



Grief-Related Books Recommended for Younger Children

Each child is unique and their capacity to understand and benefit from these and other books is best determined by their parent(s) or other adult caregivers rather than their age or grade.

◇ Lifetimes by Bryan Mellonie & Robert Ingpen

This is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. *Lifetimes* tells about beginnings.... and about endings...and about living in between

With large, wonderful illustrations, it tells about plants.... about animals... and about people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand

This is a very special and important book to share with your child. They need this guidance to help them find their way in their own young lifetime

◇ The Fall of Freddie the Leaf by Leo Buscaglia

In this classic metaphorical story Leo Buscaglia has used his great love of life to show how the end of life can be faced and understood. Buscaglia ever so gently and beautifully uses nature and the changing seasons of life to explain how death can be seen as a natural part of living. *The Fall of Freddie the Leaf* is a tender story to be read by people of all ages.

◇ Sad Isn't Bad, A Good-Grief Guidebook for Kids Dealing With Loss by Michaelene Mundy & R.W. Alley

This friendly guidebook gives children (and those who care for them) a comforting, realistic look at loss - loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes healthy grief - and growth and will help children identify and express their feelings.

◇ The Brightest Star by Kathleen Maresh Hemery & Ron Boldt

Molly is scared when her mother is in the hospital and angry when she dies. A tender story about Molly and how she is helped to remember and feel connected to her mother. She finds comfort looking for the brightest star in the sky to remind her of her mother's love. Beautiful, soft illustrations, reassuring text, and the depiction of real feelings make this book truly special for children who grieve.

◇ What on Earth Do You Do When Someone Dies by Trevor Romain

In simple honest words Trevor recognizes the strong, confusing feelings youth might have and answers questions about death. Romain talks directly to kids about what death means and how to cope. He asks the kinds of questions kids have about death-Why? How? What next? Is it my fault? What's a funeral?- in basic, straightforward terms. He describes and discusses the overwhelming emotions involved in grieving-sadness, fear, anger, guilt-and offers practical strategies for dealing with them. He also suggests meaningful ways to remember and honor the person who has died. This is a fine resource to use for educational purposes in general settings and classrooms. Great illustrations throughout.

◇ Saddest Time by Norma Simon

Norma Simon offers three stories to help children talk about death--an uncle with a terminal illness, a classmate killed in an accident, and a grandparent.



◇ **When Dinosaurs Die, A Guide to Understanding Death by Laurie Krasny Brown and Marc Brown**

This is an informative, comforting book that allows adults to enter into the world of children to explain death in a way that is playful and can hold children's interest. Lots of information here, offered with whimsical drawings that make children feel at home.

A friendly guide to teaching children about a very human subject. Topics include, what alive means, what dead means, feelings about death, keeping customs and remembering a life, a lively discussion about the many different things people believe about what comes after death, and a great section that illustrates 15 things you can do to remember someone

◇ **The Invisible String by Patrice Karst**

The Invisible String by Patrice Karst is a heartwarming story that reassures children that even though they can't always be with a loved one, they're always in each other's hearts. Whenever a child thinks about a family member, THE INVISIBLE STRING gives a tug. This book is an excellent way to begin the conversation about death. The gentle story illustrates that we are still connected by love even after someone dies.

◇ **I'll Always Love You by Hans Wilhelm**

In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her.

◇ **Tear Soup: A Recipe for Healing After Loss**

Tear Soup, a recipe for healing after loss is a family story book that centers on an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss.

◇ **Grief is like a snowflake by Julia Cook**

After the death of his father, Little Tree begins to learn how to cope with his feelings and start the healing process. With the help and support of his family and friends, Little Tree learns to cope by discovering what is really important in life, and that his father's memory will carry on.

◇ **The Memory Box: A Book about Grief by Joanna Rowland**

From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Heartfelt and comforting, *The Memory Box* will help children and adults talk about this very difficult topic together. The unique point of view allows the reader to imagine the loss of any they have loved - a friend, family member, or even a pet. A parent guide in the back includes information on helping children manage the complex and difficult emotions they feel when they lose someone they love, as well as suggestions on how to create their own memory box.