

Suggested Reading List: For Adults Helping Children Grieve

- *Berenberg, A.H., Scalzittie, V. & Cain, J (2011). 10 Steps for Parenting Your Grieving Children.
- *Childhood Traumatic Grief Educational Materials for School Personnel. (2004).
http://www.nctsn.org/nctsn_assets/pdfs/reports/schools_package.pdf Twelve page NCTSN booklet adapted specifically for schools, provides information on children's traumatic grief & PTSD; last two pages provide a summary of basic essential information
- *Doka, Kenneth, Editor (2008). Living With Grief: Children and Adolescents.
- *Doka, Kenneth & Tucci, Amy (2014). Helping Adolescents Cope With Loss.
- *Drescher, Joan (2005). The Moon Balloon: A Journey of Hope and Discovery for Children and Families
- *Ellen, P., Keegan, G., & Odom, F. (2007). A Family's Journey: A handbook for living with illness and finding hope.
- * Fitzgerald, Helen, The Grieving Child: A Parent's Guide
- * Fry, Virginia Lynn. Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children and Teenagers.
- *Gold, Richard (2014). Writing with at-risk youth: The Pongo Teen Writing Method.
- * Goldman, Linda (2005). Linda Goldman, *Raising Our Children to Be Resilient: A Guide to Helping Children Cope with Trauma in Today's World.*
- * Golding, E. and Leeuwenburgh (2008). Why Did You Die? : Activities to Help Children Cope with Grief and Loss.
- * Grollman, Earl A. Talking About Death: A Dialogue Between Parent and Child
- * Grollman, Earl A. Bereaved Children and Teens
- *Harpman, Wendy Schlessel, MD (2004). What a Parent Has Cancer: A Guide to Caring for Your Children
- *Harper, Jennifer Cohen (2013). Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance (foreword by Daniel Siegel, MD)
- *Horsley, H. &Horsley, G. (2007). Teen Grief Relief: Parenting with Understanding, Support, and Guidance.
- * Johnson. Joy and Marvin (2001). Tell Me Papa (a grandfather talking about death to his grandchildren)
- * Rauch, Paula K. Raising an Emotionally Healthy Child When A Parent Is Sick
- * Krementz, Jill. How It Feels When a Parent Dies
- *Kwaymullina, A & E (2010). The Two-Hearted Numbat (all ages)
- *Mundy, Michaeline (2010). Sad is Not Bad: A Good Grief Guidebook for Kids Dealing with Loss
- * O'Toole, Donna (2004). Facing Change: Falling Apart and Coming Together Again in the Teen Years (activities and prompts for teens).
- *Park, Barbara (1996). Mick Harte Was Here (Novel about sibling loss geared to 9-13 year olds)
- *Roberts, Lisa (2014). Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation, and Relaxation to Kids and Teens (all kinds of fun breathing techniques!)
- *Requarth, Margo (2008). After a Parent's Suicide: Helping Children Heal
- *Pierce, C. (2014). Parenting through Grief: The Attunement Approach
- *Perschy, Mary K. (2004). Helping Teens Work Through Grief (Activity Book)
- *Schaefer, D. & Lyons, C. (2010), How Do We Tell the Children? Helping Children Understand and Cope When Someone Dies
- *Silverman, P R, & Kelly, M. (2009). A Parent's Guide to Raising Grieving Children.
- * Trozzi, Maria (1997). Talking with Children About Loss
- * Volavkovd, Hana (1993). I Never Saw Another Butterfly...Children's Drawings and Poems from Terezin Concentration Camp
- * Webb, Nancy (Ed.) (2011). Helping Bereaved Children (3rd edition)
- * Wolfelt, Alan. (2004). Helping Children Cope with Grief.
- * Worden, J. William (1996). Children and Grief: When a Parent Dies (findings from the Harvard Bereavement Study).
- * Zucker,Robert (2009). The Journey Through Grief and Loss: Helping Yourself and Your Child When Grief Is Shared.

