

Category: Young Children

A Bunch of Balloons by Dorothy Ferguson

A book to help grieving children acknowledge what they have lost and celebrate what they still have left when someone they love has died.

young

A Kite for Melia by Samuel and Freda Narh

A girl's desire to fly a kite dovetails with her grief over losing a pet in this beautifully illustrated picture book.

When Melia, a girl with light-brown skin and curly hair, asks older children if she can fly one of their kites, they tell her to make her own. She doesn't know how, so she goes to the library to find out.

There, she discovers a book about kites and uses it to make a beautiful triangular creation with a bow and long tail. At first, it won't fly, and the older children jeer. But Melia keeps trying, and she's successful and happy—because on it, she taped a letter for her deceased dog, Ginger. She hopes that Ginger will find a way to leave her a note in the stars.

Ages 4-8

A Pocket Full of Kisses by Audrey Penn

A Pocket Full of Kisses provides parents with another tale of love and reassurance to share with their children. Chester Raccoon has a baby brother—and the baby brother is taking over his territory. When Chester sees his mother give his baby brother a Kissing Hand—his Kissing Hand—he is overcome with sadness, but Mrs. Raccoon soothes his fears with her own special brand of wisdom, finding just the right way to let Chester know he is deeply loved. This story is perfect for families who are adjusting to all the changes new members can bring.

Ages 3–7

A Terrible Thing Happened by Margaret M Holmes

After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.

Preschool-Young Ages 4-7

Adam Gets Back in the Game by Greg Adams

For ten-year-old Adam, happiness is being involved in a little of everything, including his favorite thing of all, playing basketball with his best friend Isaiah. But when he falls on a broken bottle, everything must stop for his "big hurt." Later, all that Adam learned in healing from his injured hand will be put to the test when Isaiah dies suddenly in an accident. Along with Adam, children experiencing the loss of a friend or family member can consider the costs of avoiding their pain and come to understand how grieving can help them more fully return to living.

Ages 6–9

After Charlotte's Mom Died by Cornelia Spelman

A sensitive and helpful story discusses the fearful and uncertain feelings of a six-year-old child after the sudden loss of her mother and the ways in which she and her father are taught to deal with the situation through the help of a therapist.

Ages 5 and up

After the Funeral by Jane Loretta Winsch

Written by a teacher in a hospital bereavement program, this book shows the many ways children express grief, thus enabling a child to move from raw emotion to acceptance and hope.

Ages 3-11

All About Feelings by Felicity Brooks

How are you feeling today? This fun, friendly and reassuring introduction to feelings is designed to help young children recognize, understand and name how they're feeling and learn to talk about and manage their emotions in helpful ways.

Ages 3 and up

Always and Forever by Alan Durant

When Fox dies, the rest of his family are distraught. How will Mole, Otter and Hare go on without their beloved friend? But months later, Squirrel reminds them all of how funny Fox used to be, and they all realize that Fox is still there in their hearts and memories.

Preschool-Young Ages 4-7

Animal Crackers: A Tender Book About Death and Funerals and Love by Bridget Marshall 8.95

A tender book about death, funerals, and love. This book explores aging, memory loss and a special kind of love when a young child's Nanny must go to a nursing home and later dies. They all remember Nanny's Animal Crackers!

Ages 4-9

Annie and the Old One by Miska Miles

Annie is a young Navajo girl who refuses to believe that her grandmother, the Old One, will die. Sadly, Annie learns that she cannot change the course of life.

Ages 4-8

Badger's Parting Gifts by Susan Varley

All the woodland creatures—Mole, Frog, Fox, and Rabbit—love old Badger, who is their confidante, advisor, and friend. When he dies, they are overwhelmed by their loss. Then they begin to remember and treasure the memories he left them. Told simply, directly, and honestly, this uplifting story will be of tremendous value to both children and their parents. A gentle classic that can help foster communication, care, and understanding.

Ages 4-8

Big Cat, Little Cat by Elisha Cooper

A story of friendship begins, following the two cats through their days, months, and years until one day, the older cat must go. And he does not come back This is a poignant story, told in measured text and bold black-and-white illustrations about the act of moving on.

Ages 3-6

Birds of a Feather: A Children's Story of Love, Loss, and What Came Next by Tom Crice

In this thoughtful story of loss and recovery a young boy's happy life is interrupted when his grandfather passes away. Suddenly his world is full of big questions and difficult emotions. Will things ever be normal again? Then one day, during a chance encounter on the subway, he makes a wonderful new connection.

Young ages 4-9

Can You Hear Me Smiling? A Child Grieves a Sister by Aariane R. Jackson

A girl tells how, after she had a fight with her sister and said something mean, her sister got sick with pneumonia and died, and she describes her feelings of grief, anger, and loss.

Young ages 8 to 10

Cat Heaven by Cynthia Rylant

With a gentle, playful rhyme, Newbery Medalist Cynthia Rylant explores all the ways our beloved cats enjoy Cat Heaven. If your child wonders where his or her kitty goes after a happy life on Earth, they can rest assured that all cats "know where the angel cats fly. They'll run past the stars and the moon and the sun...to curl up with God in the sky."

