GRIEF & MOURNING BIBLIOGRAPHY

CHILDREN'S BOOKS

The following children's books are specific stories about death and dying. It is recommended that you review these stories prior to sharing them with children. Allow enough time for questions or concerns to be shared in a sensitive manner. Use this opportunity for discussion and to provide meaningful education about death and dying.

A simple story about a leaf named Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with Winter's snow. This wonderful story is warm and illustrates the delicate balance between life and death. RECOMMENDED FOR: All ages

A book about a little girl's experience after the death of a distant family member. Through the process of a relative dying, it gives expression to worries, and solutions for resolving issues. Good book for single parent situations. RECOMMENDED FOR: Young School-Age

A story of an African American boy's experience trying to understand the death of his father. It is short and easy to read. It describes five stages of grief. RECOMMENDED FOR: School-Age

A very clear and easy book to read. A sensitive message of how one feels and how to deal with the loss of a loved one. Nice illustrations. RECOMMENDED FOR: School-Age

If you are a teenager whose friend or relative has died, this book was written for you. It discusses normal reactions of death, your body's response to grief, participating in a funeral, and working through your grief. Also includes a journal to record memories of the person who died. RECOMMENDED FOR: Adolescents
This workbook is designed for children to illustrate with pictures they choose to draw. This book should be used with a parent or caring adult. Helpful suggestions on how to use this workbook are clearly written. RECOMMENDED FOR: School-Age through Adolescents

Johnson, Joy & Marv. **WHERE'S JESS.** Nebraska: Centering Corporation. 1982. (Order from: Centering Corp.)
An excellent book for children. A story about a child's experience of losing a sibling. Through a question and answer format, death is defined. It is simple, using direct language, discussing feelings, memories, and blame. RECOMMENDED FOR: Young Children

This is a book of personal stories from children aged seven and sixteen who describe their feelings when a parent dies. RECOMMENDED FOR: All Ages

This is a wonderful book to help young children understand life and death. It uses examples of Nature to explain death as something that happens to all living things. It is very concrete and understandable for young children. Beautiful illustrations. RECOMMENDED FOR: All Ages

Aarvy Aardvark comes to terms with the loss of his mother and brother with the help of his friend Ralphy Rabbit. A wonderful story of loss and grief. This story needs a parent to translate the animal story into human terms and then to the child's particular situation. This book is too long. RECOMMENDED FOR: Older Children

An informative book about a child's normal emotions when experiencing a loss. It is simple and easy to read and understand. RECOMMENDED FOR: Young Children
Sanford, Doris. **IT MUST HURT A LOT.** Hong Kong: Multnomah Press, 1986.
The book emphasizes the grief and feelings of a child after the loss of
his favorite puppy. Touching, realistic and sensitive storyline. The
"special secrets" format is helpful and validating. Different reactions to
death are incorporated into the story. RECOMMENDED FOR: Young &
School-Age Children

Simon, Norma. **THE SADDEST TIME.** Illinois: Albert Whitman &
Three specific short stories about death: 1) young boy loses his uncle;
2) school-age boy dies in an accident; 3) young girl loses her
grandmother. Each story addresses different feelings when losing a
loved one. A very realistic approach to death. RECOMMENDED FOR:
School-Age

A book about a bird dying and burial followed by the death of a
grandfather. Explanation to adults about a child's understanding of the
dying process. Excellent book. RECOMMENDED FOR: All Ages

A classic favorite. A story about a little girl, a little pig and a beautiful
spider, Charlotte. It is a story of the magic of childhood on the farm.
This book highlights the sweetness of relationships and the reality of
dying. RECOMMENDED FOR: School-Age & Adolescents

**SPECIFIC TOPICS:**
**MULTICULTURAL**

Day of the Dead "Dia de Los Muertos" is a fiesta celebrated in Mexico.
For Pablo, this year's celebration is especially important. His abuelita,
his grandmother, died two years ago and he misses her very much. But
through the loving intimacy of the fiesta, he knows he will celebrate her
memory again and again throughout his life.

**SEPARATION**

Brown, Margaret. **THE RUNAWAY BUNNY.** New York: Harper & Row
A story about a little bunny who keeps running away from his mother in
an imaginative and imaginary game of verbal hide-and-seek. Children
will be profoundly comforted by this lovingly steadfast mother who finds her child every time.

Eastman, P.D. ARE YOU MY MOTHER? New York: Random House, Inc., 1960. A story about a baby bird looking for his mother. A cute journey is made by the baby bird approaching various animals and objects. Through his journey he questions "Who's his mother?" A warm and delightful ending in finally meeting his mother for the first time.

PETS

Cohen, Mariam. JIM'S DOG MUFFINS. New York: Dell Publishing, 1984. Everyone in the first grade feels sad when they hear that Jim's dog Muffins has been killed. His friends try to help him feel better, but Jim won't talk or listen to anyone. All he can do is think about his dog.


Brown, Margaret. THE DEAD BIRD. Dell Publishing Co.

Johnson, Joy. REMEMBER RAFERTY.

AIDS

Jordon, Mary Kate. LOSING UNCLE TOM. Illinois: Albert Whitman & Co., 1989. When his beloved Uncle Tom dies of AIDS, Daniel struggles to find reassurance and understanding and finds that his favorite grownup has left him a legacy of joy and courage.

Klein, Sandra. HEAVENLY HURTS: SURVIVING AIDS-RELATED DEATHS AND LOSSES. Baywood Publishing Co., Inc. (800-638-7819)

GRIEF AND LOSS BOOKS FOR ADULTS

CHILDHOOD GRIEF

Bell, Jacque; Esterling, Linda WHAT WILL I TELL THE CHILDREN? University of Nebraska Medical Center. 1986. Order from: CL Dept. Univ. of Nebraska 600 S. 42nd St. Omaha, Nebraska 68198-2165 (402- 559-6775)


**FAMILY GRIEF**


Terr, Lenore. UNCHAINED MEMORIES: True Stories of Traumatic


PAMPHLETS ON GRIEF AND LOSS

Ilse, S., Burns, L., Erling, S. SIBLING GRIEF (After Miscarriage, Stillbirth, or Infant Death) 1984.

Order from: Centering Corporation

Order from: Centering Corporation


RESOURCES ABOUT VIOLENCE


GRIEF & LOSS RESOURCES

http://www.aacap.org/publications/factsfam/grief.htm
-American Academy of Children and Adolescent Psychiatry- Children and Grief

http://www.beyondindigo.com/children/
-Beyond Indigo- Changing the Way you Feel About Grief and Loss
http://www.childrensgrief.net/info.htm
  -Children's Grief- Talks about complicated grief including: AIDS, Suicide, and Violence

  -Hospice Net- Children and Grief

http://childparenting.about.com/cs/emotionalhealth/a/childgrief.htm?terms=grief
  -Parenting of K-6 Children/ Grief and Children

http://www.growthhouse.org/childgrv.html
  -Helping Children With Grief and Serious Illness

http://www.iowasids.org/Grief/Children.htm
  -Helping Children With Grief of a Baby

http://www.aboutourkids.org/aboutour/articles/grief.html
  -Children and Grief: What They Know, How They Feel, How To Help