

Book Resources

Some of these books may be helpful to you and your child as you grieve. A book that is helpful to one family may not be helpful to another. We encourage you to read the book prior to reading it with your child. Also keep in mind that too much at once may overwhelm a child. We have these available in our CFM offices.

When Your Grandparent Dies: A Child's Guide to Good Grief by Victoria Ryan – Explains what happens right before a grandparent dies, death, funerals and the grief that follows.

Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing with Loss by Michaelene Munday-- A comforting, realistic look at loss, loaded with positive, life-affirming help for coping with loss as a child.

The Saddest Time by Norma Simon -- Three stories about loss and how the children who loved those who died deal with grief.

Anna's Corn by Barbara Santucci -- Anna experiences loss and grief after the death of her beloved grandpa and discovers the hope of new life.

Papa's Gift by Kathleen Long Bostrom -- A little girl navigates the loss of her best friend, her grandfather.

What's Heaven? by Maria Shriver -- A young girl asks her mom many questions about Heaven after her great-grandmother dies.

After the Funeral by Jane Loretta Winsch -- Children explore the different feelings that arise after loss.

The Next Place by Warren Hanson -- A poetic look at what awaits us once we leave this earth.

Tear Soup by Pat Schwiebert and Churck DeKlyen -- An older woman suffers a loss in her life and processes her grief by blending different "ingredients" into her tear soup, bringing her comfort.

Water Bugs and Dragonflies-Explaining Death to Young Children by Doris Stickney--A metaphor for death as told through the story of a water bug turning into a dragonfly.

The Fall of Freddie the Leaf by Leo Buscaglia -- The leaves on the tree discuss the seasons and death.

These books were taken from an article on explaining death to young children written by Alicia McAuley (08/18/17). <https://www.cbc.ca/parents/learning/view/9-books-to-help-kids-understand-death>

The Goodbye Book by Todd Parr (recommended ages 3-5)

Tess's Tree by Jess Bralleir by Shona Innes (recommended ages 4-7)

Sidewalk Flowers by JonArno Lawson (recommended ages 4-7)

The Heart and the Bottle by Oliver Jeffers (recommended ages 4-7)

Grandad's Island by Benji Davies (recommended ages 4-8)

Badger's Parting Gifts by Susan Vailey (recommended ages 4-8)

Ida, Always by Caron Levis (recommended ages 4-8)

Cry, Heart, but Never Break by Glenn Ringtved (recommended ages 5-8)

Thanks to Amy Jo Alspaugh for sharing many of the resources on this list.