

## FOR FURTHER READING

You may borrow some of these resources by contacting Safe Crossings at (206) 320-4000 or look for them at a local public library. Most are also for sale at online retailers such as [www.amazon.com](http://www.amazon.com), unless otherwise indicated.

### For Parents

#### **A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Death of a Loved One**

by Phyllis R. Silverman and Madelyn Kelly

Provides a breadth of guidance regarding childhood loss, including topics such as: living with someone who's dying, talking about death and dying with children, preparing for the funeral and developing an ongoing support system.

#### **A Tiny Boat at Sea: How to Help Children Who Have a Parent Diagnosed with Cancer**

by Izetta Smith

Information for parents, caregivers and professionals who are helping children adjust to the cancer diagnosis or terminal illness of an adult family member. Includes excellent ideas for parents about talking to their children when a family member is ill or dying. [www.griefwatch.com](http://www.griefwatch.com) and [www.compassionbooks.com](http://www.compassionbooks.com).

#### **Healing the Grieving Child's Heart: 100 Practical Ideas for Families, Friends & Caregivers**

by Alan D. Wolfelt, Ph.D.

Provides kid-friendly ideas for helping children mourn.

#### **Living with Grief: Children and Adolescents**

Edited by Kenneth J. Doka & Amy S. Tucci, Hospice Foundation of America

A comprehensive guide for parents and professionals on how to deal with children's grief. Each helpful chapter is written by a different expert.

#### **The Bereaved Parent**

by Harriet Sarnoff Schiff

Offers guidance to parents who face the imminent death of a child, are shocked by accidental death, or suffer post-funeral turmoil, grief, and depression. Shows a way through day-to-day hardships and decisions and offers concrete, helpful suggestions for meeting the needs of the whole family.

#### **The Journey Through Grief and Loss: Helping Yourself and Your Child When Grief is Shared**

by Robert Zucker, M.A., L.C.S.W.

Offers parents and other concerned adults important insights into managing their own grief while supporting grieving children.

## Ages 3-6

#### **I Miss You: A First Look at Death**

by Pat Thomas

Addresses children's feelings and questions about death in a simple and realistic way. Introduces funerals and cultural difference.

#### **Lifetimes: The Beautiful Way to Explain Death to Children**

by Bryan Mellonie and Robert Ingpen

Explains life and death in a sensitive and natural way.

#### **Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss**

by Mechaelene Mundy

Promotes honest and healthy grief and growth by providing a comforting, realistic look at loss and life-affirming ideas for coping.

#### **The Dead Bird**

by Margaret Wise Brown

Upon finding a dead bird, a group of children perform a burial service to say goodbye.

#### **When Bad Things Happen: A Guide to Help Kids Cope**

by Ted O'Neal

Helps adults talk to children about the child's feelings, fears and skills for coping and healing in times of change and challenges.

#### **When Dinosaurs Die: A Guide to Understanding Death**

by Laurie Krasny Brown and Marc Brown

Answers children's questions and fears about death with clarity and directness.

#### **When Someone You Love Has Cancer: A Guide to Help Kids Cope**

by Alaric Lewis

Helps adults talk to children about the illness cancer and the feelings, fears and skills for coping with a loved one's cancer.

## Ages 6-12

#### **Badger's Parting Gifts**

by Susan Varley

Badger's friends are overwhelmed with their loss when he dies. By sharing their memories of his gifts, they find strength to face the future with hope.

#### **Ocho Loved Flowers**

by Anne Fontaine

The story of a young girl who learns how to say goodbye to her beloved cat while treasuring memories. A helpful, sensitive way to support a child when the death of a loved one is anticipated.

## Ages 6-12 (Cont'd)

### The Invisible String

By Patrice Karst

A story that shares that there is an invisible string, or bond, between kids and their loved ones, even when the loved one isn't physically present.

### The Memory String

by Eve Bunting

Invites readers to remember family history while welcoming new memories.

### Rachel and the Upside Down Heart: A True Story

by Eileen Douglas

A story about the grief of a young girl and her mom as they adjust to the changes of life after the death of Rachel's father.

Available at [www.newleaf-resources.com](http://www.newleaf-resources.com).

### Tough Boris

by Kathryn Brown

Through the story of a rough and greedy pirate, Tough Boris explains that having feelings is normal and that it is okay to be sad sometimes.

## Ages 13-18

### Common Threads of Teenage Grief

by Janet Tyson and Teens Who Know

Promotes an understanding of grief and healing for teens, their families and friends. By a middle school counselor and nine teens. [www.centering.org](http://www.centering.org).

### Facing Change: Falling Apart and Coming Together Again in the Teen Years

by Donna O'Toole

Information to help teens cope, understand and grow through their losses.

### Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing Loss

by Enid Samuel-Traisman

A journal for teens who have experienced the death of a loved one.

### Healing Your Grieving Heart For Teens: 100 Practical Ideas

by Alan D. Wolfelt, Ph.D.

Written to help teens understand and deal with their unique grief.

### Help for the Hard Times: Getting through Loss

by Earl Hipp

A guide that helps teens understand how they experience grief and loss and gives them tools for coping with their grief in healthy ways.

## WHAT HELPS!

Circle the activities that help you express your feelings.

Exercise

Talk to friends

Spend some time alone

Talk to family

Have a good cry

Shout or scream outside

Read a good book

Dance to loud music

Laugh out loud

Watch a funny movie

Give a hug

Spend time with friends

Get a hug

Write a letter

Play an instrument

Write in a journal

Walk the dog

Play a sport

Add your own:

Circle some of the people and places that have helped you or can help you. Write their names in the space provided.

Family

Counselors

Pets

Coaches

Friends

Support group

Neighbors

Faith/Cultural Communities

Teachers

Add any others: