

Grief-Related Reading

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*The following list has been prepared in response to requests from families and friends of children who are suffering after the death of a loved one. This list is a compilation of book recommendations from many sources including but not limited to: The Dougy Center, Fernside, American Library Association, The Cove Center for Grieving children. Inclusion of a title on this list does not indicate an endorsement of the book by Victims Inc., GAPS, or Camp Purple Parachute. * Some of the older books may be out of print.*

Ages 6-9

Good-bye Rune by Marit Kaldhol, Wenche Oyen, Michael Crosby-Jones (Translator) (illustrator) Kane-Miller Book Publishers

A little girl must cope with her feelings when her best friend drowns. Through the death, funeral and grieving period, Sara's parents comfort and reassure her. The explanations they offer could help others who are grieving. This comforting, quiet story isn't maudlin: it depicts the natural stages of mourning. Somber, muted illustrations have a misty quality that helps convey the emotional journey Sara takes through her grief. - AGS (Association of Guidance Services)

The Mats by Francisco Arcellana, Hermes Alegre (Illustrator) For children ages 4-8

Originally a short story written more than 60 years ago, this picture book tells of a family in the Philippines awaiting the father's return. The father writes that he will be bringing each member of the family a special sleeping mat made by an artist. The anticipation builds, and finally each mat is lovingly unfolded. The last three mats, which have duller colors, are for three siblings who have died: "Do you think I'd forgotten them?" Papa asks. The tender, bittersweet story is illustrated in vibrant shades of yellow, blue, and red, adding warmth to the simple words. A good choice for talking about remembering people who have died or about family life in other cultures. *Susan Dove Lempke*

I Know I Made It Happen: Children and Guilt by Lynn Blackburn (Centering Corporation) For children ages 2 to 6. This book deals with childhood guilt in a super way. Looks at feelings when there's a family fight, a divorce, illness, injury and death. This lets kids know that our thoughts don't control the world.

What Makes Me Happy by Catherine Anholt (Candlewick Press, 1996). Six boys and girls express what makes them happy, scared, jealous, shy, excited, sad. A great introduction to feelings for young children. Ages 2-5.

Mean Soup by Betsy Everitt. (Harcourt Brace Jovanovich, 1992). Horace has had a bad day, a very bad day. But Mom knows just what to do to cheer him up. Ages 3-8.

Angry Arthur by Hiawyn Oram; illustrated by Satoshi Kitamura. (E.P. Dutton, 1982). Also published in Spanish as *Fernando Furioso*. Arthur's anger takes on the force of a storm, then a typhoon and finally grows so big it catapults him to Mars. There, he realizes he can't remember what he was upset about. Ages pre-school - 1st grade.

What's Heaven by Maria Shriver

Why Did it Happen? by Janice Cohn. Illustrated by Gail Owens. (Morrow Junior Books, 1994). Daniel is afraid, angry, and upset when the local grocer is robbed and assaulted, but his parents and teachers help him understand. Grades K-3.

When People Die by Joanne E. Bernstein and Stephen V. Gullo. (Dutton, 1977). Describes how people feel about death, what happens when someone dies, why people die, and how to cope with grief. Grades K-3.

Everett Anderson's Goodbye by by Lucille Clifton. Illustrated by Ann Grifalconi. (Henry Holt, 1988). A simple, poetic telling of Everett Anderson's feelings as he copes with, and accepts the fact of his father's death. Ages pre-school - 1st grade.

One April morning: Children Remember the Oklahoma City Bombing by Nancy Lamb and the children of Oklahoma City. (Lothrop, Lee & Shepard Books, 1996). A straightforward account of the events of the 1995 bombing is interspersed with quotes from children that echo the horror, grief, and confusion of the tragedy and offer simple suggestions for coping. Ages 4-8.

The Fall of Freddie the Leaf by Leo Buscaglia A beautiful story of life for all ages.

Goodbye Chicken Little by Betsy Byars.. Discusses parent death.

The Little Prince. Antoine. by De Saint-Exupery A story that reveals a connection between our appreciation of the unique loved one and the possibility of loss.

A Book for You from Kids Like You. Fernside. A very useful workbook for grieving children.

Children Are Not Paper Dolls by Erin Linn Levy,. Discusses sibling death.

Mick Harte Was Here by Barbara Park A powerful story that reveals the impact of the death of a sibling on family members and models strategies for addressing loss.

Love, Mark by Mark Scravani Discusses grieving.

Ages 9-12

Coping With Death and Grief by Marge Eaton Heegaard

Aarvy Aardvark Finds Hope : A Read Aloud Story for People of All Ages About Loving and Losing, Friendship and Hope by Donna R. O'Toole

The Bridge to Teribithia by Katherine Paterson. A story of two children finding friendship and a boy's struggle to understand the death of a friend.

The Taste of Blackberries by Doris B.Smith. Discusses the death of a friend.

Badger's Parting Gifts by Susan Varley,. Badger dies of old age and his friends gather to remember him.

To Hell with Dying by Alice Walker. Children remember the life and struggles of an aged friend.

When Dinosaurs Die: A Guide to Understanding Death, by Laurie K. & Marc Brown, Little Brown & Co., 1996

What On Earth Do You Do When Someone Dies by Trevor Romain, , Free Spirit Publications, 1999

Healing Your Grieving Heart: 100 Practical Ideas for Kids, by Alan D Wolfelt, , Center for Loss & Life Transition, 2000

For ages 13 and older

Helping Teens Cope with Death, The Dougy Center, 1999

Help for the Hard Times: Getting Through Loss, by Earl Hipp & L.K Hanson,.Hazelden Information Center, 1995, A helpful book for adolescents, young adults and their families about the grieving process.

How it Feels When a Parent Dies by Jill Krementz, Knopf, 1988-775-5683

For Adults, Parents, Caregivers

A Child's Simple Guide Through Grief by Alexis Cunningham and Doug Armstrong

Life and Loss: A Guide to Helping Grieving Children. By Linda Goldman, Levittown, PA: Taylor & Francis, 1994.

The Grieving Child: A Parent's Guide. By Helen Fitzgerald New York: Fireside, 1992.

Talking About Death: A Dialogue Between Parent and Child by Earl Grollman, Boston: Beacon Press, 1991.

The Loss That Is Forever: The Lifelong Impact of the Early Death of a Mother or Father by Maxine Harris. New York: Plume, 1996.

Helping Children Cope with Separation and Loss by Claudia J. Jarratt,. Cambridge, MA: Harvard Common Press, 1994.

Helping Children Cope with Death by Donna Schuurman. Portland, OR: The Dougy Center, 1998.

Helping Children Cope With the Loss of a Loved One by William C. Kroen and Pamela Espeland

Helping Children Grieve When Someone They Love Dies by Theresa Huntley

Never Too Young To Know: Death in Children's Lives by Phyllis R. Silverman,. New York: Oxford University Press, 1999.

Children and Grief: When a Parent Dies by J. William Worden, New York: Guilford Press, 1996.

Guiding Your child Through Grief by Mary Ann and James P. Emswiler

I Will Remember You: What to do When Someone You Love Dies: A Guidebook Through Grief for Teens by Laura Dower and Elena Lister

Talking With Children About Loss: Words, Strategies, and Wisdom to Help Children Cope With Death, Divorce and Other Difficult Times by Maria Trozzi and Kathy Massimini