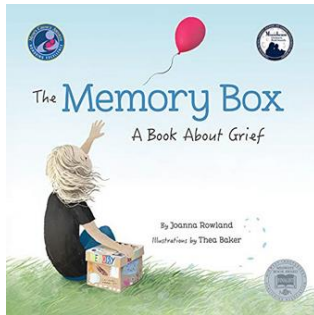


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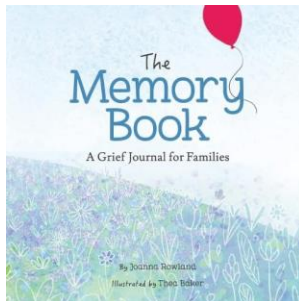
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Death



The Memory Box

From the perspective of a young child, author Joanna Rowland artfully describes what it's like to remember and grieve a loved one who has died. The child in the story wonders if she will forget the person who has gone. On other days I wonder if I'll ever stop feeling sad you are gone. The main character creates a memory box to keep mementos and written memories of her loved one to help with the grieving process. Throughout the narrative, the child's feelings are acknowledged, allowed, and assured that feelings are normal and healthy to express. Heartfelt and comforting, **The Memory Box helps children, parents, educators, therapists, and social workers talk about this very difficult topic together.**



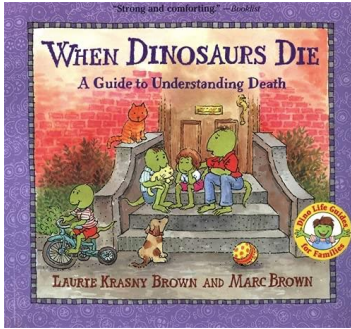
The Memory Book: A Grief Journal for Children and Families (Memory Box)

A perfect companion to *The Memory Box*, a bestselling book about grief for children, *The Memory Book: A Grief Journal for Children and Families* supports emotional wellness during a time of loss.

Joanna Rowland's bestselling *The Memory Box: A Book about Grief* has helped thousands of children and families work through complex emotions that arise after the death of a loved one. *The Memory Book* is a beautiful, interactive grief journal that helps readers document their memories and process their emotions.

Used alone or as a group, this special keepsake supports grieving children as they process their emotions by remembering a loved one. With journaling space, pages for photos, and questions to help prompt drawing and reminiscing, each page is designed to allow personalization at your own pace. Just like grief isn't something one gets over in a day, the journal is designed to be used over time while it becomes an honoring memorial of any loved one who has died.

This journal is thoughtfully designed to keep memories and alleviate a child's concern about forgetting special moments.



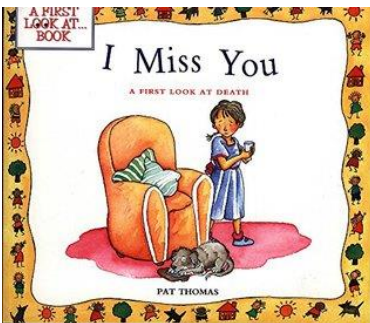
When Dinosaurs Die

The authors explain in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.



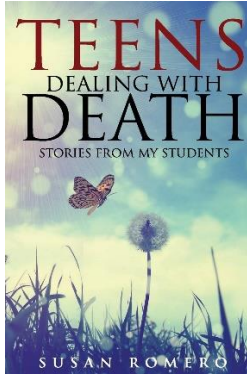
When someone very special dies

A practical format for allowing children to understand the concept of death and develop coping skills for life.



I Miss You

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The storylines are simple and direct—easily accessible to younger children. There are full-color illustrations on every page.

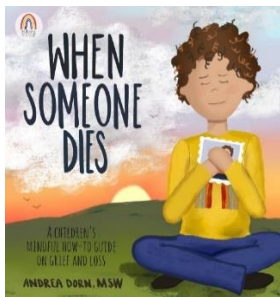


Teens Dealing with Death

We have a difficult time with grieving in our culture. There is a push to return to "happy" as soon as possible. However, if grief doesn't have an appropriate outlet, feeling of aloneness and isolation can intensify. This is especially true for teens, who are too young for the harsh realities of life and unsure how to proceed when faced with them. *Teens Dealing With Death* can help.

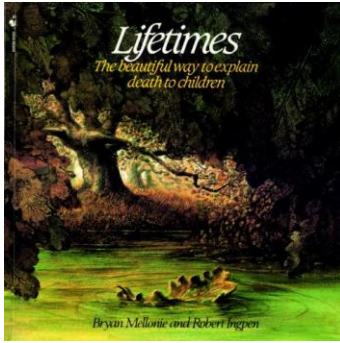
Teens Dealing With Death is written by young people for young people. Their brave voices in this book and their teacher Susan Romero have taken a courageous step in sharing their eye-opening stories of death. These young people talk openly about the loss of their loved one to illness, substance abuse, murder, suicide, accidents, and war. They discover that despite their separate circumstances, they are not alone in their pain.

Teens Dealing With Death—Stories from My Students is perfect for a teen that will soon lose a loved one or one that is currently grieving, as well as parents that would like to help.



When Someone Dies

Navigating the grief and bereavement process can be a challenging and unpredictable experience, especially for children. Whether it's the loss of a family member, friend, pet, or other loved one, children often don't know how to cope with the complicated and complex emotions that accompany death. Written and illustrated by a therapist (and mother), Andrea Dorn, MSW, *When Someone Dies* walks children through the bereavement process in a simple, concrete, and developmentally appropriate way. Through the lens of mindfulness, children will learn how to say goodbye, make space for any emotions that arise, and work through their grief. Written for parents, teachers, and therapists alike, this straightforward yet powerful book includes: - Optional engagement questions to build connection and personalize the reading experience - Short mindfulness and self-compassion meditations - A developmental guide to children's understanding of death.



