



## **Books for Kids and Teens to Help with Understanding Grief and Loss**

### **For ages 2-5 years old**

1. Always and Forever by Alan Durant
2. Journey to Your Big Heart by Lori Rubin
3. Always by my Side by Susan Kerner
4. Missing My Best Friend by Norma Thorstad Knapp
5. Lifetimes: A Beautiful Way to Explain Death to Children by Bryan Mellonie
6. The Memory Book-A Grief Journal for Children and Families by Joanna Rowland
7. Grandpa is a Star or Grandma is a Star by Ligia Carvalho
8. Finding Grandpa Everywhere: A Young Child Discovers Memories of a Grandparent by John Hodge
9. Sad Isn't Bad by Michaelene Mundy
10. Being Sad When Someone Dies by Linus Mundy

### **For ages 5-7 years old**

1. The Invisible String by Patrice Karst
2. The Fall of Freddie the Leaf by Leo Buscaglia
3. I Miss You: A First Look at Death by Pat Thomas
4. Gentle Willow by Joyce C. Mills
5. One Wave at a Time: A story about Grief and Healing by Holly Thompson
6. When I Miss You by Cornelia Maude Spelman
7. Samantha Jane's Missing Smile: A Story about Coping with loss of a Parent by Julie Kaplow
8. Shine: A Story about Saying Goodbye by Trace Balla
9. A Sky of Diamonds by Camille Gibbs
10. The Memory Tree by Britta Teckentrup

### **For ages 7-12 years old**

1. Tear Soup by Pat Schwiebert
2. The Fall of Freddie the Leaf by Leo Buscaglia
3. When Someone Very Special Dies: Children Can Learn to Cope with Grief by Marge Heegaard
4. The Kids' Book about Death and Dying by and for Kids by Eric E. Rofes and the Unit at Fayerweather Street School
5. What on Earth Do You Do When Someone Dies? by Trevor Romain
6. The Healing Book: Facing the Death, And Celebrating The Life, Of Someone You Love by Ellen Sabin
7. The Grief Bubble: Helping Kids Explore and Understand Grief by Kerry DeBay
8. Tuesdays With Morrie by Mitch Albom

### **For Teenagers**

1. It's Okay That You're Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand by Megan Devine
2. I Will Remember You by Laura Dower
3. The Grieving Teen: A Guide for Teenagers and Their Friends by Helen Fitzgerald
4. When a Friend Dies: A Book for Teens About Grieving & Healing by Marilyn Gootman and Pamela Espeland
5. Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love by Earl Grollman
6. You Are Not Alone: Teens Talk About Life After the Loss of a Parent by Lynne Hughes
7. How it Feels When A Parent Dies by Jill Kremenz
8. Facing Change: Falling Apart and Coming Together Again in the Teen Years by Donna O'Toole
9. Fire in my Heart, Ice in my Veins by Enid Samuel Traisman
10. Healing Your Grieving Heart for Teens by Alan Wolfelt