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# BOOKS ABOUT UNDERSTANDING GRIEF

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## Children

### General Books About Grief

- *Aarvy Aardvark Finds Hope* by Donna O'Toole -- Aarvy has lost his family and is filled with despair and hopelessness until a true friend helps him learn about the strengths within himself.
- *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown -- Straightforward and compassionate, *When Dinosaurs Die* explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.
- *Grief is a Mess* by Jackie Schuld -- *Grief is a Mess* is an illustrated book for grieving children and adults who need a healthy dose of understanding, comfort, and laughter.
- *The Invisible String* by Patrice Karst -- Specifically written to address children's fears of being apart from the ones they love, *The Invisible String* offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace.

### Understanding Grief

- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst -- Children will identify with Alexander as things go from bad to worse
- *Charlotte's Web* by E.B. White -- A classic story of life and death (ages 8-12).
- *Tell Me, Papa* by Joy Johnson -- A family book for children's questions about death and funerals.
- *I Miss You: A First Look at Death* by Pat Thomas -- 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.



- *I Am Not a Crybaby!* By Norma Simon -- Children describe a variety of situations that make them want to cry, emphasizing that crying is a normal reaction.
- *Edna* by Susan Paradis – Edna is a young elephant who needs special help figuring out her thoughts and feelings. This book can be of help to children who suffer from a variety of difficulties - grief, loss, anxiety, bullying, shyness, recent immigration, or other trauma.
- *When Someone Very Special Dies* by Marge Heegaard -- Designed to educate children on grief and encourage open communication.
- *The Grief Bubble* by Kerry DeBay -- A special, interactive workbook for children ages 6 and older who have experienced the death of someone special.
- *The Ant Hill Disaster* by Julia Cook – A story for when your child is afraid to go back to school after something bad has happened. This book can help assure children that through love, empathetic understanding, preparation, and effective communication, they can stand strong, even in the midst of uncontrollable events.
- *Tear Soup: A Recipe for Healing After Loss* by Pat Schweibert – A timeless fairytale about grief.
- *A Bunch of Balloons* by Dorothy Ferguson – A workbook designed to help grieving children acknowledge what they have lost and celebrate what they still have left when someone they love had died.

