

Children's Books about Loss, Death, Bereavement, Grief, and Coping
Possible Choices for TPC Lending Library
Descriptions of Books

****1.) Talking with Children About Loss**

Words, Strategies, and Wisdom to Help Children Cope with Death, Divorce, and Other Difficult Times
(Book from the Good Grief Program at Boston Medical Center)
by Maria Trozzi with Kathy Massimini
Foreword by T. Berry Brazelton, MD
Paperback \$11.67

What parents, caregivers, and educators need to know to help grieving children through the mourning and bereavement process.

Bereavement specialist Maria Trozzi has listened to children and adolescents who have endured all kinds of losses and sustained many tough times. She has learned to understand what youngsters say and what they don't say. They can't have healthy grief without adult care and support. Through a myriad of stories in this book, Maria teaches us how to interpret kids' words, thoughts, and feelings and how caring adults can help children face all losses in a way that builds resilience.

2.) Finding Grandpa Everywhere: A Young Child Discovers Memories of a Grandparent

by John Hodge (Author), Susan Aitken (Illustrator)
(October, 1998) Paperback \$7.95

A young child discovers memories of a grandparent. This book is beautifully illustrated with a storyline that addresses issues that children have after a grandparent dies. It includes a section for teachers and parents.

****3.) Nana Upstairs and Nana Downstairs**

by Tomie dePaola
(December 29, 1997) Hardcover \$12.67

Tommy is four years old, and he loves visiting the home of his grandmother, Nana Downstairs, and his great-grandmother, Nana Upstairs. But one day Tommy's mother tells him Nana Upstairs won't be there anymore, and Tommy must struggle with saying good-bye to someone he loves. Updated with new, full-color illustrations, this classic story will continue to win the hearts of readers of all ages."Children will want to hear this again and again."

4.) Why Did Grandma Die?

by Trudy Madler (Author), Gwen Connelly (Author)
(April, 1980) Paperback \$4.61

When her grandmother dies, Heidi tries to deal with her feelings of grief and loss and comes to accept death as a part of the life cycle by attending the funeral and talking to others about her feelings.

5.) **Why Did Grandpa Die? A Book About Death**

by Barbara Shook Hazen (Author)
(April 15, 1985) Hardcover \$7.10

(No description given)

6.) **I'll Always Love You**

by Hans Wilhelm (Author)
(December 12, 1988) Paperback \$4.44

"In this gentle, moving story, Elfie, a dachshund, and her special boy progress happily through life together. One morning Elfie does not wake up. The family grieves and buries her. The watercolor illustrations, tender and warm in color and mood, suit the simple text perfectly."

7.) **I Miss You: A First Look at Death**

by Pat Thomas (Author), Leslie Harker (Illustrator)
(January 1, 2001) Paperback \$6.00

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct--easily accessible to younger children. There are full-color illustrations on every page.

8.) **Lifetimes: The Beautiful Way to Explain Death to Children**

by Bryan Mellonie (Author), Robert Ingpen (Author)
(October 1, 1983) Paperback \$7.91

When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand?

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

9.) **Helping Children Cope With Separation and Loss

by Claudia Jewett Jarratt
(April 7, 1994) Hardcover \$19.55

A compassionate, step-by-step guide to help children cope with and recover from any kind of loss.

10.) **Helping Children Cope with Grief: Facing a death in the family**

by Rosemary Wells

(July 11, 2007) Paperback \$12.99

Every day many children lose someone close to them - a parent or grandparent, brother or sister. Nothing can take away the pain of loss, but there is a great deal that a caring adult can do to avoid the long-term distress which can be caused by hidden fears and anxieties. This book is for anyone who wants to help a child who is coping with grief - parents, teachers, nurses, doctors and friends. The topics covered include: terminal illness; sudden death; the death of a sibling; when death is a relief; and other people's attitudes and misunderstandings. This new edition looks at the problems particular to bereaved families of varying cultures, and explores how family dynamics and relationships can influence the grieving process. Much depends on a child's age, family relationships, and a child's own perception of death, but, in favourable circumstances, and even in fairly disordered ones, most children do cope successfully with the death of a parent or sibling.

