



SMILE

Grieving 
Resource

A Guide to Books and other References
to help you through life's challenges

:: 2012 ::

Mission

SMILE, a 501(c)3 non-profit educational organization, was formed after the suicide of Craig Toribara. Many dehumanizing experiences are forced on our youth by critical areas of society. Increasing stress results in escalating alcohol and drug use, anorexia, bulimia, dropping out of school, running away from home, increasing violence, and suicide.

We intend to help change this destructive trend through education. This education will include, but not be limited to, development and promotion of lifeskills programs, building resiliency, healthy solutions, and awareness/prevention programs.

We intend to enable youth to find solutions to emotional pain and hope for their futures through pamphlets, videos, CDs, DVDs, books, our website *Help Cards*, and other media.

We will work with existing programs and develop new ones if needed. We intend to meet our goals by reaching out to individuals locally and in other geographic areas and educating adults on issues affecting young people.

SMILE



STUDENTS
MASTERING
IMPORTANT
LIFESKILLS
EDUCATION



Table of Contents

Table of Contents	1
Acknowledgments	2
Legal Disclaimer	3
FICTION BOOKS for Children to Read Alone or with Adults	4
Death of a Child (<i>Including Sibling or Friend</i>)	4
Death of an Adult	5
Parent, Relative or Friend	7
General - Understanding Loss	8
Death of a Pet	9
NON-FICTION BOOKS for Children and Families	10
Loss of a Parent	11
Loss of a Child	14
General Loss	16
Loss of Grandparent	23
Intermediate & Middle School	26
Books for Teens	28
Suicide, Homicide, 9-11, & Other Trauma	30
Suicide	30
Homicide	36
Other Traumatic Loss, including 9-11	37
Grieving Loss, Miscarriage or Perinatal	38
Death of a Partner	39
General	40
Professional	51
General	51
Concerning Death & Crisis in Schools	55
Grief Support Group Guides	56
Traumatic Loss Including 9-11	57
Workbooks Dealing with Death	58
Military and Veterans of War	59
Resources in Spanish	60
Anti-Bullying Websites	60

Acknowledgments

Christie Toribara, R. Ph., Executive Director
Deanna Camp, Art Director

RESOURCES

Auntie's Bookstore Staff

Dr. Frank Campbell

Anne Vigesaa-Carr

The Doug Center

Dr. David Fassler

Sandi Goldner

Linda Goldman

Mona Griffin, Ed.D.

Gerri Haynes, RN

Hospice of Spokane

Dr. Matt Layton

Dr. Lou Sowers

Christie Toribara, R. Ph.

Susan Toribara

PROOFING

Mona Griffin, Ed. D.

Linda Lang, R. Ph.

Marti Scarpati

Christie Toribara, R. Ph.

Susan Toribara

RESEARCH

Auntie's Bookstore Staff

Linda Goldman

Mona Griffin Ed. D.

Dr. Lou Sowers

Christie Toribara, R. Ph.

Susan Toribara

Books may be ordered through Aunties's Bookstore at:

509-838-0206 or www.auntiesbooks.com

Books can also be found through various national websites

The information contained in this *Grieving Resource Guide* is for general information purposes only.

The information is provided by Students Mastering Important Lifeskills Education (SMILE) and while we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the websites or the information, products, services, or related graphics contained on the websites for any purpose. Any reliance you place on such information is therefore strictly at your own risk. This guide should not be used as a substitute for seeking professional help.

In no event will we be liable for any loss or damage including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from loss of data or profits arising out of, or in connection with, the use of these websites.

Through this resource guide you are able to link to other websites which are not under the control of SMILE. We have no control over the nature, content and availability of those sites. The inclusion of any links does not necessarily imply a recommendation or endorse the views expressed within them.



Grieving Resource

A Guide to Books and Other References 2012

FICTION BOOKS FOR CHILDREN

TO READ ALONE OR WITH ADULTS

Death of a Child (Including Sibling or Friend)

Alexander, Sue

Nadia the Willful, Pantheon Books, 1992

After Nadia's older brother dies, she intentionally talks about him to aid in her father's recovery.

Ages 6-10

Blackburn, Lyan

Timothy Duck, Centering Corporation, 1987

Timothy Duck shares his feelings after his friend gets sick and dies.

Ages 5-8

Cohn, Janice

I Had a Friend Named Peter, W. Morrow, 1987

Sensitively pictures the pain experienced by a child following a friend's death, including fears and nightmares. The parents affirm that sorrow and tears are acceptable.

Ages 4-9

Fisher, Fred

A Punkin in the Frost, Caninium Phate, 1992

Eddie and Diane are ten year olds who plan to grow up together. Diane dies in an accident and now Eddie has to say good-bye.

Grades 3-6

Gryte, Marilyn

No New Baby, Pantheon Books, 1992

After her unborn sibling dies, a young child tells how she feels about the baby's death.

Young children

Kaldhol, Marit, & Oyen, Wenche

Goodbye Rune, Kane/Miller, 1987

Parents help a grieving child when her friend drowns.

Ages 5-12

Kubler-Ross, Elizabeth

Remember the Secret, Tricycle Press, 1998

This book describes the story of love and faith between two children as they deal with death.

Ages 5-10

Park, Barbara

Mick Harte Was Here, Knopf, 1995

A sister faces the sorrow of losing her brother from a bicycle accident when he was not wearing his helmet. Addresses guilt and proactive prevention.

Ages 7-13

Paterson, Katherine

Bridge to Terabithia, Crowell, Newberry, 1978

Shows the struggle faced by an eleven year old boy when his best friend dies. Includes his denial, bargaining, guilt, eventual acceptance and reintegration.

Ages 7-13

Death of an Adult

Bunting, Eve

The Memory String, Clarion, 2000

When Laura loses a bead from the necklace of memories that recalls her deceased mother, her stepmother Jane finds it. Laura learns how others share her loss.

Ages 7-12

Cavin, Vicky

A Chair Full of Heart, Hara, 1998

Daughter whose mother is dying of cancer relates strategies by which both meet her death with love. A read-aloud book illustrated with three generations of women.

Ages 7-12

Clifton, Lucille

Everett Anderson's Goodbye, Henry Holt, 1983

Award-winning poetic story of how a young boy moves through all the stages of grieving, especially anger, when his father dies. For any young child dealing with death.

Ages 3-8

Frost, Dorothy

DAD! Why'd You Leave Me?, Herald Press, 1992

10-year old Ronnie cannot understand why his father died.

Demonstrates questions children feel with loss.

Ages 8-12

Gregory, Alisha

Through the Mickle Woods, Little, Brown, 1992

Three stories shared between a widower and a child show moving from grief towards healing.

Ages 7-12

Jordan, Mary Kate

Losing Uncle Tim, Albert Whitman, 1993

Tenderly shows the affection shared between an adult and child as the adult's health declines from AIDS.

Ages 5-12

Jukes, Mavis

Blackberries in the Dark, Knopf, 1985

After the death of his grandfather, Austin and his grandmother create new memories while holding onto old ones.

Grades 3-6

Klein, Lee

The Best Gift for Mom, Paulist Press, 1995

Jonathan's special Christmas gift for his mom demonstrates how love and concern can help any family to carry on and thrive.

Ages 7-12

Lanton, Sandy

Daddy's Chair, Kar-Ben Copies, Reprint 2001

Poignant family encounter in grieving the loss of a father through dialogue with an inquisitive child and sensitive mother. Compassionately illustrates Jewish Shiva week.

Ages 6-10

Levine, Jennifer

Forever In My Heart, Compassion Books, 1992

A sensitive story to help children be involved as a parent passes away.

Ages 6-10

Lowden, Stephanie

Emily's Sadhappy Season, Centering Corporation, 1993

Book portrays a young girl's feelings following her father's death.

Ages 5-10

Marshall, Bridget

Animal Crackers: A Book About Death & Funerals & Love,

Centering Corporation, 1997-98

This book explores aging, memory loss and a special kind of love when a young child's Nanny must go to a nursing home and later dies.

Grades 3-6

Thaut, Pamela

Spike and Ben, Health Communications, 1991

The story of how a boy helps a friend following the death of his mom.
Ages 5-8

Parent, Relative or Friend

Bahr, Mary

If Nathan Were Here, Eerdman Books, 2000

A boy has lost his best friend. His teachers suggest making a memory box to remember his friend.

Grades K-3

Baughner, Bob, Ph.D.; Garl, Linda Wong; & Baughner, Kristina J.

Death Turns Allie's Family Upside Down, Caring People Press, 1999

Gives observations of the family's pet cat Allie as they deal with the Grandmother's sudden death. It includes information on how to begin conversations with children and is in a church setting with casket funeral.

Grades K-6

Blackburn, Lynn B.

Class in Room 44, Centering Corp, 1991

This story describes reactions of children when their friend is killed in a car accident.

Grades 1-6

Byars, Betsy

Good-bye Chicken Little, Harper Collins, 1990

Jimmy Little is scared ever since his father died. He nicknames himself "Chicken Little." Then he sees his Uncle die. With the help of his wacky family, he learns to celebrate their lives and chase away "Chicken Little".

Grades 1-4

L'Engle, Madeline

A Ring of Endless Light, Dell Laurel-leaf, 1976

The cycle of life and death becomes a difficult burden for sixteen year old Vicky Austin as she watches her grandfather who is dying from cancer.

Grades 6-8

Spelman, Cornelia

After Charlotte's Mom Died, Albert Whitman & Company, 1996

Charlotte's mom died six months earlier in a car accident. This story depicts how she struggles with her emotions and ways she learns to express them.

Grades K-2

General-Understanding Loss

Ancona, George

Pablo Remembers, Lothrop, Lee & Shepard Books, 1993

This is a beautifully illustrated book depicting the Mexican festival of the Day of the Dead, celebrating loved ones' lives each year.

Ages 6-12

Buscaglia, Leo

Fall of Freddie the Leaf, Holt, Rinehart, Winston, 1982

Gives a visual picture of life cycles, including death.

Ages 3-7 or all ages

Campbell, J. A.

The Secret Places, Centering Corporation, 1992

This is the story of Ryan's journey through grief. Gives an in-depth look at childhood grief for adults working with children.

Ages 6-12

Dodge, Nancy

Thumpy's Story: The Story of Grief and Loss Shared by Thumpy the Bunny, Prairie Lark Press, 1994

A great resource for children depicting the story of Thumpy's sister who was not strong enough to continue living.

Ages 5-12

Goldman, Linda

Children Also Grieve, Jessica Kingsley Publisher, 2005

Story of young children and the death of their grandfather as told by two Tiberian terriers. Has section for adults to help children.

Ages 3 & Up

Hanson, Warren

The Next Place, Waldman House Press, 1997

A comforting journey where earthly hurts are left behind, above all a celebration of life.

Preschool and up

Joslin, Mary

The Goodbye Boat, Lion Publishing, 2005

Provides the message that good-byes are painful, but there is hope that comfort will return and that death may bring a brighter place. Use to start discussions.

Families

Simon, Norma

The Saddest Time, Albert Whitman & Company, 1986

Three stories of how children deal with the death of someone close: a classmate in a car accident, an uncle and a grandfather. Through words and multicultural drawings, children learn to express caring and concern.

