

# Adult and Teen Books About Grief

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- 35 Ways to Help a Grieving Child (Guidebook Series) - Dougy Center Staff
- Bereaved Children and Teens: A Support Guide for Parents and Professionals - Earl A. Grollman
- Caring for Your Grieving Child (engaging activities for dealing with loss & transition) – Martha Wakenshaw
- Child's View of Grief - Wolfelt, Alan D
- Children and Grief: When a Parent Dies - Worden, William J.
- Dead Is A Four Letter Word (a young person's guide through grief) - Kennedy Saynor, John.
- Effective Grief and Bereavement Support: The Role of Family, Friends, Colleagues, Schools and Support Professionals – Atle Dyregrov & Kari Dyregrov
- Fatherless Women: How We Change After We Lose Our Dads - Simon, Clea.
- Healing a Child's Grieving Heart - Wolfelt, Alan D
- Helping Children Cope With Separation and Loss – Claudia Jewett Jarratt
- How do We Tell the Children? – Daniel Schaefer & Christine Lyons
- How It Feels When a Parent Dies – Jill Krementz
- Children Mourning: Mourning Children – Kenneth Doka
- Greif and Bereavement In Contemporary Society Robert A Neimeyer
- Living With Grief: Children and Adolescents - Kenneth J. Doka & Amy S. Tucci
- Longing for Dad: Father Loss and Its Impact – Beth Erickson
- Motherless Daughters: The Legacy of Loss – Hope Edelman
- Never the Same: Coming to Terms with the Death of a Parent - Schuurman, Donna.
- On Grieving the Death of a Father - Smith, Harold Ivan.
- Parenting a Grieving Child – Mary Deturris Poust
- Parenting Through Crisis (helping kids in times of loss grief and change) – Barbara Coloroso
- Swallowed By A Snake, The Gift Of The Masculine Side Healing - Thomas R. Gloden
- Talking About Death (a dialogue between parent & child) - Earl A. Grollman
- The Empty Room: Understanding Sibling Loss - Elizabeth DeVita-Raeburn
- The Grieving Child – Helen Fitzgerald
- The Loss That Is Forever: The Lifelong Impact of the Early Death of a Mother or Father – Maxine Harris
- The Other Side OF Sadness - George A. Bonanno
- The Spiritual Life of Children – Robert Coles
- The Way Men Heal - Thomas R. Gloden
- When Children Grieve – Leslie Landon Matthews

- When A Man Faces Grief - Thomas R. Gloden
- When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses. - James, John W. Friedman, Russell & Matthews, Leslie Landon.
- When The Body Says No: (The Cost of Hidden Stress) - Mate, Gabor

### **Specifically Teen Grief:**

- Dead Is A Four Letter Word (a young person's guide through grief) - Kennedy Saynor, John
- Death is Hard to Live With: Teenagers Talk about How to Cope with Loss - Bode, Janet
- Fire in My Heart, Ice in My Veins : A Journal for Teenagers Experiencing a Loss - Traisman Samual, Enid.
- Healing A Teen's Grieving Heart - Wolfelt, Alan D
- Healing Your Grieving Heart: For Teens - Wolfelt, Alan D
- Helping Teens Cope with Death - Dougy Center for Grieving Children
- Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love - Grollman, Earl A
- Teenagers Face to Face with Bereavement - Gravelle, Karen. Haskins, Charles.
- Teen Grief Relief - Horsley, Heidi. Horsley, Gloria.
- The Grieving Teen - Helen Fitzgerald
- Weird Is Normal When Teenagers Grieve - Jenny Lee Wheeler, Heidi Horsley Psy.D.
- When a Friend Dies (a book for teens about grieving & healing) - Marilyn E. Gootman
- When Will I Stop Hurting? Teens, Loss and Grief, It Happened to Me - Adams, Kelly.
- You Are Not Alone: Teens Talk About Life After the Loss of a Parent - Lynne B Hughes

