - by Joan Hagan Arnold and Penelope Buschman Gemma

The Lessons of Life - by Melody Beattie

When Goodbye is Forever: Learning to Live Again After the Loss of a Child - by John Bramblett

Dear Parents: A Collection of letters to Bereaved Parents - by Joy Johnson

The Fall of a Sparrow: Of Death and Dreams and Healing - by Kent L. Koppelman

How to Survive the Loss of a Child - by Catherine Sanders

The Bereaved Parent - by Harriet Sarnoff Schiff

Healing a Parent's Grieving Heart - by Alan Wolfelt

The Death of a Child - by Elaine Stillwell

Beyond Tears - Ellen Mitchell

Perinatal Loss

Facing Death, Finding Love - by Dawson Church

Empty Cradle, Broken Heart: Surviving the Death of Your Baby - by Deborah L. Davis

Ended Beginnings: Healing Childbearing Losses - by Cladia Panuthis and Catherine Romeo

Children's Grief

Guiding your Child Through Grief - by Mary Ann Emswiler and James Emswiler

The Grieving Child: A Parent's Guide - by Helen Fitzgerald

Talking About Death: A Dialogue Between Parents and Child - by Earl A. Grollman

How Do We Tell the Children? A Step-by-Step Guide for Helping Children, Two to Teen, Cope When Someone Dies - by Dan Schaefer and Christine Lyons

Adult Loss

Living with Grief after a Sudden Loss - by Kenneth Doka, Kenneth, Ed

I'm Grieving as Fast as I Can: How Young Widows and Widowers can Cope and Heal - by Linda Stones Feinberg

When Bad Things Happen to Good People - by Harold S Kushner

Don't take my grief away from me - by Doug Manning

How Can I Help?/What Will Help Me? - by James E. Miller

Grief Relief - by Victor Panuchin

How to Go on Living When Someone You Love Dies - by Theresa A. Rando

Understanding Grief: Helping yourself Heal - by Alan Wolfelt