Grades Pre-6

Van Ommen, Silvia

Jellybeans, Roaring Brook Press, 2002

Two friends meet at the park and one of them brings jellybeans. The two friends talk about what heaven might be like and if they will see each other there.

Grades Pre-4

Death of a Pet

(Books dealing with the death of a pet can facilitate not only the encounter of the pet's death, but that of any loved one.)

Brown, Margaret W.

The Dead Bird, Harper Trophy Ed, Reprint 2007

Provides images of sorrow and innocence as children hold services for a dead bird.

Ages 3-8

Harris, R.

Goodbye Mousie, Margaret K. McElderry Books, 2001

This sensitive book shows the sadness of a boy after the death of his pet mouse and how the family joins to grieve and celebrate the mouse's life.

Ages 4-7

Rosen, Michael J.

Bonesy and Isabel, Harcourt Brace, 1995

A family surrounds a dying pet with love, and finds room to love another pet.

Ages 3-9

Rylant, Cynthia

Dog Heaven, Blue Sky, 1995

Colorfully depicts a joyful afterlife while acknowledging a survivor's pain.

Ages 4-7

Varley, Susan

Badger's Parting Gifts, Lothrop, Lee & Shepard, 1984

Pictures a tunnel of death with gifts left by the departed pet.

Ages 4-9

Viorst, Judith

The Tenth Good Thing About Barney, Atheneum, 1971

Provides a positive model for remembering and grieving.
The child is renewed.

Ages 5-9

NON-FICTION BOOKS FOR CHILDREN & FAMILIES

MacGregor, Molly

The Sky Goes On Forever, Daun Horse, 1989

Ideal book to give any child who has lost someone close to them or has wondered about death. It answers questions such as what are living and dying things, why does everyone die, and others.

Ages 4-9

O'Toole, Donna

Aarvy Aardvark Finds Hope, Compassion Books, 1989

Story to help young children find hope after a loss.

Ages 4-9

Sheppard, Caroline

Brave Bart, TLC, 1998

This is an appropriate story for children who have been traumatized and are grieving.

Ages 5-8

Varley, Susan

Badgers Parting Gifts, Harper Trophy, 1992

Story to help young children understand the gifts they still have after loss.

Ages 4-9

Viorst, Judith

The Tenth Good Thing About Barney, Aladdin, 1971

In affectionately recalling a dead pet, a child is renewed.

Ages 3-7

White, E. B.

Charlotte's Web, Harper and Row, 1967

The cycle of life and death are sensitively portrayed through the view of farm animals.

Ages 6-12

Loss of a Parent

Akner, Lois

How to Survive the Loss of a Parent, Wm. Morrow, 1993

A guide for adults who are grieving the loss of a parent.

Adults

Bartocci, Barbara

Nobody's Child Anymore, Soren Books, 2000

The author gives a comprehensive overview from caring for a dying parent to finding new meaning beyond grief.

Adults

Bratman, Fred

Everything You Need to Know When a Parent Dies,

Rosen, 1992

Written to help children face the problems of grieving over a myriad of circumstances—accident, illness, etc. Includes children's diaries, dialogues, stories, and photos to encourage discussion.

Ages 6-11

Chethik, Neil

Fatherloss: How Sons of All Ages Come to Terms with the Deaths of Their Dads, Hyperion, 2001

Based on interviews, the author describes the way men deal with their fathers' deaths.

Families, especially men

Commins, Patricia

Remembering Mother, Finding Myself, HCI, 1999

This book helps with the difficult emotions of loss and anger to acceptance and healthy relationships after loss of one's mother.

Adults and Late Teens

Douglas, Eileen

Rachel and the Upside Down Heart, Price Stern Sloan, 1990

True story of four-year old Rachel and the effects of her father's death.

Ages 5-9

Edelman, Hope

Motherless Daughters, Decapo Press, 2006

Answers the question, "How does the death of a mother affect a daughter's childhood." Expert opinions from psychologists, psychoanalysts, and experts in grieving.

Adults and teens

Gilbert, Richard B. & Sims, Darcie

Finding Your Way after Your Parent Dies, Ave Maria Press, 1999

Provides inspiration and hope for adults after a parent dies.

Adults

Jonah, Stephanie

Transitions Along the Way, Visions, 1999

A guide for children and young adults explaining the dying process.

Ages 8 and up

Kennedy, Alexandra

Losing A Parent, Harper San Francisco, 1991

Author shares her own story of facing the loss of a parent and offers innovative strategies for healing and transformation.

Adults and teens

Krementz, Jill

How It Feels When a Parent Dies, Knopf, 1981

Eighteen sensitive yet honest dialogues with children 7-16 who have lost a parent. Photographs promote adult-child dialogue. Classic.

Ages 7-Adult

Leshan, Eda

Learning to Say Goodbye: When a Parent Dies,

Macmillan, 1976

Provides a sequence of concepts facilitating grieving, including stories of how children's needs can be better met. Promotes growth.

Ages 8-Adult

Marshall, Fiona

Losing a Parent, Fisher, 1993

A guide to grieving the loss of a parent for grown offspring.

Adults

McNamara, Jill

My Mom is Dying, Augsburg Fortress, 1994

A young girl's diary after learning her mom is dying. Contains discussion sections for parents.

Ages 5-9

Myers, Edward

When Parents Die, Penguin, 1997

Compassionate advice on coping with the death of a parent. Topics range from psychological responses, such as shock, depression, and guilt, to practical consequences.

Adults and Teens

Schuurman, D.

Never the Same: Coming to Terms with the Death of a Parent,
St. Martin's Press, 2003
Insight for those who have lost a parent as a child.
Adults

Simon, Leslie & Johnson, Jan

A Music I No Longer Heard: The Early Death of a Parent,
Simon & Shuster, 2010
Survivors describe their experiences in the loss of a parent.
Teens & Adults

Smith, H. I.

On Grieving the Death of a Father, Augsburg, 1994
This resource gives comfort and hope, addressing special needs when
a father dies.
Adults & Late Teens

Taylor, Nick

A Necessary End, Backinprint.com, 2000
Taylor's outlook towards his aging parents undergoes a transformation
from obligation to love, expanding his understanding of his own life
and mortality.
Adults

Vigna, Judith

Saying Goodbye to Daddy, Albert Whitman and Company, 1991
This is a sensitive story of the healing that comes to a child following
her dad's death.
Ages 5-8

Wakeman, Elyce

Father Loss, Hyperion, 2001
How a son can prepare for the death of a father, coping immediately
after a loss, women's role in helping, and the different ways men grieve
are topics covered.
Adults

Williams, Terry Tempest

Refuge, Vintage, 1992
Records simultaneous tragedies, a mother's death from cancer and
flooding of a bird sanctuary. Documents renewal and spiritual grace.
Adults

Wolfelt, Alan

Healing the Adult Child's Grieving Heart, Companion Press, 2001
Whether your parent died in middle or old age, whether the death was
sudden or anticipated, this compassionate and easy-to-use resource will
be helpful.
Adults

Loss of a Child

Bernstein, Judith, Ph.D.

When the Bough Breaks, Andrews McMeel Publishing, 1998

Describes the overwhelming journey for bereaved parents.

Adults

Bluebone-Langner, Myra

The Private Worlds of Dying Children, Princeton Press, 1980

Descriptions of children when dying and the difficulties of their families.

Adults

Bramblett, John

When Good-bye is Forever, Ballantine Books, 1991

Ideas on learning to live again after the loss of a child by a bereaved father.

Adults

Bunting, Eve

Rudi's Pond, Clarion Books, 1999

A group of school children respond to the illness and death of the narrator's best friend, Rudi, by helping to build a pond in his memory.

Based on a true story.

Grades K-2

Coerr, Eleanor

Sadako & The Thousand Paper Cranes, Penguin, 1977

A ten year old Japanese girl has leukemia and, based on a legend, she starts to make paper cranes to help her during this time. Her friends continue to make them after she dies. Based on a true story.

Grades 3-6

Cosman, Mark

In the Wake of Death, Moyer Bell, 1996

Deals with surviving the loss of a child who was murdered.

Adults

Davis, Deborah L.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby,

Fulcrum, 1996

Helpful suggestions in dealing with death of a baby.

Adults

Delorbe, Shirley

Too Young to be Angels, iUniverse, 2007

Inspirational self-help guide shares how one mother maintained her stability and sanity when tested multiple times by grief and depression after the separate deaths of 3 of her 4 children.

Adult

Hancock, Bill

Riding with the Blue Moth, Sports Publishing, 2006

After his son died in a plane crash, a father gives an account of riding across the country on his bicycle in memory of his son.

Adults

Heavilin, Marily Wallett

Roses in December: Finding Strength Within Grief,

Thomas Nelson Publishers, 1993

This book discusses the sorrow after the sudden loss of a child from a drunk driver and the journey of the healing process, in addition to losing two other children.

Adults

Hood, Ann

Comfort: A Journey through Grief, W. W. Norton & Company, 2008

This is a touching memoir about author's daughter's sudden death, grieving, and learning to love again.

Adults & Families

Knapp, Ronald

Beyond Endurance: When a Child Dies, AuthorHouse, 2005

This book outlines steps to healing when a child dies.

Adults

Kubler-Ross, Elizabeth

On Children and Death, Collier/Macmillan, 1997

Discussions for help and hope needed to survive dying or the death of a child.

Adults

Livingston, M.D., Gordon

Only Spring: On Mourning the Death of My Son, Marlowe, 2005

A father's story of a child's gift of love, covering Lucas' illness and death.

Adults

Martin, Jennifer J.

Star Child, iUniverse, 2006

A mother's journey through grief.

Adults

Mitchell, Ellen

Beyond Tears: Living after Losing a Child, St. Martin's Press, 2005

Poignant dialogues with parents who have lost children through various circumstances.

Adults

Murray, Donald

The Lively Shadow: Living with the Death of a Child,

Ballantine, 2003

This book covers parents mourning the loss of a child due to illness.

Adults

Rosof, Barbara D.

The Worst Loss, Owl/Holt, 1995

Ideas are given on healing after the death of a child.

Families

Sanders, Catherine

How to Survive the Loss of a Child, Prima Publishing/RH, 1998

A guide to rebuilding life and filling the devastating emptiness after a death.

Adults

Schiff, Harriet Sarnoff

Bereaved Parent, Penguin, 1978

Sensitive information for grieving parents that is reassuring and consoling.

Adults, parents

Wolterstorff, Nicholas

Lament for a Son, Erdmans Press, 1987

Explores the feelings of bereaved parents from accidental death.

Adults

General Loss
(Including Family Members)

Bell, Karen Whitley, RN

Living at the End of Life, Sterling Ethos, 2010

Bell, Hospice nurse, gives a comprehensive, insightful guide for the family and dying person, including advance directives.

Adults, Families & Terminally ill

Boritzer, E.

What is Death?, Veronica Lane Books, 2000

Through the presentation on various cultures and religions, the book introduces concepts of death.

Ages 7-13

Brett, D.

Annie Stories, Workman Publishing, 1986

This is a series of stories that can be read to children under 10 who are dealing with many different issues, including death and divorce.

The author gives advice on how to use the stories.

Adults working with children 10 and under

Brown, L., & Brown, M.

When Dinosaurs Die, Little, Brown & Co., 1996

Practical guide helps children understand death and deal with their feelings.

Ages 5-12

Carney, Karen

Everything Changes, But Love Endures, Dragonfly Publishing, 1998

This book gives important information on hospice for young children.

Ages 3-7

Coloroso, Barbara

Parenting through Crisis, Harper Resource Book, 2000

This book offers compassionate ideas on helping to support children through emotional turmoil from loss, divorce, and other changes.

Parents and Educators

Doka, Kenneth

Living with Grief: Children, Adolescents and Loss,

The Hospice Foundation of America, 2000

This book offers varying perspectives and interventions for living with grieving children and adolescents.

Adults

Doka, Kenneth

Children Mourning, Mourning Children, Taylor & Francis, 1995

This book is based on Hospice Foundation of America's teleconference exploring children and grieving.

Parents and Professionals

Dougy Center, The

What About the Kids? Understanding Their Needs in Funeral Planning and Services, The Dougy Center, 1999

This guide gives practical information explaining funerals and memorial services to children.

Adults

Dougy Center, The

Dougy Center provides many brochures and booklets to help children/ students grieve.

Children of all ages (English & Spanish resources)

Dougy Center, The

35 Ways to Help a Grieving Child, Dougy Center www.dougy.org

This guidebook gives practical suggestions to help children through loss, including special anniversaries and holidays.

Adults working with children

Dougy Center, The

Helping Children Cope with Grief, Dougy Center www.dougy.org

This guidebook gives a comprehensive overview to help children grieve.
Adults working with children

Eldon, Kathy & Eldon, Amy

Angel Catcher: A Journal of Loss and Remembrance,

Chronicle Books, 1998

Book has illustrations and quotations encouraging people to remember loved ones. There are pages for thoughts, drawings, clippings, and photos.

Families

Ferguson, D.

A Bunch of Balloons, Centering Corporation, 2006

This resource helps grieving children understand what they still have after someone dies.

Ages 5-8

Fitzgerald, Helen

The Grieving Child: A Parent's Guide, Touchstone, 1992

Well-organized guide for helping children through the grieving process.

Adults and children

Fitzgerald, Helen

The Mourning Handbook, Simon and Schuster, 1994

This is a comprehensive resource helping families compassionately cope with death and dying. It covers grief, murder, and suicide.

Families

Fox, S.

Good Grief: Helping Groups of Children When a Friend Dies,

New England Assoc. for the Education of Young Children, 1988

This is an excellent resource to help adults working with grieving children who have lost a friend.

Adults

Fry, Virginia Lynn

Part of Me Died, Too, Dutton Children's Books, 1995

Eleven true stories about children/adolescents who faced the death of a loved one, and how they began to rebuild.

Grades 3-8

Goldman, Linda

Breaking the Silence, Taylor & Francis, 2001

Comprehensive, practical resource for working with young people on issues of complex grief—suicide, homicide, abuse, violence, and AIDS.

Adults & Professionals

Goldman, Linda

Life & Loss: A Guide to Help Grieving Children,

Taylor & Francis, 2000

Practical guide for parents and mental health professionals working with children and teens, providing techniques, words to use & bibliography.

Adults & Professionals

Goldman, Linda

Raising Our Children to be Resilient, Taylor & Francis, 2005

Resource for traumatic grief. Includes interventions, children's work, and ideas to support children and teens.

Adults & Professionals

Greenlee, Sharon

When Someone Dies, Peachtree, 1992

Brings a peaceful picture to the rollercoaster of emotions a child or adult feels, including writing and drawing.

Ages 3-adult

Grollman, Earl

Explaining Death to Children, Beacon Press, 1967

A book for adults working with children and their first experience of death.

Adults

Grollman, Earl

Talking About Death, Beacon Press, 2011

Includes a dialogue to read-a-long with a younger child.

Ages 4-8

Hanson, Warren

The Next Place, Waldman House, 1977

A reverie to be read aloud with children by adults. Illustrated.

Ages 8-Adult

Heegaard, Marge

Saying Goodbye to Your Pet, Fairview Press, 2001

This is a workbook for children to work through their feelings after their pet dies.

Ages 5-10

Hospice of America

Supporting Your Friend Through Illness and Loss, HFA, 2005

This brochure gives ideas and advice in helping family and friends, including what to say.

Adults

Hospice of Spokane

Children's Grief: A Resource Guide, Hospice of Spokane

This guide gives basic information on areas of concern and ways to help children from preschool through adolescence.

Families

Hospice of Spokane

Guide to Bereavement and Grief, Hospice of Spokane

This guide covers various types of grief, loss, and areas of concern.

Adults & Families

Huntley, Theresa

Helping Children Grieve When Someone They Love Dies,

Augsburg, 2002

Helping children understand and grieve when someone they love dies.

Sensitive.

Ages 4-10

James, John W.

When Children Grieve, Harper Collins, 2001-02

The author offers a cutting edge volume to free children from the idea of not 'feeling bad' and to empower them with positive, effective methods of dealing with loss.

Children with adults

Johnson, Joy & Johnson, Marvin

Tell Me, Papa, Centering Corporation, Revised 2005

This book gives a clear explanation of children's feelings on death, funerals, and burials.

Ages 5-10

Johnson, Joy & Johnson, Marvin

Where's Jess, Centering Corporation, 1982

This book covers feelings and questions children have when a sibling dies.

Ages 4-8

Katafiasz, Karen

Grief Therapy, One Caring Place/Abbey Press, Revised 2004

Concepts cover the grieving process, which need time and attention.

Reassures transforming healing comes through grieving. Illustrated.

Ages 5-adult

Kroen, William

Helping Children Cope with Loss of a Loved One, Free Spirit, 1996

Weaving in anecdotes about real children and their families, the author explains how children from infancy through age 18 perceive and react to death.

Adults with children

Kubler-Ross, Elizabeth

On Death and Dying, Scribner, 1969

With sample interviews and conversations, the author gives the reader a better understanding of how imminent death affects the patient, the professionals who serve the patient, and the patient's family.

Adults & Families

Mellonie, Bryan & Ingpen, Robert

Lifetimes, Children Bantam, 1983

A pet, a friend, or a relative dies and it must be explained to a child.

This sensitive book is a useful tool in explaining that death is a part of life. Analogies and illustrations with plants and animals.

Children

Munsch, R.

Love You Forever, Firefly Book, 1983

Depicts growth and aging through generations of families, and how their love survives.

Ages 3 and up

Neeld, Elizabeth

Seven Choices: Finding Daylight after Loss Shatters Your World,

Wagner Books, 2003

In this compassionate, caring guide, the author tells of her own loss, along with the stories of over sixty other individuals.

Young adults & Adults

Noel, Brook & Blair, Pamela, Ph.D.

I Wasn't Ready to Say Goodbye, Sourcebooks, 2008

Surviving, coping and healing after the sudden death of a loved one.

A comforting and easy-to-read book, covering what to expect the first few days, months, and later after loss, and how various types of losses affect us differently.

Adults

Noel, Brook & Blair, Pamela D., Ph. D.

I Wasn't Ready to Say Goodbye, Companion Workbook,

Sourcebook Trade, 2008

This workbook follows on after the book of the same name, helping the readers analyze their feelings and put their fears and thoughts in writing. This helps through the stages considered "grief work."

Adults

Richter, Elizabeth

Losing Someone You Love, Putnam, 1986

When a brother or sister dies—15 interviews, primarily with adolescents, describing their feelings when a sibling died. Compelling voices who model different ways to address pain. Photos.

Ages 10-Adult

Roberts, J. & Johnson, J.

Thank You for Coming to Say Goodbye,

Centering Corporation, 1994

This book is for professionals, parents, funeral directors and other caring adults suggesting ways to involve children in the services.

Parents & Professionals

Romain, Trevor

What on Earth Do You Do When Someone Dies?, Free Spirit, 1999

This book describes the overwhelming emotions involved in dealing with the death of a loved one, and discusses how to cope with such a situation.

Young adults & Adults

Romond, Janis

Children Facing Grief, Abbey Press, 1989

This book gives hope as bereaved siblings express their feelings through letters.

Ages 6-14

Salloum, Alison

Reactions, Centering Corporation, 1998

This is a workbook for young people experiencing trauma and grief.

Ages 6 and up

Schaeffer, Dan & Lyons, Christine

How Do We Tell the Children?, New Market Press, 2002

Guide to help adults explain loss and grieving to children.

Ages 3-9 with adults

Schaefer, G.J.

Widowers Toolbox : Repair Your Life after Losing Your Spouse,

New Horizon Press, 2010

The author shares his own personal experiences recovering and nurturing two sons after living through, coping with, and ultimately healing from the pain of losing his wife.

Adult

Schwiebert, Pat

Tear Soup: A Recipe For Healing After Loss, Grief Watch, 2005

Book validates grief experience and can be used with children.

Has recipes at end.

Adults & Families

Sims, Alicia

Am I Still A Sister?, Big A and Company, 1988

This book describes the feelings and reactions when an eleven-year old's baby brother dies.

Ages 8-12

Sittser, Gerald L.

A Grace Disguised, Zondervan Publishing, 1996

Describes growth through the loss of family members/loved ones.

Adults

Staudacher, Carol

Men and Grief: A Guide for Men for Surviving the Death of a Loved One, New Harbinger, 2005

A guide for men who are struggling with the death of anyone close to them.

Young Adults & Adults

Techner, David & Hirt-Manheimer, Judith

A Candle for Grandpa: A Guide to the Jewish Funeral for Children and Parents, UAHC Press, 1993

This book for children explains Jewish funeral and burial customs.

Ages 7-12 with Adults

Temes, Roberta

The Empty Place: A Child's Guide Through Grief, New Horizon Press, 1992

A child's guide through grief, encouraging expression of feelings as it tells of a boy's older sister dying.

Ages 5-10 and Families

Wallbank, Susan

Facing Grief: Bereavement & The Young Adult,

Lutterworth Press, 1991

This book frankly discusses the effects of bereavement on young adults.

Young Adults

LOSS OF A GRANDPARENT

FICTION / NONFICTION

Aliki

The Two of Them, Mulberry Books, 1987

Relationship of child with grandparents, Illustrated.

Ages 3-9

Barron, T. A.

Where is Grandpa?, Philomel, 2000

A young boy, in dialogue with his father, discovers how to deal with loss through healing memories.

Ages 5-9

Burningham, John

Grandpa, Crown, 1984

Joyous images of moments shared with grandfather with an empty chair at the end.

Ages 4-7

Casely, Judith

When Grandpa Came to Stay, Greenwillow, 1986

A grandson helps his grandfather grieve the loss of his grandmother, with memories and tears.

Ages 3-7

Choi, Yangsook

Behind the Mask, Frances Foster Books/FSG, 2006

Korean and American folk traditions thread together a story about a boy who finds a link to his grandfather behind a Korean mask made by him.

Ages 4-10

Clifford, Eth

The Remembering Box, Houghton Mifflin, Reprint 1992

Gently depicts the demise of a grandmother up to the moment of death, with cherished memories left behind.

Ages 5-9

de Paola, Tomie

Nana Upstairs and Nana Downstairs, Putman, Revised 2000

Lovingly shows the care given an aging grandmother by her family, including children, before she dies. Depicts traditions and memories.