Ages 4-8

Chester Raccoon and the Acorn Full of Memories by Audrey Penn

Chester Raccoon's good friend Skiddel Squirrel has had an accident and will not be returning - ever. Chester is upset that he will not get to play with his friend anymore. Mrs. Raccoon suggests that Chester and his friends create some memories of Skiddel, so that they will have good memories when they miss him. Chester, his brother Ronny, and their friends decide to gather at the pond, where they combine their memories and create a touching celebration of their friend's life. Many young children must face the loss of loved ones or the need to attend a funeral. This sweet story will help children to understand the positive purpose behind memorial services and how "making memories" can provide cheer and comfort when missing an absent loved one.

Ages 3-7

Children Also Grieve by Linda Goldman

"Children Also Grieve" is an imaginative resource, fully illustrated with color photographs, which offers support and reassurance to children coming to terms with the loss of a close friend or relative and to adults who are supporting them through their bereavement. The combination of narrative and interactive memory book in the first part of the book is designed to be read and worked through by children. The story tells of the experiences of Henry, the dog of a family whose grandfather has died. During Henry's progress through the different stages of bereavement, he learns strategies for coping with his grief. At various stages of the story, Goldman provides readers with the opportunity to share their own reactions to loss through words and pictures, using specific prompt questions that encourage the exploration of different facets of grief. The second part includes a list of useful vocabulary, to help children express their feelings about bereavement, a bibliography of other useful resources for both children and adults, and a section that will help adults to understand and aid children throughout the grief process. This last section also explains the approach taken in the story, details typical responses to bereavement, and discusses useful ways in which adults can discuss and share grief with children. This book is an invaluable tool for bereaved children and those who care for them.

Ages 4-7

Chippy Chipmunk: Friends in the Garden by Kathy M. Miller

Chippy experiences the loss of his best friend Pickle, a meadow vole. Chippy's friends help him both to express his grief and learn to accept and be at peace with the fate of his pal. While Chippy hibernates, owls appear in magical dreams to offer words of comfort. By springtime, Chippy emerges with a renewed sense of hope and begins to believe that life really does get better. The delicately woven story line is illustrated with beautiful nature photography. An activity page, fun facts, and notes to parents and educators are included.

Ages 4-6

Daddy, Up and Down: Sisters Grieve the Loss of Their Daddy by Lila Stenson & Anna Stenson

Young sisters share their feelings following the death of their father in an effort to help others.

Young

Daddy's Promise by John T. Heiney, Michael J. Gordon, and Cindy Klein Cohen

Daddy's Promise is about a little boy's journey of discovery after the death of his father. Jesse is angry and filled with questions. Why did his daddy have to die? What happens when someone dies? Where do they go? Jesse's questions are answered both by his mother, and in a series of dreams where Jesse visits his father and learns about life, death, and life after death. Daddy's Promise answers common questions children have about death, as well as suggestions for coping. Concrete, simple explanations are given for what happens when someone dies.

Ages 4-8

Dog Heaven by Cynthia Rylant

The author comforts reader's young and old who have lost a dog. Recommended highly by pet lovers around the world, Dog Heaven not only comforts but also brings a tear to anyone who is devoted to a pet. From expansive fields where dogs can run and run to delicious biscuits no dog can resist, Rylant paints a warm and affectionate picture of the ideal place God would, of course, create for man's best friend.

Ages 1 and up

Everett Anderson's Goodbye by Lucille Clifton

Everett Anderson's Goodbye is a touching portrait of a little boy who is trying to come to grips with his father's death. Lucille Clifton captures Everett's conflicting emotions as he confronts this painful reality. We see him struggle through many stages, from denial and anger to depression and, finally, acceptance. In this spare and moving poem, the last in this acclaimed series, Lucille Clifton brings Everett Anderson's life full circle.

Ages 5-8

Everybody Feels Sad by Moira Butterfield

Looks at situations that might make children sad, like being excluded at school or losing a pet, and suggests ways to deal with the emotion.

Preschool-Young Ages 4-7

Finding Grandpa Everywhere: A Young Child Discovers Memories of a Grandparent by John Hodge

After Grandpa dies, a young boy finds that the memories of him and his love live on everywhere he looks. Includes a discussion of the importance of allowing children to understand death and undergo the process of grieving.

Young 7 and up

Gentle Willow, a Story for Children About Dying by Joyce C. Mills

Written for children who may not survive their illness or for the children who know them, this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion, addresses how to cope with death and dying.

Ages 4-8

Goodbye Daddy by Brigitte Weninger

Daddy lives in a different house now and Tom hates it when he leaves. Then Mom gives Tom a teddy bear that tells a story about a little bear who lives in the forest and has problems just like Tom's. A sensitive story about separation and divorce. Full-color illustrations.

Ages 4 and up

Goodbye Mom, Goodbye by Phillip E. Johnson

Helping children understand about dealing with life and death.

Goodbye Mousie by Robie H. Harris

One morning a boy finds that his pet, Mousie, won't wake up. The truth is Mousie has died. At first the boy doesn't believe it. He gets very mad at Mousie for dying, and then he feels very sad. But talking about Mousie, burying Mousie in a special box, and saying good-bye helps this boy begin to feel better about the loss of his beloved pet.

Ages 4-8

Goodbye to Pumpkin - A Book of Magic, Loss and Art Therapy by Pamela Hayes

A children's book that helps with grief through encouraging the use and effectiveness of art therapy.

Ages 6 and up

Grandad's Island by Benji

Davies

At the bottom of Syd's Garden, through the gate and past the tree, is Grandad's house. Syd can let himself in any time he likes. But one day when Syd comes to call, Grandad isn't in any of the usual places. He's in the attic, where he ushers Syd through a door, and the two of them journey to a wild, beautiful island awash in color where Grandad decides he will remain. So Syd hugs Grandad one last time and sets sail for home. Visiting Grandad's house at the bottom of the garden again, he finds it just the same as it's always been — except that Grandad isn't there anymore. Sure to provide comfort to young children struggling to understand loss, Benji Davies's tale is a sensitive and beautiful reminder that our loved ones live on in our memories long after they're gone.

Grandpa Loved by Josephine Nobisso

This is a recollection of the special times a young boy spent with his grandfather in the city, in the forest with the animals, at the beach, and with his family. Although the boy misses his beloved grandpa's presence, he feels assured that his passing has brought him to a better place, and he knows that his grandpa's love will always be with him.

Ages 7 and up

Gran-Gran's Best Trick: A Story for Children Who Have Lost Someone They Love by L. Dwight Holden, Michael Chesworth

A poetic story about a young girl whose beloved grandfather battles cancer, becoming very different from the Gran-Gran who loved fishing, grew plants in old ice coolers, and took her on neighborhood "safaris." She decides to keep his memory alive by telling her little sister all about him and the things he taught her, and by doing so, learns that those we love never leave our hearts and that this is "love's best trick."

Ages 4 and up

Grief is like a snowflake by Julia Cook

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

Preschool-Young Ages 5 and up

Grief on the Playground by Shanice McLeish

It is a story which takes you on a ride through the 'grief rollercoaster'. Grief on the Playground is necessary for all children who have lost someone they loved. Readers all around confirm Grief on the Playground is a great tool for coping with the loss of a parent, sibling, friend, or pet.

How Are You Peeling: Food with Moods by Saxton Freymann and Joost Elffers

A book about feelings. This is a book that asks all the right questions. And leaves you feeling great no matter what the answers are!

Ages 4-8

How Full Is Your Bucket? by Tom Rath, Mary Reckmeyer, Maurie J. Manning

Every moment matters. Each of us has an invisible bucket. When our bucket is full, we feel great. When it's empty, we feel awful. Yet most children (and many adults) don't realize the importance of having a full bucket throughout the day. In How Full Is Your Bucket? For Kids, Felix begins to see how every interaction in a day either fills or empties his bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well. Follow along with Felix as he learns how easy it can be to fill the buckets of his classmates, teachers and family members. Before the day is over, you'll see how Felix learns to be a great bucket filler, and in the process, discovers that filling someone else's bucket also fills his own.

Ages 3-8

I Had a Friend Named Peter: Talking to Children about the Death of a Friend by Janice Cohn, D.S.W

When Betsy learns about the death of a friend, her parents and kindergarten teacher answer questions about dying, funerals, and the burial process.

Ages 5 and up

I Heard Your Daddy Died by Mark Scrivani

It is a simple and helpful tool for family members and caregivers to read to the child who has lost a parent. This book lets the child know it is okay for them to cry and be sad as well as be happy and play. The book includes many ideas to help the child to remember their parent.

Ages 2-6

I Heard Your Mommy Died by Mark Scrivani, Susan Aitken

Helps children cope with the death of a mother by examining the feelings they experience and the changes in their lives.

I Know I Made It Happen by Lunn Bennett Blackburn

A Gentle Book About Feelings. We look at feelings when there's a family fight, a divorce, illness, injury and death. Gives kids support and understanding during crises. It's nice to know, though, that my wishes, and my thoughts, and my words, don't make bad things happen.

Ages 5 and up

I Miss My Brother by Lauren & Randy Taylor

In the weeks and months following Drew's tragic death, author Randy Taylor and co-author, his daughter, Lauren, had many conversations about Drew. Fond memories of Drew, the tragic accident leading to Drew's death and Lauren's thoughts about Drew's new life in heaven were the inspiration for this book. The authors hope that I miss my brother may help other children who are grieving the loss of a sibling.

Ages 5 and up

I Miss You: A First Look at Death by Pat Thomas

This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct--easily accessible to younger children. There are full-color illustrations on every page.

Ages 4 and up

I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss by Ed.D. Pat Palmer

A best friend has moved away, Dad no longer lives with the family, or a favorite pet has died. This warm, comforting book gently helps grieving children identify their feelings and learn to accept and deal with them. Wonderful heart-warming illustrations and simple, direct writing help children discover that it is normal and natural to feel the pain of loss.

Age 6 and up

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.

Ages 3 and up

Ida, Always by Caron Levis

A beautiful, honest portrait of loss and deep friendship told through the story of two iconic polar bears. Gus lives in a big park in the middle of an even bigger city, and he spends his days with Ida. Ida is right there. Always. Then one sad day, Gus learns that Ida is very sick, and she isn't going to get better. The friends help each other face the difficult news with whispers, sniffles, cuddles, and even laughs. Slowly Gus realizes that even after Ida is gone, she will still be with him—through the sounds of their city, and the memories that live in their favorite spots.

Ages 4-8

In My Heart: A Book of Feelings by Jo Witek

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside, with language that is lyrical but also direct to empower readers to practice articulating and identifying their own emotions.