11.) **Helping Children Cope with the Death of a Parent: A Guide for the First Year**

by Paddy Greenwall Lewis, Jessica G. Lippman

(February 2004) Hardcover \$20.00

The mourning of a parent's death can take many years—for some it may take a lifetime. The first year of separation, however, is often the most difficult and heart wrenching. The first birthday, holiday, spring, summer, autumn, and winter spent without the loved one often revives or increases the pain. This unique guide is organized according to a timeline of a child's first year of mourning the loss of a parent. It is a warm, insightful, yet practical guide to help the families and community members surrounding a child who has suffered such a loss to anticipate and cope with the many difficulties that arise. Practical suggestions for providing comfort, information, and advice are provided for adults struggling to help children endure the trauma. A range of difficult situations that bereaved children encounter are identified, helping to prepare adults for a child's potential reactions and providing them with realistic coping strategies.

Lewis and Lippman, child psychologists who have provided therapy to children who have lost a parent, suggest answers to questions that these children frequently ask. They offer methods for dealing with particularly difficult times such as birthdays, and share practical advice for everyday situations and events. They begin with helping the child through anticipation of death, if it is expected, or through the initial shock of unexpected death. Poignant vignettes from the therapists' experience dealing with young and older children are included.

12.) **Samantha Jane's Missing Smile: A Story about Coping with the Loss of a Parent

by Julie Kaplow (Author)

(May 2007) Paperback: \$9.72

Since Samantha Jane's dad died, she has been sad and quiet, keeping to herself. One day, her neighbor Mrs. Cooper gently asks her about her missing smile, and Sammy Jane begins to open up about her grief, her worries, and her confusion. Sammy Jane's mother joins her daughter in Mrs. Cooper's garden, and helps her further with accepting and responding to her profound loss.

****13.) Liplad's Wish**

by Jonathan London (Author), Sylvia Long (Illustrator)
(Sept. 1994) Paperback \$28.34

When Liplap wakes to find the ground covered with the first snow of the year, he can hardly wait to build a snowbunny. He pulls on his winter clothes and hops outside -- lip lap, lip lap -- as quickly as he can. But something's not right. As Liplap builds his snowbunny, he realizes that for the first time, his grandmother isn't there to help him. Grandmother hadn't lived to see the snow this year, and Liplap can't believe that he'll never see her again. It isn't until Liplap's mother tells him the ancient bunny legend about the stars in the sky that Liplap realizes that his grandmother will always be with him.

In this truly moving book, the heartwarming text and tender illustrations provide reassuring comfort as they remind us that the power of love and memory can transcend the sadness and confusion that comes with any kind of loss or separation. Perfect for one-on-one sharing as well as group discussion, this extraordinary book works on a variety of levels to comfort and to inspire.

****14.) What on Earth Do You Do When Someone Dies?**

by Trevor Romain, Elizabeth Verdick (Authors), Trevor Romain (Illustrator)
(February 1999) Paperback \$8.99

When Trevor Romain's father died, Trevor didn't know what to feel, say, or do. Shocked, saddened, and confused, all he could say was . . . wow. As he started understanding what had happened, he began writing about his experiences and feelings. His new book—simple, insightful, and straight from the heart—is for any child who has lost a loved one or other special person.

Trevor talks directly to kids about what death means and how to cope. He asks the kinds of questions kids have about death—Why? How? What next? Is it my fault? What's a funeral?—in basic, straightforward terms. He describes and discusses the overwhelming emotions involved in grieving—sadness, fear, anger, guilt—and offers practical strategies for dealing with them. He also suggests meaningful ways to remember and honor the person who has died.