Ages 3-8

Fassler, Joan

Grandpa Died Today, Human Science Press, 1983

Young boy deals with the death of his grandfather and finds courage with his help.

Ages 4-7

Forward, Toby

Traveling Backward, Dutton, 1994

Humorous journey of a grandfather back to childhood due to his grandson's unwillingness to see him die. Both eventually see the appropriateness of death.

Ages 7-11

Hines, Anna G.

Remember the Butterflies, Dutton, 1991

Shows how a grandfather has taught a reverence for life which lasts beyond his death. Garden Setting.

Ages 4-8

Holden, L. Dwight

Gran-Gran's Best Trick, Magination Press, 1989

This book deals with cancer, treatment, and death of a grandparent.
Ages 6-12

Liss-Levinson, Nechama

When a Grandparent Dies, Jewish Lights Publishing, 1995

This child's memory book deals with Shiva and the following years.
Ages 8-12

McLaughlin, K.

The Memory Box, The Centering Corporation, 2001

This delightful story tells the transformation of a grandson grieving his grandfather by turning his fishing box into a memory box.
Ages 4-9

Pomerantz, Barbara

Bubby, Me, and Memories,

Union of American Hebrew Congregation, 1983

After his grandmother dies, child is helped and questions answered.
It is a good resource for Jewish customs.
Ages 4-8

Robinson, Aminah & Fox, Mem

Sophie, Harcourt Brace, 1997

Sophie feels alone following her grandfather's death.
Ages 3-7

Thomas, Jane Resh

Saying Goodbye to Grandma, Clarion, 1990

Illustrates the events faced by a family when a loved one dies, from a child's point of view, with dialogue regarding wishes, doubts, fears.
Ages 6-10

Thornton, Terence

Grandpa's Chair, Multnomah Press, 1988

Covers a boy's last visit to his grandfather, their love for each other, and his death.
Ages 4-8

Yolen, Jane

Grandad Bill's Song, PaperStar, 1998

A young boy finds his own feelings after family and friends talk about memories.
Ages 4-9

Zolotow, Charlotte

My Grandson Lew, Harper & Rowe, 1974

Shows the valuable communication between the living and dying that a child remembers years after the occurrence of death.

Ages 4-8

INTERMEDIATE & MIDDLE SCHOOL

Banks, Kate

Friends of the Heart, FSG, 2005

While at her grandparents' Italian home, Lucrezia must deal with a changing friendship and personal tragedy.

Ages 10-14

Brisson, Pat

Sky Memories, Delacorte Press, 1999

Emily is 10 when her mom is diagnosed with cancer and 11 when she dies.

Ages 9-13

Bryant, Jen

Pieces of Georgia, Knopf, 2006

Through journaling, thirteen-year old Georgia describes her grieving process in the loss of her mother. She discovers new friends and artistic talent in herself similar to her deceased mother's.

Ages 8-13

Fletcher, Ralph

Fig Pudding, Clarion, 1995

Shows how a family grieves a first Christmas after a son dies, depicting pain, conflicts, changes, surprises, and bonding.

Ages 8-13

Friedman, D. Dina

Playing Dad's Song, FSG, 2006

Story of Gus' pain with the loss of his father on 9-11-01, plus dealing with the school bully, and his friend moving. He forges a path toward acceptance and remembrance with his music teacher's help.

Ages 10-14

Greene, C. C.

Beat the Turtle Drum, Viking, 1976

Pictures a sister's, a family's, and a neighborhood's grief and initial recovery as a daring younger sister reaches a goal just before her death.
Ages 8-13

Hamilton, Virginia

Cousins, Philomel, 1997

Portrays a cousin's thoughts, including guilt, when she witnesses a cousin die accidentally. Adults and children learn to cope with loss more effectively.
Ages 9-13

Henkes, Kevin

Words of Stone, Greenwillow, 1992

Shows how an adolescent girl angry at her mother's abandonment befriends a boy whose mother has died of cancer. Empathy and understanding grow.
Ages 10-14

Howard, Ellen

The Tower Room, Atheneum, 1993

Portrays a girl's anxieties in moving in with an aunt and grandfather after her mother's death. She discovers her mother's death was not a punishment and accepts love.
Ages 10-14

Park, Barbara

Mick Harte Was Here, Yearling Press, 1996

Story of the grieving process of a friend after Mick was not wearing his bike helmet.
Ages 10-14

Rylant, Cynthia

Missing May, Orchard Books, 1992

Sensitively shows the grieving and initial healing of an orphan girl and her uncle after aunt's death.
Ages 8-13

Smith, Doris Buchanan

A Taste of Blackberries, Big A & C (Harper Collins), 1992

No one, least of all his best friend, dreamed that Jamie's exuberance and a harmless prank could end in his sudden death. When it does, his friend must find the strength to bear his grief and his feeling that he might have saved his friend.
Ages 7-13

Thesman, Jean

Nothing Grows Here, Harper Collins, 1994

Family rebuilds after the father's unexpected death—through eyes of a 12-year-old.

Ages 10-14

Walker, Alice

To Hell With Dying, Harcourt Brace, 1967

A beautifully illustrated book that follows the dying and death of a loving neighbor who is an alcoholic and diabetic. Narrated by a young girl from her grade school years through college. Her reflections mirror her growing acceptance of death.

Ages 8-12

Whelan, Gloria

Forgive the River, Forgive the Sky, Erdmans Books, 2003

12-year old Lilly struggles with her feelings following her dad dying in the river.

Ages 9-13

BOOKS FOR TEENS

Bode, Janet

Death is Hard to Live With, Bantam, 1995

Teenagers talk openly on how they cope with loss.

Teens

Dougy Center, The

Helping Teens Cope with Death, Dougy Center, 1999

This guide helps concerned, caring adults work with grieving teens.

Adults with Teens

Dower, Linda

I Will Remember You, Scholastic Paperbacks, 2001

This is a guide book for grieving teens when a loved one dies.

Teens & Young Adults

Fitzgerald, Helen

The Grieving Teen, Fireside, 2000

Compassionate guide covering a wide range of situations dealing with grieving a death. It addresses difficult emotions and new situations.

Teens

Gootman, Marilyn E.

When A Friend Dies, Free Spirit Press, 2005

Easy to use question and answer format with quotations from teens.
Teens

Gravelle, Karen & Haskins, Charles

Teenagers Face to Face With Bereavement,

Universe (Simon & Schuster), 2000

17 adolescents tell their stories, touching on guilt, anger, depression, feeling suicidal, school, holidays, and more.

Teens

Griffin, Peni

The Music Thief, Henry Holt, 2002

Story of Alma finding hope and easing her pain through music after her brother's murder.

Teens

Grollman, Earl A.

Bereaved Children and Teens, Beacon Press, 1995

This book serves as a guide to help children and teens after the death of someone they know.

Older Teens, Professionals, Adults

Grollman, Earl

Straight Talk About Death for Teenagers, Beacon Press, 1993

The book validates teens' painful feelings after a loved one dies and helps teens go forward with life.

Teens & Young Adults

Kolf, June

Teenagers Talk About Grief, Baker House Books, 1990

This book give firsthand accounts of experiences on teen grief.

Teens

Richter, Elizabeth

Losing Someone You Love—When a Brother or Sister Dies,

Putnam, 1986

15 adolescents describe their various responses to the loss of a sibling.

Photos.

Teens

Taisman, Enid Samuel

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

Experiencing a Loss, Centering Corporation, 1992

Book gives ideas on letter, song, and poem writing to help use creativity in grieving.

Teens

Wolfelt, Alan

Healing Your Grieving Heart for Teens: 100 Practical Ideas,
Companion Press, 2001

This book was written to help teens understand and deal with grief.
Teens & Young adults

SUICIDE, HOMICIDE, 9-11, & OTHER TRAUMA

Suicide

Aarons, Leroy

Prayers for Bobby, Harper, 1995

Provides many dimensions for understanding suicide, including
homosexuality.

Late Teens & Adults

Alvarez, A.

The Savage God, W. W. Norton & Co., 1971

Historical, literary, and philosophical dimensions of suicide.

Adults

Archibald, LaRita

***Finding Peace without All the Pieces: After a Loved One's
Suicide,*** Larch Pub. 2012

The book covers understanding mental illness, grief and healing from a
suicide, stigma, family survival, and more.

Adults & Families

Arrington, Candy Neely & Cox, David

Aftershock: Help, Hope and Healing in the Wake of Suicide,
Bitt Publishing Group, 2003

A recovery book that will provide encouragement and support for
survivors. Examines the complex emotions when grieving a suicide and
lets readers know they are not alone in their grief or healing.

Adults & Families

Baughner, Bob, Ph.D. & Jordan, Jack, Ph.D.

After Suicide Loss: Coping with Your Grief, Self Published, 2012

This concise book guides family members through reactions and events
that often occur after a suicide, both the first year and beyond.

Adults and Families

Obtain through b_baughner@yahoo.com

Bolton, Iris

My Son, My Son..., Bolton, 1996

A mother describes her son's suicide and the recovery process.

A useful checklist on how to cope is included.

Families

Bornstein, Kate

Hello Cruel World: 101 Alternatives to Teen Suicide,

Random House, 2006

Through humor and understanding, the author presents her views and ingenuity.

Adults & Late Teens

Cammarata, Doreen

Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them, Limitless Press, 2009

This book is for caring adults and child survivors of suicide.

Ages 5-9

Chilstrom, Corinne

Andrew, You Died Too Soon, Augsburg Fortress, 1993

An adopted son commits suicide, leaving his Christian family in grief.

Families

Cobain, Beverly & Larch, Jean

Dying to be Free: A Healing Guide for Families After a Suicide,

Hazelden Foundation, 2006

Clear, readable, touching and informative. Written primarily for survivors of suicide, it would also be beneficial for people to help suicidal friends or family recognize problems or even address their own suicidal feelings.

Older Teens & Adults

Collins, Judy

The Seven T's, Jeremy P. Tarcher Publishers, 2007

Uplifting and compassionate book on how to recover from the effects of suicide and other tragedies. Truth, Trust, Therapy, Treasure, Thrive, Treat, and Transcend are Ms. Collins road to recovery.

Adults & Professionals

Colt, George Howe

November of the Soul: The Enigma of Suicide, Scribner, 2006

Thorough academic book is good for study, but not as helpful for those experiencing loss. An essential book for any library on suicide, the table of contents and index are well organized and complete.

Professionals

Crook, Marion

Out of the Darkness: Teens Talk About Suicide,

Arsenal Pulp Publ. Ltd., 2009

The author stresses talking of suicide can no longer be a taboo. Through interviews she discusses causes including bullying, peer pressure, and issues of difference.

Teens & Adults

Dougy Center, The

After a Suicide Death: An Activity Book for Grieving Kids,

This book gives ideas to help children deal with a suicide loss through activities, creativity, and expression

Ages 5-12

Fields, Terri

After the Death of Anna Gonzales, Henry Holt, 2002

Poems by students and faculty giving insight into their lives after a teen suicide.

Teens & Adults

Fine, Carla

No Time to Say Goodbye, Doubleday, 1997

A wife describes her loss and the after-effects of her husband's suicide.

Adults

Gardner, Sandra

Teenage Suicide, Julian Messner Publisher, 1992

Covers some causes of teenage suicide and gives possible solutions.