Ages 3 and up

Isabelle's Dream: A Story and Activity Book for a Child's Grief Journey by Betsy Bottino Arenella

Based on the true story of two sisters, Isabelle's Dream takes the reader on a heartwarming journey from grief to hope. The story begins as Isabelle gazes out her bedroom window at the stars, wondering where her sister Sophia has gone. She knows Sophia is in Heaven, but where is that? Can Isabelle go there, too, so she and Sophia can be together again? That night, Sophia visits Isabelle in a dream. Through the beauties of nature, Sophia shows Isabelle the earthly joys that still await her and reassures her that they will be sisters forever. The book is interactive and therapeutic.

Ages 4 and up

It's Hard to Say Goodbye by Ursula Hull

Written to help answer some questions a young child may have about attending a funeral.

Ladder to the Moon by Maya Soetoro-Ng

Little Suhaila wishes she could have known her grandma, who would wrap her arms around the whole world if she could, Mama says. And one night, Suhaila gets her wish when a golden ladder appears at her window and Grandma Annie invites the girl to go along with her on a magical journey. Maya Soetoro-Ng and Yuyi Morales's dreamlike tale reminds us that loved ones lost are always with us, and that sometimes we need only look at the moon and remember.

Preschool-Young Ages 4-8

Lady Rose by Stephen Cosgrove

After a long journey to discover the source of the water that flows into the sea, a sea otter finds a way to send a message back to her friends.

Ages 4 and up

Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie

Lifetimes 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 us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it talks about plants. About animals. 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.

Ages 5 and up

Lost and Found by Ellen Yeomans

A child's search for understanding after the death of her sister. If someone could be "lost", could they also be "found"? Dealing with her own grief and accepting the emotions of those around her this child finds her way toward healing.

Ages 4 and up

Love Is Forever by Casey Rislov

Love Is Forever gives caregivers and children a beautiful way to begin talking about loss and grief, and how to keep loved ones close in heart and mind through shared memories. Additional information and resources are included.

Ages 5-7

Love You Forever by Robert Munsch

A touching story about the evolving relationship between a boy and his mother.

Age 1 and up

Lucy Lettuce by Patrick Loring and Joy Johnson

A head of lettuce serves to demonstrate what grief feels like. Through being tossed and tumbled, she learns that the lid of sorrow will lift, and she can go out and nourish others.

Ages 4-8

Luna's Red Hat by Emmi Smid

It is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago, and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.

This beautifully illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide. Suicide always causes shock, not just for the family members but for everyone around them, and children also have to deal with these feelings. The book approaches the subject sensitively and includes a guide for parents and professionals by bereavement expert, Dr Riet Fiddelaers-Jaspers.

Ages 6 and up

Molly's Mom Died: A Child's Book of Hope through Grief by Margaret M. Holmes, Sasha J. Mudlaff, & Susan Aitken

A Child's Book of Hope through Grief. After Molly's Mom dies, she misses her a lot. It was hard to go back to school and talk to her friends. Molly finds that it's ok to have all these feelings after a parent die.

Ages 5-9

My Blue is Happy by Jessica Young

What is your blue like? A lyrical ode to colors and the unique ways we experience them follows a little girl as she explores the world with her family and friends. Your neighbor says red is angry like a dragon's breath, but you think it's brave like a fire truck. Or maybe your best friend likes pink because it's pretty like a ballerina's tutu, but you find it annoying like a piece of gum stuck on your shoe. In a subtle, child-friendly narrative, art teacher and debut author Jessica Young suggests that colors may evoke as many emotions as there are people to look at them and opens up infinite possibilities for seeing the world in a wonderful new way.

4 - 8 years

My Grandpa Died Today by Joan Fassler

After his grandfather dies, David overcomes his fear and loneliness and becomes aware of the meaning and joy of life

Young

My Many-Colored Days by Dr. Seuss

Dr. Seuss's youngest concept book is now available in a sturdy board book for his youngest fans! All of the stunning illustrations and imaginative type designs of Steve Johnson and Lou Fancher are here, as are the intriguing die-cut squares in the cover. A brighter, more playful cover design makes this board book edition all the more appropriate as a color concept book to use with babies or a feelings and moods book to discuss with toddlers.

Preschool-Young Ages 3-8

My Yellow Balloon by Tiffany Papageorge

It all started at the carnival. . . That's where Joey makes a new friend: a bright yellow balloon. Joey and his beloved balloon do everything together, until the balloon accidentally slips off Joey's wrist and flies far, far away. What will Joey do without his special friend?

Young

Nana Upstairs and Nana Downstairs by Tomie dePaola

Tommy is four years old, and he loves visiting the home of his grandmother, Nana Downstairs, and his great-grandmother, Nana Upstairs. But one day Tommy's mother tells him Nana Upstairs won't be there anymore, and Tommy must struggle with saying good-bye to someone he loves.

Ages 4 – 8

One Wave at a Time by Holly Thompson

After his father dies, Kai experiences all kinds of emotions: sadness, anger, fear, guilt. Sometimes they crash and mix together. Other times, there are no emotions at all—just flatness. As Kai and his family adjust to life without Dad, the waves still roll in. But with the help of friends and one another, they learn to cope—and, eventually, heal. A lyrical story about grieving for anyone encountering loss.

Ages: 3-7 years

Rainbow Fish Finds His Way by Marcus Pfister

Rainbow Fish gets lost in an undersea storm and has to find his way back home. Luckily, with the help of some new friends, it isn't long before Rainbow Fish is reunited with his glittering school of fish.

