

## **Children's Books for Understanding Loss and Grief**

1. *The Memory Box: A Book about Grief* by Joanna Rowland
  - Description: Grieving over the death of a special person, a young child creates a memory box to keep mementos and written memories of the loved one.
  - Call number: J 155.937 ROW
  
2. *Missing Mommy* by Rebecca Cobb
  - Description: Daddy comforts and reassures a very young boy after Mommy dies.
  - Call number: J 155.9 COB
  
3. *The Goodbye Book* by Todd Parr
  - Description: A pet fish suddenly finds its friend gone and feels sad, angry, and lots of other confusing emotions. After a while, though, the fish starts revisiting memories shared with its absent friend and starts to feel a little better.
  - Call number: J PIC Parr
  
4. *I'll Always Love You* by Hans Wilhelm
  - Description: A child's sadness at the death of a beloved dog is tempered by the remembrance of saying to it every night, "I'll always love you."
  - Call number: J 155.9 WILL
  
5. *Ida, Always* by Caron Levis
  - Description: A polar bear grieves over the loss of his companion, based on the real-life Gus and Ida of New York's Central Park Zoo.
  - Call number: J PIC Levis

6. *Lifetimes: The Beautiful Way to Explain Death to Children* by Bryan Mellonie

- Description: 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 new beginnings.
- Call number: J 155.9 MEL

7. *The Tenth Good Thing about Barney* by Judith Viorst

- Description: In an attempt to overcome his grief, a boy tries to think of the ten best things about his dead cat.
- Call number: J 155.9 VIO

8. *Where Do They Go?* by Julia Alvarez

- Description: Where Do They Go? is a beautiful and comforting meditation on death, asking questions young readers might have about what happens to those they love after they die.
- Call number: J PIC Alvarez

9. *When Dinosaurs Die: A Guide to Understanding Death* by Laurene Brown

- Description: Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.
- Call number: J 155.9 BRO

10. *Tess's Tree* by Jess M. Brallier

- Description: When nine-year-old Tess invites her friends, family, and neighbors to celebrate her beloved maple tree's life before it must be cut down, she learns that it has meant a lot to other people, as well.
- Call number: J PIC Brallier

11. *Badger's Parting Gifts* by Susan Varley

- Description: Badger's friends are sad when he dies, but they treasure the legacies he left them.
- Call number: J PIC Varley

12. *Goldfish Ghost* by Lemony Snicket

- Description: A goldfish who has just died leaves the bowl he once called home in search of company, but no one seems to notice a dead goldfish.
- Call number: J PIC Snicket

13. *The Sad Dragon* by Steve Herman

- Description: What if your dragon is sad, angry, and heartbroken because his loved one passed away, and he cries and cries? What should you do? You teach him about grief, loss, and explain death to him to help him get through the pain.
- Call number: J PIC Herman

14. *The Invisible String* by Patrice Karst

- Description: Everyone is connected using an invisible string that can reach anywhere, even heaven. Therefore, no one is ever alone, even if their loved one isn't physically present.
- Call number: J PIC Karst

15. *A Terrible Thing Happened* by Margaret M. Holmes

- Description: After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.
- Call number: J PIC Holmes

## Parenting Books:

- *The Grieving Child: A Parent's Guide* by Helen Fitzgerald
  - Description: Explaining death to a child is one of the most difficult tasks a parent or other relative can face. The Grieving Child offers practical, compassionate advice for helping a child cope with the death of a parent or other loved one.
  - Call number: Parenting J 155.9 Fit
  
- *The Fall of Freddie the Leaf: A Story of Life for All Ages* by Leo Buscaglia
  - Description: As Freddie experiences the changing seasons along with his companion leaves, he learns about the delicate balance between life and death
  - Call number: Parenting J 155.9 Bus