Helps those who are grieving loss from suicide to understand.

Late Teens & Adults

Garland, Sherry

I Never Knew Your Name, Ticknor & Fields, 1996

A boy tells of the suicide of another boy whose name he did not know.

Ages 6-11

Glover, Beryl S.

The Empty Chair: The Journey of Grief After Suicide,

In-Sight Books, 2000

In 1983 the author lost her brother and daughter to suicide within three weeks of each other. This book describes and offers guidance for each emotion and issue felt following a suicide.

Adults & Families

Goldman, Linda

Bart Speaks Out on Suicide, WPS (California), 1998

This is an interactive storybook for children on suicide. It serves as a memory book for their person who died and also gives words for the way the person died.

Ages 5-10

Grollman, Earl & Malikow, M.

Living When a Young Friend Commits Suicide, Beacon Press, 1999
This book covers some reasons some people die from suicide and ways to talk about it.
Teens & Adults

Hays, Heather

Surviving Suicide: Help to Heal Your Heart,
Brown Books Publishing, 2005

A collection of letters written to dead loved ones by those who have lost family or friends to suicide. This will not take the place of support groups and/or real interaction in community, but it does offer simple day-to-day ways to move through grief.
Older Teens & Adults

Heath, Pamela Rae & Klima, Jon

Suicide: What Really Happens in the Afterlife?,

North Atlantic Books, 2006
Channeled conversations with the dead.
Adults

Hewett, John H.

After Suicide, Westminster/Knopf, 1980

Christian theme. Covers bereavement, moral and ethical aspects for people responding to suicide of a loved one.
Adults

Hsu, Albert Y.

Grieving a Suicide: A Loved One's Search for Comfort, Answers & Hope, Interservice Press, 2002

The author's father died by suicide after becoming depressed following a stroke. He explores the many questions surrounding suicide and addresses the topic of forgiveness.
Adults & Families

Jamison, Kay Redfield

Night Falls Fast: Understanding Suicide, First Vintage Books, 1999

Weaving together an historical and scientific explanation of suicide with personal essays on the subject, the author brings her remarkable compassion and literary skills to give insight on this difficult area.
Adults & Young Adults

Jordan, John & McIntosh, John (Eds.)

Grief After Suicide: Understanding the Consequences and Caring for the Survivors, Routledge New York, 2010

This volume provides an up to date summary of needed information for professionals to help families and peers after a suicide.
Professionals

Lukas, Christopher & Seiden, Henry M.

Silent Grief, Jessica Kingsley Publisher, 2007

Includes information on survivors of suicide, PTSD, bipolar disorder—good overview.

Adults

Marcus, Eric

Why Suicide, Harper Collins, 1996

Author attempts to answer many of the most frequently asked questions about suicide.

Older Teens & Adults

McDaniel, Lurlene

When Happily Ever After Ends, Bantam Books, 1992

Book talks about a teen's struggle after her father's suicide.

Teens & Adults

Myers, Michael, M. D. & Fine, Carla

Touched by Suicide, Penguin, 2006

Defines problem from survivor's perspective/experiences (Fine's), then Dr. Myers discusses it from a clinical reality. Compassionate and practical advice.

Adults

Nelson, Richard E., Ph. D. & Galas, Judith C.

The Power to Prevent Suicide, Free Spirit Press, 2006

A guide for teens helping teens.

Adults and Teens

Norton, Yuri E.

Dear Uncle Dave, Shirley Baldwin Waring, 1993

This story is written by a fourth grader giving memories about her Uncle Dave and his suicide.

Ages 6-10

Robinson, Rita

Survivors of Suicide, Nonfiction, New Page, Revised 2001

Contains details on teen suicide and help available.

Dispels myths surrounding suicide.

Adults and teens

Ross, Eleanora Betsy

After Suicide, DaCapo Press, 2002

A ray of hope for those left behind. An insightful look into a survivor's self-revelations with steps suggested for recovery.

Adults

Rubel, B.

But I Didn't Say Goodbye, Griefwork Center, 2009

This book is for parents and professionals to help child suicide survivors.
Professionals & Adults

Sandefter, K.

Mom, I'm All Right, Sanders Printing, 1990

A mother whose child died by suicide gives helpful advice and warnings.
Adults & Professionals

Sands, Diana

Red Chocolate Elephants (book & DVD),

Karridale Pty, Ltd. (Australia), 2010

The book and DVD provide text, pictures, and voices helping children with their parents' assistance facing suicide of a loved one.
Children & Families

Slaby, Andrew, M. D. & Garfinkel, Lili F.

No One Saw My Pain, Norton, 1994

Insight into the pain that is and is not recognized before teen suicide.
Adults & Professionals

Smolin, Ann & Gurian, John

Healing after the Suicide of a Loved One, Fireside, 1993

This book is filled with case studies and a list of suggested readings along with a directory of suicide support groups nationally.
Young adults & Adults

Sowers, Lou, Ph.D.; Quinnett, Paul, Ph.D.; & Bratcher, Kevin, MS, CEA

Helping A Child Survive A Suicide Crisis, qpr Institute, 1997

This brochure outlines steps parents/adults can take to help children through a suicide crisis or one who is exposed to suicide.
Adults working with children

Obtain through www.qprinstitute.com

Stickel, Leslie

Hope Defined, Self Published, 2010

Author discusses healing after her mother's suicide, suicide awareness, and prevention.

Adults

Book may be obtained through www.auntiesbooks.com

Stimming, Mary & Maureen

Before Their Time: Adult Children's Experiences of Parental Suicide, Temple University Press, 1999

Honest, first-person accounts by adult daughters and sons of the impact of a parent's suicide on them and their families.

Adults & Families

Wolfelt, Alan

The Understanding Your Suicide Grief Journal,

Companion Press, 2009

This book helps the grieving person examine the 10 essential steps to find healing and hope.

Adults

Homicide

Aub, Kathleen

Children Are Survivors Too, Grief Education Enterprises, 1995

This is a collection of stories by children and teenagers discussing their journeys as homicide survivors.

Ages 6 through Teens

Baughner, Bob Ph.D.; & Cox, Lew, Victim Advocate

Coping with Traumatic Death: Homicide, Self Published, 2009

This book is for the loved ones and families of murder victims. It covers reactions and suggestions to help families and contains the personal story from Mr. Cox, whose daughter was murdered. Available in Spanish.

Adults and Families *Obtain through b_baughner@yahoo.com*

Blume, Judy

Tiger Eyes, Macmillan Children's Group, 2005

Explains how a 15-year old resolves his feelings after his father's murder during a robbery.

Ages 11 and up

Bucholz, Judie A., Ph.D.

Homicide Survivors: Misunderstood Grievors,

Baywood Publishing, 2002

This book is about families who have faced murder and how they've dealt with the trauma of their loss.

Adults & Families

Dougy Center, The

After a Murder: A Workbook for Grieving Children,

The Dougy Center, 2002

This interactive workbook is for children dealing with the many aspects surrounding a murder.

Ages 8-12

Gayton, Richard R. & Williamson, Amrienne

The Forgiving Place: Choosing Peace After Violent Trauma,

WRS Publ., 1995

The author's wife was murdered in their home during a robbery.

This book concentrates on handling the emotional legacy of intentional violence.

Adults

Hendriks, J.; Black, D.; & Kaplan, T.

When Father Kills Mother, Routledge, 1993

The authors combine their knowledge of bereavement and PTSD to help children who have witnessed extreme violence.

Professionals & Adults

Jenkins, B.

What to Do When the Police Leave, WPJ Press, 1999

This is a guide to the days following a traumatic loss from homicide.

Adults

Kagan, H.

Gili's Book, Teacher's College Press, 1998

This book tells of a mother's grief after her daughter Gili's sudden death.

Adults

Lorbiecki, Marybeth

Just One Flick of the Finger, Dial Books, 1996

Story of a young boy who takes a gun to school and accidentally shoots a friend.

Ages 6-10

Mahon, K. L.

Just One Tear, Lothrop, Lee, and Shepard, 1992

This is the actual account of a teenage boy witnessing the fatal shooting of his father, what he deals with emotionally, the trial, and outcome.

Ages 10-15

Other Traumatic Loss (Including 9-11)

Lord, Janice H.

No Time for Goodbyes, Compassion Press, 2006

Book provides important guides for survivors whose loved one was killed.

Adults

Powell, Sandy

Geranium Morning, Lerner Publ., 1991

One boy's dad dies in a car accident and a girl's mom is dying.

They share their feelings.

Ages 6 and up

Schupp, Linda, Ph.D.

Grief: Normal, Complicated, Traumatic, PESI Health Care, 2007

This book gives scientific studies on grief, therapies, and useful teaching techniques.

Professionals including Counselors

GRIEVING LOSS

MISCARRIAGE OR PERINATAL

Allen, Marie, Ph.D. & Marks, Shelly, M.S.

Miscarriage, John Wiley & Sons, 1993

Women sharing from the heart. Support and advice based on author's own experience and women interviewed.

Parents

Covington, Sharon N., MSW, LCSW

Silent Birth...If Your Baby Dies (pamphlet), Fairview Press, 2004

Intended for couples who have lost a baby during pregnancy, labor, or shortly after birth. Can provide medical caregivers, family, and friends with an understanding.

Adults

Davis, Deborah L.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby,

Fulcrum, 1996

Psychology of adjustment, parent and children, concerning bereavement over perinatal death.

Adults

Gryte, Marilyn, & McClendon, Kristi

No New Baby, Centering Corporation, 1991

Children express feelings over loss after their mom's miscarriage.

Ages 5-8

Kohn, Ingrid, MSW & Mottit, Perry-Lynn

Silent Sorrow, Brunner-Routledge, 2000

Covers pregnancy loss—guidance and support for mother and whole family. Considered "bible" for families seeking support.

Adults

Kohner, Nancy & Henley, Alix

When a Baby Dies, Brunner-Routledge, 2001

Discusses the experience of late miscarriage, stillbirth, and neonatal death. Letters and interviews with bereaved parents and also explains medical and hospital practices.

Adults

Levange, Elizabeth & Sherokee, Ilse

Remembering With Love, Fairview Press, 1996

Messages of hope for the first year of grieving and beyond, including meditation exercises.

Adults

Panuthos, Claudia & Romeo, Catherine

Ended Beginnings, Bergin & Garvey, 1984
Healing Childbearing Losses. Wide scope including infertility, miscarriage, SIDS, abortion, release for adoption, handicapped babies, Cesarean, premature/traumatic birth, and help for grieving siblings.
Parents & Families

Rank, Maureen

Free to Grieve, Bethamy, 2004
Healing and encouragement for those who have experienced the physical, mental and emotional trauma of miscarriage and stillbirth. Helps those in sorrow to move towards healing.
Adults

DEATH OF A PARTNER

Brothers, Joyce

Widowed, Ballantine, 1992
Covers personal knowledge of husband loss, needs of widows/widowers.
Adults

Caine, Lynn

Being a Widow, Penguin Books, 1990
Author offers practical guidelines and ideas to women lonely and stressed from losing a spouse.
Adults, Widows

Curry, Cathleen L.