Lifetimes

When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand?

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. *Lifetimes* tell us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it talks about plants. About animals. About people. It tells us that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

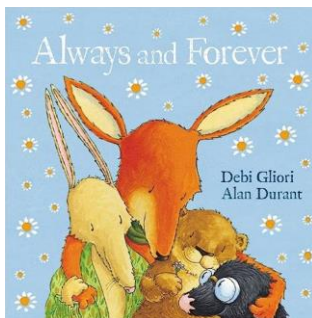
Lifetimes . . . a very special, very important book for you and your child. The book explains—beautifully—that all living things have their own special *Lifetimes*.



The Invisible String

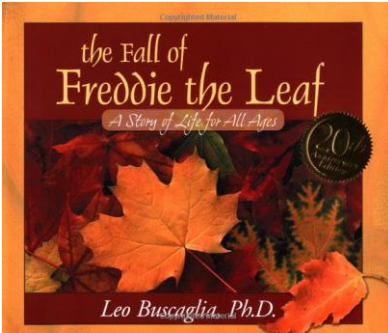
This book uses a metaphor of an invisible string that connects people to help explain the concept of death and the enduring connections we have with loved ones even after they're gone.

"Badger's Parting Gifts" by Susan Varley: This story follows Badger, who is nearing the end of his life, as he prepares to say goodbye to his friends. It explores the theme of death in a gentle and comforting way.



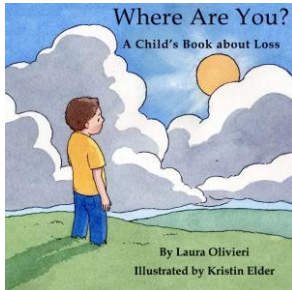
Always and forever

This heartwarming story follows a family of woodland animals as they cope with the loss of a loved one. It emphasizes the enduring love and memories that remain even after someone has passed away.



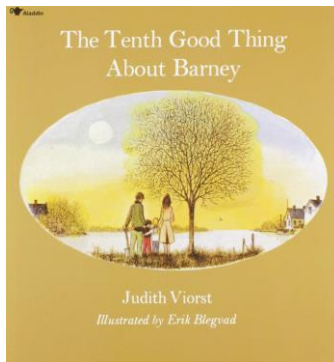
[The Fall of Freddie the Leaf](#)

This gentle and comforting book explores the cycle of life through the story of Freddie, a leaf that falls from a tree. It can help explain the concept of death to young children and **emphasize the love and bond between siblings.**



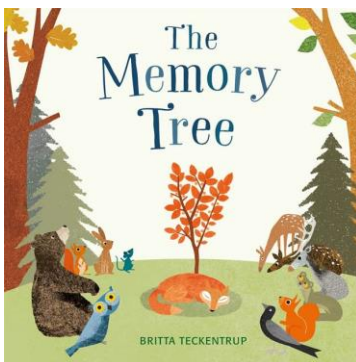
[Where Are You? A Child's Book About Loss](#)

This book specifically addresses the loss of a sibling. It uses simple language and illustrations to convey the emotions and questions that a child may have when their sibling has died.



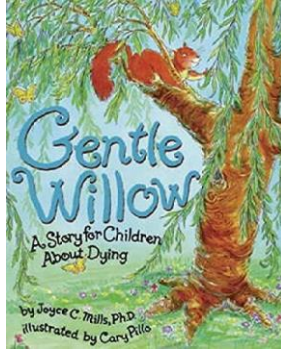
[The Tenth Good Thing about Barney](#)

My cat Barney died this Friday. I was very sad. My mother said we could have a funeral for him, and I should think of ten good things about Barney so I could tell them... But the small boy who loved Barney can only think of nine. Later, while talking with his father, he discovers the tenth - - and begins to understand.



[The Memory Tree](#)

Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering, and protecting all the animals in the forest, just as Fox did when he was alive.



[Gentle Willow: A Story for Children About Dying, Second Edition](#)

Written for children who may not survive their illness or for the children who know them, this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling well. Amanda summons the Tree Wizards, who visit Gentle Willow and determine that they can't fix her. Amanda is angry at first, but eventually she listens to the Tree Wizards as they explain that death is a transformation and journey into the unknown. They also counsel Amanda that the medicine she can give Gentle Willow is love. In a final act of love, Amanda comforts Gentle Willow, who is afraid, with a story about the caterpillar who transforms into a butterfly. A new "Note to Parents" addresses how to cope with death and dying.



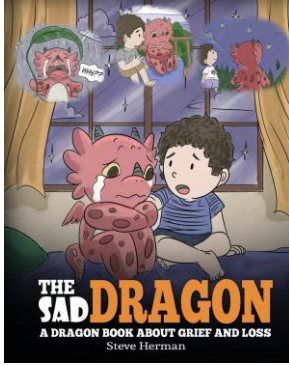
[Something Very Sad Happened: A Toddler's Guide to Understanding Death](#)

Something Very Sad Happened is intended to be read to two- and three-year-old children to help them understand death and process the loss of a loved one.

When a loved one dies, it can be hard to know how to explain it to a young child, particularly if you are grieving the loss yourself. Written at a developmental level that is appropriate for two- and three-year-olds, the story explains death; lets children know that it is okay to feel sad; and reassures children that they can still love the person who died, and the person who died will always love them.

Since the two- to three-year-old child cannot read, this story is intended to be personalized; certain words are color-coded in red to cue to you to substitute with the appropriate names and pronouns for the person who died.

