



## GRIEF & MOURNING BIBLIOGRAPHY

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### 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.

Buscaglia, Leo. **THE FALL OF FREDDIE THE LEAF**. New York: Henry Holt Co., 1982.

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

Carson, Jo. **YOU HOLD ME AND I'LL HOLD YOU**. New York: Orchard Books, 1992.

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

Clifton, Lucille. **EVERETT ANDERSON'S GOOD-BYE**. New York: Henry Holt & Company, 1983.

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

Greenlee, Sharon. **WHEN SOMEONE DIES**. Atlanta: Peachtree Publishers, 1992.

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

Grollman, Earl A. **STRAIGHT TALK ABOUT DEATH FOR TEENAGERS**. Boston: Beacon Press, 1993.

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

Heegaard, Marge. **WHEN SOMEONE VERY SPECIAL DIES**. Minneapolis: Woodland Press, 1991.

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

Krementz, Jill. (1981) **HOW IT FEELS WHEN A PARENT DIES**. New York: Alfred La. Knopf.

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

Mellonie, Bryan & Ingpen, Robert. **LIFETIMES** (The beautiful way to explain death to children). New York: Bantam Books, 1983.

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

O'Toole Donna. **AARVY AARDVARK FINDS HOPE**. Burnsville, N.C.: Celo Press, 1988.

Aarvy Aardvark comes to terms with the loss of his mother and brother with the help of his friend Ralph 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

Palmer, Pat. **I WISH I COULD HOLD YOUR HAND**. California: Impact Publishers, 1994.

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 ALOT**. 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 & Company, 1986.

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

Stein, Sara Bonnett. **ABOUT DYING** (An Open Family Book For Parents and Children Together). New York: Walker & Co., 1987.

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

White, E.B. **CHARLOTTE'S WEB**. New York: Harper & Row, 1952.

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**

Ancona, George. (1993) **PABLO REMEMBERS THE FIESTA OF THE DAY OF THE DEAD**. New York: Lothrop, Lee & Shepard Books. 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 Publishers, 1972.

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.

Rogers, Fred. **WHEN A PET DIES**. New York: G.P. Putnam's Sons, 1986.

A nice approach to understanding a child's feelings when experiencing the loss of a pet. It addresses feelings of sadness and anger.

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)

Cole, Robert. **THE SPIRITUAL LIFE OF CHILDREN**. Boston: Houghton Mifflin Co., 1990.

Fitzgerald, Helen. **THE GRIEVING CHILD**. New York: Simon & Schuster. 1992.

Grollman, Earl. **TALKING ABOUT DEATH**. Boston: Beacon Press. 1990.

Rando, Therese. **HELPING CHILDREN COPE WITH DEATH AND MOURNING**. Cpt. 13. In *How to Go On Living When Someone You Love Dies*, 1988.

Worden, JW. **CHILDREN AND GRIEF; WHEN A PARENT DIES**. New York: Guilford Press, 1996.  
FAMILY GRIEF

Corr, C.A. **HANDBOOK OF CHILD DEATH AND BEREAVEMENT**. N.Y. Springer Publishing Co. 1996.

Doka, Kenneth & Davidson, Joyce. **LIVING WITH GRIEF: Who We Are How We Grieve**. Philadelphia, PA: Brunner/Mazel. 1998.

Edelman, Hope, **MOTHERLESS DAUGHTERS**. Addison-Wesley Pub. Co. 1994.

Rando, Therese. **HOW TO GO ON LIVING WHEN SOMEONE YOU LOVE DIES**. New York: Bantam Books. 1991.

Rando, Therese. **PARENTAL LOSS OF A CHILD**. Research Press Co. 1986.

Schiff, H. **THE BEREAVED PARENT**. New York: Penquin Press. 1978.

Terr, Lenore. **UNCHAINED MEMORIES: True Stories of Traumatic Memories, Lost & Found**. New York: Harper Collins. 1994.

Walsh, Froma & McGoldrick, M. **LIVING BEYOND LOSS: DEATH IN THE FAMILY**. W. W. Norton & Co., New York 1991

Worden, JW. **GRIEF COUNSELING AND GRIEF THERAPY**. New York: Springer Publishing Co. 1982.

## **PAMPHLETS ON GRIEF AND LOSS**

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

Order from: The Pregnancy & Infant Loss Center, 1421 E. Wayzata Blvd. Wayzata, MN. 55391, (612) 473-9372.

Jenson, Amy. **HEALING GRIEF (2ND ED)** Medic Publishing Co., 1995.  
Order from: Centering Corporation

Jenson, Amy. **CURANDO EL PESAR (HEALING GRIEF) IN SPANISH.**  
Medic Publishing Co., 1995.  
Order from: Centering Corporation

Papenbrock, P. **CHILDREN'S GRIEF (How to Help the Child Whose Parent Has Died)** Medic Publishing Co., 1988.

Scherago, Marcia. **SIBLING GRIEF (How Parents Can Help the Child Whose Brother or Sister has Died).** Medic Publishing Co., 1987.

## **GRIEF & LOSS RESOURCES**

Centering Corporation  
1531 N. Saddle Creek Rd.  
Omaha, NE 68104  
(402) 553-1200

Compassion Books  
7036 State Hwy 80 South  
Burnsville, NC 28714

Medic Publishing Co  
477 Hannah Branch Rd  
Burnsville, NC 28714