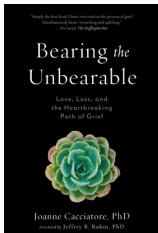




BEREAVEMENT BIBLIOGRAPHY

For Parents Grieving the Death of a Child



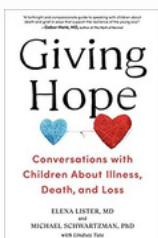
Bearing the Unbearable by Joanne Caciato

Joanne Caciato is a professor, Zen priest, and bereaved mother. Each chapter in her book features a different individual and their story of loss and journey with grief. Highly recommended for anyone who is bereaved. Read a review from a bereaved mother [HERE](#).



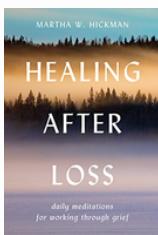
Dear Parents: A Collection of Letters to Bereaved Parents by Joy Johnson

A small collection of letters to bereaved parents written by bereaved parents and well-known leaders in the bereavement field. This is like a support group in book form. It will help you realize that you are not alone.



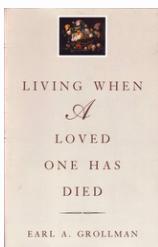
Giving Hope: Conversations with Children About Illness, Death, and Loss by Elena Lister, MD & Michael Schwartzman

Professional guidance for how to talk with siblings of any age. Wise and practical insights will help parents prepare for, initiate, and facilitate these profound conversations that the surviving siblings will carry with them in different ways for the rest of their lives.



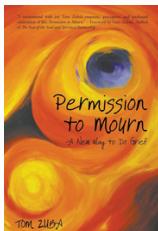
Healing After Loss by Martha Whitmore Hickman

For those who have suffered the loss of a loved one, Healing After Loss offers thoughtful words to strengthen, inspire, and comfort. This book includes daily short readings about different aspects of grief and how to look at them in new ways.



Living When a Loved One Has Died by Earl Grollman

Earl Grollman (Rabbi and author of When Bad Things Happen to Good People) offers brief insights and advice on shock, suffering, recovery, and a new life. This book is appropriate for any bereaved person.



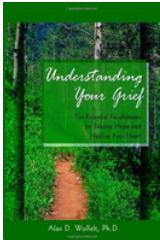
Permission to Mourn: A New Way to Do Grief by Tom Zuba

Tom Zuba suffered multiple losses of family members (wife and children). He critiques his "old" way of grieving and offers a "new way to do grief." As he says, once he gave himself permission to mourn, healing began.



[Swallowed by a Snake: The Gift of the Masculine Side of Healing](#) by Thomas R. Golden

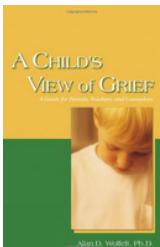
Swallowed by a Snake is a book for men and women about the masculine side of healing from loss. It is helpful for mothers and fathers who want to increase their understanding of the different paths individuals may take towards healing.



[Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart](#) by Alan D. Wolfelt

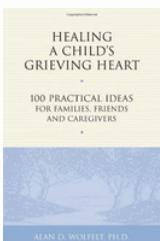
Alan Wolfelt explores every mourner's need to acknowledge death and embrace the pain of loss. He explains factors that make each person's grief unique and the many "normal thoughts and feelings" that may arise as well. This book offers ways to facilitate healing and hope.

For Parents Relating to Siblings or Friends of a Child Who Has Died



[A Child's View of Grief: A Guide for Parents, Teachers, and Counselors](#) by Alan Wolfelt

This concise resource for parents of grieving kids explores several key principles for helping children cope with grief and offers ways to create an emotional environment filled with love and acceptance. This guide answers common questions, identifies and explains typical behaviors, thoughts, and feelings of grieving kids, and offers tips for adults responding to them.



[Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends, and Caregivers](#) by Alan Wolfelt

This book addresses what to expect from grieving young people and how to provide safe outlets for children to express emotion. Wolfelt provides adults who are committed to helping a grieving child with 100 practical suggestions for places to begin.



[Helping Teens Cope with Death](#) by The Dougy Center

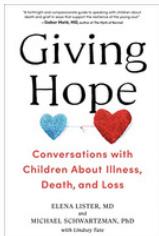
This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. Helping Teens Cope with Death illustrates how death impacts teenagers and the ways that others close to them can help.

For Parents Assisting Children and Teens who are Grieving a Death



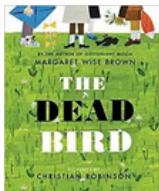
[The Angel with the Golden Glow: A Family's Journey Through Loss and Healing](#) by Elissa Al-Chokhacy

An angel is chosen to be born as a special child who will be unable to do what other children do, but who will give his family healing in the brief time he is with them.



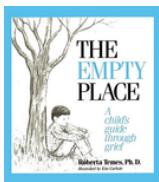
Giving Hope: Conversations with Children About Illness, Death, and Loss by Elena Lister, MD & Michael Schwartzman

Professional guidance for how to talk with siblings of any age. Wise and practical insights will help parents prepare for, initiate, and facilitate these profound conversations that the surviving siblings will carry with them in different ways for the rest of their lives.



The Dead Bird by Margaret Wise Brown

Written by the author of *Good Night Moon*, this sensitive yet direct book features a group of children who find a dead bird. They are sorry the bird has died but proceed with a funeral service in which they carry out several rituals such as signing and placing flowers on the grave to honor it.



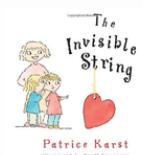
The Empty Place: A Child's Guide Through Grief by Roberta Temes

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.



Ida, Always by Caron Lewis & Charles Santoso

This story features two bears, Ida and Gus, who are best friends. After Ida falls ill and dies, Gus realizes he can find comfort in their shared memories and sights and sounds that remind him of her.



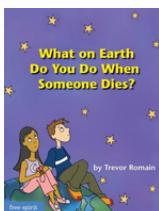
The Invisible String by Patrice Karst

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. A touching story for all ages. Read a review [HERE](#).



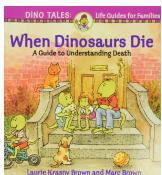
Water Bugs and Dragonflies: Explaining Death to Young Children by Doris Stickney

This book uses the analogy of a water bugs' short life under water to represent a human's time on earth, and their emergence as dragonflies into the bright sunlit world above the water as a human's life after death. It is designed to provide adults with the opportunity to talk about death as being part of the life cycle, which can be a reassuring way of explaining death to children.



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

This book offers questions exactly how a school-aged child would ask them. "What is it like to die?" "What happens to the person's body?" Romain provides both adults and children answers to their questions that are understandable rather than vague. It is simple and insightful.



When Dinosaurs Die: A Guide to Understanding Death by Laurie Krasny Brown

This book uses dinosaur characters to illustrate different ways and reasons someone may die, answer questions children may ask, and explain different traditions or ways to remember the deceased. This story can act as an aid to families talking about death with their children.



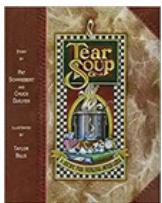
When Someone Dies: A Child-Caregiver Activity Book by The National Alliance for Grieving Children

An activity book for children that also provides information to parents and caregivers about how grief may impact their children. The activities are designed to help kids better express, understand, and cope with their grief.



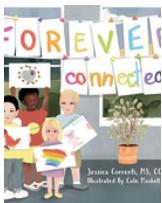
When Someone Very Special Dies: Children Can Learn to Cope with Grief by Marge Heegaard

A practical format for allowing children to understand the concept of death and develop coping skills for life. This book is designed for young readers to illustrate it's pages.



Tear Soup: A Recipe for Healing After Loss by Pat Schwiebert and Chuck DeKlyen

A story about a Grandma who has suffered a big loss in her life. It acknowledges the grief process, teaches about different aspects of grief, and affirms living after a death.



Forever Connected by Jessica Correnti

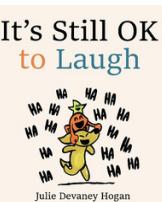
Parents and caregivers often are at a loss for words when trying to support their grieving children. They may wonder what to say or do to help their child process and cope with the heartbreak reality of their family structure. Forever Connected allows for a beautiful start to those difficult conversations at home, giving families the tools and language to help bereaved siblings process death, their grief, and their love and connection with their sibling.

Available in Spanish



Little Mole Finds Hope by Glenys Nellist

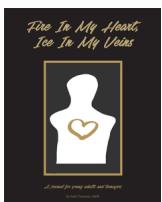
In Little Mole Finds Hope, best-selling children's author Glenys Nellist and illustrator Sally Garland tell an endearing story sure to lift the spirits of people emerging from the cold of winter or a challenging season of life and inspire them to look for signs that spring will come again.



It's Still OK to Laugh by Julie Devaney Hogan

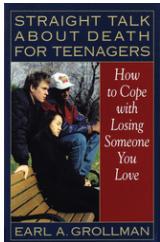
It's Still Ok to Laugh is a comforting picture book for children experiencing grief or loss. Through warm language and tender illustrations, this story helps kids understand that it is okay to cry, and it is also okay to laugh and feel joy again. Feelings can mix together, and that does not mean we loved any less.

For Teenagers Who Have Experienced a Death



Fire in My Heart, Ice in My Veins: A Journal for Teenager Experiencing a Loss by Enid Samuel

This journal allows teens to write letters, copy down meaningful lyrics, write songs and poems, and tell a person who has died what they want them to know. Teens can use their creativity to work through the grieving process.



Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love by Earl A. Grollman

Earl Grollman speaks directly to teenagers who have experienced the death of a friend or relative. He names feelings and the way relationships are impacted. He explains what to expect and how to work through grief and go on living.



When Death Walks In by Mark Scrivani

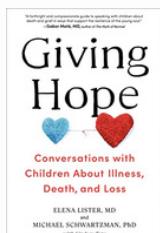
A small booklet for teenagers experiencing the death of a family member or friend. It provides important information about grief and how one can work through anger, sadness, and all the other emotions that come when death walks in. This book may be helpful for friends of a teen who dies.

For Grandparents Grieving the Death of a Child



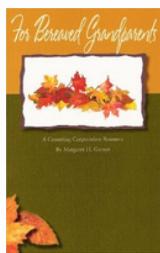
A Grandparent's Sorrow by Pat Schweibert

This is a small booklet with specific pieces of advice about how to care for and what to say to your children, grandchildren, and friends after losing a grandchild. There are also suggestions about how to care for yourself.



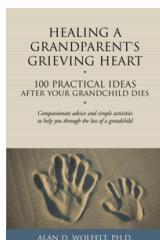
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For Bereaved Grandparents by Margaret Gerner

A booklet which addresses the grief grandparents feel as they mourn the loss of their grandchild and the pain of seeing their own child suffer. There is practical information and suggestions for helping oneself and loved ones.



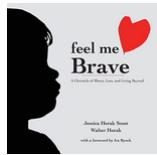
Healing a Grandparent's Grieving Heart: 100 Practical Ideas After Your Grandchild Dies by Alan Wolfelt

The author describes the unique aspects of grandparent grief, ways to move through grief, how to interact with other family members, and finally, possible activities for remembering and maintaining connection.



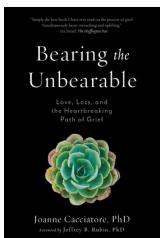
[Grieving Grandparents: Following Miscarriage, Stillbirth, SIDS, or Other Infant Death](#) by Cherokee Ilse and Lori Leininger

This booklet includes the grief after the loss of a grandchild who may have died very prematurely. It suggests ways to cope and be present for the parents.



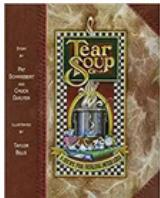
[Feel Me Brave: A Chronicle of Illness, Loss, and Living Beyond](#) by Walter Horak and Jessia Horak Stout

A story about a family who experienced the life and death of a 3-year-old boy. There are journal entries with accompanying art and poetry about illness, loss, and living beyond. This book is written by the boy's mother and grandfather.



[Bearing the Unbearable](#) by Joanne Caciato

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