Ages 4-8

Ruby Finds a Worry by Tom Percival

Meet Ruby -- a happy, curious, imaginative young girl. But one day, she finds something unexpected: a Worry. It's not such a big Worry, at first. But every day, it grows a little bigger . . . and a little bigger Until eventually, the Worry is ENORMOUS and is all she can think about.

But when Ruby befriends a young boy, she discovers that everyone has worries, and not only that, but there's also a great way to get rid of them too . . . she just must share her feelings.

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss by Michaelene Mundy

Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend.

Written by a school counselor, this book helps comfort children facing of the worst and hardest kind of reality. Full color.

Ages 6 and up

Sad Ninja by Mary Nhin

This book is about accepting sad feelings like loss and grief. Being sad is normal and expected after the death of his grandmother, but SAD ninja learns about tools to reduce the negative impact being sad can produce. Sad Ninja is dealing with things out of his control that make him feel down and not wanting to do anything. With the help of his friend Lonely Ninja, he learns to accept his sadness in a positive way. Though he can't change things that are happening around him, he can talk to others about his feelings.

Ages: 3-11 years

Sam's Dad Died: a child's book of hope through grief by Margaret M. Holmes

It made Sam feel better to talk about the death of his father. He felt better when he did. He even felt better when he would cry, even though it was embarrassing sometimes. Sam realizes that his dad loved him a lot and gave him many good feelings to remember. This book opens communication between adult and child. Includes a page of suggestions for caregivers.

Ages 5-9

Sargeant's Heaven by Icy Frantz

Intended to help children who are coping with the loss of a loved one, Sargeant's Heaven also appeals to all curious children, who have wondered about heaven.

Ages 4 and up

Saying Goodbye to Daddy by Judith Vigna

Frightened, lonely, and angry after her father is killed in a car accident, Clare is helped through the grieving process by her mother and grandfather.

Ages 4 and up

Someone I Love Died by Christine Harder Tangvald

First published in 1988, Someone I Love Died has long comforted the hearts of children 4 to 8 who have lost someone close. It gently leads children through grief with age-appropriate words and solid biblical truth that understands a child's hurting heart. The added interactive resources ensure this book will become a treasured keepsake. Once complete, children create a memory book of the loved one's life. And it offers grown-ups a tool that turns what could be a difficult season into a meaningful time of healing.

Ages 4-8

Someone I Love Died from a Drug Overdose by Melody Ray

Accidental substance overdoses continue to rise across our country, leaving families at a loss as to how to tell and assist the children that are grieving. This story is an excellent tool for parents and caregivers. Includes a workbook, definitions, some facts, and a note to the adult reading the story.

Something Very Sad Happened (A Toddler's Guide to Understanding Death) by Bonnie Zucker

Something Very Sad Happened is intended to be read to two- and three-year-old children to help them understand death and process the loss of a loved one. Written at a developmental level that is appropriate for two- and three-year-olds, the story explains death; lets children know that it is okay to feel sad; and reassures children that they can still love the person who died, and the person who died will always love them.

Preschool-young ages 2-7

Stacy Had a Little Sister by Wendie C. Old, Judith Friedman

Stacy sometimes feels jealous of her new baby sister Ashley, wishing she would go away, but when Ashley dies of Sudden Infant Death Syndrome, Stacy must find a way to cope with her guilt and with her family's loss.

Ages 4-8

Star Wars: Search Your Feelings by Calliope Glass

Featuring fun poems and illustrations about different emotions that tie to iconic moments from across the Star Wars saga, this is the perfect book to add to a youngling's growing library.

Ages 5-8

Sun Kisses, Moon Hugs by Susan Schaefer Bernardo

No matter how far apart we are, I will always find ways to tell you I love you. Sun Kisses, Moon Hugs is a beautiful picture book with a simple but powerful message: love lasts forever. Lyrical writing and delightful multicultural illustrations provide perfect bedtime reading for any child. The book is also ideal for supporting children through grief, separation anxiety, divorce, illness, or other traumatic situations, by wrapping them in a warm and comforting emotional security blanket and opening a dialogue on the nature of love. Even when loved ones cannot be with us, we can feel their presence through our deep connections to the natural world. Sun Kisses, Moon Hugs has received glowing testimonials from parents, librarians, social workers, teachers, hospice caregivers...and most importantly, kids.

Sylvester and the Magic Pebble by William Steig

Sylvester can't believe his luck when he finds a magic pebble that can make wishes come true. But when a lion jumps out at him on his way home, Sylvester is shocked into making a wish that has unexpected consequences. After overcoming a series of obstacles, Sylvester is eventually reunited with his loving family. Illustrated with William Steig's glowing pictures, this winner of the Caldecott Medal is beloved by children everywhere.

Ages 3-7

Talk to God...I'll get the Message (Protestant Version) by Norman Geller

The story of a boy, whose grandfather dies, a book for helping children understand death and dying.

Tell Me Papa by Joy and Marv Johnson

Answers to questions children ask about death and dying. A gentle explanation for children about death and the funeral. Tells children about what happens when you die, explains the funeral, cremation, and answers questions honestly. Useful tool for parents and caregivers searching for the right words to say.

The Accident by Carol Carrick

After his dog Bodger is hit by a truck and killed, Christopher must deal with his feelings of depression and guilt.

The Class in Room 44: When a Classmate Dies by Lynn B. Blackburn

It is an essential tool for teachers who are dealing with a death in the classroom. Explores the many different feelings classmates will have while giving ideas to help remember the student.