Includes an extensive Note to Parents and Caregivers with more information about talking to children about death, guidelines for answering a child's questions, advice for attending funerals and visiting cemeteries, and ideas for commemorating the loved one.



[The Sad Dragon: A Dragon Book About Grief and Loss. A Cute Children Story To Help Kids Understand The Loss Of A Loved One, and How To Get Through Difficult Time](#)

Having a pet dragon is very fun!

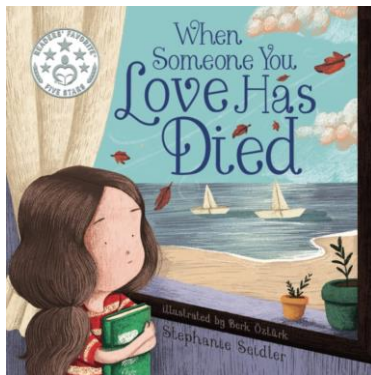
He can sit, roll over, and play... He can candle a birthday cake, lit a campfire, or so many other fun things that will make you laugh...

But sometimes, not every story is a happy one...

What if your dragon is suffering from a loss of a loved one? What if he's sad, angry, and heartbroken because his loved one passed away, and he cries and cries and cries?

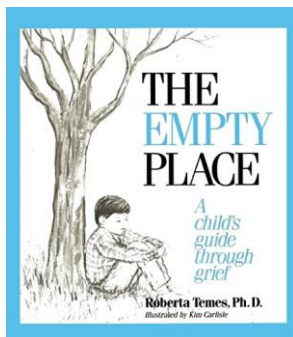
What should you do?

You teach him about Grief and Loss. You explain death to him and help him get through this difficult time!



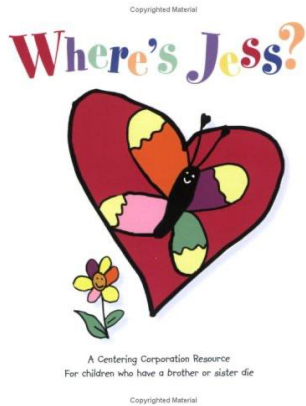
[When Someone You Love Has Died: Talking to Young Children About Death](#)

When Someone You Love Has Died is an award-winning, heartfelt, and compassionate children's picture book that gently addresses the topic of death and the experiences that come with it. Through sensitive storytelling and beautiful illustrations, this book offers reassurance and comfort while guiding young readers through the process of understanding and coping with their emotions during difficult times.



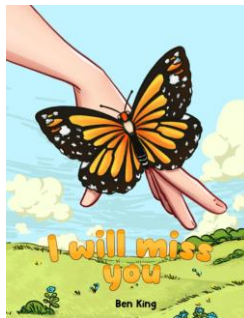
[The Empty Place: A Child's Guide through Grief](#)

When a nine-year-old boy's beloved big sister dies, he is confused, angry and fearful. For the first time he must face the finality of death and the pain of loss. His parents, also grieving, seem distant, until a counselor teaches them all how to cope and heal.



Where's Jess

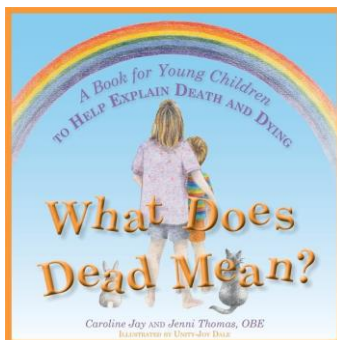
For Children Who Have a Brother or Sister Die. Written after Ray and Jody Goldstein's daughter, Jess, died at the age of nine months. Simple and easy for young children to understand. From the book: "Sometimes when I talk about Jess, Mommy cries. I'm scared that my talking makes her cry. Mommy smiles. She says I don't need to be afraid of her tears. I can talk about Jess and my feelings all I want to." Includes a list of things children can do to remember and honor their siblings



I Will Miss You: A Children's Picture Book to Help Kids Cope with the Death of a Loved One

This book tells a story of a loved one who has passed but does not specify who. It could be a mother, father, grandparent, sibling, friend, or any other loved one, even a pet.

To help cope and grieve, the last two pages are intended for kids to write or draw a picture of their favorite memories in the actual book.

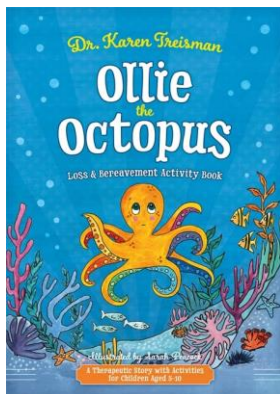


What Does Dead Mean?

What Does Dead Mean? is a beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying.

Questions such as 'Is being dead like sleeping?', 'Why do people have to die?' and 'Where do dead people go?' are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies. Prompts encourage children to explore the concepts by talking about, drawing, or painting what they think or feel about the questions and answers.

Suitable for children aged 4+, this is an ideal book for parents and carers to read with their children, as well as teachers, therapists and counselors working with young children.



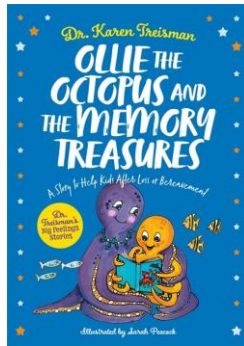
Ollie the Octopus Loss and Bereavement Activity Book

In a magical underwater forest lived a colourful and loveable Octopus called Ollie, who loved swimming with his friends and spending time with his mum and dad, Orla and Orson the Octopuses.

Until one day, Orla started to get very sick. The doctors did everything they could to help her, but very sadly, Orla died. Ollie had so many thoughts and feelings spinning around in his head, and his heart was hurting.

