



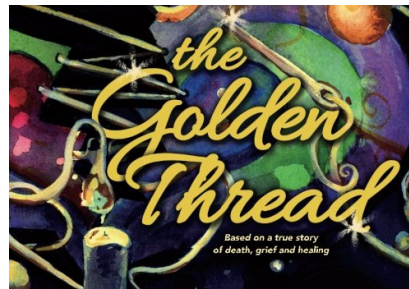
Our grief experts compiled a short list of both fiction and non-fiction age-appropriate books that address grief and loss for children, teens, young adults, and adults. If you are an adult wanting to support a grieving child, it is always best to read the book before sharing it.

ALL AGES



WHEN SOMEONE DIES
A CHILD-CAREGIVER ACTIVITY BOOK
NAGC (2016)

Written for children and caregivers to use together and designed to help families better understand, express, and cope with grief.



THE GOLDEN THREAD
BRENDA HARTMAN (2014)

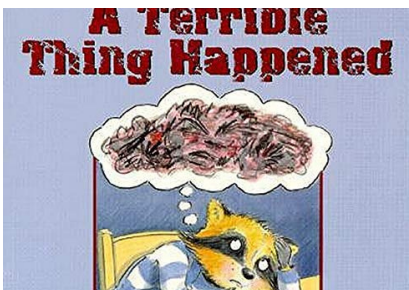
Author and Therapist Brenda Hartman specializes in death and grief, helping children with their reactions when a loved one dies.



THE GOODBYE BOOK
TODD PARR (2015)

Provides examples of ways a child may respond when they have to say goodbye and how to help themselves feel better.

AGES 4 - 10



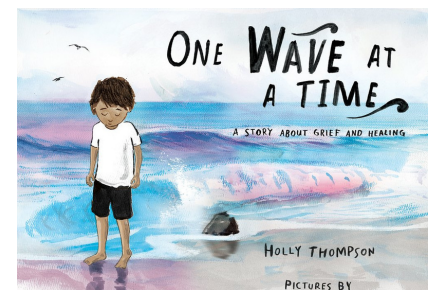
A TERRIBLE THING HAPPENED
MARGARET HOLMES (2000)

A young raccoon explores his reactions and learns to cope after something "terrible" happens.



WHY DO I FEEL SO SAD?
TRACY LAMBERT (2020)

Addresses changes and reactions a child may experience after the death of a special person while providing comfort and hope.



ONE WAVE AT A TIME
A STORY ABOUT GRIEF AND HEALING
HOLLY THOMPSON (2018)

The story of a young boy experiencing waves of grief after his father's death and how, with his family, he finds ways to cope.

AGES 4 - 10 (CONTINUED)



WHEN SOMEONE VERY SPECIAL DIES

MARGE HEEGARD (1996)

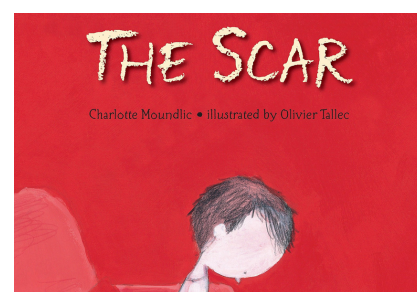
A practical workbook that allows children to begin understanding the concept of death and develop skills for coping.



THE HEART AND THE BOTTLE

OLIVER JEFFERS (2010)

A girl learns to the importance of not holding feelings inside after someone special is gone.



THE SCAR

CHARLOTTE MOUNDLIC (2011)

A visit from grandma after his mother's death teaches a little boy his mom's love is always near.



NOT THE END OF THE CHÁVEZ FAMILY

MARI DOMBOWSKI (2018)

A family learns to reengage in life after their father's death.



SAMANTHA JANE'S MISSING SMILE

JULIE KAPLOW (2007)

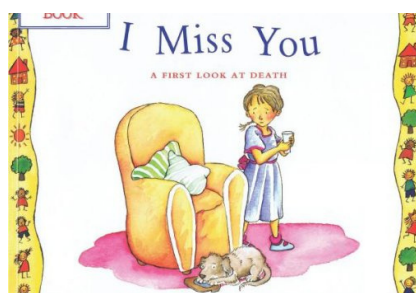
With her neighbor's help, Samantha talks about her sadness since her father died, and begins to find her smile.



GOODBYE MOUSIE

ROBIE HARRIS (2004)

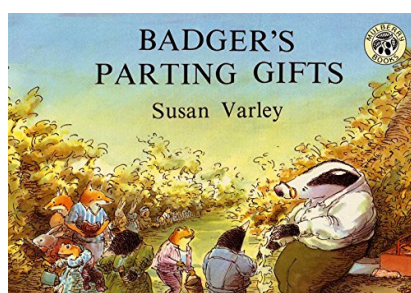
When a boy loses a beloved pet, his feelings are immense. By talking about it and memorializing "Mousie," he begins to feel better.



