

# Suggested Books

## Grief for Adults and Children

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# Adult Grief Resources

## **Good Grief**

by Granger Westberg; Augsburg Books, 1962  
This short, classic message of survival comes from a Christian perspective

## **Grieving: How to Go on Living When Someone You Love Dies**

by Therese Rando; Lexington Books, 1995  
Includes sudden and unexpected death. Encourages readers to grieve in their own way.

## **Healing After Loss: Daily Meditations for Working through Grief**

by Martha Whitman Hickman; Avon Books, 1994

## **How to Survive the Loss of a Love**

by Melba Colgrove, Harold H. Bloomfield, MD, and Peter McWilliams;  
Prelude Press, 1976  
This easy-to-read classic addresses spouse or partner death.

## **The Journey through Grief**

by Alan D. Wolfelt, PhD; Companion Books, 2003  
Explores the physical, emotional and spiritual journey of grief.

## **What Will Help Me?**

by Jim Miller; Willowgreen Press, 1994  
This guide offers 12 suggestions for the griever. It complements **How Can I Help?** by the same author.

*quote:*

Grief never ends .... But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith .... It is the price of love."  
~Author Unknown~

# Death of a Parent

## **Death of a Parent: Transitions to a New Adult Identity**

By Debra Umberson, 2006.

Umberson comes to some truly illuminating conclusions ... This clear insightful study provides a unique combination of research-based self-help and scholarly enterprise.

## **Finding Your Way after Your Parent Dies: Hope for Grieving Adults**

By Richard Gilbert; September, 1999.

This compassionate guide is for those struggling with the loss of a parent. Offers practical suggestions for navigating these difficulties.

## **How to Survive the Loss of a Parent**

By Ackner & Whitney; Harper Paperbacks, November, 1994.

Written for adults who are mourning the loss of a parent, this book attempts to help survivors understand how the parental relationship influenced other aspects of their lives.

## **Losing a Parent: Passage to a New way of Living**

By Alexandra Kennedy, 1991.

Kennedy shares her own story of facing the loss of a parent and offers innovative strategies for healing and transformation.

## **The Orphaned Adult: Confronting the Death of a Parent**

By Marc D. Angel, 1997.

In this compassionate work, Rabbi Marc Angel addresses a universal but largely overlooked phenomenon: adult orphanhood. This book presents a thoughtful discussion of the processes of adult orphanhood, including anticipating the death of a parent, mourning the parent, and internalizing the reality of the parent's death.

## **The Orphaned Adult: Understanding and Coping with Grief and Change after the Death of Our Parents**

By Alexander Levy, 2000.

Incorporating his own personal experience with the accounts of others who have lost their parents, psychologist Levy examines this profound life-changing event with compassion and understanding.

## **Recovering From the Loss of a Parent**

By Katherine Donnelly, 2001.

However you choose to cope—through private, inner searching or sharing your feelings with others—this book is a companion through the process of understanding and accepting your loss.

## **She Loved Me, She Loved Me Not: Adult Parent Loss after a Conflicted Relationship**

By Linda J Converse, 2001.

## **Forgiving Our Parents, Forgiving Ourselves: Healing Adult Children of Dysfunctional Families**

By David A. Stoop, 2004.

Drs. Stoop and Masteller believe you can move beyond failure to forgiveness, cancelling the indebtedness of those who have hurt you. But before you can begin the process of forgiveness, you need to understand the roots of your pain, through exploring the family patterns that perpetuate dysfunction. When you understand your family of origin, you will be able to take the essential step of forgiveness.

## **When Parents Die: A Guide for Adults**

By Edward Myers, 1997.

Offers practical information and reassurance.

## **Losing a Parent: Practical Help for You and Other Family Members**

By Fiona Marshall, 2004.

In *Losing a Parent*, Fiona Marshall helps readers understand the process of coping with a parent's death, from preparing for death to recognizing the different stages of grief, from nurturing the relationship with the surviving parent to harnessing new strength to carry on with life.

### **Nobody's Child Anymore: Grieving, Caring and Comforting When Parents Die**

By Barbara Barticci; Sorin Books, October, 2000.

Stories from the author's own experience of mourning the loss of two parents, as well as dozens of other stories. She leads us through four stages that most adults experience at some time: caring for a dying parent, mourning the loss, caring for the parent left behind, and finding new meaning beyond grief.

### **Midlife Orphan**

By Jane Brooks, 1999.

The word "orphan" may make us think of a child--but even self-sufficient adults can feel the pain of "orphanhood" when their parents are suddenly gone. Complicating the natural mourning process is the fact that this loss often occurs in our thirties, forties, or fifties--as we are raising our own children, watching them leave the nest, and facing other adjustments in our lives, from our jobs to our marriages to our health.

### **Losing Your Parents, Finding Yourself: The Defining Turning Point of Adult Life**

By Victoria Secunda, 2001.

Drawing on her survey of 94 people, Secunda explores how adult orphans gradually give up their old childish identity and discover their true adult selves in terms of their relationships with siblings, children, and friends.

### **Living in the Shadow if the Ghosts of Grief**

By Alan D. Wolfelt, Ph.D, 2007.

Explaining how multitudes of North Americans are carrying the pain of all types of loss—not just the deaths of loved ones but also the loss of a spouse through divorce, children who leave home, and the decline of health as they age or get sick—this balanced resource empowers mourners and grief counselors to turn grief into an experience to be learned from.

### **Fatherloss: How Sons of All Ages Come to Terms with the Death of their Dad**

By Neil Chethik, 2001.