This activity book has been developed by expert child Psychologist and bestselling author Dr. Karen Treisman. The first part of the book is a colourful illustrated therapeutic story about Ollie the Octopus, with a focus on Ollie making sense of and processing the loss of his mum, Orla. This is followed by a wealth of creative activities and colourful photocopiable worksheets for children and the people supporting them to explore aspects of loss, grief, death, and bereavement, and how to find ways to understand and cope with them.

The final section of the book is full of advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to begin to understand the complex and multi-layered feelings surrounding loss and bereavement, and what they can do to help navigate them through their grief journey.



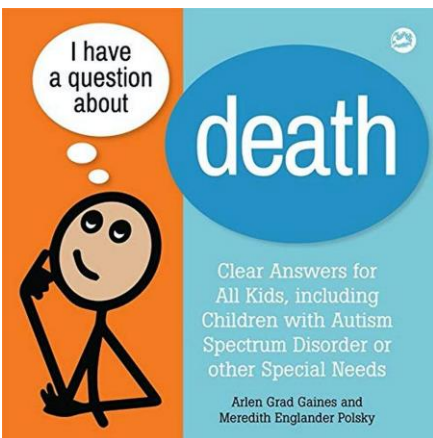
Ollie the Octopus and the Memory Treasures

In a magical underwater forest lived a colourful and loveable Octopus called Ollie, who loved swimming with his friends and spending time with his mum and dad, Orla and Orson the Octopuses.

Until one day, when Orla started to get very sick. The doctors did everything they could to help her, but very sadly, Orla died. Ollie had so many thoughts and feelings spinning around in his head, and his heart was hurting -- what can Orson and Ollie's friends do to help?

This story will help children aged 5-10 to understand big feelings relating to grief and bereavement and explores ways to stay connected to your loved one and to keep them in your heart and in your head.

About this series: Dr. Treisman's Big Feelings Stories are written for adults to read with kids aged 5-10 to help children to understand their feelings. If you enjoy this book, why not check out Dr. Treisman's Activity Books series; Ollie the Octopus Loss and Bereavement Activity Book, which features the same story, comes with an abundance of extra guidance for adults and a wealth of creative expansion activities and photocopyable worksheets for children.



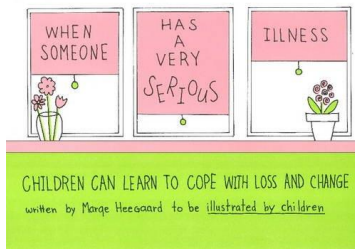
I Have a Question about Death

Winner of a Moonbeam Children's Book Award 2017
I Have a Question about... is a 2018 Winner of the Moonbeam Children's Book Award Silver Medal for Best Book Series - Non-Fiction

Death is a difficult topic for any parent or educator to explain to a child, perhaps even more so when the child has **Autism Spectrum Disorder or other Special Needs.** This book is designed specifically to help children with these additional needs to understand what happens when someone dies.

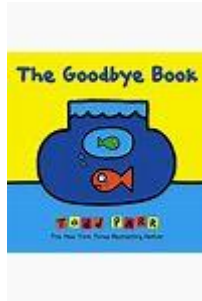
The first book of its kind, *I Have a Question about Death* uses straightforward text and images to walk children through what it means when someone dies, as well as ways they might want to react or to think about the person. **Using clear illustrations throughout and with information for parents and guardians, this book is essential for families with a child aged 5-11 with Autism Spectrum Disorder or other special needs.**

Grief



When Someone has a very serious illness

An excellent resource for helping children learn the basic concepts of illness and various age-appropriate ways of coping with it



The Goodbye Book

Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye. Touching upon the host of emotions children experience, Todd reminds readers that it's okay not to know all the answers, and that someone will always be there to support them. An invaluable resource for life's toughest moments.



ida Always

Gus lives in a big park in the middle of an even bigger city, and he spends his days with Ida. Ida is right there. Always.

Then one sad day, Gus learns that Ida is very sick, and she isn't going to get better. The friends help each other face the difficult news with whispers, sniffles, cuddles, and even laughs. Slowly Gus realizes that even after Ida is gone, she will still be with him—through the sounds of their city, and the memories that live in their favorite spots.

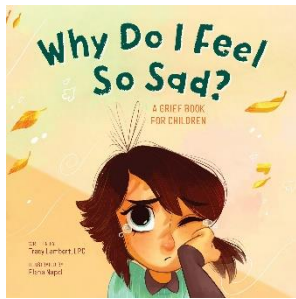
Ida, Always is an exquisitely told story of two best friends—inspired by a real bear friendship—and a gentle, moving, needed reminder that loved ones lost will stay in our hearts, always.



Written and Illustrated by Jackie Schuidt

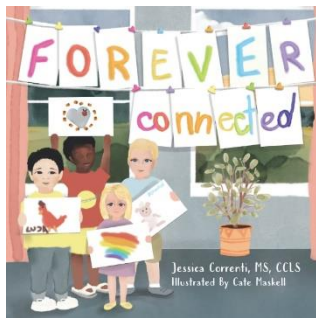
Grief is a Mess

After losing a loved one, grief can leave your life in a mess. This book is for grieving children and adults who need a healthy dose of understanding, comfort, and laughter. Through humorous animal illustrations, the book explores how grief is different for everyone and can change without warning. This book reminds us to be kind to others and patient with ourselves as we find our way through the mess of grief.



