Grief and Death

Resources to help children cope with loss and death

Preschool/elementary
- Lifetimes: The Beautiful Way to Explain Death to Children (Brian Mellonie, 1983)
- The Tenth Good Thing about Barney (Judith Viorst, 1971)
- It Must Hurt A Lot (Doris Sanford, 1986)
- I’ll Always Love You (Hans Wilhelm, 1985)
- Someone Special Died (Joan Singleton, 1993)
- When Dinosaurs Die (Laurie Drasny Brown & Marc Brown, 1996)
- I Miss You: A First Look at Death (Pat Thomas, 2001)
- Love You Forever (Robert Munsch, 1986)
- How I Feel: A Coloring Book for Grieving Children (Alan Wolfelt)

Elementary
- When Someone Dies (Sharon Greenlee, 1992)
- Tear Soup (Pat Schweibert, Chuck DeKlyen, 2005)
- Help Me Say Goodbye: Activities for helping kids cope when a special person dies (Janis Silverman, 1999)
- The Fall Of Freddie The Leaf (Leo Buscaglia, 1982)

Elementary/middle school
- Badger’s Parting Gifts (Susan Varley, 1984)
- Aarvy Aardvark Finds Hope (Donna O’Toole, 1988)
- The Next Place (Warren Hanson, 1997)
- When Something Terrible Happens: Children Can Learn to Cope with Grief (Marge Heegaard)
- When Someone Very Special Dies: Children Can Learn to Cope with Grief (Marge Heegaard)

Middle/high school
- Straight Talk about Death for Teenagers (Earl Grollman, 1993)
- When A Friend Dies (Marilyn Gootman, 1994)
- The Grieving Teen: A guide for teenagers and their friends (Helen Fitzgerald, 2000)
- Healing Your Grieving Heart for Teens: 100 Practical Ideas (Alan Wolfelt, 2001)
- Fire In My Heart, Ice In My Veins: A Journal for Teenagers Experiencing a Loss (Enid Samuel Traisman)

Websites
- Hello Grief—provides a place for teens to share and learn about grief and loss
- Sesame Street—Grieving as a Family: Finding comfort together
- **The Centering Corporation**—a not-for-profit organization dedicated to providing education and resources for the bereaved
- **My Wishes**—a booklet written in everyday language that helps children express how they want to be cared for in case they become seriously ill
- **Caring Conversations for Young Adults**—provides a starting point for young adults and their families to talk about topics like organ donation, do-not-resuscitate orders, and serious illness
- **The Dougy Center**—provides education, training and peer support groups to give children, teens, young adults and their families who are grieving a death a safe and supportive place to share their stories
- **Compassionate Friends**—Compassionate Friends offers a nation-wide support group for parents and siblings who have lost a child of any age and for any cause. This website offers resources for teens including an online support community.