FatherLoss features up-close-and-personal profiles of father-son relationships, drawing on the author's national survey of 300 men and interviews with 70 others. Grieving, Chethik says, is part of the unique relationship between sons and fathers; it is highly subjective and dependent on the son's age at the time of his father's death.

### **Grieving the Death of a Mother**

By Harold Ivan Smith; Augsburg Fortress Publishers, February, 2003.

A mother's death can make a shambles of schedules, priorities, agendas, commitments, and, sometimes, even our most important relationships. A mother's last breath inevitably changes us. Drawing on his own experience of loss, as well as those of others, Harold Ivan Smith guides readers through their grief, from the process of dying through the acts of remembering and honoring a mother after her death.

### **In My Mother's Kitchen : An Introduction to the Healing Power of Reminiscence**

By Robin A. Edgar; Tree House Enterprises, June, 2003.

An introduction to the healing power of reminiscence, In My Mother's Kitchen focuses on the steps to recalling; recording and celebrating the significant memories that help the participant recognize and value the individuals and incidents that shaped their lives.

### **On Love Alone: Words to Heal on the Death of a Father**

By Jonathon Lazear; Conari Press, March, 2006.

On Love Alone is the tranquil place you've been looking for. It is a heartfelt collection of quotes, poems, and passages. On Love Alone is a book to give to others when a simple card is not enough.

### **In the Letting Go: Words to Heal the Heart on the Death of a Mother.**

By Jonathon Lazear; Conari Press, March, 2006.

When a mother dies, often the center of the family is gone. The holiday rituals, the special birthday celebrations for children and grandchildren—the memories are often held by the mother. A mother is a caretaker, a best friend, a source of sage-like wisdom. Losing her can be a traumatic experience. It is a space where you are invited to discover solace through the experiences and feelings of others—simple or profound.

### **Always Too Soon**

by Allison Gilbert

It is a compilation of about 20 peoples stories who have lost both parents.

# Death of a Spouse

## **Getting to the Other Side of Grief: Overcoming the Loss of a Spouse**

By Susan J. Zonnebelt-Smeenge, Robert C. De Vries (1998).

Coming alongside the grieving spouse, psychologist Susan Zonnebelt-Smeenge and pastor/professor Robert De Vries provide much-needed support from a unique perspective--empathy. They each suffered the loss of their spouse at a relatively young age. Throughout Getting to the Other Side of Grief, the authors share their stories as living proof that if worked through properly, grief will lead the way to a fresh new life.

## **Living Again : A Personal Journey For Surviving the Loss of a Spouse**

By William Wallace (2002).

A guide to surviving the loss of a mate with practical exercises to gain greater insight into this agonizing, yet necessary personal journey.

## **Finding Your Way After Your Spouse Dies**

By Marta Felber (2000).

This book presents a guide for coping with the practical issues that face the recently widowed as they struggle through the grieving process.

## **How To Go On Living When Someone You Love Dies**

By Therese Rando (1991).

## **The Death of a Wife: Reflections for a Grieving Husband (Comfort After a Loss)**

By Robert Vogt (1997).

"Dr. Rando's book should help anyone who has survived the pain of this kind of loss and is trying to adjust to a new world without his loved one."--Art Linkletter -- Review

## **A Handbook for Widowers**

By Ed Ames (2004).

A helpful book for widowers. Talks to men openly and honestly about tears, guilt, feelings of anger, depression, isolation and loneliness. Also talks about your health, your job and other money matters, living alone and what to do with her things.

## **The Tender Scar: Life After the Death of a Spouse**

By Richard L. Mabry (2006).

It offers valid, genuine help that well-meaning friends often cannot provide. It also gives the contact information for support groups.

## **The Light at the End of the Tunnel: Coming Back to Life After a Spouse Dies**

By Mary Ward Menke (2006).

The Light at the End of the Tunnel is written by survivors for survivors with the two-fold purpose of encouraging those who have "been there, done that" to help themselves while helping others and to show the newly bereaved that there is no single right way to grieve.

## **When Your Spouse Dies (Hope & Healing Series)**

By Mildred Tengbom (2002).

In this helpful volume, Mildred Tengbom addresses the emotions and difficulties widows and widowers face as they look ahead to life without their spouses. She offers comfort and hope for the days and weeks following the death of a spouse.

## **Waking Up Alone: Grief & Healing**

By Julie K. Cicero (2007).

Surviving the death of a spouse/companion: Whether your loss was sudden or anticipated, your relationship brief or long-term, everyone's experience with grief is different. Recognizing and understanding the varied pathways of grief is crucial to your healing process.

### **On the Road: Surviving the Loss of a Spouse**

By Sheryl Garrett (2006).

These straightforward guides... are confidence-building resources in situations that could otherwise be a tangled money maze.

### **Lost My Partner – What'll I Do? A Practical Guide for Coping and Finding Strength When Your Spouse Dies**

By Laurie J. Spector (2006).

A clear, compassionate guide with practical, powerful advice for moving from grief to gain. The revised edition adds even more outstanding advice to an already fabulous book.

### **When Your Spouse Dies: A concise and Practical Source of Help and Advice**

By Cathleen L. Curry (1990).

This book deals with a variety of practical concerns for those who have lost their mates to death, including stages of grief for adults and children, mourning, loneliness, sexuality, networks of support, financial priorities and planning, good health practices, and healing.

### **The Healing Power of Love: Transcending the Loss of a Spouse to New Love**

By Cloria Lintermans and Marilyn Stolzman (2006).

A collection of twelve beautifully and honestly told, uplifting and inspirational stories of new, loving relationships following the loss of a spouse or partner.

### **The Loss of a Life Partner**

By Carolyn Ambler Walter (2003).