All sorrows can be borne if you tell a story about them ~ Isak Dinesen

Children's Books

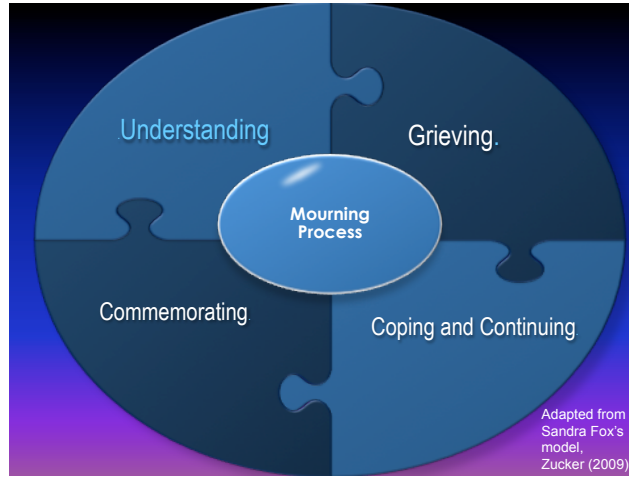
- Angelou, M. (1993). *Life Doesn't Frighten Me*.
- * Blake, C, Blanchard, E. & Parkinson, K (2004). *The Paper Chain* (parent illness)
- *Brown, Laurie Krasney and Marc Brown (1998). *When Dinosaurs Die: A Guide to Understanding Death*
- *Buron, Kari Dunn (2006). *When My Worries Get Too Big: A Relaxation Book for Children who Live with Anxiety* (great breathing/self-regulation exercise)
- *Cooney, Barbara. *Miss Rumphius*
- *Chalifour, Francis (2005). *After* (novel about a 15 year old boy after his father's death by suicide)
- *Drescher, Joan (2005). *The Moon Balloon: A Journey of Hope and Discovery for Children and Families* (can be adapted for different ages)
- *Geithner, Carole (2012). *If Only* (pre-adolescents, teens—fiction re: parent cancer loss)
- *Glader, Sue (2010). *Nowhere Hair* (explaining cancer and chemo to young children)
- *Harper, Jennifer Cohen (2013). *Little Flower Yoga for Kids* (foreword by Daniel Siegel, MD) (great chapters on breathing and relaxation)
- *Holmes, M. (2000). *A Terrible Thing Happened*. (traumatic loss)
- *Harpham, W. (1997). *Becky and the Worry Cup* (kindergarten age child coping with mother's cancer)
- *Harris, R. (2004). *Goodbye Mousie*
- *Karst, Patrice (2000). *The Invisible String* (can be adapted to all ages re: "continuing bonds"; adults too)
- * Johnson, Joy and Marvin (2001). *Tell Me Papa*
- *Kwaymullina, A. & E. *The Two-Hearted Numbat* (2008). All ages
- *Lorig, Stephanie & Frankel, Rosalie (2014). *Draw It Out*
- *McVicker, Ellen (2006). *Butterfly Kisses and Wishes on Wings* (story for young children about a mother who has cancer).
- *MacLean, Kerry Lee (2004). *Peaceful Piggy Meditation* (soothing meditations for pre-school-grade 3)
- *Mills, Joyce (2003). *Gentle Willow: A Story about Dying*
- *Mundy, Michaeline (2010). *Sad is Not Bad: A Good Grief Guidebook for Kids Dealing with Loss*
- *Paradis, Susan (2012). *Edna* (can be adapted to all ages-adults too)
- *Park, Barbara (1995). *Mick Harte Was Here* (pre-adolescents re: sibling loss; can adapt for teens and adults)
- *Reynolds, Peter (2004). *Ish* (young children)--could be a great way to talk about how we all do things differently including the way we grieve)
- *Romain, Trevor (1999). *What on Earth Do You Do When Someone Dies*
- *Rubenstein, Lauren (2014). *Visiting Feelings* (school age).
- *Sands, D. (2010). *Red Chocolate Elephants: For children bereaved by suicide*. Sydney, Australia: Karridale Pty Limited (book for parents and children to read together; dvd included).
- *Schwiebert, Pat & DeKlyen, Chuck (2007). *Tear Soup* (can be adapted to all ages-adults too)
- *Sendak, Maurice (2003). *Brundibar* (based on opera performed at Terezin Concentration Camp)
- *Seuss, Dr. (1996). *My Many Colored Days* (young children re: all the different ways we might feel)
- * Silverman, Janis (1999), *Help Me Say Goodbye*
- *Thich Nhat Hanh (2012). *A Handful of Quiet* (guided imagery, can be adapted for all ages)
- *Thomas, Pat (2001). *I Miss you: A First Look at Death*
- * Varley, Susan (1992). *Badger's Parting Gifts*
- *Wheeler, Jenny Lee (2010). *Weird is Normal: When Teenagers Grieve* (teens)
- *Whitehouse, Elaine (1998). *There's A Volcano in My Tummy*

Young Adults:

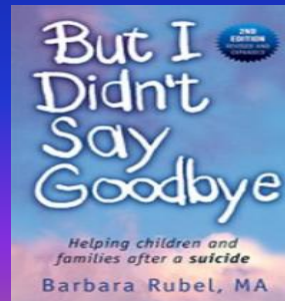
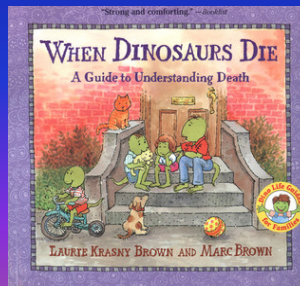
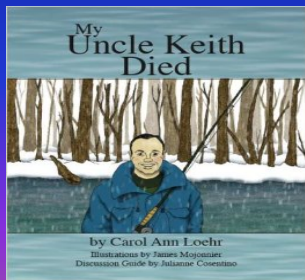
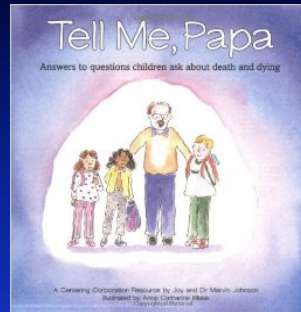
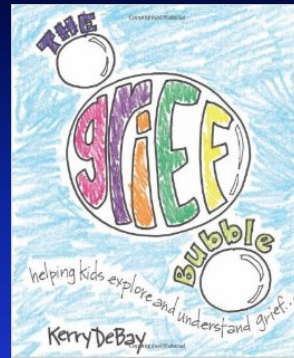
Kaplan Schreiber, Jennifer (2010). *You Are Not Alone: Young Adults Coping With Death*

"How Millenials Mourn:" audio from NPR's *The Daily Circuit*

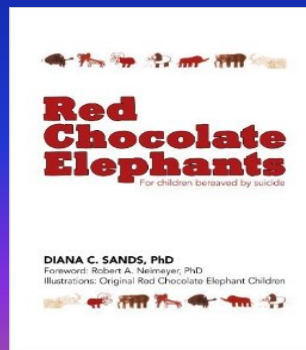
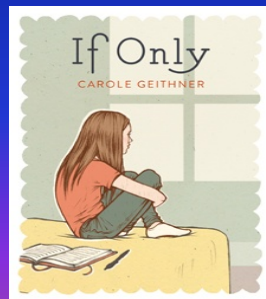
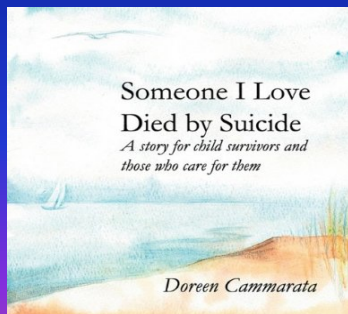
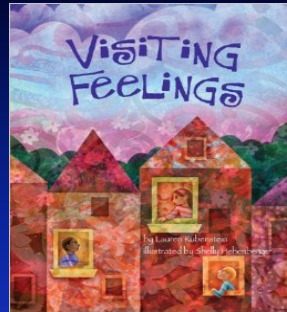
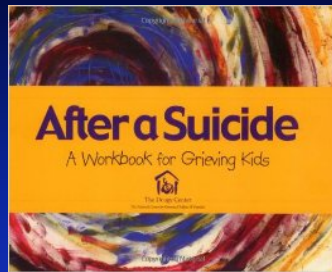
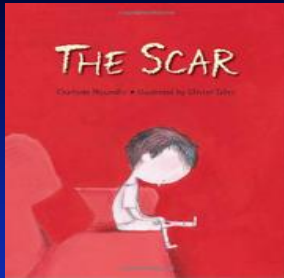
<http://www.mprnews.org/story/2015/01/15/daily-circuit-young-grief>



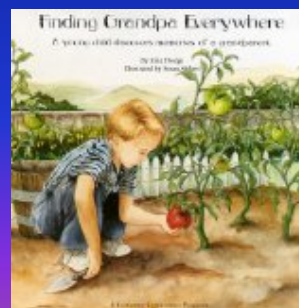
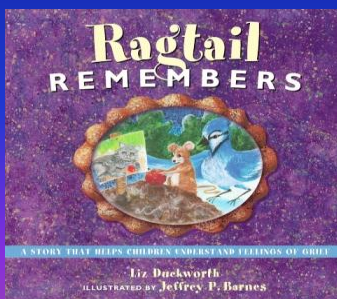
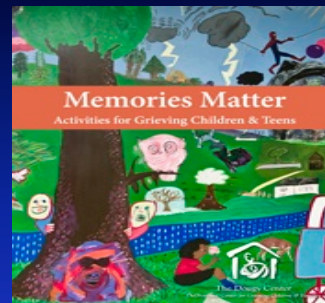
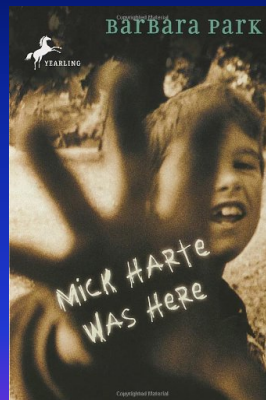
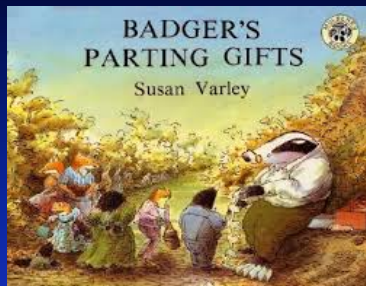
Understanding



Grieving



Commemorating



Coping and Continuing