When Your Spouse Dies, Ave Marie, 1990
A concise and practical source of help and advice after loss of a spouse.
Adults

Ericsson, Stephanie

Companion Through the Darkness: Inner Dialogues on Grief, HC, 1993
Contains a series of meditations on grief with themes on rage, exile, abandonment. Chapters are 1 to 2 pages long.
Adults

Foehner, Charlott & Cozart, Carol

The Widow's Handbook, Fulcrum, 1988
Comprehensive, sensitive guide for dealing with the emotional and practical issues of the first two years of widowhood.
Adults

Greene, Phyllis

It Must Have Been Moonglow: Reflections on the First Years of Widowhood, Villard, 2003

This is the author's journal of feelings and experiences during the difficult transition from being married to widowhood.

Adults, Widows

Lewis, C. S.

A Grief Observed, Collier Books/Macmillan Press, 1961

Lewis writes about his experience with the death of his wife and the impact.

Adults

Wolfelt, Alan

Healing a Spouse's Grieving Heart, Companion Press, 2003

This book offers 100 practical, here-and-now suggestions for helping widows and widowers mourn.

Adults

GENERAL

Albom, Mitch

Tuesdays with Morrie, Doubleday, 1997

Describes interaction between an older man who is dying and a younger man who was his student earlier in life.

Adults

Anderson, George & Barone, Andrew

George Anderson's Lessons from the Light, Berkeley Books, NY, 1999

Extraordinary messages of comfort and hope from the other side.

Adults

Anderson, George & Barone, Andrew

Walking in the Garden of Souls, G.P. Putnam Sons, NY, 2001

Advice from the Hereafter, for living in the here and now.

Adults

Attig, Thomas

How We Grieve: Relearning the World, Oxford University, 1996

Explains through the stories of specific people's grieving how the bereaved relearn their relationships—to themselves and their spirituality, to survivors and others, to time, space, and to the deceased.

Adults

Auz, Martin M. & Lyons, Maureen

Handbook for Those Who Grieve, Loyola Chicago Press, 2002

Gives practical approaches for those who grieve or support the grieving. Many scenarios: work, home, violence, unexpected, elderly, very young. What to do and say. Useful bibliography.

Teens & Adults

Baughner, Bob, Ph.D. & Sims, Darcie, Ph.D.

The Crying Handbook, Self Published, 2007

This book provides various aspects of crying and why some people cry and others do not. Includes personal stories.

Adults *Obtain through b_baughner@yahoo.com*

Baughner, Bob, Ph.D. & Sims, Darcie, Ph.D.

A Guide for the Bereaved Survivor, Self Published, 2012

This is a basic, comprehensive book to help the bereaved survivor, including reactions and suggestions to cope with grief. Extensive information in a book short enough for those deep in grief to read.

Adults & Families *Obtain through b_baughner@yahoo.com*

Baughner, Bob, Ph.D.; Hankins, Carol, M.S.; & Hankins, Gary, Ph.D.

Understanding Anger During Bereavement, Self Published, 2008

This concise book gives insight into the complex issue of anger during bereavement. Covers reactions, suggestions, and causes, including coping strategies.

Adults & Families *Obtain through b_baughner@yahoo.com*

Baughner, Bob, Ph.D. & Sims, Darcie, Ph.D.

Understanding Guilt During Bereavement, Self Published, 2008

40 contributors share their insights into guilt during bereavement. Includes 22 coping suggestions.

Adults & Families *Obtain through b_baughner@yahoo.com*

Beattie, Melody

The Grief Club, Hazelden, 2006

Subtitled "The Secret to Getting Through All Kinds of Change,"

Good overall coverage of change, not specific to death.

Adults

Berger, Susan A.

The Five Ways We Grieve: Finding Your Personal Path After the Loss of a Loved One, Trumpeter, 2009

Author goes beyond previously held grief stages to one of practical healing and self-awareness.

Adults

Blume, Judy

Are You There God? It's Me Margaret, Atheneum, 2001

The story of Margaret's moving and emotions in forming a new life.

Ages 8-12

Bonanno, George A., Ph.D.

The Other Side Of Sadness: What the New Science of Bereavement Tells Us About Life After Loss, Basic Books, 2009
Author goes beyond the accepted five stages of grief, indicating experiences and resilience help us effectively deal with loss.
Adults

Bouvard, Marguerite

The Path Through Grief, a Practical Guide, Prometheus, 1998
Contains interviews and personal narratives on all types of loss—spouse, parent, child, sibling, or friend. Covers loss through illness, stillbirth, miscarriage, homicide, and suicide with a chapter on AIDS.
Adults

Bozarth, Alla Renee, Ph.D.

A Journey Through Grief, Hazeldon Educational Materials, 1994
Short, easily read book to help in the difficult stages of the grieving process.
Teens & Adults

Bozarth, Alla Renee, Ph.D.

Life is Goodbye, Life is Hello, Hazeldon Educational Materials, 1986
Book deals with grieving through all types of losses.
Late Teens & Adults

Brener, Annie

Mourning and Mitzvah, Jewish Lights, 2001
A guided journal for walking the mourner's path through grief to healing. Culturally sensitive with sixty exercises.
Adults

Canfield, Jack & Hansen, Mark Victor

Chicken Soup for the Grieving Soul, HCI, 2003
This is a collection of heart-warming stories to help everyone get through all types of loss, disappointments, and sadness.
Adults & Late Teens

Canfield, Jack; Hansen, Mark V.; & Newmark, Amy

Chicken Soup for the Soul: Grieving and Recovery,
Chicken Soup for the Soul, 2011
Authors provide 101 stories of inspiration and comfort to help with loss and grief.
Late Teens & Adults

Caplan, Sandi & Lang, Gordon

Grief's Courageous Journey, New Harbinger, 1995
This is a workbook encouraging writing and other methods to work through grief.
Late Teens & Adults

Colgrove, Melba, Ph.D. & Bloomfield, Harold, M. D.

How to Survive the Loss of a Love, Prelude Press, 2000

Describes overcoming losses of any kind, including death, breakups, divorce, and the recovery process. Easy to read format with poems and short quotes.

Late Teens & Adults

Copeland-Payton, Nancy, Ph.D.

The Losses of our Lives: The Sacred Gifts of Renewal in Everyday Loss, Skylight Paths, 2009

By using strength and resiliency learned from everyday, smaller losses, we have the ability to deal with larger losses such as death.

Adults

Core, C.; Noble, C.; & Core, D.

Death and Dying: Life and Meaning, Thomson, Wadsworth, 2003

Book gives a comprehensive discussion of insights into dying and bereavement.

Adults

Coryell, Deborah Morris

Good Grief: Healing Through the Shadow of Loss,

Shiva Foundation, 1997

The author describes the treasures found at the bottom of grief and how we are led to embrace the challenges of loss rather than avoid them.

Adults

Deits, Bob

Life After Loss: A Personal Guide Dealing with Death, Divorce, Job Change & Relocation, Perseus Books, 1999

The book gives positive, sensitive ideas to coping with real-life losses and changes.

Adults

Didion, Joan

The Year of Magical Thinking, Vintage, 2007

Written by a professional author about the death of her husband.

Adults

Doka, Kenneth J.

Living with Grief: Loss in Later Life, HFA, 2003

The book encourages everyone to help older people facing grief and loss.

Adults & Families

Dunn, Paul H. & Eyre, Richard M.

The Birth We Call Death, Bookcraft, 1994 (Mormon Church)
Quotations dealing with death, giving hope for eternal life.
Adults

Ellis, Thomas M.

This Thing Called Grief: New Understandings of Loss,
Syren Book Company, 2006
Brief and readable, full of personal experiences and practical advice.
It is an alternative for those who do not relate to the five stages of grief,
as the author emphasizes that grief is not neatly packaged into stages.
Adults

Emswiler, Mary Ann & James

Guiding Your Child Through Grief, Bantam, 2000
By Founders of the New England Center for Loss & Transition. Addresses
challenges, including those with teens. Covers communication, feelings,
behaviors, long-term effects, with a family focus.
Adults

Fadiman, Ann

The Spirit Catches You and You Fall Down, Farrar, Strauss, & Giroux, 1997
Addresses cultural awareness in the grieving process.
Adults

Fitzgerald, Helen

The Mourning Handbook, Fireside, 1995
Comprehensive resource offering advice on coping with all
aspects of dying, including childhood grief, funeral, and more.
Lists support groups.
Adults and older teens

Frankl, Viktor, M. D.

Man's Search for Meaning, Pocket Book, 1984
Deeply touching review of author's imprisonment in a Nazi camp and
the importance of love that helped him survive his many losses.
Late Teens & Adults

Gibran, K.

The Prophet, Alfred A. Knoph, 1969
Timeless poems expressing feelings of life and death, pleasure and pain,
joy and sorrow. Gives views to help through the most difficult of times.
Late Teens & Adults

Golden, Tom

Swallowed by a Snake, Golden Healing, 1996
This is a valuable resource for men defining grief, describing gender
differences in grieving patterns, and ideas to help work through grief.
Adult Men

Grollman, Earl A.

In Sickness and In Health, Beacon Press, 1987

Coping skills during a loved one's illness and finding strength.
Adults and Older teens

Grollman, Earl A.

Living When a Loved One Has Died, Beacon Press, 1995

Poems to help through the grieving process.
Adults

Grollman, Earl A.

Living with Loss, Healing with Hope, Beacon Press, 2001

Gives ideas to help heal and regain hope.
Adults

Grollman, Earl A.

What Helped Me When My Loved One Died, Beacon Press, 1981

Gives helpful information on a variety of deaths and the ensuing grieving process.
Late Teens & Adults

Harris, Maxine

The Loss That Is Forever, Plume, 1996

Dealing with the finality of loss and recovering through grief.
Families

Hickman, Martha

Healing After Loss, Avon Books, 1994

Daily meditations for working through grief.
Adults

Hipp, Earl

Help for the Hard Times: Getting Through Loss, Hazelden, 1995

Suggestions on getting through the difficult times of grieving and overcoming the feelings of loss.
Families

James, John W. and Friedman, Russell

The Grief Recovery Handbook, Harper, 1998

A step by step program for moving through the grieving process.
Late Teens & Adults

Kessler, David

The Needs of the Dying, HarperCollins, 2007 Revised

Tools and resources to bring hope, comfort, and love when a loved one is dying.
Adults

Kreis, Bernadine & Pattie, Alice

Up From Grief, Harper San Francisco, 1985

Written to help those who are in grief, those who need to understand grief in order to help a friend or relative, and those who work with the grief-stricken.

Adults

Kubler-Ross, Elizabeth

Death—The Final Stage of Growth, Prentice-Hall, 1975

Discusses death as giving meaning to life and as part of human development.

Adults

Kubler-Ross, Elizabeth & Kessler, David

On Grief and Grieving, Scribner, 2005

Understanding and finding meaning through the five stages of loss.

Adults

Kubler-Ross, Elizabeth

Wheel of Life, Touchstone, 1997

Having taught the world how to die well, the author offers a lesson in how to live well as she faces her own death.

Young adult & Adults

Kuenning, Delores

Helping People Through Grief--When a Friend Needs You,

Bethany House, 1987

A sensitive guide to help you know how and when to show your concern with people in crisis and pain.

Adults and Older Teens

Kumar, Sameet M.

Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss, New Harbinger Publications, 2005

Based on the Buddhist theory of handling grief, the book offers a quick summarization of what mindful grieving is. Analyzes why it is a good thing to take time to do actual battle with grief.

Professionals & Adults

Kushner, Harold S.

When Bad Things Happen to Good People, Avon Books, 1981

This book discusses traumatic events and dealing with the pain.

Teens & Adults

Lee, Judith

What To Do Before and After Someone Dies, Little Moose Press, 2006
Answers questions about death and dying. From making funeral arrangements to handling special circumstances, gives you the basics. It is a resource to help those involved navigate the practical considerations.
Professionals & Adults

Lenzkes, Susan

When Life Takes What Matters, Discovery House, 1993
Book lists devotions to help through change and crisis.
Teens & Adults

Levine, Stephen

Healing into Life and Death, Anchor, 1989
Facing death and emotions during difficult times of loss.
Adult

Levine, Stephen

Unattended Sorrow, Rodale Books, 2005-6
Recovering from loss and reviving ones self.
Adult

Lintermans, Gloria & Stolzman, Marilyn

The Healing Power of Grief, Champion Press, 2006
Leads mourners through five sequences of grief into recovery and balance. Provides helpful do's and don'ts for the bereaved and their friends and family. Concrete suggestions in the text and workbook for readers to put into practice. Gentle, comprehensive and practical.
Professionals & Adults

Manning, Doug

Don't Take My Grief Away, Harper, 1984
Steps to take when you are losing a loved one.
Adult

Marr, Diane Demsey, Ph.D.

The Reluctant Traveler, NavPress, 2002
This is a workbook to guide people after various types of loss—death, illness, divorce, and others. It gives practical steps, spiritual insight, and hope.
Adults

McCormack, Jerusha H.

Grieving: A Beginner's Guide, Paraclete Press, 2006
This book is a personal, concrete explanation of ways to deal with the pain of loss, lessons learned firsthand by the author in her own grieving.
Young adults & Adults

McCracken, Anne & Sempel, Mary

Broken Heart Still Beats After Your Child Dies, Hazeldon, 1998

A collection of poetry, fiction and essays completed by the authors, a social worker and a journalist, both of whom have lost a child.

Adults

Mindell, Arnold

Working with the Dreaming Body and Coma, Lao Tse, 1998

Key to awakening, plus more possibilities of the body's role in revealing aspects of the self.

Adult

Moore, Thomas

Dark Night of the Soul, Cygnus Books, 2004

Book gives advice in the quest for meaning during life's darkest hours: the loss of a loved one, depression, illness, disappointment—giving genuine solace and guidance.

Adults

O'Connor, Nancy, Ph.D.

Letting Go With Love, La Mariposa Press, 1984

Gives steps and guides through various losses, including suicide, with emphasis on coping and healing.

Teens & Adults

Parke, Collin M.

Bereavement, Penguin, 1998

Adult life studies on grief are examined.

Adults

Parke, Colin Mary; Laungani, Pittu; & Young, William

Death & Bereavement Across Cultures, Routledge, 2000

This is a useful resource for anyone to help understand others in a multicultural setting, including schools.

Educational Staff & Adults

Prend, Ashley Davis

Transcending Loss, Berkley Books, 1997

Book discusses the long impact of grief and making it meaningful.

Adults

Quackenbush, J. & Graveline, D.

When Your Pet Dies, Pocket Books, 1988

Helps owners understand feelings and grieving when a pet dies.

Teens & Adults

Rando, Therese A., Ph. D.

How to Go on Living When Someone You Love Dies,

Bantam Books, 1991

Helps understand grief and grieving different types of deaths, myths about grieving and how to “resolve” grief.

Adults

Sanders, Dr. Catherine M.

Surviving Grief, John Wiley Publishers, 1992

Ideas are given to help through the grieving process.

Teens & Adults

Staudacher, Carol

Beyond Grief, New Harbinger, 1987

Describes various types of losses: parent, child friend, including violent death and suicide. Suggests how to get and give help.

Teens & Adults

Sell, Colleen

Cup of Comfort for the Grieving Heart, F & W. Media Co., 2010

Through fifty empathetic and tender stories, the author shows the readers that others understand their sadness, and that there are brighter days to come.

Young adults & Adults

Staudacher, Carol

Time to Grieve, Harper Collins, 1994

Book provides an examination of the grief process including meditations for healing after the death of a loved one.

Young adults & Adults

Tatelbaum, Judy

The Courage To Grieve, Lippincott & Crowell, 1993

Creative living, recovery and growth through grief.

Adults

Terkel, Studs

Will the Circle be Unbroken?, Ballantine Publishing, 2001

From the sheer physical facts, to the emotional realities, to the spiritual speculations, all aspects of death are openly expressed.

Adults

Viorst, Judith

Alexander, Who's Not (Do you hear me? I mean it!) Going to Move, Aladdin Paperbacks, 1998

This depicts Alexander's intense feelings about moving and feelings of loss.

Ages 4-10

Walker, Val

Art of Comforting, Penguin, 2010

A guide on what to say and do for others who are in distress.

Young adults & Adults

Westberg, Granger E.

Good Grief, Augsburg Fortress, 1997

This book describes what happens to us whenever we lose someone or something important.

Adults

Whitson, Stephanie

Grace: How to Help a Grieving Friend, NavPress, 2011

This book is written very matter-of-factly from survivors' points of view.

This book helps friends understand what the grief-stricken friend is going through, and how to help them best.

Late Teens & Adults

Wilber, Ken

Grace and Grit, Shambhala Publications, 2000

The author's commentary is combined with his wife's journals to create a portrait of health and healing, wholeness and harmony, suffering and surrender.

Adults

Wolfelt, Alan

Understanding Your Grief: The Essential Touchstones for Finding Hope and Healing When You Hurt, Companion Press, 2003

According to the author, in the wilderness of grief, touchstones are the trail markers, the signs that let you know you are on the right path.

Young adults & Adults

(Note: Accompanying journal can also be purchased)

Zackheim, Victoria

Exit Laughing, Random House, 2012

This book is sponsored by the Society for the Study of Native Arts and Sciences, a nonprofit educational corporation whose goals are to develop an educated and cross-cultural perspective.

Young adults & Adults

Zunin, Leonard M., M. D. & Zunin, Hilary S.

The Art of Condolence, Harper Perennial, 1992

This book gives suggestions on what to write, say, and do after a loss.

Adults

PROFESSIONAL

General

Abrams, Rebecca

When Parents Die: Learning to Live With the Loss of a Parent,

Routledge, 2000

This book includes new research in addition to the author's experience to help those who have lost a parent.

Professionals

Hospice Foundation of America,

Living with Grief: At Worship,

This brochure gives practical suggestions to faith communities during times of loss, illness, and death.

Adults & Professionals

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

Beyond Kubler-Ross: New Perspectives on Death, Dying, and Grief, Hospice Foundation of America, 2011

This book focuses on new perspectives and viewpoints developed from the 5-stages model of grief.

Adults & Professionals

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

Living with Grief: Children and Adolescents,

Hospice Foundation of America, 2012

This volume helps understand children and adolescents going through loss, many types of grief, and current society aspects including the Internet. Helps understand ways to give support.

Professionals and Adults

Hospice Foundation of America

Living with Grief: At Work, Hospice Foundation of America, 2007

This brochure helps both peer workers and supervisors with interaction of an employee facing life-threatening illness and grief in a work setting.

Adults

Irish, Donald P., et al

Ethnic Variations in Dying, Death, and Grief, Taylor & Francis, 1998
This book gives specific variations across cultures in dealing with death and grief.
Professionals

Johnson, Sherry

After a Child Dies: Counseling Bereaved, Springer, 1987
This comprehensive text offers counseling information for families after a child dies.
Professionals

Komp, Diane M., M. D.

Why Me?, InterVarsity Press, 2001
Using the story of Biblical Job, Dr. Komp translates pain into a spiritual survival kit.
Professionals

Kosminsky, Phyllis Ph. D.

Getting Back to Life When Grief Won't Heal, McGraw Hill Publishers, 2007
This book is for the bereaved, and anyone who works with the bereaved—including counselors, medical staff, clergy, and hospice personnel.
Professionals & Adults

Leon, Irving G.

When A Baby Dies, Yale University, 1992
First in-depth explanation of psychotherapy for those who have experienced the loss of a baby during pregnancy or first few weeks after birth. Integrates narcissism, mourning, and short-term therapy with more traditional psychoanalytical therapy.
Professionals

Mills, G.; Reisler R.; Robinson, A.; & Vermilye, G.

Discussing Death, ETC Publications, 1976
Guide on death education with practical suggestions and resources for a wide age range.
Professionals

Nadeau, J.

Families Making Sense of Death, Sage, 1998
An important resource for families and professionals to understand the complexity of the grieving family.
Adults & Professionals

Neimeyer, Robert A.; Winokuer, Howard; Harris, Darcy, & Thornton, Gordon (Eds.)

Grief and Bereavement in Contemporary Society Bridging Research and Practice, Routledge, 2011

This readable book combines research and clinical wisdom including implementation of modules in practice. Covers bereavement, death, and dying, including international aspects.

Professionals

Oaklander, Violet

Windows to our Children: Gestalt Therapy for Children,

Center for Gestalt Development, 1969

Gives Gestalt therapy for children's loss and grief work, including play therapy.

Professionals

Okun, Barbara & Nowinski, Joseph

Saying Goodbye, Berkeley Publishing Group, 2011

Both authors are experienced therapists who understand there is no substitute for personal experience when it comes to writing about death and grief.

Professionals & Adults

Rando, T.

Treatment of Complicated Mourning, Research Press, 1993

Comprehensive book on complicated mourning, giving important understanding of the grief process.

Adults & Professionals

Seibert, Dinah; Drolet, Judy; & Fetro, J. V.

Helping Children Live with Death and Loss,

Southern Illinois U., 2003

Specifics for 0-3, 4-8, & 9 and over. What to expect, dialogues.

Includes inventories for adults' death education, experience, and choices regarding death. Activities for coping, literature.

Professionals

Silverman, P.

Never Too Young to Know, Oxford University Press, 1999 & 2000

Book gives important information including research and historical data to give better understanding of grieving children.

Professionals

Smilansky, S.

On Death—Helping Children Understand and Cope,

Peter Lang, 1987-88

Book covers studies on grieving children in Tel Aviv and how they process grief.

Professionals

Tugendhat, Julia

Living With Loss and Grief, Sheldon Press, 2005

A concise and largely academic overview of the history, ritual, and experience of grief, this book quotes Biblical texts, literature, and poetry to illustrate the universality and variety of grief. A cultural study of how grief is dealt with collectively.
Professionals

Webb, Nancy Boyd, Editor

Helping Bereaved Children: A Handbook for Practitioners (3rd Edition), Guilford Publishers, 2010

This book covers cognitive developmental understanding of death, children's responses to death, and assessing bereaved children. It includes case examples regarding death of a family member (e.g. grandparents, siblings), a death in the school and community, violent deaths, suicide in the family, and death due to terrorism.
Professionals

Wolfelt, A.

Helping Children Cope with Grief, Accelerated Development, Inc., 1983

This is an important resource to aid concerned adults working with grieving children and includes topics for discussion.
Professionals

Worden, James William, Ph.D.

Grief Counseling and Grief Therapy: A Handbook for Mental Health Practitioners, Springer Publishing Co., 2009

Dr. Worden uses Harvard Medical School counseling methods and strategy in working with patients with complicated or difficult grief.
Professionals

Yalom, Irvin D., Ph.D.

Staring at the Sun: Overcoming the Terror of Death, Jossey-Bass Publ., 2008

Dr. Yalom helps understand fear of death, causes of anxiety, and helps in finding a path through various losses. Includes his existential approach.
Professionals & Adults

Concerning Death and Crisis in Schools

Burns, Donna M.

When Kids are Grieving: Addressing Grief and Loss in School,
Corwin, 2010

This is a very practical resource to help children and adolescents through the grief process, helping with emotional stability, social interactions, and ways to respond to their needs.

Educators & School Counselors

Cassini K. & Rogers, J.

Death and the Classroom, Compassion Books, 1996

Manual gives guidance to deal practically with death in the classroom.

Teaching Staff

Dougy Center, The

Helping the Grieving Student: A Guide for Teachers,

Dougy Center www.dougy.org

At some point every teacher will encounter a student dealing with death and grief. This book gives practical information to help students during this difficult time.

Teachers working with Students Grades 1-12

Dougy Center, The

When Death Impacts Your School: A Guide for School Administrators, Dougy Center, www.dougy.org

This book gives suggestions on how to help students, addressing concerns, and giving ideas on intervention plans after death. It gives information on suicide, violence, and deciding when to ask for outside help.

Administrators

Gliko-Braden, M.

Grief Comes to Class, Centering Corporation, 1992

This is a guide for teachers and parents to help bereaved children.

Teaching Staff & Parents

Hospice Foundation of America

Living with Grief at School, Hospice Foundation of America, 2004

This brochure helps staff assist students with death, grief, and loss in schools.

Education Staff

Klicker, R.

A Student Dies, A School Mourns, Empowerment in Action, 2000
This manual guides schools in reducing the effects of personal loss and suffering when death occurs.
Teaching Staff

Lagorio, J.

Life Cycle Education Manual, Empowerment in Action, 1991
A teacher's guide to help with loss issues, including specific lessons, and activities.
Teaching Staff

Miller, K.

The Crisis Manual for Early Childhood Teachers, Gryphon House, 1996
A guide with information and ideas on how to handle difficult classroom problems.
Teaching Staff

O'Toole, D.

Growing Through Grief, Compassion Books, 2006
This is a comprehensive K-12 curriculum to help children through loss.
Teaching Staff

Grief Support Group Guides

Beckman, R.

Children Who Grieve, Learning Publications, 2000
A resource manual giving guidance to conduct support groups for grieving children.
Professionals

Burrell, R.; Coe, B.; & Hamm, G.

Fernside: A Center for Grieving Children, Fernside Publishers, 1994
Informative guidebook for working with grief support groups.
Professionals

Dougy Center, The

Memories Matter: 70 Activities for Grieving Children & Teens,
Dougy Center, www.dougy.org
This book is for professionals or parents to use with children and teens with ways to express their grief. It is categorized by topics and helps children process grief.
Ages Children & Teens

Fernside

Fernside Idea Book, Fernside, 2007

This extensive idea book helps facilitators provide 180 structured activities for all ages.

Counselors & Other Professionals

Haasi, B. & Marnocha, J.

Bereavement Support Group Programs for Children,

Taylor & Francis, 2000

This is an excellent children's workbook and leader's manual for children's grief support groups.

Professionals

Perschy, M.

Helping Teens Work Through Grief, Taylor & Francis, 1997

The guide gives ways to create a teen grief support group suggesting activities.

Professionals

Traumatic Loss – Including 9-11

Doka, Kenneth

Living with Grief after Sudden Loss, Taylor & Francis, 1996

Contains discussions on topics such as treatment implications for traumatic death, social psychological aspects of disaster death, and grief counseling for traumatic loss.

Professionals

Doka, Kenneth & Licht, M.

Living with Grief: Coping with Public Tragedy,

Brunner Routledge, 2003

This book gives a comprehensive look at how people coped with the terrorist attacks during 9-11.

Adults & Professionals

Matsakis, Aphrodite, Ph.D.

Trust after Trauma, New Harbinger Publications, inc., 1999

This is a readable and practical guide helping people from traumatic events and isolation to finding meaning and new relationships.

Adults and Therapists

Zinner, E. & Williams, M. B.

When a Community Weeps, Routledge, 1999

This gives case studies in group survivorship due to trauma and loss.

Professionals

WORKBOOKS DEALING WITH DEATH

Boulden, Jim

Saying Goodbye, Boulden Publishing, 1992

This is a bereavement workbook for young children.

Ages 5-8

Carney, Karen

Together, We'll Get Through This! Learning to Cope with Loss and Transition, Dragonfly, 1997

This is a book to help young children understand death and needed transitions.

Ages 3-7

Dougy Center, The

After a Death: An Activity Book for Children,

Dougy Center www.dougy.org

The book has suggested activities and ideas to help children on ways to deal with loss.

Ages 5-12

Fernside

A Book for You from Kids Like You, Fernside

This workbook is from Fernside kids with drawings and quotes encouraging grieving children to express their feelings.

Ages 5-12

Haasi, Beth & Marnochoa, J.

Bereavement Support Group Program for Children,

Taylor & Francis, 2000

This is a step-by-step workbook with a leader's manual to assist children's groups for grieving.

Ages 8-13

Hammond, Janice

2 Books: 1.) ***When My Mommy Died*** and 2.) ***When My Dad Died***,
Cranbrook Publishing, 1980

Both workbooks help children through grieving of loss of parent.

Ages 4-9

Heegaard, Marge

When Someone Very Special Dies, Woodland Press, 1988

This workbook encourages bereaved children to express their grief.

Ages 5-13

Hospice of Spokane

Helping Your Child Work through Grief, Hospice of Spokane

This is a workbook suggesting ideas and ways to help your child work through grief.

Families

O'Toole, Donna

Facing Change, Compassion Books, 1995

This is a workbook for pre-teens and teens.

Ages 10 and up

Traisman, Enid S.

Fire in My Heart; Ice in My Veins, Centering Corporation, 1992

Excellent workbook to facilitate teens to encourage memories and help with grieving.

Teens

MILITARY & VETERANS OF WAR

Hospice Foundation of America

Hospice Care & the Military Family,

Hospice Foundation of America, 2007

This brochure explores the uniqueness of the military family when facing death and loss.

Military and Families of Vets

Military Websites

Helpful websites for friends and families of Veterans

www.veteranscrisisline.net

Connects Veterans in crisis and their families to Department of Veterans Affairs responders

www.serve.gov

United we Serve is a website devoted to providing resources to Veterans and their families.

www.veteranfamiliesunited.org

Resources for friends and families of Veterans.

www.thesoldiersproject.org

Free confidential psychological counseling for Military service members and their loved ones.

www.unitedchildrenofveterans.com

Website devoted to providing information and resources about post-traumatic stress disorder in children of war Veterans.

RESOURCES IN SPANISH

Bob Baugher, Ph.D.,

b_baugher@yahoo.com,

Enfrentar Una Muerte Traumática: Homicidio

Obtain through b_baugher@yahoo.com

Dougy Center, The

website: www.dougy.org for several resources in Spanish

ANTI-BULLYING WEBSITES

Bullying and now cyber-bullying are critical issues faced by many young people, and conceptually by many adults in the workplace as well. The impact of bullying has been well researched and we know there is a need for even more research.

With this said, bullying can contribute to feelings of loneliness, isolation, despair, depression, hopelessness, and social anxiousness. In some cases, bullying may contribute to the development of serious and debilitating mental health concerns including suicidal thinking and behavior. In some cases the siblings of young people who died by suicide have become the targets of bullying. We also know that when bullying is not proactively addressed via education, training, policies & procedures, and laws, the victims of bullying may be left to cope with this challenge alone and it is possible the bullying will lead to acts of violence.

We at SMILE believe bullying, including cyber-bullying, is a significant issue in our society that can contribute to poor outcomes for our children. We also know that bullying is associated with significant grief and loss issues that should be understood by caring adults so grief and

loss issues are identified and managed sooner rather than later. We hope these ten anti-bullying resources below are of value in this regard and we have decided to include them in our *Grief & Loss Resource Guide*. As SMILE does not control the content on these websites, we cannot assume any legal responsibility for the information they post.

www.eyesonbullying.org

General information regarding bullying prevention for parents and other concerned individuals. Includes a Tool Kit.

www.pacer.org/bullying

General information regarding bullying prevention for parents and other concerned individuals. Specific information about October as Bullying Prevention Month with lots of ideas for activities.

<http://cybersmartcurriculum.org/cyberbullying/insba>

Provides a Cyber-bullying Package to schools nationwide.

www.glsen.org/cgi-bin/iowa/all/antibullying/index.html

Research-based interventions for schools with age-appropriate anti-bullying programs.

www.cartoonnetwork.com/tv_shows/promotion/landing_page/stopbullying/index.html

Ideas for parents and other concerned adults about preventing and stopping bullying.

www.girlshealth.gov/bullying/

Specific information related to girls and bullying.

www.cdc.gov/lgbthealth/youth.htm

Centers for Disease Control and Prevention with information specific to LGBT Youth.

www.esd101.net/site/Default.aspx?PageType=6&SiteID=1&SearchString=bullying

General information about the New ESD 101 serving schools in North-East Washington State.

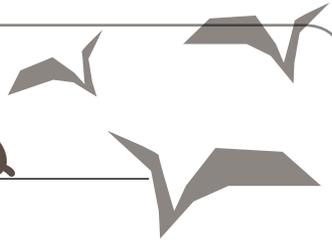
www.stopbullying.gov

Community strategies for bully prevention plus information regarding policies and laws specific to each state.

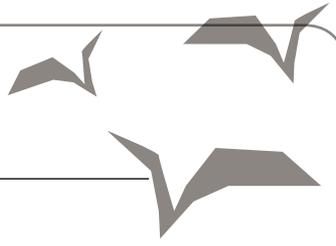
www.cyberbullying.us/index.php

Site dedicated to providing up-to-date research based information regarding cyber-bullying and adolescents.

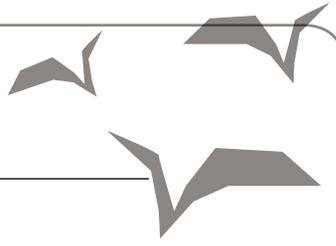
Activities



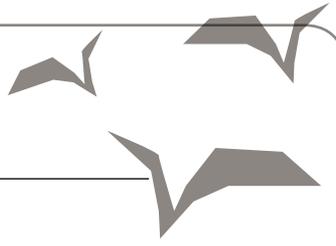
Notes



Notes



Notes





STUDENTS MASTERING IMPORTANT LIFESKILLS EDUCATION

PO Box 30357

Spokane, WA 99223

509.448.8886

www.smilelifework.org

To continue to serve our youth and community, we need your support and financial donations; any amount is appreciated.

The work done by SMILE is through highly experienced, dedicated professionals who volunteer their time to ensure that donations are maximized towards helping our youth become empowered and resilient.

Researched, produced and published by SMILE FOUNDATION