Ages 5-10

The Day it Rained Hearts by Felicia Bond

One day it rains hearts, and Cornelia Augusta catches them. Each heart is special in its own way, and Cornelia Augusta knows exactly who to send them to.

Ages 4 and up

The Dead Bird by Margaret Wise Brown

When they find a dead bird, a group of children bury it in the woods, sing a song to it, and put flowers on the grave.

The Empty Place: a child's guide through grief by Roberta Temes

When a nine-year-old boy's beloved big sister dies, he is confused, angry and fearful. For the first time he must face the finality of death and the pain of loss. His parents, also grieving, seem distant, until a counselor teaches them all how to cope and heal.

Ages 5-10

The Fox and the Feather by Kendall Lanning

How does your loved one come to you in signs? -Music, Coins, Smells, Dreams, Butterflies and Feathers are just to name a few. The Fox and Cardinal are best friends. One day the Cardinal explains that he, "is sick and dying." Although, the Fox is sad and crying, the Cardinal reminds him to look for signs. One of those signs is a feather to assure they will always be together. The Fox comforts the Cardinal with his favorite scarf and says, "goodnight." At sunrise, the Fox waves good-bye to his best friend. The Fox would then find feathers as a reminder that the Cardinal is flying above him, although he cannot see him.

Provided in the book are caregiver resources, such as developmental stages of grief and directs you to the website that has activities that accompany the story. The scarf activity is great for memory making and "letting go." There are also free puppet printouts to facilitate and utilize play to aid in coping.

The Goodbye Book by Todd Parr

Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them. An invaluable resource for life's toughest moments.

The Hat by Jan Brett

When Lisa's woolen stocking flies off the clothesline, Hedgie finds it and pokes his nose in. He tries to pull it out, but the stocking gets stuck on his prickles -- and the fun begins. A mother hen comes by, then a noisy goose, a talkative barn cat, a playful farm dog, a mama pig and her piglets, and a pony. They all laugh at Hedgie, especially when he pretends he's wearing a new hat. But in the end, it is clever Hedgie who has the last laugh. And where is Lisa when all of this is going on? She's in Jan Brett's signature borders, getting ready for winter, until she realizes her stocking is missing and she enters the story to look for it.

Ages 3 to 8

The Hat (Board Book/Abridged) by Jan Brett

A clever and appealing picture book. In preparation for cold weather, Lisa takes her winter clothes out of their storage chest and hangs them up in the fresh air. A strong wind blows one of her knit socks off the line. A hedgehog sticks his head inside, and it becomes stuck on his quills. When a hen, goose, cat, dog, pig, and horse laugh at his appearance, he tries to salvage his dignity by telling each one that his new hat will keep him dry, warm, and cozy throughout the winter. Finally, Lisa finds him and removes her sock, telling him that animals don't wear clothing. But when she goes back to the clothesline, she sees all of the animals wearing her gloves, sweaters, and scarves on their heads.

Preschool

The Heart and the Bottle by Oliver Jeffers

There is a wonder and magic to childhood. We don't realize it at the time, of course . . . yet the adults in our lives do. They encourage us to see things in the stars, to find joy in colors and laughter as we play. But what happens when that special someone who encourages such wonder and magic is no longer around? We can hide, we can place our heart in a bottle and grow up . . . or we can find another special

someone who understands the magic. And we can encourage them to see things in the stars, find joy among colors and laughter as they play. Oliver Jeffers delivers a remarkable book, a touching and resonant tale reminiscent of *The Giving Tree* that will speak to the hearts of children and parents alike.
Ages 4-8

The Invisible String by Patrice Karst

Specifically written to address children's fear of being apart from the ones they love, *The Invisible String* delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else. Parents and children everywhere who are looking for reassurance and reaffirmation of the transcendent power of love, to bind, connect and comfort us through those inevitable times when life challenges us!

Ages 3 and up

The Kissing Hand by Audrey Penn

To reassure children upset by separation anxiety.

Ages 3 and up

The Memory Box by Kirsten McLaughlin

After the death of his grandfather, a boy experiences anger and sadness and prepares a memory box to help him remember all the good things about Grandpa.

Ages: Young

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.

Ages 4-8

The Memory String by Eve Bunting

Each button on Laura's memory string represents a piece of her family history. The buttons Laura cherishes the most belonged to her mother—a button from her prom dress, a white one off her wedding dress, and a single small button from the nightgown she was wearing on the day she died. When the string breaks, Laura's new stepmother, Jane, is there to comfort Laura and search for a missing button, just as Laura's mother would have done. But it's not the same—Jane isn't Mom. In Eve Bunting's moving story, beautifully illustrated by Ted Rand, Laura discovers that a memory string is not just for remembering the past: it's also for recording new memories.

Age 4-8

The Mitten by Jan Brett

When Nicki drops his white mitten in the snow, he goes on without realizing that it is missing. One by one, woodland animals find it and crawl in; first, a curious mole, then a rabbit, a badger and

others, each one larger than the last. Finally, a big brown bear is followed in by a tiny brown mouse and what happens next makes for a wonderfully funny climax.

As the story of the animals in the mitten unfolds, the reader can see Nicki's snowy outing in the borders of each page.

Young

The Next Place by Warren Hanson

An inspirational journey of light and hope to a place where earthly hurts are left behind.