Walter offers 22 stories of individuals whose life partner died, presenting them against a tapestry of bereavement theories and issues. The widows and widowers describe the challenges of reframing their identity and life; particularly powerful are narratives and experiences of gay men and lesbians, because as disenfranchised grievers they lack the access to the legal benefits, supports, and social rituals of mourning.

### **Widower: When Men are Left Alone**

By Scott Campbell with Phyllis R. Silverman, Ph.D (1987).

A journalist and a social worker explore the grief process as men experience it. The book contains the oral histories of twenty men, ranging in age from 30 to 94, who have lost their wives to a range of causes including cancer, alcohol, murder, and suicide.

### **Widow to Widow: Thoughtful Practical ideas for Rebuilding Your Life**

By Genevieve Davis Ginsburg (1997).

Writing from her own experience, frankly honest, dispels myths and timetables, encourages individual response.

### **Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond**

By Elizabeth Levang (Ph.D.) and Sherokee Ilse; Fairview Press (1996).

Over 300 short, inspirational messages of hope to bereaved persons (not limited to widows).

### **Grief Expressed: When a Mate Dies**

By Marta Felber; Fairview Press (2002).

Author is both a widow and counselor. Trees are used as a metaphor and employs gentle exercises for the reader to discover their own strengths.

### **Widowed**

By Joyce Dr. Brothers; Ballantine Books (1992).

The TV personality writes about her own widowhood.

### **Being a Widow**

By Lynn Caine; Penguin Books (1989).

Practical advice re: loneliness, stress, depression, legal and financial problems, re-emerging sexuality, dreams and more.

### **Instantly a Widow**

By Ruth Sisson; Discovery House Publishers (1990).

Christian perspective on surviving and recovering from the sudden loss of a spouse.

### **Surviving Grief...and Learning to Live Again**

By Catherine M. Sanders; Wiley (1992).

Both therapist and bereaved person, Catherine writes about five phases of grief: shock, awareness of loss, conversation and the need to withdraw, healing and renewal. Also discusses different losses and factors that impact grief such as gender, age, religion, etc.

### **After the Flowers: Life beyond Widowhood**

By Alice Grossman Daniels; Fithian Press (1996).

Lively and candid, a warm collection of essays. Has both humor and heart.

### **Loss and Found: How We Survived the Loss of a Young Spouse**

By Gary Young and Kathy Young; Calabash Press (2001).

Written by young widowed people, out of their own experiences of loss and then creating a blended family of seven.

### **The Widowed Self: the Older Woman's Journey through Widowhood**

By Deborah Kestin Van Den Hoonard; Wilfrid Laurier University Press (2000).

Writer is a professor of Gerontology. She uses an autobiographical technique to present both a scholarly and narrative commentary on a widowed woman's relationships.

### **Surviving Widowhood**

By Esther Goshen-Gottstein; Gefen Books (2002).

An honest, exquisitely written, personal account of emerging from darkness to light.

## **Young Windows or Widowers**

### **Starting from Scratch When You're Single Again**

by Sharon M. Knudson and Mary Fran Heitzman

### **I'm Grieving as Fast as I Can: How Young Widows and Widowers Cope and Heal**

by Linda Feinberg

### **Does anybody else hurt this bad-- and live?**

by Carlene Vester Eneroth

### **A Time to Say Good-Bye: Moving Beyond Loss**

by Mary McClure Goulding

### **The Remembering With Love Journal: A Companion the First Year of Grieving and Beyond**

by Elizabeth Levang

### **Loss and Found: How We Survived the Loss of a Young Spouse**

by Gary Young

### **Widow To Widow: Thoughtful, Practical Ideas For Rebuilding Your Life**

by Genevieve Davis Ginsburg

### **Widowed Too Soon: A Young Widow's Journey through Grief, Healing, and Spiritual Transformation, Second Edition**

by Laura Hirsch

### **Widows Wear Stilettos: A Practical and Emotional Guide for the Young Widow**

by Carole Brody Fleet and Syd Harriet

### **When a Man Faces Grief / A Man You Know Is Grieving**

by James E. Miller and Thomas Golden

### **Grief: A Natural Reaction To Loss**

by Marge Eaton Heegaard

### **Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart**

by Alan D. Wolfelt

**Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies [HEALING A SPOUSES GRIEVING]**

by Alan D. Wolfelt

**Don't Take My Grief Away: What to Do When You Lose a Loved One**

by Doug Manning

**Don't Take My Grief Away From Me**

by Doug Manning and Glenda Stansbury

**A Decembered Grief: Living with Loss While Others are Celebrating**

by Harold Ivan Smith

**Widowed**

by Joyce Brothers

**Waking Up Alone: Grief & Healing**

by Julie Cicero

**When Will I Stop Hurting?: Dealing with a Recent Death**

by June Cerza Kolf

**Finding Your Way After Your Spouse Dies**

by Marta Felber

**Love Letters; Reflections on Living With Loss**

by Andris A. Baltins

**How To Go On Living When Someone You Love Dies**

by Therese A. Rando

**Mom Minus Dad**

by Jamieson Haverkamp



# Suicide Survivors

## For Adults

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### **Always and Forever**

by Alan Durant and Debi Gilion; Harcourt Children's Books, 2004

### **My Son, My Son: A Guide to Healing After a Suicide in the Family**

Iris Bolton, Curtis Mitchell

Mom's perspective, very positive reader reviews.

### **Grieving a Suicide: A Loved One's Search for Comfort, Answers & Hope**

by Albert Y. Hsu

InterVarsity Press; July, 2002.

