



## Selected Bibliography for Grieving Teens

- Bratman, Fred. **When A Parent Dies.** Easy-to-read format makes information very accessible and prepares teens for navigating the many changes a parental loss brings.
- Dennison, Amy, Allie & David. **After You Lose Someone You Love** (formerly titled *Our Dad Died*). This survival guide for grieving teens was written by three siblings following their father's death. Suitable for pre-teens, and from the kids' point-of-view.
- Dower, Laura. **I Will Remember You: A Guidebook Through Grief For Teens.** This book is especially valuable for its sections on *50 ways to Remember*, *Why it's Different for Teens*, and the *Try This* portion of each chapter. Helps teens explore choices and their own ability to live on.
- Fitzgerald, Helen. **The Grieving Teen: A Guide for Teenagers and Their Friends.** Covers different situations in which teens are grieving a death and offers guidance on a variety of related topics including illness, funerals, returning to school, and marking anniversaries.
- Grollman, Earl. **Straight Talk About Death For Teenagers.** Author/Rabbi provides heartfelt information about feelings and questions grieving teenagers might have.
- Krementz, Jill. **How it Feels When A Parent Dies.** 18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.
- O'Toole, Donna. **Facing Change: Coming Together & Falling Apart in the Teen Years.** Helps teens explore their losses and develop coping strategies. Lists and acknowledges all different types of losses, and validates that losses hold different meanings for different people.
- Teens Write Through It: Essays From Teens Who Have Triumphed Over Trouble.** Inspiring essays by teens who have overcome profound challenges.
- Wolfelt, Alan D. **Healing Your Grieving Heart for Teens.** Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways.