

PARENTING ED | BOOKS ON LOSS & GRIEF

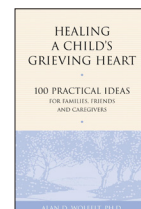
Below is a curated list of books to help kids and caregivers navigate loss and grief. These titles are available in the LWTG Library, King County Library System, as well as at brick-and-mortar and online booksellers. Use the age ranges listed as a guide.

BOOKS FOR CAREGIVERS

Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers

By Alan D. Wolfelt

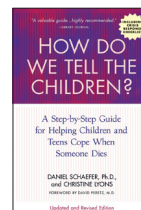
A resource for friends, parents, relatives, teachers, volunteers, and caregivers, offering suggestions to help a grieving child cope with the loss of a loved one.



How Do We Tell the Children?: A Step-By-Step Guide for Helping Children Two-to-Teen Cope When Someone Dies

By Dan Schaefer and Christine Lyons

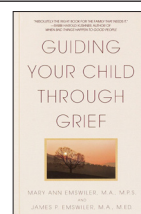
This book offers ways for adults to help young people cope with loss. It provides language to help explain and console.



Guiding Your Child Through Grief

By James P. Emswiler and Mary Ann Emswiler

This book empowers adults as they reach out to children who mourn. A guide offering expert advice during difficult days to help a child grieve the death of a loved one.



BOOKS FOR CHILDREN

AGES

The Very Hungry Worry Monsters

By Rosie Greening

1 - 3 A resource for parents and teachers to teach children about sharing their feelings and identifying their anxieties.



Something Very Sad Happened: A Toddler's Guide to Understanding Death

2 - 3 By Bonnie Zucker

This simple story features the friendly worry monsters, designed to help children engage with their worries.



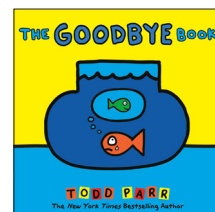
AGES

The Goodbye Book

2 - 4

By Todd Parr

Through the lens of a pet fish who has lost its companion, this book tells a story about saying goodbye to someone you love.

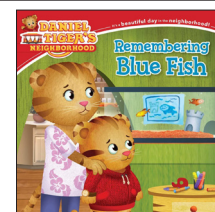


Remembering Blue Fish

2 - 4

By Becky Friedman

Daniel Tiger learns how to process the feelings that come with losing someone you love.



A Grand Old Tree

2 - 5

By Mary Newell DePalma

This book tells a tale of life and renewal through the lifecycle of a tree.



Mum's Jumper

2 - 6

By Jayde Perkin

A young girl looks for ways of dealing with anger, loneliness, & jealousy that death can create.

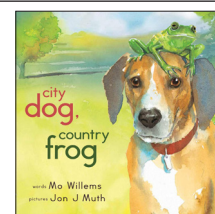


City Dog, Country Frog

2 - 6

By Mo Willems

This book explores the cyclical nature of friendship, change, and loss, set against the backdrop of the changing seasons.

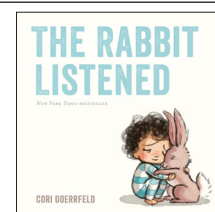


The Rabbit Listened

2+

By Cori Doerrfeld

When something sad happens, a child doesn't know where to turn. Then the rabbit arrives. All the rabbit does is listen....which is just what the child needs.

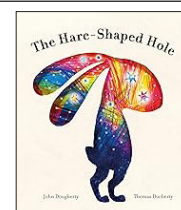


The Hare-Shaped Hole

3 - 5

By John Dougherty

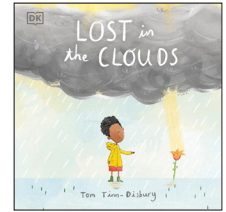
A picture book that gently explores themes of grief and loss.



AGES

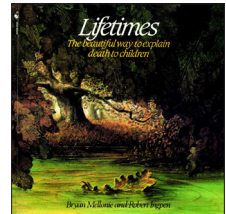
Lost in the Clouds

- 3 - 5 By Tom Tinn-Disbury
When a loved one dies, it can be a difficult topic to explain to little ones. This book helps support your child through their stages of grief.



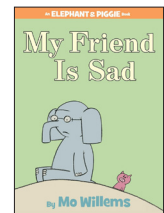
Lifetimes: The Beautiful Way to Explain Death to Children

- 3 - 6 By Bryan Mellonie and Robert Ingpen
Lifetimes explains life and death in a sensitive, caring way. It explains that dying is as much a part of living as being born.



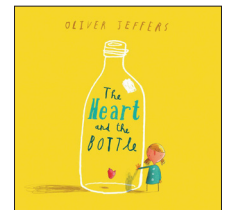
My Friend is Sad: An Elephant and Piggie Book

- 3 - 6 By Mo Willems
Gerald is down in the dumps. Piggie is determined to cheer him up. But what does it take to make a sad elephant happy? The answer will make even pessimistic elephants smile.



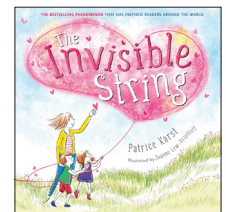
The Heart and the Bottle

- 3 - 6 By Oliver Jeffers
What happens when someone who encourages wonder and magic is no longer around?



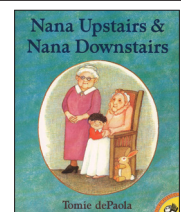
The Invisible String

- 3 - 7 By Patrice Karst
A book about the unbreakable connections between loved ones.



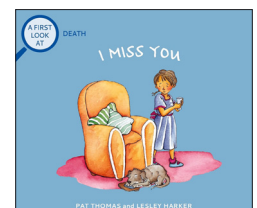
Nana Upstairs & Nana Downstairs

- 3 - 7 By Tomie dePaola
This book explores the struggle of saying good-bye to someone you love.



I Miss You: A First Look at Death

- 3 - 7 By Pat Thomas
This book explains that death is a natural complement to life and that grief and a sense of loss are normal feelings to have following the death of a loved one.



AGES

3 - 7 **Just What to Do**

By Kyle Lukoff

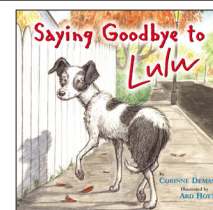
A picture book about grief and the many ways to offer comfort in sad times.



3 - 7 **Saying Goodbye to Lulu**

By Corinne Demas

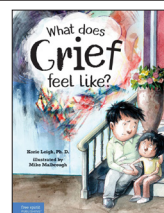
This story about a girl and her dog helps young readers cope with grief and loss.



3 - 8 **What Does Grief Feel Like?**

By Korie Leigh

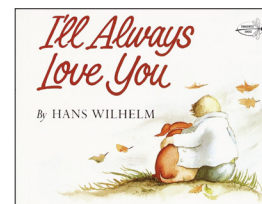
Help young children explore the ways people experience grief when someone dies.



3 - 8 **I'll Always Love You**

By Hans Wilhelm

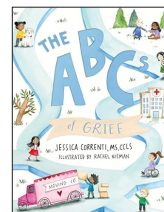
A gentle & moving story about losing a pet, & the importance of always expressing your love.



3+ **The ABCs of Grief**

By Jessica Correnti

This children's book helps kids process their grief through simple, relatable, child-friendly language and imagery.



3+ **Dog Heaven**

by Cynthia Rylant

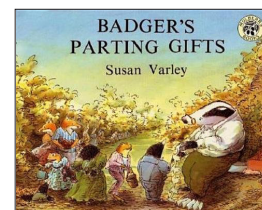
A comforting and playful exploration of a beloved dog's journey after a happy life on Earth.