This guide for suicide survivors family and friends of people who took their own lives maintains InterVarsity Press's tradition of cerebral evangelicalism: it is biblical, well reasoned, clearly presented and thoroughly researched.

### **Grieving the Unexpected: The Suicide of a Son**

by Dr Gary Leblanc

Essence Publishing (Canada); January, 2003.

Dr. LeBlanc openly discusses his family's struggle to survive such a dreadful event, the variables that sustained them during the initial shock and the healing process that enabled them to commence their journey towards wholeness. Honest and insightful, Grieving the Unexpected will help those who minister to hurting people better understand what families and individuals experience when confronted with terrible loss, and will testify to the sustaining comfort of God's presence.

### **The Empty Chair**

Berly Glover

Author writes about issues and experiences from the experience of the suicide of a brother and a daughter.

### **Healing after the Death Suicide of a Loved One**

Ann Smolin and John Guinan

Special chapters for the death of parents, children, siblings and spouse. Case studies, markers in the experience of many survivors and a directory of support groups nation-wide.

### **But I Didn't Say Goodbye**

Barbara Rubel

For parents and professionals to assist young survivors.

### **No Time to Say Goodbye: Surviving the Suicide of a Loved One**

Carla Fine

Author experienced the death of her husband by suicide and explores the social stigma as well as the particular grief of survivors.

### **In the Wake of Suicide: Stories of People Left Behind**

Alexander Victoria

Comforting stories of many survivors and their individual reactions to the suicide of a loved one. Depth and breadth of material.

### **Andrew, You Died Too Soon: A Family Experience of Grieving and Living Again**

Corrine Chilstrom

Scriptural, Christian approach to grief and transformation from a tragic event, her son's suicide at 18.

### **Suicide Survivors, A Guide for Those Left Behind**

Suicide why: 85 Questions and Answers about Suicide Adina Wroblewski, 1994

Helps to normalize reactions to suicide.

### **Suicide: Why?**

by Adina Wroblewski

Suicide Why? is an excellent, very informative book on suicide. Adina Wroblewski, using her extensive knowledge and insight takes much of the mystery out of the most misunderstood subject. She explains, through the books question and answer format, what society must know in order to save lives. This book is also a good place for a suicide survivor to start when trying to find answers to the many questions he/she may have after the loss of a loved one by suicide.

### **Seven Choices**

by Elizabeth Harper Neeld, Ph.D. - Published by Delta (1990)

Elizabeth Harper Neeld describes the steps each of us can take to find a new balance for our lives after experiencing death, divorce, illness, as well as grief, loss and change of any kind.

### **Silent Grief - Living in the Wake of Suicide**

by Christopher Lukas & Henry M. Seiden

Published by Simon & Schuster 01 February, 1988

Lukas and Seiden a television writer/producer (and suicide survivor) and a clinical psychologist describe how the emotional aftermath of suicide differs from that of normal bereavement not only in duration but because of the hidden implication of responsibility and higher risk of suicide for those relatives left behind.

### **Stronger Than Death: When Suicide Touches Your Life**

by Sue Chance - Published by Avon Books (1992)

A psychiatrist shares the life and suicide death of her only child and her personal struggle to cope with this tragic event.

### **Suicide: A Christian Response**

Timothy J. Demy (Editor), Gary P. Stewart (Contributor)

Publisher: Kregel Publications; (April 1998)

With articles by 35 notable writers and scholars, "Suicide: A Christian Response" presents the medical, ethical, legal, and personal arguments for choosing life rather than death.

### **Suicide: Prevention, Intervention, Postvention**

by Earl Grollman - Published by Beacon Press (1988)

Offers advice on how to recognize the warning signs of potential suicide attempt, how to intervene when a suicide has been attempted, and how to comfort families and friends who have lost a loved one to suicide.

### **Survivors of Suicide**

by Rita Robinson - Published by Newcastle Publishing Co. (1989)

Survivors of Suicide is a helping guide for those family and friends left behind when a loved one commits suicide. This newly revised edition goes into more detail about teen suicide and the help that is available, and dispels the myths surrounding suicide.

### **The Bereaved Parent**

by Harriet Sarnoff Schiff - Published by Penguin Books (1977)

This is the classic book for parents whose child has died - and for all those who want to help them.

### **The Enigma of Suicide**

by George How Colt Publisher: Touchstone Books (04/01/1992)

Results from a 10 year investigation on the problem of suicide. Includes first person accounts with sections on: Adolescent Suicide; History; The Range of Self-Destructive Behavior; Prevention; The Right to Die and Survivors.

### **The Suicidal Mind**

Edwin S. Shneidman Pub. Date: Mar 1998, Publisher: Oxford Univ Press

"The Suicidal Mind" brims with insights into the suicidal impulse and with helpful suggestions for counteraction methods. Throughout, Dr. Edwin Shneidman offers practical, explicit maneuvers to assist in treating a suicidal individual--steps that can be taken by concerned friends or family and professionals alike.

### **The Suicide Of My Son**

by Trudy Carlson - published by Benline Press (1995)

After the suicide death of her teenage son Ben, Trudy Carlson sheds light into the little-understood symptoms of depressive illness and anxiety disorders in youngsters. She explains the biological nature of these conditions, and maps out a low-cost, effective school based program for recognizing and treating school-aged youth. The correlation between depressive illness and teen suicide is examined.

### **Why Suicide?**

by Eric Marcus - Published by HarperCollins (1996)

A nonjudgmental guide for people whose lives have been touched by suicide. It offers practical answers to such related concerns as what to tell others, preventability, and what to do with suicidal feelings.

### **Words I Never Thought to Speak**

by Victoria Alexander Publisher: New York : Toronto : New York : Lexington Books ; Maxwell Macmillan Canada ; Maxwell Macmillan International, ©1991.

