

Books & Videos for Adults

These books and videos are suggestions for grief resources that may be helpful to you and/or your family. BC Children's Hospital Family Resource Library has all the resources on this list and mails resources free to families in BC. Contact the library at:

Family Support & Resource Centre
BC's Children's Hospital
4480 Oak Street, Rm. K2-126
Ambulatory Care Building
Vancouver, B.C. V6H 3V4

Web: <http://www.bcchildrens.ca/frl>
Toll Free: 1-800-331-1533
Tel: (604) 453-8335
Fax: (604) 875-3455
Email: fsrc@cw.bc.ca

Books for Helping Grieving Kids & Teens

Bereaved Children and Teens, a Support Guide for Parents and Professionals

Dr. Earl Grollman

A comprehensive resource for parents, teachers, counselors, health care professionals, clergy and others concerned about the children in their lives. Suggests ways of explaining death to children and teens from a number of perspectives (philosophical, cultural and religious).

Finding your Way

R. Reimer & Janne Davies

Discusses the process of grief for all members of a family. Includes poems and proverbs from numerous cultures.

For those who Live: Helping children cope with the death of a brother or sister.

Kathy, LaTour

A guide to helping children cope with the death of a brother or sister. Provides insight and understanding into how surviving children react to the death of a sibling.

Helping Children Cope with Separation and Loss

Claudia L. Jewett Jarratt

Simple techniques that an adult can use to help children through grief arising from death or separation. Issues include: dealing with loss, early reactions, sadness, anger, aggression, self-esteem, letting go and moving on.

I Know I Made it Happen: A Gentle Book about Feeling Guilty

Lynn Blackburn

The author suggests ways to help children who may feel that they have caused the death or illness or loss. Ages 4-11 years.

Sibling Grief

Marcia G. Scherago

This booklet talks about emotions and problems common to all human experience and how parents can help the child whose brother or sister has died.

Talking about Death: A Dialogue Between Parent & Child

Earl A. Grollman

A resource book designed to help parents share their feelings of loss and the range of emotions with their children.

What helped me when my loved one died

Dr. Earl Grollman

Personal reflections of survivors whose loved ones have died in a variety of ways - disease, accident, stillbirth - and the strategies that have helped them cope with their grief. Sources for further information may be out of date.

When bad things happen to good people

Harold S. Kushner

A man of great religious faith addresses the question of "Why has God done this to me?" He explores the guilt, anger, and loss of faith which frequently accompany a tragic event.

Books For Grieving Kids (3-5 yr)

Gentle Willow

Joyce Mills

When the pillow tree gets sick and nothing will make him well, his friends in the wood learn about death, and saying good-bye.

Giving Tree

Shel Silverstein

Tender story of a tree's love for a little and how, as he grew older, the tree gave more and more of itself to him.

Lifetimes: The Beautiful Way to Explain Death to Children

Bryan Mellonie and Robert Ingpen

A book about natural lifetimes in all creatures and the fact that sometimes those lives are cut short by accident.

Love you Forever

Robert Munsch

A whimsical tale of the enduring nature of parents' love over generations.

Remember the Secret

Elisabeth Kubler-Ross

A book about death and grief with a religious background and message.

Where's Jess

Marv & Joy Johnson

Addresses questions and concerns a young child may have when a brother or sister has died.

Books For Grieving Kids (6-12 yr)

A Bunch of Balloons

Dorothy Ferguson

Grieving children learn to talk about what they have lost and to see what is good in life when someone they love has died. Ages 6-10 years.

A Scrapbook of Memories

Dr. Earl Grollman

A workbook for kids to help them learn about their own grief and the grief of others. Activities to help talk about death. Ages 6-10 years.

Aarvy Aardvark Finds Hope

D. O'Toole

An illustrated read-aloud story of the pain and sadness of loss and the hope of grief recovery.

Am I Still a Sister?

Alicia M. Sims

Letters and thoughts written by an 11-year old girl whose baby brother died when she was four.

How it Feels When a Parent Dies

Jill Krementz

A collection of photo-essays with statements by eighteen bereaved children.

I Know I Made it Happen: A Gentle Book about Feeling Guilty

Lynn Blackburn

The author suggests ways to help children who may feel that they have caused the death or illness or loss.

Little Tree: A Story for Children with Serious Medical Problems

Joyce C. Mills and Michael Chesworth, III.

Although she is saddened that storm damage has caused her to lose some of her branches, Little Tree draws strength and happiness from the knowledge that she still has a strong trunk, deep roots, and a beautiful heart.

Losing Uncle Tim

MaryKate Jordan and Judith Friedman

When his beloved Uncle Tim dies of AIDS, Daniel struggles to find reassurance and understanding and finds that his favorite grown-up has left him a legacy of joy and courage.

Love, Mark

Mark Scrivani

A young boy describes his feelings when someone he loves dies.

Saying Good-bye

Jim and Joan Boulden

The story in this book talks about death as a natural part of life, the feelings that are involved in saying good-bye, and the conviction that love is forever.

The Fall of Freddie the Leaf: A Story of Life for All Ages*

Leo Buscaglia

Photographs of leaves on a tree in the park are accompanied by a text in which one leaf, Freddie, asks another, Daniel, to explain their anticipated fall from the tree and the meaning of life.

Velveteen Rabbit

M. Williams

Thought provoking story about love and death, written from the point of view of a toy rabbit.

Books for Grieving Fathers

After the Death of a child

Ann K. Finkbeiner

Examines long term parental grief, the differing ways mothers and fathers grieve, helps parents move through grief, go on with their lives but never forget their children who have died.

Finding your Way

R. Reimer & Janne Davies

Discusses the process of grief for all members of a family. Includes poems and proverbs from numerous cultures.

Healing a father's grief

William Schatz

This booklet looks at grief and loss from a father's perspective.

Men & Grief

Carol Staudacher

Grief from the male perspective.

The Fall of the Sparrow: Of Death and Dreams and Healing

Kent. L. Koppelman

A compelling and honest story of one father's search for meaning and healing following the sudden death of his son.

When bad things happen to good people

Harold S. Kushner

A man of great religious faith addresses the question of "Why has God done this to me?" He explores the guilt, anger, and loss of faith which frequently accompany a tragic event.

Books for Grieving Parents

After the Death of a Child

Ann K. Finkbeiner

Examines long term parental grief, the differing ways mothers and fathers grieve, helps parents move through grief, go on with their lives but never forget their children who have died.

Children die, too

Dr. S.M. Johnson and Joy Johnson

This booklet explains the emotions and feelings felt on the death of a child and suggests ways of helping other members of the family who have also gone through a loss.

Dear Parents: Letters to Bereaved Parents

Centering Corporation

Filled with compassion and love, this is a support group in book form. A collection of letters from bereaved parents who describe what they went through and how they coped.

Finding your Way

R. Reimer & Janne Davies

Discusses the process of grief for all members of a family. Includes poems and proverbs from numerous cultures.

Giving sorrow words: How to cope with grief and get on with your life

Candy Lightner

Written by the founder of MADD. The approach is to explore and experience all facets of grief, and in so doing grow from it. Deals with issues such as getting the support you need, funeral and mourning customs and relationships.

Grief: Climb Toward Understanding

Phyllis Davies

The story of the author's loss of her son in a tragic accident is reflected in her poetry as she chronicles her struggles and determination to find healing through grief.

Love, Mark

Mark Scribani

Series of hand-printed letters on grief for children. Each letter describes different aspects or challenge of grief.

Meditations for Bereaved Parents

Judy Osgood

Mothers and fathers share their anger and their anguish, and share the insights that have enabled them to heal, to reinvest in living, to smile and love again.

Parental Loss of a Child

Therese Rando

Encompasses three aspects in its investigation of the parental loss of a child: the various responses to loss, the different types of bereavement experiences, and the intensity of different losses.

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A compelling and honest story of one father's search for meaning and healing following the sudden death of his son.

The Worst Loss: How Families Heal from the Death of a Child

Barbara D. Rosof

Draws on families' own stories as well as groundbreaking research on grieving to answer questions on death and dying.

What helped me when my loved one died

Dr. Earl Grollman

Personal reflections of survivors whose loved ones have died in a variety of ways - disease, accident, stillbirth - and the strategies that have helped them cope with their grief. Sources for further information may be out of date.

When bad things happen to good people

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Books for Parents of Dying Kids & Teens

Children die, too

Dr. S.M. Johnson and Joy Johnson

This booklet explains the emotions and feelings felt on the death of a child and suggests ways of helping other members of the family who have also gone through a loss.

Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying.

Maggie Callanan and Patricia Kelley

Two hospice nurses share their intimate experiences with patients at the edge of life.

On Death and Dying

Dr. Elizabeth Kubler-Ross

The experience of death from the perspective of a dying person is described with insight and understanding so that all who have contact with him/her can do more to help and comfort the. Also brought to light are the issues of denial, anger, depression, acceptance, and hope.

Books for Helping Kids & Teens Understand About Death

Children die, too

Dr. S.M. Johnson and Joy Johnson

This booklet explains the emotions and feelings felt on the death of a child and suggests ways of helping other members of the family who have also gone through a loss.

Gentle willow: A Story for Children about Dying

Joyce Mills

Comforting story that helps children deal with the death of friends, a family member or a pet. It is a loving, tender story that addresses feelings of sadness, love, disbelief, and anger.

Lifetimes: The Beautiful Way to Explain Death to Children

Bryan Mellonie

Life and death are explained in a sensitive, caring way using examples from nature and lovely illustrations. (3-5 yr)

Little Tree: A Story for Children with Serious Medical Problems

Joyce C. Mills and Michael Chesworth, III.

Although she is saddened that storm damage has caused her to lose some of her branches, Little Tree draws strength and happiness from the knowledge that she still has a strong trunk, deep roots, and a beautiful heart. (6-12 yr)

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Talking about Death

Earl & Sharon Grollman

A workbook with simple explanations about loss, death and feelings, with space for the child to respond with writing and pictures.

We will meet again in Heaven

Christel and Isabel Zachert

One family's remarkable struggle with death and life. Contains letters written to her family, friends and doctors by a young girl struggling with cancer.

Books About the Death of a Baby

After the Death of a child

Ann K. Finkbeiner

Examines long term parental grief, the differing ways mothers and fathers grieve, helps parents move through grief, go on with their lives but never forget their children who have died.

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When Hello Means Goodbye: A guide for parents whose child dies at birth or shortly after

Pat & Paul Schweibert

This booklet helps prepare and guide parents through the grieving process after a baby dies. Includes a list of support services.