4 - 8 **Badger's Parting Gifts**

By Susan Varley

When old Badger dies, the woodland creatures are overwhelmed by the loss of their friend. Then they begin to remember and treasure the memories he left them.



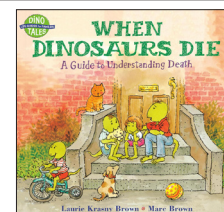
AGES

When Dinosaurs Die: A Guide to Understanding Death

4 - 8

By Laurie Krasny Brown and Marc Brown

This succinct and thorough guide helps dispel the mystery and negative connotations associated with death, providing answers to kids' most-often asked questions.

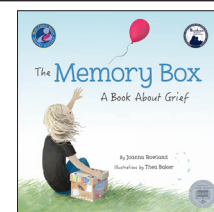


The Memory Box: A Book about Grief

4 - 8

By Joanna Rowland

From the perspective of a young child, this book describes what it's like to remember and grieve a loved one who has died.

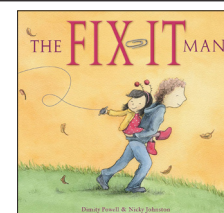


The Fix-It Man

4 - 8

By Nicky Johnston and Dimity Powell

A young girl believes her father is the king of fixing things, but following the death of her mother, she discovers that broken hearts are not as easy to repair.

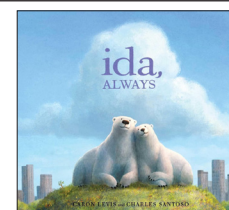


Ida, Always

4 - 8

By Caron Levis and Charles Santoso

An honest portrait of loss and deep friendship told through the story of two polar bears.



Out to Sea

4 - 8

By Helen Kellock

This tale of social and emotional learning expresses the experience of anxiety and grief and shows readers how they might ride the waves of emotion without losing perspective.



Still Mine

4 - 8

By Jayne Pillemer

What happens when the person you love is gone? This book offers comfort and reassurance to anyone who has experienced loss.

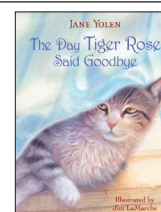


The Day Tiger Rose Said Goodbye

4 - 8

By Jane Yolen

A cat whose kitten days are far behind her says goodbye to her human family, and the animals and places that have made her life special, before leaving this life behind.



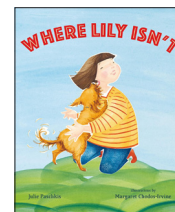
AGES

Where Lily Isn't

4 - 8

By Julie Paschkis

A bereavement picture book celebrating the love of a lost pet.

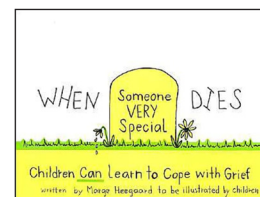


When Someone Very Special Dies: Children Can Learn to Cope with Grief

4 - 10

By Marge Eaton Heegaard

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

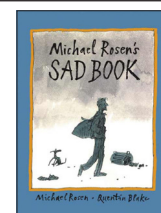


Michael Rosen's Sad Book

5 - 9

By Michael Rosen

Michael Rosen explores the experience of sadness in a way that resonates with us all.

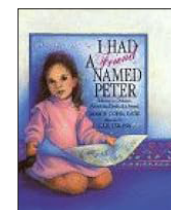


I Had a Friend Named Peter: Talking to Children about the Death of a Friend

5 - 9

By Janice Cohn

A child learns about the death of a friend, and her parents and teacher answer questions about dying, funerals, and the burial process.



Always Together

5 - 9

By Patricia Kreiser

Two otters are always connected, until suddenly they are not. This book showcases themes of loss, separation, and loneliness.



The Tenth Good Thing about Barney

5 - 9

By Judith Viorst

A child learns about death and funerals, grief and remembering, through the loss of his cat.