First person accounts of people's struggles after a loss by suicide.

### **Aftershock: Help, Hope, and Healing in the Wake of Suicide**

by Arrington Cox, Candy David, David Cox , Candy Arrington.

B&H Publishing Group; October, 2003.

Aftershock is a recovery book that will provide encouragement and support for survivors. Examining the complex emotions involved in grieving a suicide death, readers will come to realize they are not alone in their grief and will not be alone in their healing.

### **Dying to Be Free: A Healing Guide for Families After a Suicide**

by Beverly Cobain Beverly, Jean Larch

Hazelden; February, 2006.

Transforming suffering into strength, misconceptions into understanding, and shame into dignity, Beverly Cobain and Jean Larch break through the dangerous silence and stigma surrounding suicide to bring readers this much-needed book. Cobain's achingly honest account of dealing with the suicide of a loved one, along with personal stories from others who experienced this profound loss, provide powerful insight into the confusion, fear, and guilt family members experience.

## For Young People

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### **Always and Forever**

by Alan Durant and Debi Gilion; Harcourt Children's Books, 2004

### **Someone I Love Died by Suicide: A Story for Child Survivors and those WhoCare About Them.**

Doreen Cammarata, MS, Michael Ives Volk

Author is a mental health professional and a survivor since childhood of parental suicide. Intended for parents to read to children.

### **Talking With Children About Loss**

by Maria Trozzi Pulished by Beacon Press, 1990

Intended for parents to read to children.

### **Living when a Young Friend Commits Suicide**

Earl Grollman and Max Malikow

Easy to read for youth – also includes signs of impending suicide, what to do, who to tell.

### **After a Suicide**

The Dougy Center

An activity book to assist children. 62 pages.

### **After Suicide**

Eileen Kuehn

Teen Talk, fast facts, questions and answers. 64 pages

# Helping Others

## Helping Others

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### **Helping People through Grief**

by Delores Kuenning; Bethany House Publishers, 1987

This sensitive guide addresses grief due to abortion, rape, adoption, loss of health, loss of body parts, as well as death.

### **Healing a Friend's Grieving Heart: 100 Practical Ideas for Helping Someone You Love through Loss**

by Alan D. Wolfelt, PhD; Companion Press, 2001

## Condolence for adults

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### **The Art of Condolence: What to Write, What to Say, What to Do at a Time of Loss**

by Leonard and Hilary Zunin; Harpers Collins, 1991

### **Different Losses, Different Issues: What to Expect and How to Help**

by Johnette Hartnett; Good Mourning, 1993

### **Don't Ask for the Dead Man's Golf Clubs: What to Do and Say (and What Not to) When a Friend Loses a Loved One**

by Lynn Kelly; Workman Publishing, 2000

Drawing on her experience as a young widow, Lynn Kelly shares how grand gestures are not needed, but small gestures and simple words are.

### **Finding the Right Words: Offering Care and Comfort When You Don't Know What to Say**

by Wilfred Bockelman; Augsburg Books, 1990

# Children Preschool to 8 years

## General grief, explaining death

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### **Aarvy Aardvark Finds Hope**

by Donna O'Toole; Compassion Books, 1988

### **The Dead Bird**

by Margaret Wise Brown; Harper & Row, 1938

This classic story about a funeral put on by a group of children continues to be republished.

### **The Fall of Freddie the Leaf: A Story of Life for All Ages**

by Leo Buscaglia; Charles B. Slack, Inc. 1982

### **Feelings**

by Aiki; Mulberry Press, 1984

### **The Healing Tree**

by Kathleen Maresh Hemery; The Centering Corporation, 2001

### **Helping Children Cope with the Loss of a Loved One: A Guide for Grown Ups**

by William C. Kroen, PhD; Free Spirit Publishing, 1996

### **I Miss You: A First Look at Death**

by Pat Thomas; Barron's Educational Series, 2001

This book gently explains death to children, ages 4 to 8.

### **Lifetimes: The Beautiful Way to Explain Death to Children**

by Bryan Mellonie and Robert Ingpen; Bantam Books, 1987

This sensitive explanation describes death as part of nature: animals, birds, fish, insects and people.

### **When Dinosaurs Die: A Guide to Understanding Death**

by Laurie Krasny Brown and Marc Brown; Little, Brown and Company, 1996

This book takes a multicultural look at dying and the customs that surround it.

### **The Saddest Time**

by Norma Simon; Albert Whitman & Company, 1992

### **Sad Isn't Bad: A Good-Grief Handbook for Children**

by Michaelene Mundy; Abbey Press, 1998

### **Saying Goodbye**

by Jim and Joan Boulden; Jim Boulden Press, 1997

**Tear Soup** by Pat Schweibert, Chuck DeKlyen; Grief Watch; Second Rev edition, 2001.

**What is Heaven?** by Maria Shriver; Golden Books Adult Publishing, 1999

In this book, Kate, a little girl whose great-grandma has died, seeks this answer.

### **When Someone Dies**

by Sharon Greenlee; Peachtree Publishers, 1992

**What is Death?** by Etan Boritzer, 2000

Introduces children to the concept of death with examples of customs and beliefs from different religions and cultures.

**Tell Me, Pap** by Joy and Marv (Papa) Johnson, 2001

A gentle explanation for children about death and the funeral.

**How I feel** by Alan Wolfelt, Ph.D., 1996

A coloring book for grieving children.

**The Next Place** by Warren Hanson, 1997.

A classic that brings gentle verse revealing a safe and welcome destination free from earthly hurts and filled with wonder and peace.