I MISS YOU

PAT THOMAS (2000)

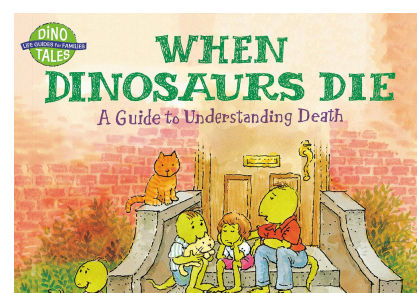
Helps children understand the concept of death while normalizing their feelings after someone special dies.



BADGER'S PARTING GIFTS

SUSAN VARLEY (1984)

When Badger dies, all his woodland friends cope by remembering what he taught them and the legacy he left behind.

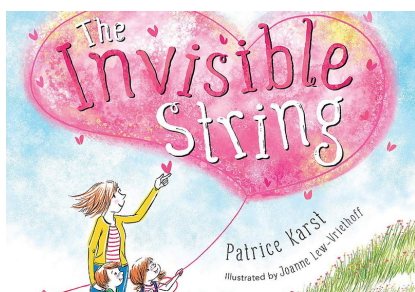


WHEN DINOSAURS DIE

LAURIE KRANSY BROWN (1998)

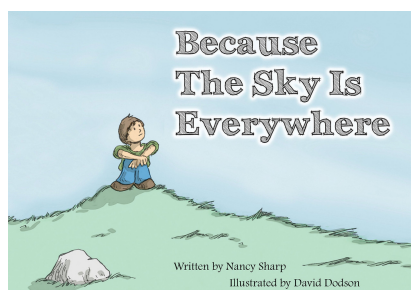
Answering many questions children have about death, this book explores what might come up in grief.

AGES 4 - 10 (CONTINUED)



THE INVISIBLE STRING PATRICE KARTS (2000)

When two children have a hard time falling asleep alone, their mother reminds them of the invisible string connecting their hearts to people they love everywhere.



BECAUSE THE SKY IS EVERYWHERE NANCY SHARP (2017)

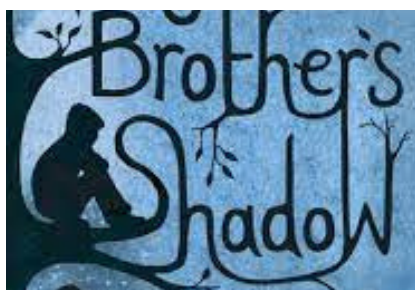
When Liam's father dies, he doesn't fully understand. This story helps children accept that despite death, love can be everlasting.



KAI'S JOURNEY NEW YORK LIFE FOUNDATION (2020)

Kai's Journey is a three book series about Kai, who, together with his mom, learns to navigate a profound loss in their family.

AGES 11 - 14



MY BROTHER'S SHADOW TOM AVERY (2014)

After her brother's death by suicide, a middle-school girl transitions from isolation to connection.



THE STARS BENEATH OUR FEET DAVID BARCLAY MOORE (2017)

Lolly navigates his grief journey while trying to maintain safety and a sense of community following his brother's homicide.



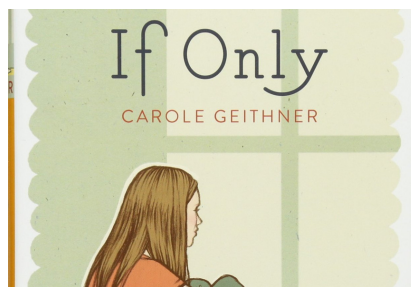
SUMMERLOST ALLY CONDIE (2016)

A story about the first summer Cedar experiences after the deaths of her brother and father in an accident.



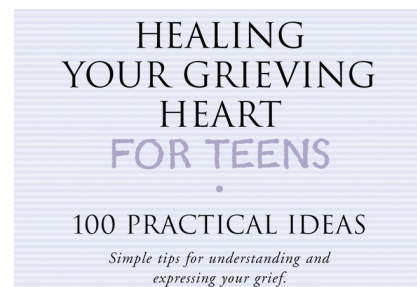
THE SECRET HUM OF A DAISY TRACY HOLCZER (2014)

A young woman is forced to move in with a grandmother she barely knows after the sudden death of her mother.