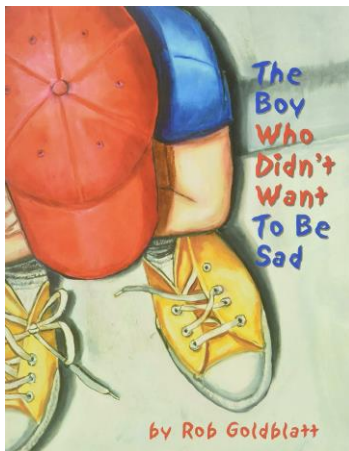
[Why do I feel so Sad?](#)

This book is an inclusive, age-appropriate, book designed to help young children understand their own grief. The examples and beautiful illustrations are rooted in real life, exploring the truth of loss and change, while remaining comforting and hopeful. Broad enough to encompass many forms of grief, this book reassures kids that they are not alone in their feelings and even suggests simple things they can do to feel better



[Forever Connected](#)

Parents and caregivers often are at a loss for words when trying to support their grieving children. They may wonder what to say or do to help their child process and cope with the heartbreaking reality of their family structure. Forever Connected allows for a beautiful start to those difficult conversations at home, giving families the tools and language to help bereaved siblings process death, their grief, and their love and connection with their sibling.



[The Boy Who Didn't want to be Sad](#)

There once was a boy who didn't want to be sad. So, he made a decision. He planned.

The plan was to get rid of everything that made him sad. But what he found out when he tried to get rid of sadness was a very, very big lesson in happiness. This book helps children face and even celebrate their emotions, even the uncomfortable ones, as parts of the whole experience of being alive.

"Happiness is a skill we can teach our children and ourselves, and it's easier than we think," says Rob Goldblatt, PsyD, who offers his first lesson in happiness with this book.

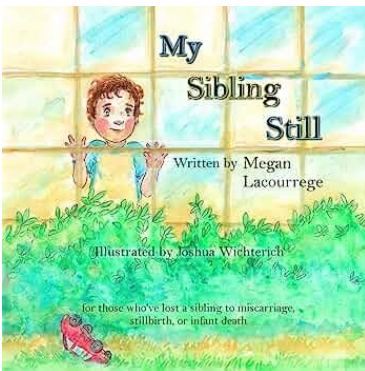
Includes a Note to Parents.



Sprite Offers Comfort

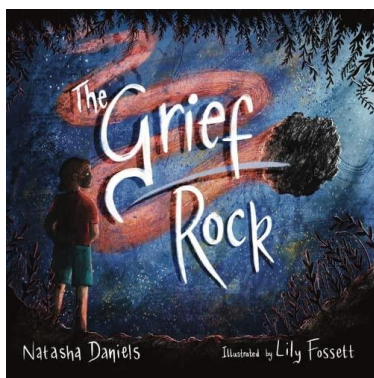
Coping with grief and loss can be overwhelming, and finding the right words to talk to our children about it can feel impossible. Sprite's story helps you find a place to start as you help a child navigate loss.

Most of us didn't grow up learning how to talk about grief or process how it affects our bodies, minds, and emotions. This interactive board book is a tool to help start that difficult conversation. Children will learn that they are not alone, and while this moment is challenging, the memory of the loved one will always be with them no matter where they go.



My Sibling

My Sibling Still is written as a love letter from a sibling lost to miscarriage, stillbirth, or infant death to any surviving siblings. It walks through the emotions that a child and his or her family may experience following a loss while also depicting the loving presence of the deceased child in the family's life. With gentle words and comforting pictures, this book offers a beautiful way for the entire family to remember and honor any lost little ones. My Sibling Still is accessible whether the loss happened years ago or yesterday, whether a sibling was born at the time of the loss or came afterwards. Most of all, with an affirming message of hope through suffering, it reminds us that our relationships with the little ones who have gone before us continue after death.



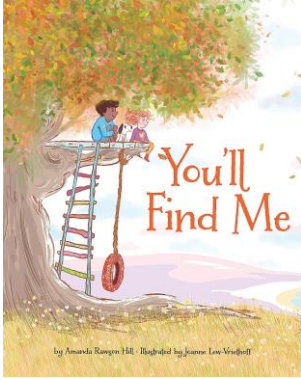
The Grief Rock: A Book to Understand Grief and Love

When someone you love dies, the grief rock shows up

Sometimes grief can feel like a heavy weight you are carrying around. It can be difficult to explain how you feel or know how you will cope carrying the grief rock around.

This gentle story explores how grief is filled with all the love we have for someone who was important in our lives.

Perfect to open up the conversation on difficult feelings, the book also **includes a short guide for adults with tips on supporting children after a bereavement.**

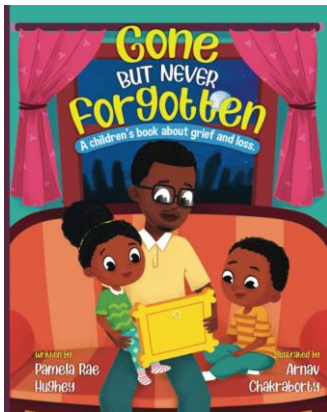


[You'll Find Me](#)

This lyrical heartfelt story provides consent and gently encourage readers to move to a place of peace and acceptance despite the absence.

Loss becomes remembrance in this book that offers tender ways to pay tribute to, and meaningfully incorporate, a loved one's lost presence into present and future life experiences. Be it departed friends, family, pets, and more, memories can carry us beyond the precious moments we have together to keep the ones we loved before in mind forever.

Throughout the book the omnipresent narrator encourages thoughtful reflection on the empty spaces left by the loss. The gentle scenes portrayed inspire recovery from sadness and honor those who are absent.



