

BOOK LIST

PRE-K

Books and related resources can help you and your child with words to describe your experience, and to learn about grief and ways to cope. Stories about others can also help kids feel less alone with what has happened to them.

Books About Grief

(Books that give information about death, the grieving process, emotions and/or coping skills)

- What Happens When Someone Dies? A Child's Guide to Death and Funerals by Michaelene Mundy
- Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss by Michaelene Mundy
- When Someone You Love Has Died: Talking to Young Children About Death by Stephanie Seidler
- The Goodbye Book by Todd Parr
- Why Do I Feel So Sad? by Tracy Lambert
- What Does Grief Feel Like? by Korie Leigh
- The Cloud by Kate Hauser
- More than Sad by Laura Cameron

Other Resources

(Websites, podcasts, etc)

- Dougy Center Resources for Kids
<https://www.dougy.org/resources/audience/kids>
(podcasts, tip sheets, grief-related activities)
- National Alliance for Children's Grief family portal
nacg.org/family-portal (information sheets about supporting grieving kids)
- Sesame Street in Communities: Grief
<https://sesameworkshop.org/topics/grief/> (videos, activities, and tip sheets)

Stories About Grief

(Books that talk about grief that others have experienced, may include education as well)

- I Can't Believe They're Gone by Karen Brough (Unnamed death)
- The Memory Box by Joanna Rowland (Unnamed death)
- The Invisible String by Patrice Karst (Could be loss or separation anxiety, focus is on absence, uncle in heaven mentioned)
- Cape by Kevin Johnson (Death of a male adult)
- Where did TJ Go? by Annie Downs (Infant brother's death)
- What Do You Do? When The Life of a Loved One Has Come to an End by Everly Cade (Brother's death in early childhood)
- Forever Connected by Jessica Correnti (Sibling's death)
- In Grandpaw's Pawprints by Lauren Mosback (Grandfather's death after medical problems)
- Something Very Sad Happened by Bonnie Zucker (Grandmother's death)
- Always Remember by Cece Ming (Death of an older person)
- Ida, Always by Caron Levis and Charles Santoso (Polar bear loses a friend to illness)

Interactive Books

(Journals, activity books, and workbooks)

- What Color Are Tears? A Grief and Loss Interactive Workbook by Marianne Vandewalk
- The Cloud - A Workbook For Grieving Hearts by Kate Hauser
- When Someone Dies: A Family Activity Book by the National Alliance for Children's Grief