Suggested Reading List: For Adults Helping Children Grieve


http://www.nctsn.org/nctsn_assets/pdfs/reports/schools_package.pdf Twelve page NCTSN booklet adapted specifically for schools, provides information on children’s traumatic grief & PTSD; last two pages provide a summary of basic essential information


* Grollman, Earl A. Bereaved Children and Teens


* Johnson, Joy and Marvin (2001). Tell Me Papa (a grandfather talking about death to his grandchildren)

* Rauch, Paula K. Raising an Emotionally Healthy Child When A Parent Is Sick

* Krementz, Jill. How It Feels When a Parent Dies


*Mundy, Michaeline (2010). Sad is Not Bad: A Good Grief Guidebook for Kids Dealing with Loss


* Park, Barbara (1996). Mick Harte Was Here (Novel about sibling loss geared to 9-13 year olds)

* Roberts, Lisa (2014). Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation, and Relaxation to Kids and Teens (all kinds of fun breathing techniques!)

* Requarth, Margo (2008). After a Parent's Suicide: Helping Children Heal


* Schaefer, D. & Lyons, C. (2010), How Do We Tell the Children? Helping Children Understand and Cope When Someone Dies


* Trozzi, Maria (1997). Talking with Children About Loss

* Volavkovd, Hana (1993). I Never Saw Another Butterfly...Children’s Drawings and Poems from Terezin Concentration Camp


All sorrows can be borne if you tell a story about them ~ Isak Dinesen

Children’s Books

*Cooney, Barbara. Miss Rumphius
*Chalifour, Francis (2005). After (novel about a 15 year old boy after his father’s death by suicide)
*Drescher, Joan (2005). The Moon Balloon: A Journey of Hope and Discovery for Children and Families (can be adapted for different ages)
*Geithner, Carole (2012). If Only (pre-adolescents, teens—fiction re: parent cancer loss)
*Glade, Sue (2010). Nowhere Hair (explaining cancer and chemo to young children)
*Harper, Jennifer Cohen (2013). Little Flower Yoga for Kids (foreword by Daniel Siegel, MD) (great chapters on breathing and relaxation)
*Harris, R. (2004). Goodbye Mousie
*Karst, Patrice (2000). The Invisible String (can be adapted to all ages re: “continuing bonds”; adults too)
*Johnson, Joy and Marvin (2001). Tell Me Papa
*Lorig, Stephanie & Frankel, Rosalie (2014). Draw It Out
*MacLean, Kerry Lee (2004). Peaceful Piggy Meditation (soothing meditations for pre-school-grade 3)
*Mills, Joyce (2003). Gentle Willow: A Story about Dying
*Mundy, Michaeline (2010). Sad is Not Bad: A Good Grief Guidebook for Kids Dealing with Loss
*Paradis, Susan (2012). Edna (can be adapted to all ages-adults too)
*Park, Barbara (1995). Mick Harte Was Here (pre-adolescents re: sibling loss; can adapt for teens and adults)
*Romain, Trevor (1999). What on Earth Do You Do When Someone Dies
*Schwiebert, Pat &DeKlyen, Chuck (2007). Tear Soup (can be adapted to all ages-adults too)
*Sendak, Maurice (2003). Brundibar (based on opera performed at Terezin Concentration Camp)
*Seuss, Dr. (1996). My Many Colored Days (young children re: all the different ways we might feel)
*Silverman, Janis (1999), Help Me Say Goodbye
*Thich Nhat Hanh (2012). A Handful of Quiet (guided imagery, can be adapted for all ages)
*Thomas, Pat (2001). I Miss you: A First Look at Death
*Varley, Susan (1992). Badger’s Parting Gifts
*Wheeler, Jenny Lee (2010). Weird is Normal: When Teenagers Grieve (teens)
*Whitehouse, Elaine (1998). There’s A Volcano in My Tummy

Young Adults:
Kaplan Schreiber, Jennifer (2010). You Are Not Alone: Young Adults Coping With Death
“How Millennials Mourn:” audio from NPR’s The Daily Circuit
http://www.mprnews.org/story/2015/01/15/daily-circuit-young-grief
Mourning Process

Understanding Grieving.

Coping and Continuing

Commemorating

Adapted from Sandra Fox's model, Zucker (2009)

Understanding

What on Earth Do You Do When Someone Dies?
by Trevor Romain

The Grief Bubble
helping kids explore and understand grief
by Kerry DeBay

Tell Me, Papa
Answers to questions children ask about death and dying

My Uncle Keith Died
by Carol Ann Booth

When Dinosaurs Die
A Guide to Understanding Death
by Lauren Pealer Gordon and Marc Childress

But I Didn't Say Goodbye
Helping children and families after a suicide
by Barbara Rubel, MA
Grieving

- The Scar
- After a Suicide: A Workbook for Grieving Kids
- Visiting Feelings
- Someone I Love Died by Suicide: A story for child survivors and those who care for them
- If Only
- Red Chocolate Elephants

Commemorating

- Badger's Parting Gifts
- Memories Matter: Activities for Grieving Children & Teens
- Ragtail Remembers: A Very Brief Memoir
- Finding Unbreakable Everywhere
- Mick Harte Was Here
Coping and Continuing