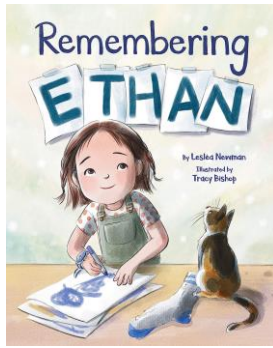
[Gone But Never Forgotten: A children's book about Grief and Loss](#)

It's not easy to answer questions or even talk about the tough times in life. What makes it even tougher is trying to explain these things to our precious littles.

Lane is a curious 5-year-old boy who asks a LOT of tough questions. He inquires WHY, WHEN, WHERE, and HOW as much as he can.

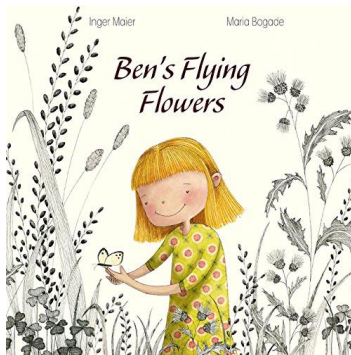
Gone But Never Forgotten is a beautifully illustrated children's book discussing death and what it means when someone passes away.

It is designed not only to introduce grief and loss to a child but also to discuss how exciting it can be to purposefully preserve memories.



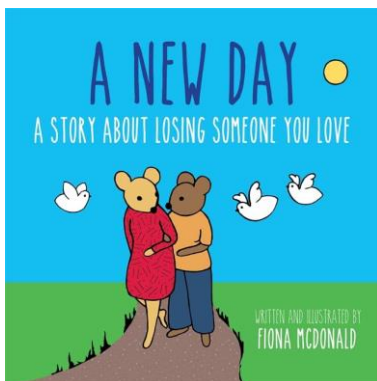
Remembering Ethan

This is a tender book to read alongside some useful books about death, such as *The Tenth Good Thing About Barney* by Judith Viorst, *The Memory Box: A Book About Grief* by Joanna Rowland, and *The Invisible String* by Patrice Karst, beloved and bestselling author Lesléa Newman offers a tender tribute to a lost family member in this touching story that can help families start to heal. Ethan. Ethan. *Ethan*. Sarah misses her adored big brother with all her heart. She wants to celebrate all the fun times she and her parents spent with him. But ever since Ethan died, Mommy and Daddy won't mention him. Sarah can't even say his name without upsetting them. Why don't they want to remember Ethan?



Ben's Flying Flowers

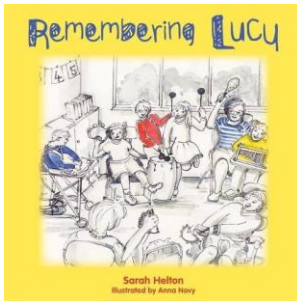
Emily introduces her younger brother, Ben, to butterflies, which he calls "flying flowers." When his illness makes him too weak to go see them, she draws him pictures, but after his death she no longer wants to draw happy things. Includes note to parents.



A New Day (Special Needs)

Brown Mouse is too sad to get out of bed and the other mice can do nothing to make her feel better. Grey Mouse has died which has made all the mice sad. Grey Mouse was kind and sweet and made perfect tea. Brown Mouse needs some time and space to remember her. That night Brown Mouse wakes up and sits with the other mice drinking hot tea and sharing special memories of Grey Mouse. Brown Mouse's memories of Grey Mouse make her smile, and as the sun rises, Brown Mouse feels ready for a new day.

This gentle and comforting illustrated book will help children and young adults with profound and multiple learning disabilities (PMLD) grasp the difficult concept that is the death of a loved one. Featuring appealing black and white artwork and strong characters, Brown Mouse's story will assist parents, family, and carers in giving children and those with PMLD a safe way to process loss and bereavement.



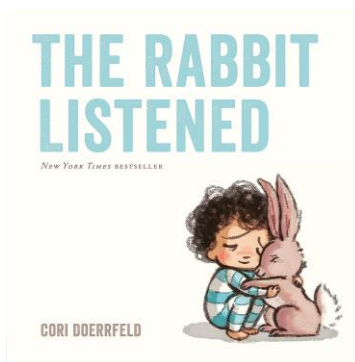
Remembering Lucy (Special Needs)

Joe and his friends miss Lucy very much.

When she died, and they learned they wouldn't see Lucy again they were all very sad. But, Joe has a plan: he can remember the happy times he shared with Lucy!

He thinks about all the wonderful things Lucy did. How messy she was when she was painting, and the time she giggled through the school play when her crown kept slipping off. Now Joe knows that remembering Lucy means he doesn't have to feel so sad!

Children with SEND (special educational needs and disabilities) often experience grief at a much younger age than other children. This touching short story will help children with SEND aged 3+ understand feelings caused by death and loss, and the beautiful hand drawn illustrations help convey the complex experience of bereavement in a simple and clear way. Included is a teacher's guide to talking about bereavement, grief, and loss, making this the ideal aid for teachers and support staff at SEND schools and colleges.



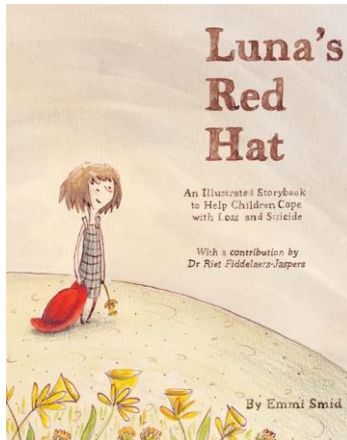
The Rabbit Listened

A moving and universal picture book about empathy and kindness, sure to soothe heartaches big and small—now a *New York Times* bestseller and a perfect gift for any special occasion

When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs.