Ages 5 and up

The Perfect Shelter by Clare Helen Welsh

At first nobody knew. Then they told me my sister was sick.

But together we'll ride out the storms. And today is the perfect day to build a shelter and be together.

Ages 4 and up

The Pond by Nicola Davies and Cathy Fisher

The Pond is a touching picture book about a young boy, and his family, overcoming the loss of his father. This colorful, emotional book is filled with natural imagery, and will teach children not only about death and loss, but the importance of the natural world.

Toddler-Preschool

The Rabbit Listened by Cori Doerrfeld

For parents, whose child has completed suicide. Goes into detail about victimization, social stigma, guilt, anger, history and recovery. "The main thing for you to remember is: You are not to blame for the death of your child. The decision for death has to belong to your child, not you."

Ages 3-5

The Saddest Time by Norma Simon, Jacqueline Rogers

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.

The Star Gift by Flavia and Lisa Weedn

An orphaned little girl gives her scarf, bread, and jacket to people less fortunate than she, and then while she sleeps, the stars guide her to a family that invites her to live with them.

Ages 4 and up

The Tenth Good Thing about Barney by Judith Viorst

My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them. But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth, and begins to understand.

Ages 6-9

The Umbrella by Jan Brett

A walk through the Costa Rican cloud forest provides a wonderfully lush setting for Jan Brett's beloved animal illustrations. When Carlos drops his umbrella to climb a tree for a better view of the animals, they all cram into the banana-leaf umbrella as it floats by--from the little tree frog to the baby tapir to the big jaguar and more. It gets so crowded in the umbrella that there isn't even enough room for a little

hummingbird! So, over the umbrella tumbles, everyone falls out, and poor Carlos comes back wondering why he didn't see any animals all day. In the spirit of Jan Brett's, *The Mitten* and *The Hat*, this cheerful tale of escalation will have readers poring over every illustration for the world of details Jan packs in. With its classic story, exotic jungle setting, and brilliantly colorful menagerie, *The Umbrella* is sure to take its place among Jan's many family favorites.

Ages 4-8

The Way I Feel by Janan Cain

Praised by parents, who say it's especially valuable when getting children to talk about the day's triumphs and troubles, and by professionals, who use it in pediatric clinics and with the developmentally disabled and emotionally troubled. Janan Cain's kids ooze anger and bounce with excitement as they teach the words for emotions.

Preschool-young Ages 3-7

This Book Is for All Kids, But Especially My Sister Libby. Libby Died by Jack Simon

This book is about a little boy who lost his sister to a rare disorder. When she died, her brother struggled to understand how God could take away his little sister. Afraid to ask questions that might make someone sadder, children often keep their sorrow locked inside. His mom encouraged her son to talk about his pain, and she insightfully began a diary. *This Book Is for All Kids* is the perfect way to help children and adults begin to deal with loss.

Ages 4 and up

Thunder n' Lightning Explain: What it's like to die by Kevin Lee Weaver

Informing children about death, dying, and spirituality can be difficult. How do you explain to a child what it is like to die? Then along came fifteen-year-old Aron. His understanding of spiritual things was profound. He said, "eternal life is a process that never stops... it goes around and around... Heaven is the place where your soul is free." When the manuscript and pencil drawings of *Thunder 'n Lightning* were presented to him, he said "Oh yea!" Aron was diagnosed with Hodgkin's Lymphoma. He knew he was going to die prematurely. He said "I always wanted to be a nurse so I could help people and kids. Because of my cancer I may never grow up and become a nurse. So, I want to help now." *Thunder 'n Lightning Explain What It's Like to die... is his story... his journey!*

Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis

Helps kids explore, identify, and even have fun with their ever-changing moods.

Ages 4 and up

Today I'm a Monster by Agnes Green

A cute story with a great and important message, explains that angry feelings come and go, doing bad things doesn't make you bad, a story is a good way to help children first recognize feelings, learn to treat each other better as well as be more tolerating, teaches us all that love and understanding make the difference, and showers the power of a mother's love.

Ages 3-6

TURNED UPSIDE DOWN: A flip book by Teana Tache

Turned Upside Down has been written to assist in guiding children through the grieving process by way of their own spiritual journey. It has been written as a conversation between a child and their loved one, designed as a memory keepsake and amazingly illustrated to encourage light, love and forever

memories. Turned Upside Down opens conversations with children and adults, allowing them to process, understand and embrace the loss of their very special someone.

Until We Meet Again by Susan Jones

Treasured memories... come from ordinary moments. Between one winsome grandfather and one lucky little boy are keepsakes of the heart... memories made by the two of them for all time. Most are simple. Checkers and hot chocolate. Hugs and silly songs. A special wink that means we're in this together. But their time together is coming to an end. With insight and tenderness, the author tells the story of what comes next for a little boy who discovers memory-making is a language of love that can be whispered across the years.

Water Bugs & Dragonflies by Doris Stickney

Looking for a meaningful way to explain the death of a five-year-old friend to neighborhood children, Stickney adapted a graceful fable about a water bug that changed into a dragonfly.
Ages 5 and up

We Were Gonna Have a Baby, But We Had an Angel Instead by Pat Schweibert

Helps children cope with prenatal death or stillbirth. The narrator briefly recalls how he had looked forward to having a sibling, imagining the two of them "building a fort and playing tricks on our parents," and recalling how he had loved listening to the baby inside his mother.
Ages 2 and up

Wemberly Worried by Kevin Henkes

Wemberly worried about spilling her juice, about shrinking in the bathtub, even about snakes in the radiator. She worried morning, noon, and night. "Worry, worry, worry," her family said. "Too much worry." And Wemberly worried about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying!
4 - 8 year

What are Feelings? by Katie Dayne

This thoughtful book explores happiness, sadness, anger, fear and worry in a friendly and approachable way. Adorable animal characters experience different emotions, while imaginative flaps answer important questions such as 'Why don't I feel happy all the time?' and 'How can I cheer up my friend?'
Ages 4 and up

What Happened When Grandma Died by Peggy Barker

When her grandmother dies, a young girl feels better after her mother reads Bible verses describing God's plan for everlasting life.
Ages 4 and up

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

When Trevor Romain's father died, Trevor didn't know what to feel, say, or do. Shocked, saddened, and confused, all he could say was . . . wow. As he started understanding what had happened, he began writing about his experiences and feelings. His new book—simple, insightful, and straight from the heart—is for any child who has lost a loved one or other special person.

What's Heaven? By Maria Shriver

This treasure of a book, for people of all faiths, is a starting point for parents who must talk about the difficult topic of death with their children. What should parents say when a loved one dies? Heaven is a difficult subject that always comes up at tough times, and Maria Shriver has written a very special book precisely for these stressful moments. *What's Heaven?* is the story of Kate, a little girl whose great-grandma has just died. She seeks answers, and her mother helps her learn about Heaven. The many questions in this book are real, coming from Shriver's own children, nieces, and nephews when her grandmother Rose Fitzgerald Kennedy passed away.
Young ages 5 and up

When Dinosaurs Die by Laurie Krasny Brown

The authors explain in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.
Ages 4 and up

When I Feel Worried by Cornelia Maude Spelman and Kathy Parkinson

Everyone feels worried sometimes, but there are always ways to feel better! Join a cuddly hamster and her toy zebra as she learns to manage feelings of worry. With a focus on identifying the causes of an emotional reaction and coming up with ways to feel calm and happy again, this book offers simple strategies to help kids understand and take care of their emotions.
Ages 4 and up

When Someone Dies: A Children's Mindful How-To Guide on Grief and Loss by Andrea Dorn

When Someone Dies walks children through the bereavement process in a simple, concrete, and developmentally appropriate way. Through the lens of mindfulness, children will learn how to say goodbye, make space for any emotions that arise, and work through their grief.
Ages 4-10

When Your Grandparent Dies: A Child's Guide to Good Grief by Victoria Ryan

Addressing the needs of children and the adults who care for them. Losing a grandparent is often a child's first experience with grief. The ordeal can be as bewildering as it is painful. Explaining what happens from a child's-eye view, the little elves in this book depict the difficult days before, after, and beyond a grandparent's death. They explore the meaning of death and heaven, as well as how to stay close in spirit with a grandparent who has died
Ages 5 and up

Where Are You? By Laura Olivieri

A child's book about Loss is a kind and supportive text designed to help children of all ages cope with the loss of a loved one. It is created with love and care so that even the youngest readers will find comfort during this stressful and difficult time.
Ages 4 and up

Where Do Balloons Go? By Jamie Lee Curtis

When one little boy accidentally let's go of his balloon, his imagination takes him on its journey. Jamie Lee Curtis's gentle and humorous exploration of the joys and perils of a balloon's life is whimsically brought to life by Laura Cornell's illustrations. From the best-selling author-illustrator team of *Today I*

Feel Silly and Other Moods that Make My Day comes another delightful mystery about letting go.
Ages 4-8

Where's Jess? By Joy and Marv Johnson

For children who have a brother or sister die.

Ages 3-6

Wherever You Are my love will find you by Nancy Tillman

It's been said that, once we become parents, we wear our hearts outside of ourselves. Our love really does follow our children wherever they go. In *Wherever You Are*, love takes shape and does just that. It is my wish that this book helps give your children a sense of confidence that there is nowhere in the world your love can't find them.

Ages 4-8

Why Do I Feel So Sad? By Tracy Lambert

Why Do I Feel So Sad? is an inclusive, age-appropriate, illustrated kid's book designed to help young children understand their own grief. The examples and beautiful illustrations are rooted in real life, exploring the truth of loss and change, while remaining comforting and hopeful. Broad enough to encompass many forms of grief, this book reassures kids that they are not alone in their feelings and even suggests simple things they can do to feel better, like drawing, dancing, and talking to friends and family.

Young

You're Here for a Reason by Nancy Tillman

If you think you're not I would just say that perhaps you forgot... a piece of the world that is precious and dear would surely be missing if you weren't here. If not for your smile and your laugh and your heart this place, we call home would be minus a part. Thank goodness you're here! Thank goodness times two! I just can't imagine a world without you. Not only are we loved, but we also matter. Once again, Nancy Tillman takes a universal truth and makes it accessible for readers young and old, as children and animals interact with acts of kindness

You've Got Dragons by Kathryn Cave

Worries, fears, and anxieties are all dragons that sneak up on most of us at one time or another. Lots of people get dragons. And sometimes they're hard to get rid of. So, what can a young boy with a bad case of the dragons do? He can pretend they are not there, or that they are really quite harmless. Hugs from his mom help. Looking his dragon straight in the eye at least once every day helps even more. But most reassuring of all is the reminder that dragons don't stay forever.

Ages 6-10