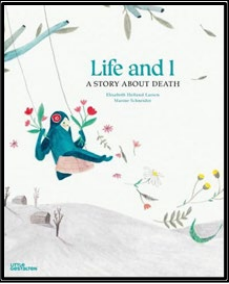
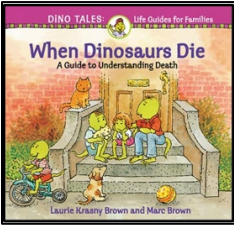
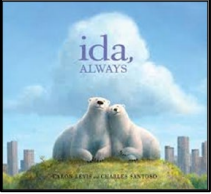

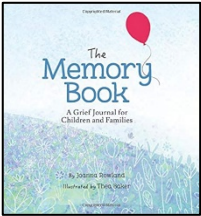
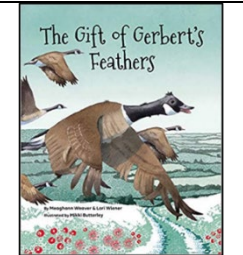
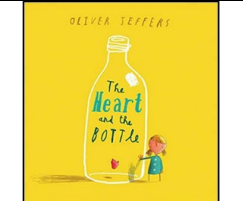
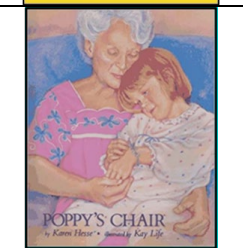



# SUPPORTING CHILDREN THROUGH GRIEF

Jordan Robertson, Marion Johnson, Elizabeth Cutrer-Parraga, & Melissa Heath

General Stories About Death	
	<p style="text-align: center;"><b><i>Life and I: A Story About Death</i></b> <b>Elizabeth Helland Larsen &amp; Marine Schneider</b></p> <p>This story is narrated by Death, the main character. She talks about the connection between life and death. Each serves its purpose in the world. Death is a part of all existence. In the final pages, Death acknowledges, "<i>Love does not die, even when it meets me.</i>" This is a very sweet way to talk about the cycle of life. Also, this book talks about loving and remembering our deceased loved ones.</p> <p><b>Note:</b> This book addresses facing the reality of death.</p> <p><b>Religious:</b> Although religion is not directly emphasized, after reading the story, parents could discuss how their family's religious beliefs provide comfort.</p>
	<p style="text-align: center;"><b><i>When Dinosaurs Die: A Guide to Understanding Death</i></b> <b>Laurie Krasny Brown &amp; Marc Brown</b></p> <p>This wonderful book shows many different family situations involving death and discusses them in a way that is easy to understand, helps us accept the reality of death. It explains death in a way that is factual but appropriate for children using dinosaurs to represent humans. The pictures and captions in the story make it appealing and interesting for children.</p> <p><b>Religious:</b> This is one of the few books that briefly addresses different religious views on what happens after death and encourages a child to talk to family or clergy for answers</p>
	<p style="text-align: center;"><b><i>ida, ALWAYS</i></b> <b>Caron Lewis</b></p> <p>Two polar bears at the zoo live together in the same pen. They are best friends. Ida the female polar bear gets very ill and dies. The book shows how Gus learns to cope. This book gently but honestly describes how death is sometimes a slow process. The story portrays how surviving loved ones work through feelings after a loved one dies. Beautiful illustrations.</p> <p><b>Religious:</b> This book does not refer to any religious beliefs.</p>
Activity Books About Death	
	<p style="text-align: center;"><b><i>Muddles, Puddles and Sunshine: Activity Book to Help When Someone Has Died</i></b> <b>Diana Crossley</b></p> <p>After the death of a loved one, this hands-on workbook guides children through their feelings associated with grief. Numerous activities and journaling prompts are included. Space is also provided to encourage writing about memories of the deceased loved one. The activities provide sensory experiences that allow the child to process feelings while actively engaged.</p> <p><b>Note:</b> This activity book is completed across time, at the child's pace.</p> <p><b>Religious:</b> Parents could incorporate their religious beliefs into the book's activities.</p>
	<p style="text-align: center;"><b><i>The Memory Book: A Grief Journal for Children and Families</i></b> <b>Joanna Rowland &amp; Thea Baker</b></p> <p>This is not a children's story, but a grief journal for a child. This book provides an opportunity for children and their families to create an album of drawings, pictures, and sentimental keepsakes to remember the deceased loved one. The journal suggests ideas for writing, drawing, and talking about grief. Over time, this journal helps children remember their loved one.</p> <p><b>Religious:</b> One part of the book includes opportunities to discuss ceremonies and traditions, opening opportunities to talk about family's religious beliefs.</p>

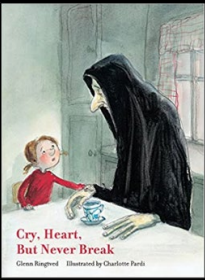
Father's Death	
	<p style="text-align: center;"><b><i>Everett Anderson's Goodbye</i></b> <b>Lucille Clifton</b></p> <p>This book is beautifully illustrated. Everett, a young Black boy, is coping with the pain of his father's death. The story expresses grief as a child feels it. Everett expresses denial that the death is real, he expresses anger, he feels apathy, and finally after his mother comforts him he begins to accept his new reality. <b>Religious:</b> Religion is not addressed.</p>
	<p style="text-align: center;"><b><i>Daddy's Chair</i></b> <b>Sandy Lanton</b></p> <p>A young son mourns his father's death. Prior to the death, the father had been very sick with cancer. This story talks about Jewish faith and traditions. The book shows how the child feels about his dad being gone and validates the feelings a child may have after losing a parent. The book shows how other people in the child's life will continue to love and care for him/her. <b>Note:</b> The book describes the family's shiva, the Jewish week of mourning. <b>Questions:</b> What are some things that your loved one did for you? <b>Activity:</b> Draw a line down the middle of a sheet of paper. On one side list things you miss that your loved one did for you. On the other side list who might be able to do some of these things in place of the deceased loved one. This list might be incomplete, because no one will ever totally replace your loved one.</p>
	<p style="text-align: center;"><b><i>One Wave at a Time</i></b> <b>Holly Thompson</b></p> <p>A son experiences all kinds of emotions after the death of his father and his feelings are compared to waves that crash and mix with each other. Even as time goes by and he and his family adjust, the waves of grief still roll in. The story ends showing that over time the boy and his family can learn to cope and eventually heal from their loss- surfing the waves that used to overwhelm them. <b>Note:</b> Ethnicity of the son is undefined. Religion is not addressed.</p>
Mother's Death	
	<p style="text-align: center;"><b><i>My Big, Dumb Invisible Dragon</i></b> <b>Angie Lucas</b></p> <p>This book uses the metaphor of a dragon to give grief a form that a child can understand. After his mother dies a boy experiences the weight of a dragon following him around and invading his life. The story demonstrates the heavy feeling of grief and explains in a clever way the feelings of grief that a child experiences after the loss of a parent. <b>Note:</b> The son is caucasian and religion is not addressed.</p>
	<p style="text-align: center;"><b><i>Missing Mommy</i></b> <b>Rebecca Cobb</b></p> <p>This sweet story demonstrates how a young boy feels after the death of his mother. It is a very appropriate way to express the feelings a child may have grieving a parent's death and is relatable for even young children. The story explores the emotions a child feels in grief and ends recognizing that the child is still part of a family that will love and care for him. <b>Note:</b> The son is caucasian and religion is not addressed</p>
	<p style="text-align: center;"><b><i>Her Mother's Face</i></b> <b>Freya Blackwood</b></p> <p>A young girl loses her mother as a 3 year old and she and her father never discuss the death. Years later, as a 10 year old the girl longs to remember her mother's face. One day, she meets a woman in the park who tells her that to remember her mother's face she just needs to look in a mirror and as she does she realizes that her mother is inside of her and this realization helps both the girl and her father to heal. <b>Note:</b> The daughter is caucasian and her mother, in some form, is the mysterious woman who appears to her in the park.</p>

Sibling Death	
	<p style="text-align: center;"><b><i>Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss</i></b> <b>Cathy Blanford</b></p> <p>This is a helpful book for families who have lost a baby in utero or at birth. It allows the living children to process their feelings about what happened with the loss of a pregnancy. The book addresses the living child's thoughts and feelings that are often confusing and shows how the family can continue on while still remembering their baby. <i>Note:</i> The surviving brother is Caucasian and religion is not addressed.</p>
	<p style="text-align: center;"><b><i>Ben's Flying Flowers</i> by Inger Maier</b></p> <p>This lovely book describes the feelings of a child who loses their sibling to disease. It is simply written for children and the illustrations are half in color, half in black in white to indicate the feelings the surviving sister is having. Emily learns that asking questions and doing every day activities, as well as remembering happy times with her brother can help to soothe her grief. The book concludes with a parent note to offer practical guidance for parents helping to navigate their children through the grieving process. <i>Note:</i> The sister is caucasian and religion is not addressed.</p>
	<p style="text-align: center;"><b><i>The Gift of Gerbert's Feathers</i> by Meaghann Weaver &amp; Lori Wiener</b></p> <p>This book tells the story of a young gosling who becomes ill and knows that he will only survive one final migration season with his family. He demonstrates acceptance of his approaching death and shares his love in a special way with the family members who will be left behind. <i>Note:</i> The book shares the belief that young Gerbert will return to be with his grandma who died before him.</p>
Grandfather Death	
	<p style="text-align: center;"><b><i>The Heart and the Bottle</i> by Oliver Jeffers</b></p> <p>This story beautifully shows how a girl protects her heart by putting it in a bottle after the passing of her beloved grandfather and depicts grief in a way everyone can understand. The simple story shows through words and pictures what grief looks like and how a heart takes time to heal. <i>Note:</i> The granddaughter is caucasian and religion is not addressed.</p>
	<p style="text-align: center;"><b><i>Poppy's Chair</i> by Karen Hesse</b></p> <p>A very sweet story that tells about when a young girl visits her grandmother for the first time after her grandfather's death. The two of them are shown working through grief together by talking about their memories of the grandfather and sharing their joy in the remembrance. <i>Note:</i> The granddaughter is caucasian and religion is not addressed</p>
Grandmother Death	
	<p style="text-align: center;"><b><i>Ghost Wings</i> by Barbara Joesse</b></p> <p>This beautifully written story shows how a girl maintains a connection between herself and her deceased grandmother through butterflies. The story includes many aspects of Mexican culture and shows that even though the grandmother seems very far away the endurance of her grandmother's love will stay with the little girl for the rest of her life. <i>Note:</i> The granddaughter is Latina and the Day of the Dead is addressed.</p>
	<p style="text-align: center;"><b><i>Something Very Sad Happened</i> by Bonnie Zucker</b></p> <p>This book offers a very simple explanation of what happens at death that even a toddler can understand and explains why we have sad or mad feelings about it. The book can be used interchangeably to talk to a child about the death of anyone they love, although the printed words describe the death of a grandmother. <i>Note:</i> The grandson is caucasian and religion is not addressed.</p>

***Cry, Heart, but Never Break* by Glenn Ringtved**

Death is a character in this story who gently comes to visit 4 children who are about to lose their grandmother. He tells them through a sweet story about how there is a need for all things- life and death, sorrow and joy, grief and delight and helps them realize the value of loss in life and the importance of being able to say goodbye.

*Note:* The grandchildren appear to be Caucasian. Religion is not addressed.

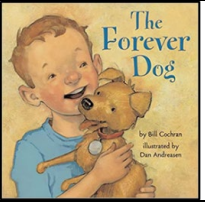


**Pet Death**

***The Forever Dog* by Bill Cochran**

This tender story addressed the real feelings of anger and sorrow a little boy has after the loss of his beloved dog, but then shows how he finds comfort in the memories of his dog that will always stay with him in his heart.

*Note:* The boy appears to be Caucasian. Religion is not addressed.



***Cat Heaven* by Cynthia Rylant**

This is a sweet book depicting what heaven will be like for beloved pet cats. It shows all of the joyful things the cat will experience. Shows how the cat will be able to continue to check in on and care for the pet owner it belonged to in life.

*Note:* Shows a Black God in heaven caring for and providing for all the cats. Very sweet!



**Older Neighbor's Death**

***Blow Me a Kiss, Miss Lilly***

Nancy White Carlstrom

This is a sweet story about Sara, a young girl who becomes good friends with her elderly neighbor, Miss Lilly. They share a lot of common interests. The woman becomes ill and is placed in a care center. They write notes to one another. After a short time, Miss Lilly dies. The little girl misses her neighbor and fondly remembers Miss Lilly.

*Note:* All characters appear to be Caucasian. Religious beliefs are not directly expressed, however the elderly lady reads the Bible at night.

