



## **Grief / Loss / Trauma / Serious Illness Resources for Families with Children/Youth**

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*These are just ideas and suggestions. Please carefully read through any resource before you decide to use it with a child or youth.*

### **General Resources**

- Hospice: [https://hospicefoundation.org/Grief-\(1\)/Children-and-Grief](https://hospicefoundation.org/Grief-(1)/Children-and-Grief)
- Trauma with Children:  
[https://www.huffpost.com/entry/dealing-with-grief-five-t\\_b\\_2303910](https://www.huffpost.com/entry/dealing-with-grief-five-t_b_2303910)
- Mayo Clinic:  
<https://newsnetwork.mayoclinic.org/discussion/helping-children-cope-with-tragedy/>
- Dougy Center is a valuable site with many resources: <https://www.dougy.org/> also has a [Resource Library](#)
- Mr. Rogers lives on with his wise words.  
[https://www.youtube.com/watch?v=-LGHtc\\_D328](https://www.youtube.com/watch?v=-LGHtc_D328)
- [Art With Heart](#) has art journals for kids of different ages dealing with something difficult.
- [My Favorite Color is Blue. Sometimes.](#): A Journey Through Loss with Art and Color by Roger Hutchison

### **Religious Resources**

- Sharon Pearson: <https://rowsofsharon.com/?s=grief>
- Bible Verses: [Sue's List of Bible Verses, Quotes, Songs about Light](#) and a website that lists [20 bible verses to comfort the hurting](#)

- [Tips for Parents/Caregivers from Episcopal Relief and Development](#)

## Older Children

### Novels:

- [Turtle Under Ice](#), by Juleah Del Rosario;
- [We are OK](#), by Nina LaCour;
- [In Sight of Stars](#), Gae Polisner;
- [The Boy in a Black Suit](#), by Jason Reynolds;
- [Ms. Bixby's Last Day](#), John David Anderson;
- [Dancing at the Pity Party](#), Tyler Feder (might be a little old.)

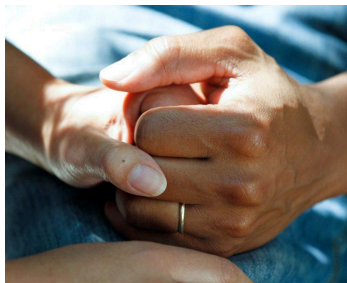
### Books "about" grief for teens:

- [Modern Loss Handbook](#) (essays about loss, by teens for teens);
- [Straight Talk about Death for Teenagers](#), Earl A Grollman.
- [Weird is Normal When Teenagers Grieve](#)
- [Not If But When books for young people about death and loss](#): has a long list of other books for children and teens as resources
- [Bad Things, Good People, and God: A Guide for Teens by Bryan Bliss](#) JANUARY 21, 2022 ~ article promoting this resource by WENDY CLAIRE BARRIE @Faith at Home

## Picture Books for Younger Children or Whole Family

- [Sparrow's Prayer](#) by Roger Hutchison
- [The Invisible String](#) by Patrice Karst. It's super short, but it does a good job of introducing through the side-door the idea of still loving someone and being connected to them after death. It has a really simple message (we are all connected forever), but leaves a lot of space for naturally occurring questions.
- [What's Heaven?](#) By Maria Shriver – One rector gives this to children who've lost a family member.
- [The Fall of Freddie the Leaf](#) by Leo Buscaglia
- [Waterbugs and Dragonflies](#) It's a wonderful parable of death as transition to another life. It's a very small, almost "booklet" kind of book. Very inexpensive and simple. Helpful for explaining death to young children by Doris Stickney

- [The Next Place](#) by Warren Hanson
- [Badger's Parting Gifts](#) by Susan Varley
- [The Tenth Good Thing About Barney](#) by Judith Viorst
- [Annie and the Old One](#) by Miska Miles Strong multicultural story dealing with how death is part of the cycle of life that goes on.
- [The Memory String](#) by Eve Bunting
- [A Pillow for my Mom](#) by Charissa Sgouros. Dealing with a child's mother's terminal illness and how the child copes.
- [Nana Upstairs and Nana Downstairs](#) by Tomie De Paola
- [Tear Soup](#) by Pat Schweibert and Chuck DeKlyen
- [And God Cried, Too: A Kid's Book of Healing and Hope](#) by Rabbi Marc Gellman
- [Remembering My Grandparent](#) Has activities to help them grieve and can serve as a scrapbook for pictures and memories. It's a book that is 4 yr. old would need help with but that could be beneficial to the adults also.
- [Cat Heaven and Dog Heaven](#) by Cynthia Rylant
- [The Goodbye Boat](#) - good for very young children.
- [Remembering My Pet](#) is also a good resource for dealing with the loss of a pet...but not specifically about heaven.



### **Adult Resources:**

- [Dealing With Grief: A Step-By-Step Guide For Emotional Healing After The Unexpected Death Of A Loved One](#)
- [Speaking of Dying \(film and workshops\) captures the importance of individuals and groups speaking openly about dying process and end of life planning](#)
- [10 Simple Acts: How to Survive Early Grief](#) (article) by Refuge in Grief
- [How to Help a Grieving Friend](#) (videos, blog, and courses) by Refuge In Grief

- [10 Ways You Can Support Someone Grieving During The Coronavirus Crisis \(article\)](#) by HuffPost
- [It's OK That You're Not OK \(book\)](#) presents a new way to look at grief and love
- [Painting Table by Roger Hutchison](#) a journal of loss and joy
- [Irreverent Prayers: Talking to God When You're Seriously Sick Paperback – July 2, 2024](#) by Elizabeth Felicetti (Author), Samantha Vincent-Alexander (Author)