With its spare, poignant text and irresistibly sweet illustration, *The Rabbit Listened* is about how to comfort and heal the people in your life, by taking the time to carefully, lovingly, gently listen.

Palliative, Sudden Trauma, Suicide

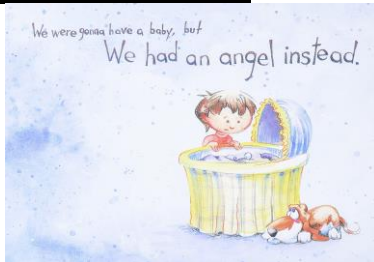


Luna's Red Hat

It is a beautiful spring day, and Luna is having a picnic in the park with her family, wearing her Mum's red hat. Luna's Mum died one year ago, and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.

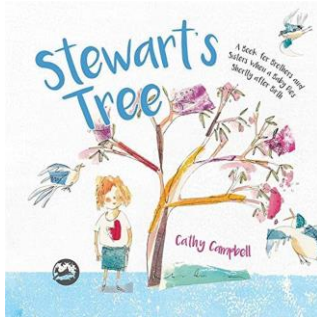
This beautifully illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide. Suicide always causes shock, not just for the family members but for everyone around them, and children also must deal with these feelings. The book approaches the subject sensitively and includes a guide for parents and professionals by bereavement expert, Dr Riet Fiddelaers-Jaspers. It will be of interest to anyone working with, or caring for, children bereaved by suicide, including bereavement counsellors, social workers, and school staff, as well as parents, carers, and other family members.

Perinatal Death



[We Were Gonna have a baby, But We had an Angel Instead](#)

This is a book to help children confront and manage grief over the loss of a young sibling. It can help you let your children know that the baby that was lost can still be remembered in a special way.



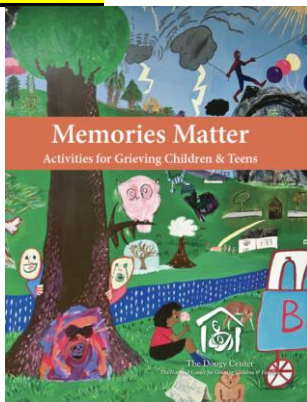
[Stewart's Tree](#)

Ellen wondered if Stewart had gone to the moon in his spaceship...'

Ellen's new baby brother Stewart has been 'lost'. Ellen looks in all the cupboards for Stewart, and even in the washing machine - then her family help her understand that Stewart has died and isn't going to come back. Together they plant a tree for Stewart, so they will always have a place to remember him.

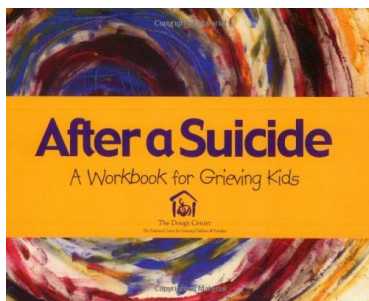
A therapeutic children's book for explaining sibling loss to young children, colourfully illustrated to emphasise focusing on the happy memories of a lost child. **The book ends with a guide to bereavement for children written by qualified clinicians.**

Workbooks



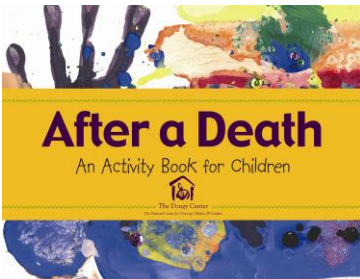
[Memories Matter: Activities for Grieving Children & Teen](#)

Memories Matter features 85 activities designed to help children process their unique grief. The activities can be used with children and teens in peer support groups or for parents to use with their children.



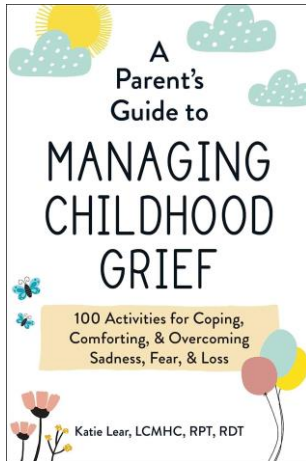
[After a Suicide Death: An Activity Book for Kids Who are Grieving](#)

In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.



[After a Death: An Activity Book for Children](#)

This easy-to-use workbook is designed for children ages 5 to 12 who have experienced the death of a family member or friend. With a mixture of creative activities and tips for dealing with changes at school, home and with friends, this is a great tool for all grieving children. We've included a variety of drawing and writing exercises to help children remember the person who died and learn new ways to live with the loss.

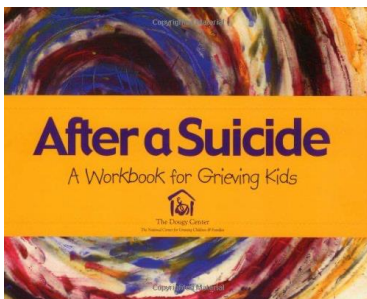


[A Parent's Guide to Managing Childhood Grief: 100 Activities for Coping, Comforting, & Overcoming Sadness, Fear, & Loss](#)

Help your child navigate feelings of sadness and loss with 100 unique, activity-based approaches that help them manage their childhood grief in a healthy and constructive way.

The loss of a loved one is a complex, confusing experience for a child to understand. Children may struggle to express, process, and manage their complicated and conflicting feelings, whether the loss is a parent, grandparent, sibling, or even a pet. So, what should you do to help your child process their sadness, loss, and frustration in a more healthy, positive way?