### **Suicide & Traumatic Deaths:**

- After a Parent's Suicide: Helping Children Heal - Requarth, Margo.
- After the Suicide: Helping the Bereaved to Find a Path from Grief to Recovery – Kari Dyregrov
- After Suicide - Hewett, John H. Oates, Wayne E.
- But I Didn't Say Goodbye: Helping Children and Families After a Suicide - Barbara Rubel
- Healing Your Traumatized Heart - Wolfelt, Alan D
- Living with Grief After Sudden Loss – Kenneth J. Doka
- Living With The Unimaginable - Life In The Aftermath Of Murder-Suicide - Righter, Tawna.
- Suicide, Prevention, Intervention and Postvention – Earl A. Grollman
- Transforming Traumatic Grief - Courtney M Amstrong
- When Fathers Kill Mother – Jean Harris-Hendriks, Dora Black, Tony Kaplin

# Children's Story Books about Grief

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## Books about death and grieving:

- "I Miss you" A first Look At Death –Pat Thomas
- A Place in my Heart – Annette Aubrey
- Always and Forever –Alan Durant
- Blow Me A Kiss Miss Lilly – Nancy White Carlstrom
- Cat Heaven – Cynthia Rylant
- Chester Raccoon and The Acorn Full of Memories – Audrey Penn
- Dog Heaven – Cynthia Rylant
- Don't Despair on Thursdays – Adolph Moser
- Dream Clouds – Alesia K. Alexander Layne
- Everett Anderson's Goodbye – Lucelle Clifton
- Grandma's Gloves – Cecil Castellucci
- Hana Upstairs and Hana Downstairs – Tomie de Paolo
- Heart And The Bottle - Oliver Jeffers
- How I feel (A coloring book for grieving children) – Alan D. Wolfelt
- I Know I Made It Happen – Lynn Bennett Blackburn
- I will Always Love You – Hans Wilhelm
- If Nathan Were Here – Karen A Jerome
- It Must Hurt A Lot – Doris Sanford
- Lifetimes,Beautiful way to explain death to children –Bryan Mellonie & Robert Ingpen
- Lighthouse – Robert Munsch
- Missing Mommy – Rebecca Cobb
- My Grandmother Showed Me The Stars – Becky Kelly
- My Grandson Lew – Charlotte Zolotow
- Tales of the Gambling Grandma – Dayal Kaur Khalsa
- The Empty Place – Roberta Temes
- The Invisible String –Patrice Karst
- The Scar – Charlotte Moundlic
- The Tenth Good Thing About Barney – Judith Viorst
- The Two of Them – Alikei
- When Dinosaurs Die – Laurie Krasny Brown
- Why Would Someone Want To Die – Rebecca Schmidt

## **Family stories not necessarily about death but can be used to support children who are grieving:**

- Grandfather and I – Helen E Buckley & Jan Ormerod
- Grandmother and I – Helen E Buckley & Jan Ormerod
- I Love You Forever – Robert Munsch
- Love You When- Linda Kranz
- Only One You- Linda Kranz
- Something From Nothing – Phoebe Gilman
- The Kissing Hand – Audrey Penn
- Wherever You Are My Love Will Find You – Nancy Tillman

## **Books about Feelings:**

- Double – Dip Feelings – Barbara Cain
- Hope is an Open Heart – Lauren Thompson
- How Are You Peeling? Foods with moods – Saxton and Joost Elffers
- My Many Coloured Days – Dr Seuss
- Ruby and the Rubbish Bin – Margot Sunderland
- Series of books Called: Feelings: Heinemann Read and Learn – Sarah Medina Titled as the following: Angry, Brave, Jealousy, Lonely, Caring, Proud, Embarrassed, Sad, Happy, Shy, Impatient, Worried
- The Hurt – Teddi Doleski
- The Way I Feel – Janan Cain
- Today I Feel Silly & Other Moods that make my day – Jamie Lee Curtis
- When Sophie Gets Angry – Molly Bang
- Wonder What I Feel Today? (colouring book) – Hazelden Production

