GRIEF & MOURNING BIBLIOGRAPHY

- **Children’s Books**
- **Specific Topics**
  - Multicultural
  - Separation
  - Pets
  - AIDS
- **Grief and Loss Books for Adults**
  - Childhood Grief
  - Pamphlets on Grief and Loss
  - Grief and Loss Resources

**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 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

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

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


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.

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**

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)


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


PAMPHLETS ON GRIEF AND LOSS


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


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