IF ONLY CAROLE GEITHNER (2012)

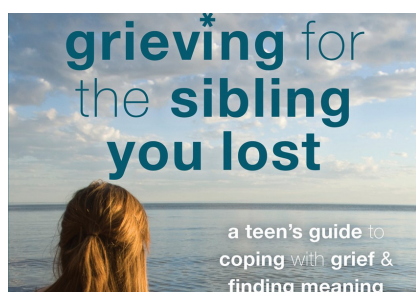
After her mother dies of cancer, Corinna makes her way through the world experiencing struggles with school, friendships, and her new normal.



HEALING YOUR GRIEVING HEART FOR TEENS ALAN D. WOLFELT (2001)

Provides information about grief in addition to practical ideas for healing activities for bereaved teens.

AGES 15 - 18



GRIEVING FOR THE SIBLING YOU LOST

ERICA GOLDBLATT HYATT (2015)

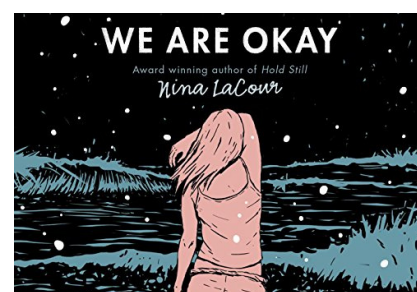
A compassionate guide full of insights and strategies for managing grief related to the death of a sibling.



THE GRIEVING TEEN

HELEN FITZGERALD (2000)

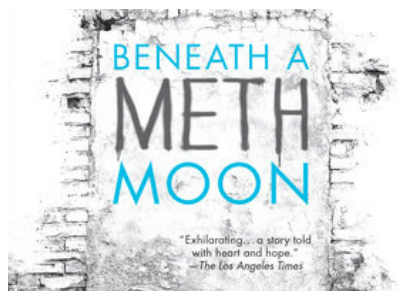
Focuses on teenagers' perspectives as they move through a wide range of grief experiences.



WE ARE OKAY

NINA LACOUR (2017)

Showcases the experience of a young woman reflecting on her grief related to her mother's death and the losses she experienced throughout life.

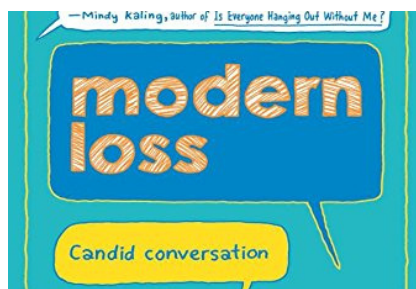


BEANEATH A METH MOON

JACQUELINE WOODSON (2013)

Laurel's mother and grandmother died in Hurricane Katrina and she must face present-day struggles while managing her grief.

YOUNG ADULT/ADULT



MODERN LOSS

A CANDID CONVERSATION

REBECCA SOFFER & GABRIELLE BIRKNER (2018)

A compilation of candid, original essays about grief and resilience that offer honest, sometimes humorous dialogue about the challenges of coping after a loss.



OPTION B

SHERYL SANDBERG & ADAM GRANT (2017)

A book about the many ways in which post-traumatic growth fosters resilience, and how people recover from loss and adversity.



IT'S OK THAT YOU'RE NOT OK

MEGAN DEVINE (2017)

A book for grieving people and those who want to support them.

YOUNG ADULT/ADULT (CONTINUED)

Grief DAY by DAY

GRIEF DAY BY DAY

JAN WARNER (2018)

Offers brief readings and exercises to assist in exploring grief and healing one day at a time.

Surviving My Son's Suicide



SURVIVING MY SON'S SUICIDE

STEVE SORENSEN (2013)

An authentic look at a father's anguish, as tragedy compelled him to take an unwanted journey through grief.

THERE IS NO GOOD CARD FOR THIS:

WHAT TO SAY and DO
WHEN LIFE IS SCARY,
AWFUL, and UNFAIR
TO PEOPLE YOU LOVE

THERE IS NO GOOD CARD FOR THIS

KELSEY CROWE & EMILY MCDOWELL (2017)

A visually stunning illustrated guide to help increase emotional intelligence and learn how to offer comfort to someone in pain.

MOMMY'S REFLECTIONS

Losing Zumante and Finding the Mustard Seed



MOMMY'S REFLECTIONS

ZUTON LUCERO MILLS (2012)

The true story of one mother's journey following the death of her child, examining her emotions and struggling with her own survival.



The Secret Life of Grief

THE SECRET LIFE OF GRIEF

TANJA PAJEVIC (2016)

For those who believe in the transformative power of loss and love, and for anyone who isn't willing to act like nothing's wrong.

Grief In the Workplace

A Comprehensive Guide to Being Prepared



GRIEF IN THE WORKPLACE

RACHEL KODNAZ (2015)

Rachel Kodnaz provides tools and practical advice to support the bereaved in the workplace.