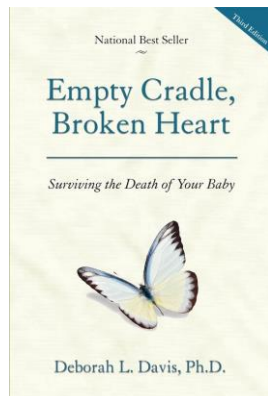
In *A Parent's Guide to Managing Grief*, you'll learn everything you need to know about how children grieve and what you can do to support them during their most difficult moments. From there, you'll find 100 activities that you can use in a group setting, activities that you (or another caregiver) can do alone with your child, and ways to make the most of virtual interactions to support a grieving child. It can feel difficult to connect with your child as you process your own complicated emotions surrounding loss. Use these activities to help bridge the gap between you and your child and to help you both find comfort in a difficult situation. You'll find all the tools you need to help your child (and even yourself) healthily process your grief and move towards happiness, understanding, and acceptance together.



[After a Suicide Death: An Activity Book for Kids Who are Grieving](#)

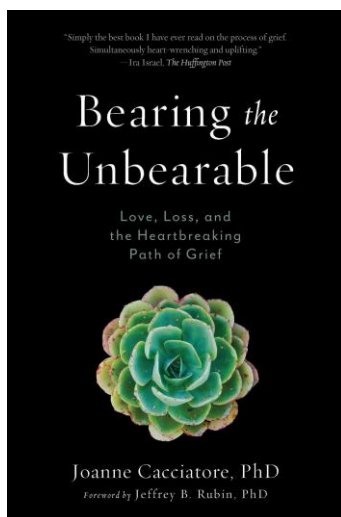
In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.

Resources for Parents/Caregivers



Empty Cradle broken heart

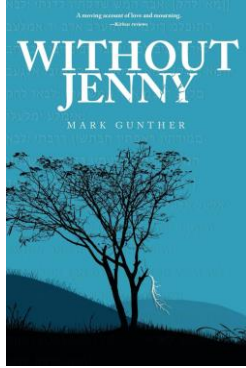
The heartache of miscarriage, stillbirth, or infant death affects thousands of U.S. families every year. Empty Cradle, Broken Heart, Third Edition offers reassurance to parents who struggle with anger, guilt, and despair during and after such a tragedy. In this new and updated edition, Deborah Davis encourages grieving and strives to cover many kinds of loss, including information on issues such as the death of one or more babies from a multiple birth, pregnancy interruption, and the questioning of aggressive medical intervention. There is also a special chapter for fathers as well as a chapter on "protective parenting" to help anxious parents enjoy their precious living children. Doctors, nurses, relatives, friends, and other support persons can gain special insight. Most importantly, parents facing the death of a baby will find necessary support in this gentle guide.



Bearing the Unbearable

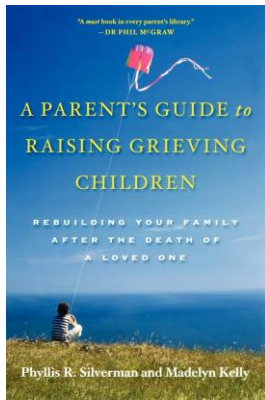
When a loved one dies, the pain of loss can feel unbearable—especially in the case of a traumatizing death that leaves us shouting, “NO!” with every fiber of our body. The process of grieving can feel wild and nonlinear—and often lasts for much longer than other people, the nonbereaved, tell us it should.

Organized into fifty-two short chapters, Bearing the Unbearable is a companion for life’s most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate, and deeply honor our grief.



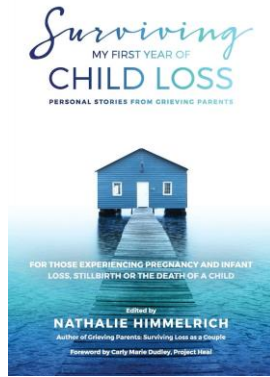
[Without Jenny](#)

This is a novel about the grief of a family after the loss of a daughter at the age of 12 from a sudden accident. The author has personal experience of such a loss and brings a genuine sensitivity to writing about the tragedy and how the family learn to live again after loss.



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

When children lose someone, they love, they lose part of their very identity. Life, as they knew it, will never be quite the same. The world that once felt dependable and safe may suddenly seem a frightening, uncertain place, where nobody understands what they're feeling. In this deeply sympathetic book, Phyllis R. Silverman and Madelyn Kelly offer wise guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand; to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self; to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to "protect" children from the reality of death may be more harmful than helpful. "Children want you to acknowledge what is happening, to help them understand it," the authors suggest. "In this way, they learn to trust their own ability to make sense out of what they see." Drawing on groundbreaking research into what bereaved children are really experiencing and quoting real conversations with parents and children who have walked that road, the book allows readers to see what others have learned from mourning and surviving the death of a loved one. In a culture where grief is so often invisible and misunderstood, the wisdom derived from such first-hand experience is invaluable. Filled with compassion and common sense, A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Loss of a Loved One offers readers a wealth of solace and sound advice, and even - where one might least expect it - a measure of hope.



Surviving My First Year of Child Loss: Personal Stories From Grieving Parents

A stunning collection of real, heartbreaking, yet hopeful stories written by a community of bereaved parents who courageously share their first year of grief. - Carly Marie Dudley, Project Heal

The death of a baby, whether through miscarriage, stillbirth or neonatal loss, or the death of an older child, is the worst experience a parent can endure.

Parents often don't know how - or if - they will survive such an earth-shattering event. Just as everyone's grief journey is different, so is each parent's experience.

This book includes twenty-six heart-wrenchingly honest essays by parents who convey their personal challenges and the ways they coped during the first twelve months after losing their children.