When someone dies, adults are often involved with their own loss and grief and not as available to children as they might otherwise be. This little book, full of concrete advice and expressive illustrations, offers the comfort and reassurance that children need during these difficult times. Written to and for kids, it's also recommended for parents and other relatives, educators, counselors, and youth workers.

****15.) The Tenth Good Thing About Barney**

by Judith Viorst (Author)
(September 1987) Paperback \$2.94

My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them...

But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth -- and begins to understand.

****16.) Water Bugs and Dragonflies**

by Doris Stickney

(June 2009) Hardcover \$6.50

(No current description available)

****17.) What's Heaven**

by Maria Shriver and Sandra Speidel

(Oct 30, 2007) Hardcover \$11.24

This treasure of a book, for people of all faiths, is a starting point for parents who must talk about the difficult topic of death with their children.

What should parents say when a loved one dies? Heaven is a difficult subject that always comes up at tough times, and Maria Shriver has written a very special book precisely for these stressful moments. What's Heaven? is the story of Kate, a little girl whose great-grandma has just died. She seeks answers, and her mother helps her learn about Heaven. The many questions in this book are real, coming from Shriver's own children, nieces, and nephews when her grandmother Rose Fitzgerald Kennedy passed away. With 900,000 copies of the book now in print, the loving, confident, and ultimately uplifting answers Shriver provides are helping readers' families come together, feel closer to one another, and experience peace during the times when they need it most.

18.) Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love

by Earl A. Grollman (Author)

(April 1, 1993) Paperback \$11.52

If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of Living When a Loved One Has Died, explains what to expect when you lose someone you love.

19.) What's Happening to Grandpa?

by Maria Shriver (Author), Sandra Speidel (Illustrator)

(April 28, 2004) Hardcover \$11.84

Kate has always adored her grandpa's storytelling - but lately he's been repeating the same stories again and again. One day, he even forgets Kate's name. Her mother's patient explanations open Kate's eyes to what so many of the elderly must confront: Alzheimer's disease and other forms of memory loss. Determined to support her grandfather, Kate explores ways to help him - and herself - cope by creating a photo album of their times together, memories that will remain in their hearts forever.

****20.) What's Wrong with Timmy?**

by Maria Shriver (Author), Sandra Speidel (Illustrator, Artist)

(October 16, 2001) Hardcover \$14.60

What is the response when a child points out that a disabled child or adult looks 'different'? Shriver tells the story of Kate, who finds that making friends with a mentally retarded boy helps her learn that the two of them have a lot in common.

**Books about Various Types of Loss and Coping
Donated to TPC Lending Library**

****1.) How It Feels When a Parent Dies**

by Jill Krementz

(Feb 12, 1988) Paperback \$13.64

18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.

****2.) How It Feels When Parents Divorce**

by Jill Krementz (Author)

Paperback \$10.00

In this immensely moving book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce. By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. And they will learn that their own shock and anger, confusion and pain, have been experienced by others and are normal and appropriate. These boys and girls speak with extraordinary honesty and tolerance, and with a remarkable absence of rationalization, illusion, or attempt to justify their own often-trying behavior in response to their situations. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike.

3.) How It Feels to Be Adopted

by Jill Krementz (Author)

(February 12, 1988) Paperback \$14.19

19 boys and girls, from age 8 - 16 and from every social background, confide their feelings about this crucial fact.

****4.) How It Feels to Fight for Your Life**

by Jill Krementz (Author)

(November, 1989) Hardcover \$8.92

A moving account of how 14 children cope with serious illness and trauma. They share their feelings about the pain and uncertainty and the challenges posed by such illnesses as cancer, severe burns and cystic fibrosis.

5.) How It Feels to Live With a Physical Disability

by Jill Krementz (Author)

(April, 1992) Hardcover \$5.25

Reveals, through photographs and interviews, the indomitable spirit and strength of children living with such physical disabilities as blindness, cerebral palsy, paralysis, and missing limbs.