# Curriculum/Activity Based Books Not all specific to do grief

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- 100 Interactive Activities for Mental Health & Substance Abuse Recovery – Carol A. Butler
- Bereavement Support Group Program for Children - Beth Haasl & Jean Marnocha
- Creative Expression Activities for Teens: Exploring Identity through Art, Craft and Journaling - Bonnie Thomas
- Games (& other stuff) for Group, Book 2 – Chris Cavert
- Great Group Games: 175 Boredom-Busting, Zero-Prep Team Builders for All Ages - Susan Ragsdale
- GriefWork for Teens - Fran Zamore & Ester Leutenberg
- Helping Children Locked in Rage or Hate – Margot Sunderland
- Helping Children who Bottle up their Feelings – Margot Sunderland
- Helping Children who have Hardened their Hearts or Become Bullies – Margot Sunderland
- Helping Children with Fear – Margot Sunderland
- Helping Children with Low Self-Esteem – Margot Sunderland
- Reviving the Wonder, 76 Activities that touch the inner spirit of youth – Ric Stuecker & Suze Rutherford
- Social Skills Activities for Special Children – Darlene Mannix
- The Big Book of Therapeutic Activity Ideas for Children and Teens: Inspiring Arts-Based Activities and Character Education Curricula - Lindsey Joiner
- The MindUP Curriculum, Grades k-2 - Brain Focused Strategies for Learning & Living
- Therapeutic Exercises for Children – Robert D. Friedberg, Barbara A. Friedberg, Rebecca J. Friedberg
- Creative Family Therapy Techniques: Play, Art, and Expressive Activities to Engage Children in Family Sessions - Liana Lowenstein
- Therapy Games: Creative Ways to Turn Popular Games Into Activities That Build Self-Esteem, Teamwork, Communication Skills, Anger Management, Self-Discovery, and Coping Skills - Alanna Jones
- In an Unspoken Voice - Peter Levine
- In The Realm of The Hungry Ghosts: Close Encounters With Addiction – Gabor Mate
- Mindsight, the new science of personal transformation – Daniel J. Siegel
- The Boy Who Was Raised As A Dog - Dr. Bruce Perry
- Trauma Through A Child's Eyes - Peter Levine
- Waking The Tiger - Peter Levine

# Parenting Books

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- Born For Love - Bruce Perry
- Emotional Freedom, Liberate yourself from negative emotions and transform your life – Judith Orloff
- Hold On To Your Kids - Gordon Neufeld & Gabor Mate
- It's OK Not To Share - Heather Shumaker
- Kids Are Worth It - Barbara Coloroso
- Liberated Parents, Liberated Children - Adele Faber & Elaine Mazlish
- Parenting From The Inside Out - Daniel J Siegel
- Please Don't Label My Child - Scott M. Shannon
- Positive Discipline A-Z - Jane Nelson, Lynn Lott & H Stephen Glenn
- Scattered Minds: A New look at the Origins & Healing of AD - Gabor Mate
- Self Esteem A Family Affair - Jean Illsley Clarke
- The Developing Mind - Daniel J Siegel.
- The Gift of ADHD, How to Transform your Child's Problems into Strengths – Lara Honos-Webb
- The Science of Parenting - Margot Sunderland
- The Whole-Brain Child - Daniel J Siegel & Tina Payne Bryson
- Trauma Proofing Your Kids, A parent's guide to instilling confidence, joy and resilience – Peter Levine & Maggie Kline
- Welcome to Your Child's Brain: How the Mind Grows from Conception to College – Sam Wang & Sandra Aamodt
- Your Child's Self Esteem - Dorothy Corkille Briggs

## **Play and the Outdoors**

- A Child's Work, the Importance of Fantasy Play – Vivian Gussin Paley
- Einstein Never Used Flash Cards, How out Children Really Learn – Kathy Hirsh-Pasek & Roberta Michnick Golinkoff
- Play - Stuart Brown
- The Power of Play, Learning what comes Naturally – David Elkind
- The Last Child In The Wood - Richard Louv.

## **All about the Brain for Children**

- How Does Your Brain Work? – Don L. Curry
- Your Fantastic Elastic Brain; Stretch it, Shape it – JoAnn Deak
- Mind up Curriculum