For Adults Working With Children

*** 35 Ways to Help a Grieving Child by Doug Center (1999) Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays.

Answering Children’s Questions About Death by Abigaile L. Hung (2014) This book is to help prepare the parent so that when those questions come, you will have a starting point for your answers.

Finding the Words: How to Talk with Children and Teens about Death, Suicide, Homicide, Funerals, Cremation, and other End-of-Life Matters by Alan D. Wolfelt, Ph.D. (2013) Readers will find simplified and suitable methods for talking to children and teenagers about sensitive topics with an emphasis on the subject of death.

A Healing Place by Kate Atwood (2009) Help your child find hope and happiness after the loss of a loved one. [NHCPL]


Helping Children Grieve by Ruth P. Arent (2005) The author presents us with direct, yet sensitive guidelines and suggestions for helping in the recovery and healing of children from the very youngest of age up to teenagers and beyond. [NHCPL]

Helping Children Grieve: When Someone They Love Dies by Theresa M. Huntley (2002) The author explains common reactions (emotional, physical, and behavioral) parents can expect from children of all ages and offers adults the spiritual tools they need to help children cope with a significant loss.

Helping Teens Cope With Death by Doug Center (1999) You will learn how death impacts teenagers and ways that you can help them. The book also offers advice from parents and caregivers of bereaved teens on how to support adolescents and how to determine when professional help is needed.

Helping the Grieving Student: A Guide for Teachers by Doughy Center (1998) This guidebook is an essential resource for elementary, middle, and high school teachers, offering practical tips and information to respond to a death.

Kid’s Book About Death: Helping Children to Understand Death, Grief and Loss by James Carrie (2013) The author, a father and a scholar in child psychology, uses his experience, knowledge and research to offer a loving and truly helpful guide about death for kids.

*** Life and Loss: A Guide to Help Grieving Children by Linda Goldman (2013) This is the latest edition of the book clinicians have relied on for a full and nuanced presentation of the many issues with which grieving children grapple.

A Parent’s Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One by Phyllis R. Silverman (2009) The author offers wise guidance on virtually every aspect of childhood loss from living with someone who’s dying to preparing the funeral, to explaining death to a two year old, to managing the moods of a grieving teenager [NHCPL]

*** What Do We Tell the Children? by Joseph Primo (2013) The author, a former hospice chaplain, is currently president of the National Alliance for Grieving Children. “This book is about the power of love and about overcoming our own anxiety so that we can offer grieving children our compassion and steady support.”

Workbooks/Activity Books and Coloring Books to use with Children & Teens
After a Death from The Dougy Center (2007) An interactive workbook leads children through a variety of activities including “A Jumble of Thoughts and Feelings” to “Ways to Remember the Person Who Died.” Prepared by the National Center for Grieving Children & Families.

Bart Speaks Out on Suicide: Breaking the Silence by Jonathan and Linda Goldman (1998) A family dog talks about his confusion, hurt, and grief when his owner commits suicide. After each of Bart’s comments, the child is invited to write, draw or insert a photograph.

Bereavement Support Group for Children by Beth Haasl and Jean Marnocha (1990) This workbook fosters participant interaction with worksheets for each activity that require written comments and drawings. It encourages sharing among group members and communication with parents or guardians. There is also a leader manual for adults.

A Bunch of Balloons: Workbook for Grieving Children by Dorothy Ferguson (1992) A book to help grieving children acknowledge what they have lost and celebrate what they still have left when someone they love has died.

Facing Change: Falling Apart and Coming Together Again in the Teen Years by Donna O’Toole (1995) This informative book helps teens understand their losses and discover creative coping strategies to deal with them. Facing Change is unique in that all kinds of losses experienced by teenagers are listed and validated.

Fire in My Heat: Ice in My Veins: A Journal for Teenagers by Enid Samuel Traisman (1992) Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

Help Me Say Goodbye by Janis Silverman (1999) Activities for helping children cope when a special person dies. Space on the pages for writing and coloring and “remembering” the person. [own]

Saying Goodbye by Jim and Joan Boulden (1991) This book is widely used by hospices, schools, hospitals and mortuaries as well as by parents and therapists. It is a gentle, non-threatening presentation of death with a healing discussion of emotional issues.

Should I Go To the Funeral? by Jessie Flynn (1994) This coloring book is a simple presentation about what will happen at a funeral and what emotions the child may encounter.

So Much to Think About When Someone You Care About has Died by Fred Rogers (2000) An activity book for young children.

A Visit to the Cemetery by Jessie Flynn (1994) A coloring book that offers a simple explanation for younger children about what to expect on a visit to the cemetery.


When a Grandparent Dies: a Kid’s Own Workbook for Dealing with Shiva and the Year Beyond by Nechama Liss-Levinson (1995) This workbook helps children participate in the process of mourning and overcome the awkwardness that often accompanies their participation in grieving rituals.

When Something Terrible Happens: Children Can Learn to Cope With Grief by Marge Heegaard (1991) This workbook is designed to help children understand and cope with overwhelming feelings from loss and change. [NHCPL]

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change by Marge Heegaard (1991) This workbook offers a positive tool to assess a child’s feelings while impacted by illness and change. [NHCPL]

When Someone Very Special Dies: Children Can Learn to Cope with Grief by Marge Heegaard (1988) This workbook is designed to help children recognize their feelings and find ways to express them in sane ways. Love the section on letting “anger out in ways that will not hurt people or things.”


*** Books I personally think are exceptional either in content or readability or both. Worth buying.

This bibliography was prepared by Rebecca Taylor, Funeral Consumers Alliance – Costal Carolina. Notation of “NHCPL” means the New Hanover County Public Library. Please check your local public library, or request titles by Interlibrary Loan. Virtually all titles are also available from online bookstores, like amazon.com, often in “used” and other inexpensive editions.

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