**A Bunch of Balloons: A Book - Workbook for Grieving Children** by Dorothy Ferguson Wofford (Author), Dorothy Ferguson (Author), Joy Johnson (Editor), Susanna Pitzer (Illustrator), 2006.

Compares loss of a loved one with the letting go of a helium balloon. It looks at not just what's been lost, but what still is left.

## Loss of a friend

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**Always and Forever**

by Alan Durant and Debi Gilion; Harcourt Children's Books, 2004

**Bear's Last Journey**

by Udo Weigelt; Nord-Sud Verlag, 2003

**If Nathan Were Here**

by Mary Bahr; Eerdmans Books for Young Readers, 2000

This gentle story is about children mourning their friend, Nathan.

**A Story for Hippo**

by Simon Puttock and Alison Bartlett; Scholastic Press, 2001

**Badger's Parting Gifts**

by Susan Varley; Harper Trophy, 1992

## Loss of a grandparent

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**Finding Grandpa Everywhere**

by John Hodge; Centering Corporation, 1998

A young child discovers memories of grandpa. This beautifully illustrated book has a section for parents or teachers.

**Grandma's Scrapbook**

by Josephine Nobisso; Gingerbread House, 2000

A scrapbook of memories reminds the reader of love and joy, as well as loss.

**Grandpa Loved**

by Josephine Nobisso; Gingerbread House, 2000

A grandson remembers all that Grandpa loved and realizes through memories that he loves many of the same things.

**Liplap's Wish**

by Jonathon London; Chronicle Books, 1997

Liplap builds a snow bunny and longs for Grandma.

**Nana Upstairs, Nana Downstairs**

by Tomie dePaola; G.P. Putnam and Sons, 1973

Four year-old Tommy loves visiting his grandmother and his great-grandmother. But one day Tommy's mother tells him great-grandmother won't be there anymore.

**Old Pig**

by Margaret Wild; Puffin, 1999

Grandmother pig puts her affairs in order, takes a special walk with her granddaughter before she dies.

**Poppy's Chair**

by Karen Hesse; Macmillan, 1993

Leah visits Grandma after Grandpa's death.

**Saying Goodbye to Grandma**

by Jane Resh Thomas; Clarion Books, 1988

In this book by a Minnesota author, Suzie tells what happened at grandma's funeral.

**What Happened When Grandma Died**

by Peggy Barker; Concordia Publishing House, 1989

Written from a Christian perspective, this book is about a young girl whose grandma just died.

## Loss of a parent

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**The Brightest Star**

by Kathleen Maresh Hemery; Centering Corporation, 1998

Molly was scared when her mother was ill and angry when she died. Molly is asked to draw her family and discovers the power of memories.

**Daddy's Promise**

by Cindy Klein Cohen; Promise Publishing Company, 1997

After Daddy's death, questions of where he is are answered by Mom's candor and dreams of seeing Dad in another place, then understanding car accident.

**Everett Anderson's Goodbye**

by Lucille Clifton; Henry Holt and Company, 1988

An African American boy deals with his father's death.

**Geranium Morning**

by E. Sandy Powell; Carolrhoda Books, 2001

A young boy's dad dies in an accident, plus his friend's mom is ill and dying.

**I Heard Your Mommy Died**

by Mark Scrivani; Centering Corporation, 1994

**A Quilt for Elizabeth**

by Bennette W. Tiffault; Centering Corporation, 1992

Grandmother and child make a quilt from Daddy's clothes.

**Saying Goodbye to Daddy**

by Judith Vigna; Albert Whitman & Company, 1991

Clare is helped by Grandpa and Mom after the death of her father in a car accident.

**Sunflowers and Rainbows for Tia: Saying Goodbye to Daddy**

by Alesia Alexander Green; Centering Corporation, 1999

A girl in an African American family deals with her dad's sudden death.

## Loss of a pet

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**Dribbles**

by Connie Heckert; Clarion Books, 1994

An old cat comes into a family and later dies. The remaining cats miss the old one and are very sad but realize that death is part of life.

**I'll Always Love You**

by Hans Wilhelm; Dragonfly Books, 1988

A boy's dog dies, and the boy realizes that you never stop loving your dog -- or anyone -- even when they die.

**The Tenth Good Thing about Barney**

by Judith Viorst; Aladdin, 1987

This is a classic tale of cat's funeral.

**When a Pet Dies**

by Fred Rogers; G.P. Putnam and Sons, 1988

**When Your Pet Dies**

by Diane Pomerance, PhD; Polaire Publications, 2001

## Loss of a sibling

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**Lost and Found: Remembering a Sister**

by Ellen Yeomans; Centering Corporation, 2000

A preschool girl expresses confusing feelings after the death of her sister.

**Where's Jess?**

by Joy and Marv Johnson; Centering Corporation, 1982

This simple book is for young children who have lost a baby brother or sister.



# Children 8-12 years

## General

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### **Sunflower Promise**

by Kathleen Marsh Hemery, Illustrated by Augusto Bordelois.

A new chapter book for children who are experiencing the death of someone close to them.

### **Why Did You Die?**

by Erica Leeuwenburgh and Ellen Goldring.

When a loved one dies, children are faced with a kaleidoscope of feelings, thoughts, myths, and questions. This book will help children, parents and other adults communicate about death and the grieving process.

### **Ragtail Remembers**

by Liz Duckworthy.

Ragtail, a young mouse, has just lost his best friend, Tom the cat. As he tries to understand what has happened, Ragtail experiences many feelings. With the help of his new friend, he learns to deal with his feelings.

### **What is Death?**

by Etan Broitzer, 2000.

Introduces children to the concept of death with examples of customs and beliefs from different religions and cultures.

### **I Know I Made it Happen**

by Lynn Bennett, 1990.

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.

### **What on Earth Do You Do When Someone Dies?**

by Trevor Romain, 1999.

The author talks directly to kids about what death means and how to cope. He describes and discusses the overwhelming emotions involved in grieving-sadness, fear, anger, guilt- and offers practical strategies for dealing with them.

### **Children Also Grieve**

by Linda Goldman, 2005.

The combination of narrative and interactive memory book is designed to be read and worked through by children.

### **The Complete Book About Death for Kids**

by Earl Grollman and Joy Johnson

This book includes information about death, dying and the feelings you have when someone you love dies. Also talks about burial, cremation, funerals and the cemetery.

### **The Saddest Time**

by Norma Simon

Whitman and Co., 1986

(Three scenarios: uncle, friend, grandparent deaths)

### **About Dying** (non-fiction)

by Sara Bennett Stein

Walker and Co., 1974

### **Time for Uncle Joe**

by Nancy Jewall

Harper 1981

(Memories through the seasons and belongings)

**Coping with Death and Grief** (non-fiction)

by Marge Heegaard  
Woodland Press, 1990

**The Fall of Freddie the Leaf** (metaphor)

by Leo Buscaglia  
Holt Rinehart, 1982

**Charlotte's Web**

by E.B. White  
Harper & Row, 1952  
(Classic story of animal's attachment, loss and grief)

**Great Answers to Difficult Questions about Death** What Children Need to Know

by Linda Goldman, 2009.

This book explores children's thoughts and feelings on the subject and provides parents and other caring adults with guidance on how to respond to difficult questions.

## Sibling

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**Nadia, The Willful**

by Lloyd Bloom  
Pantheon Books, 1983  
(Healing power of talking about brother's death)

**Ghost Brother**

C. S. Adler  
Wally's daring, carefree older brother is killed in an accident; Wally attempts to be less timid, enters skateboard competition and gains perspective on the loss.

**Am I Still A Sister?**

by Alicia Sims  
(11-year-old author, baby brother's death)

**Children Facing Grief**

by Janis Loomis Romond  
(Letters from siblings ages 6 - 15)

## Parent

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**Good-Bye Momma**

Tom Moore, 1993  
Boyhood in a Newfoundland outpost, mom dies, father remarries

**Mama's Going To Heaven Soon**

by Kathe Martin Copeland (Author), Elissa Hudson (Illustrator) (Illustrator), 2005.  
A compassionate story to assist young children and their caregivers deal with the impending death of a parent.

**How It Feels When A Parent Dies**

by Jill Krementz  
(Photo essays by children ages 7 -1 6)

**The Rag Coat** (fiction)

by Lauren Mills  
(Love felt from dad even after death)

**Winter Holding Spring**

by Crescent Dragonwagon

MacMillan Publishing, 1990

(Dad and daughter move through a year of seasons after mom's death)

**A Star for the Latecomer**

by Bonnie Zindel, 1980

(Young teen, mother and daughter deal with mom's cancer)

**Daddy's Climbing Tree**

by C.S. Adler

Clarion Books, 1993

(Jessica, 11, takes her little brother Tycho to her grandparents' house to look for Daddy, who was struck and killed by a hit and run driver. But the grandparents don't live there anymore and Daddy isn't there either. She learns to look for his memory in her heart.)

**Devil's Bridge**

Cynthia C. DeFelice

Avon Books, 1994

(12 year old Ben copes with father's death and mother's overprotectiveness during a fishing contest.)

## Friend

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**A Taste of Blackberries**

by Doris Smith, 1973

(Accidental death of friend, guilt, regret, funeral)

**Dusty Was My Friend**

by Andrea Clardy

Human Science Press, 1984

(Car accident)

**The Empty Window**

by Eve Bunting, 1980

(Impending death of friend)

**We Remember Philip**

by Norma Simon

Whitman, 1979

(Teacher's son's death, support, commemoration)

## Grandparent

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**Missing May**

Cynthia Rylant

(A summer to observe grandparents deep love for each other and then grandma dies)

**Finding Grandpa Everywhere: A Young Child Discovers Memories of a Grandparent**

John Hodge, Susan Aitken

(Beautifully illustrated story of finding Grandpa in memories, things left behind, a life lesson, and debunking the euphemism of "lost" for died.)

**A Sunburned Prayer**

by Marc Talbert, 1995

(Hispanic 11-year-old hopes for a miracle for grandmother's cancer)

**Blackberries in the Dark** (also a video)

by Mavis Jukes, 1985

(Widow and grandson coping after grandfather's death)

**A Gift for Tia Rosa**

by Karen Taha

Dillon, 1985

(Before and after elderly neighbor's death, explores regret)

**When Grandfather Journeys Into Winter**

by Craig Strete

Greenwillow, 1979

(Native American grandson)

**Annie and the Old One**

by Miska Miles

Little Brown, 1971

(Navaho view of death from grandmother to granddaughter)

**My Grandmother Died But I Won't Forget Her**

by Bernice Hogan

Abingdon, 1983

(Visitors, funeral, loneliness, memories)

**Nana**

by Lyn Hooper

Harper, 1981

(Day after death of grandmother, hopeful)

**What Happened When Grandma Died?**

by Peggy Barker

Concordia, 1984

(Christian explanation of death)

**My Grandson Lew** (also video)

by Charlotte Zoltow

Harper and Row, 1974

(Mom and child recall grandfather)

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**Pet**

**A Dog like Jack**

Dyanne Disalvo-Ryan

The Horn Book, Inc. 1999

(Jack's family adopts a dog, they have a life together, the dog grows old and dies. Warm watercolor, warm narrative, concludes with note to parents and teachers.)

