



Recommended Books Children & Parents Experiencing Serious Illness or Loss

**** are books I have read/used with children.**

General Books

**** All About Intensive Care Unit** - Alexandria Friesen, Morgan Livinstone

As Big as It Get's - Winston's Wish (link above)

A Parents Guide to Raising Grieving Children: by Phyllis Silverman (Ages 19+)

Calling The Wind by Trudy Ludwig and Kathryn Notoshi. A book about the wind telephone and how one family uses it in their grief. This book is a great example of a cultural representation in children's grief literature.

Chester Raccoon and the Acorn Full of Memories by Audrey Penn (Accident, share stories & appreciate memories)

Children Also Grieve by Linda Goldman (Age 9-12yrs)

Death of a Cupcake by Susan Nicholas (Life, loss and grief from a child's perspective)

Finding Your Own Way To Grieve by Karla Helbert - Activity Workbook for Kids and Teens on Autism spectrum

Grandad's Island by Benji Davies (Loss of grandad)

Ida, Always by Caron Levis and Charles Santosos (Sickness and loss)

I Have A Question About Death by Arlen Grad Gaines (Including children with Autism Spectrum Disorder)

I Miss You by Pat Thomas (Understanding death and feeling of loss) (Ages 4-8yrs)

It's OK that You're Not Ok: by Megan Devine (Ages 19+)

****Lifetimes: A Beautiful Way to Explain Death to Children** by Bryan Mellonie (Ages 4-8yrs)

Kayak Girl by Monica Devine. Indigenous characters.

Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died by Winston's Wish

One Wave at a Time by Holly Thompson (Emotions and healing)



Recommended Books Children & Parents Experiencing Serious Illness or Loss

Samantha Jone's Missing Smile by Julie Kaplow and Donna Pincus (Coping with the loss of a parent)

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love by Earl A Grollman (Ages 13-18yrs)

****Tear Soup: A Recipe for Healing After Loss** by Pat Schweibert and Chuck DeKlyen (Ages 9-12)

****The Fall of Freddie the Leaf: A Story for All Ages** by Leo Buscaglia (Ages 9-12 ++)

The Heart and the Bottle by Oliver Jeffers (Girl struggles with death of her Father)

The Last Invisible Boy by Evan Kuhlman (Ages 13-18yrs)

****The Invisible String** by Patrice Karst (Difficult Emotions)

The Memory Box by Joanna Rowland (Child processing death by creating a box of mementos)

The Scar by Charlotte Moundlic (Loss of mother)

The Secret C: Straight Talking about Cancer by Julie A. Stokes (Ages 7-10 yrs & 13-18yrs)

****What Does Grief Feel Like?** by Dr Korie Leigh. Also includes "A Guide for Caring Adults"

****When Dinosaurs Die: A Guide to Understanding Death by Laurie Brown and Marc Brown** (Topics like what is dead/alive, feelings, how to say goodbye & remembrance) (Ages 4-8yrs)

When A Parent is Sick: Helping Parents Explain Serious Illness to Children by Joan Hamilton (Ages 19+yrs)

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change by Marge Heegaard

Wherever You Are My Love Will Find You by Nancy Tillman

Sibling Loss (Baby)

Perfectly Imperfect Family by Amie Lands. How a brother loves, honours and includes his sister, who died before he was born.

Goodbye Sister by Kimberly Newton. A story for children who have experienced the loss of an infant sibling due to stillbirth or miscarriage.



Recommended Books Children & Parents Experiencing Serious Illness or Loss

Forever Connected by Jessica Correnti. Four children experience the death of a sibling. Through beautiful and gentle dialogue, their caregivers help to unravel common misconceptions about death, while exploring the complex ideas of loss and connection.

Pet Loss

Dog Heaven OR Cat Heaven by Cynthia Rylant. The world that God has created for our furry animals. (Ages 3-5)

****Badger's Parting Gifts** by Susan Varely. Badger's friends are sad their friend has died together they work through the loss. (Ages 4-8)

Goodbye Mousie by Jan Ormerod. Not all our pets are cats and dogs. A little boy's experience of the death of his mouse and the emotions that can be experienced.

I'll Always Love You by Hans Wilhelm. Dog has grown up and ageing, one night passes in its sleep. How a little boy works through his grief. (Ages 3-7)

****Jasper's Day** by Marjorie Blain Parker. Celebrating Jasper, the families older dog whose cancer has gotten worse and celebrating his last day with his family, his death and care after.

****Lifetimes** by Bryan Melanie & Robert Ingpen. Explains life and death, beginnings, endings and about living in between. (Good for both human and furry friend loss).

Paw Prints in the Stars by Warren Hanson. Interactive book, both story and journal. Told from the perspective of the pet helping owners working through the loss of a pet. (Ages 5 & up)

Saying Goodbye to Lulu by Ardt Hoyt. A story about a girl and her beloved ailing dog Lulu.

The Goodbye Book by Todd Parr. Does not reference death of a companion (fish) but does reference feelings and emotions around death and loss. (Ages 3-6)

The Rainbow Bridge ... A Dog's Story by Judith Kristen. A sheepdog who lived a full life, and how even in death he comforts his wonders from the other side of the Rainbow Bridge. (Ages 4 & up)

The Tenth Good Thing About Barney by Judith Violist. Coping with the death of the family cat. (Ages 6-9)

When a Pet Dies by Fred Rogers. Helps children understand death itself, from the physical (isn't alive anymore and can't wake up) to the emotions associated.