



child life mommy  
TIPS FROM A MOM AND A CHILD LIFE SPECIALIST

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## Recommended Children's Books

### **Bereavement:**

#### **Toddler/Preschooler:**

Fred and Red Say Goodbye by, Austin Schlichtman

I Miss You: A First Look at Death by, Pat Thomas

Lifetimes: The Beautiful Way to Explain Death to Children by, Bryan Mellonie

Someone Came Before You by, Pat Schweibert

Something Small by, Sesame Street (PDF at [sesamestreetincommunities.org](http://sesamestreetincommunities.org))

Something Very sad Happened: A Toddler's Guide to Understanding Death by, Bonnie Zucker

The Goodbye Book, by, Todd Parr

The Fall of Freddie the Leaf: A Story of Life for All Ages by, Leo Buscaglia

We Were Gonna Have a Baby, But We Had an Angel Instead by, Pat Schweibert

#### **School Aged:**

Death is Stupid by, Anastasia Higginbotham

Fred and Red Say Goodbye by, Austin Schlichtman

Gentle Willow: A Story for Children about Dying by, Joyce C. Mills

I Miss You: A First Look at Death by, Pat Thomas

Ida, Always by, Caron Levis

Life is Like The Wind by, Shonna Innes

Lifetimes: The Beautiful Way to Explain Death to Children by, Bryan Mellonie

My Yellow Balloon by, Tiffany Papageorge

Tear Soup: A Recipe for Healing After Loss by, Pat Schweibert

The Fall of Freddie the Leaf: A Story of Life for All Ages by, Leo Buscaglia

The Heart in The Bottle by, Oliver Jeffers

The Invisible String by, Patrice Karst

The Memory Box by, Joanna Rowland

The Memory Book: A Grief Journal for Children and Families by, Joanna Rowland

The Next Place by, Warren Hansen

We Were Gonna Have a Baby, But We Had an Angel Instead by, Pat Schweibert

When Dinosaurs Die: A Guide to Understanding Death by, Laurie Krasny Brown



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## **Adolescents:**

Death is Stupid by, Anastasia Higginbotham

Ida, Always by, Caron Levis

My Yellow Balloon by, Tiffany Papageorge

The Invisible String by, Patrice Karst

The Memory Box by, Joanna Rowland

## **Family:**

Forever Connected: A Guide for Parents, Activities to Help Build & Maintain Connections with a Dying Parent by, Caitlin Koch

The Invisible String Workbook: Creative Activities to Comfort, Calm and Connect by, Patrice Karst and Dana Wyss

My Yellow Balloon by, Tiffany Papageorge

## **Feelings:**

B is for Breathe by, Dr. Melissa Munro Boyd

Calm Down Time by, Elizabeth Verdick

Glad Monster, Sad Monster by, Ed Emberley

In My Heart: A Book of Feelings by, Jo Witek

Mooshu Worries by, Yona Diamond Dansky

Sometimes I'm Bombaloo by, Rachel Vail

The Color Monster by, Anna Llenas

The Feelings Book by, Todd Parr

The Rabbit Listened by, Cori Doerrfeld

The Way I Act by, Steve Metzger and Janan Cain

The Way I Feel by, Janan Cain

When Sophie Gets Angry, Really, Really Angry by, Molly Bang

You are Special by, Max Lucado

## **Separation:**

Llama Llama Misses Mama by, Anna Dewdney

My Yellow Balloon by, Tiffany Papageorge

The Invisible String by, Patrice Karst

The Kissing Hand by, Audrey Penn

Sun Kisses, Moon Hugs By, Susan Schaefer Bernardo, and Courtenay Fletcher

You Go Away by, Dorothy Corey