Compiled by Judy Young, M.Ed., Grief Counselor, Allina Hospitals and Clinics

## General

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**Life Happens: A Teenagers Guide to Friends, Failure, Sexuality, Love, Rejection, Addiction, Peer Pressure, Families, Loss, Depression and Change** (non-fiction)

Kathy McCoy, Charles Wibbelsman; Berkley Publishing Group, 1996

Includes the death of a family member, symptoms of depression and what to expect from a mental health provider in addition to other teenage issues.

**Helping Teens Cope with Death**

The Dougy Center; Dougy Center, 1999

**Healing Your Grieving Heart for Teens**

by Alan D. Wolfelt, Phd; Companion Press, 2001

**Saying Goodbye When You Don't Want To**

by Martha Bolton Vine Books, March 2002

**The Grieving Teen: A Guide for Teenagers and Their Friends**

by Helen Fitzgerald; Fireside, 2000

**Teenagers Face to Face with Bereavement**

by Karen Gravell; iUniverse, 2001

**Death is Hard to Live With**

by Janet Bode; Laurel Leaf, 1994

Cartoons, pop art and interviews

**Straight Talk About Death for Teenagers**

by Earl Grollman; Beacon Press, 1993

**Facing Change, Falling Apart and Coming Together in the Teen Years**

by Donna OToole; Compassion Books, 1995

Addresses grief as a response to many kinds of loss, what helps, resources and bouncing back

**Helping Teens Work Through Grief**

by Mary Kelly Perschy; Accelerated Development, 1999

Aimed at adults to assist teens

**Fire In My Heart, Ice In My Veins** by Enid Traisman, 2006.

A journal for teenagers. Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

**When Death Walks In** by Mark Scrivani, 2005.

Helpful and supportive information for facing grief during the teen years; taking care of yourself, dreams, memorializing your loved one, and going back to school.

## Friend

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**When a Friend Dies, A Book for Teens About Grieving and Healing**

by Marilyn E. Grootman; Free Spirit Press, 1994

nonfiction

**Bridge to Terabithia** - fiction, teaching guides available.

by Katherine Peterson; HarperTrophy, 1987

Accidental death of friend

**Face at the Edge of the World** by Eve Bunting; Clarion Books, 1988

(Suicide of African American friend)

### **Summer Promise**

Robin Jones Gunn; Bethany House Publishers, 1998

Friend's death in a drug related surfing accident

## Parent

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### **How It Feels When a Parent Dies**

by Jill Krementz; Knopf, 1988

Photo essays from children ages 7 - 18

### **Tiger Eyes** - fiction

by Judy Blume; Laurel Leaf, 1982

Dad murdered at a 7-11 store

## Sibling

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### **A Summer to Die**

by Lois Lowry; Laurel Leaf, 1984

Sister's death from leukemia

## Grandparent

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### **The Secret Letters of Mama Cat** - fiction

by Jody Sorenson; Walker and Company, 1988

Junior High girl adjusts to death of grandmother and a move

### **Toning the Sweep** - fiction

by Angela Johnson; Scholastic Paperbacks, 1994

Coretta Scott King award winner

African American story of visits to a grandmother dying of cancer

Compiled by Judy Young, M.Ed., Grief Counselor, Allina Hospitals and Clinics

# People with Developmental Disabilities

## **Helping Adults with Mental Retardation Grieve a Death Loss**

By Luchterband, C. and Murphy, N. 1998. New York and London. Brunner-Routledge.

The book first covers background information on the universal grief process, then addresses grief issues specific to the mentally retarded adult population. Next, it provides practical guidelines for interacting and providing support. Also, a unique feature of the book is the original artwork of adults with mental retardation working through the grief process.

## **Older Adults with Developmental Disabilities (Society and Aging Series)**

By Lavin, C. and Doka, K. 1999. Baywood Publishing Company, Inc.

This book provides an overview of the elderly population who have developmental disabilities. It attempts to assess their needs and their lives as they age.

## **Lessons in Grief & Death: Supporting People with Developmental Disabilities in the Healing Process**

By Van Dyke, L., Anderson, O.H., and Wagner, G. 2003. High Tide Press.

Grieving is not a process to be avoided, rushed or silenced. Lessons in Grief and Death tells poignant stories from the lives of real people. And, it offers valuable lessons about the cycle of life and the power of people with developmental disabilities to master this deep emotional challenge.

## **Helping People with Developmental Disabilities Mourn: Practical Rituals For Caregivers**

By Wolfelt, A. and Markell, M. 2004. Companion Press

Frequently, people with developmental disabilities are excluded from bereavement ceremonies when a loved one or friend dies, therefore not receiving the special care needed for comprehending their own feelings of loss. Focusing on creating mourning rituals for special needs people, this guide offers specific rituals and techniques for caregivers to use while helping explain death and dying.

## **Guidebook on Helping Persons with Mental Retardation Mourn (Death, Value, and Meaning)**

By Jeffrey Kauffman. Baywood Publishing Company, Inc; Reprint edition (July 1, 2008)

The grief language of persons with mental retardation discloses intellectual capacities that are no less powerful, complex, subtle, disturbing, deep, and spiritual than those revealed in the more discursive and dialectical grief language of persons without mental retardation. This book will assist readers in recognizing and understanding the behavioral language of grief among persons with mental retardation and in developing intervention plans to support them through their grief, in both the short and long term.

*\*Most of this information was taken from AllinaHealth.org – Additional resources and support groups can also be found on their website.*