



BC Cancer Agency
Library/Cancer Information Centre

GRIEF - CHILDREN AND TEENS

BOOKS FOR PARENTS

Bereaved children and teens : a support guide for parents and professionals

Earl A. Grollman, 1995. BF575 B487g 1995

Brings together articles from 14 writers (teachers, medical professionals, clergy, and counsellors) to address topics, such as terminal illness, death education in schools, responses among different faiths and ethnic groups, and the use of film and drama to teach about death.

But won't granny need her socks? : dealing effectively with children's concerns about death and dying

Donald W. Knowles, 1983. BF575 K73 1983

Discusses basic characteristics of children's understanding of death and reactions to loss and suggests ways of responding to children's concerns. Looks at children up to 6 years, 6-10 years, adolescent and at individual's differences. Includes questionnaires and check lists.

A child's view of grief : a guide for parents, teachers, and counselors

Alan D. Wolfelt, 2004. BF575 W856 2004

A practical guide for adults who want to help grieving children. Includes special sections on involving children in the funeral and adolescent mourning.

The grieving child : a parent's guide

Helen Fitzgerald, 1992. BF575 F553 1992

This is intended as a guide for parents seeking to explain the death of a parent, relative, friend, or even a pet to a child. Suggestions are given for dealing with emotional responses and helping in the child's adjustment to a new life.

Healing a child's grieving heart : 100 practical ideas for families, friends and caregivers

Alan D. Wolfelt, 2001. BF575 W854h 2001

What to expect from different ages of grieving young people, and how to provide safe outlets for children to express emotion.

Healing children's grief : surviving a parent's death from cancer

Gracy Hyslop Christ, 2000. BF575 C554 2000

Relates the stories of 88 families and their 157 children (ages 3 to 17) who participated in a parent-guidance intervention through the terminal illness and death of one of the parents from cancer. Provides a detailed examination of how children and adolescents cope with this loss.

Helping children cope with death : guidelines and resources

2nd ed. Hannelore Wass and Charles A. Corr, 1984. BF575 H483 1984

Guidelines for parents and other adults, plus annotated resources (printed materials, audiovisuals, and organizations)

Living with grief : children, adolescents, and loss

Kenneth J. Doka, 2000. BF575 L786d 2000

Includes a theoretical overview, clinical approaches with children and adolescents, and special losses.

Talking about death : a dialogue between parent and child

Earl A. Grollman, 1990. BF789 G875 1990

Includes principles for helping children; a passage to be read with a child; guidelines for responding to questions that might arise from the read-along section; and a list of resources.

When someone dies : supporting a child's grief

Griefworks BC, 2004. BF575 G848 2004

This booklet explains how to support children and what to expect from children as they grieve.

Why did you die? : activities to help children cope with grief & loss

Erika Leeuwenburgh and Ellen Goldring, 2008. BF575 G7 L487 2008

The first section is for adults and explains a child's grief process. The second section includes activities a parent can do with a grieving child.

Yours, mine and our children's grief : a parent's guide

Elva Mertick, 1991. BF575 M575 1991

Outlines how pre-school, older children and adolescents grieve and how to assist them through the process.

BOOKS FOR TEENS

Facing change : falling apart and coming together again in the teen years

Donna O'Toole, 1995. BF575 O89f 1995

All kinds of losses experienced by teenagers are listed and validated. The author suggests that no one but the person experiencing a loss can ever know just what unique meaning and importance any particular loss holds.

Healing your grieving heart for teens : 100 practical ideas

Alan D. Wolfelt, 2001. BF575 W856h 2001

Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways. Several suggestions appear under each heading; many of them encourage readers to express their feelings in a journal.

I will remember you : what to do when someone you love dies: a guidebook through grief for teens

Laura Dower, 2001. BF575 D746 2001

Explores different aspects of grief, such as denial, ritual, remembering, mourning a stranger, and anniversary "aftershocks." It includes personal stories of death and life from real teens, advice from a grief counsellor, and hands-on exercises.

Straight talk about death for teenagers : how to cope with losing someone you love

Earl A. Grollman, 1993. BF789 G875s 1993

This book speaks to teens in a way that acknowledges their feelings, promotes discussion and offers hope.

When will I stop hurting? : teens, loss, and grief

Edward Myers, 2004. BF575 G7 M996 2004

Outlining the phases of the grieving process, Myers incorporates numerous personal accounts and quotes from young adults who have experienced the death of a family member into the text. He discusses the range of emotions young people may have from anger and fear to relief and sadness and assures readers that these feelings are normal.

BOOKS FOR OLDER CHILDREN

Learning to say good-bye : when a child's parent dies

Edna LeShan, 1977. BF575 C5 L629 1977

Talks about when a parent dies, the fantasies, emotions, etc.

Mama's going to buy you a mockingbird

Jean Little, 1984. BF575 L778 1984

Young Jeremy and Sarah learn to cope with their grief and drastically changed lifestyle during their father's battle with cancer, which forces their mother to sell their house and return to school full time.

Our dad died : the true story of three kids whose lives changed

Amy Dennison, 2003. BF575 C5 D411 2003

When Amy and Allie were eight and David was four, their father died unexpectedly in his sleep. For the next two years, with their mother's help and encouragement, they kept journals about their reactions to their loss. The chapters are organized chronologically from the time they learned the news through their return to school and other activities. At the end of each chapter, the children provide additional thoughts, as they look back five years later.

When someone very special dies : children can learn to cope with grief

Marge Heegaard, 1988. BF575 C5 H458 1988

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

BOOKS FOR YOUNG CHILDREN

Aunt Mary Buttons

Diane Jarvis Jones, 1995. BF575 C5 J76 1995

The narrator remembers being a baby and being given a button blanket by Aunt Mary. Aunt Mary comes to live with the family when the narrator is five and she is seriously ill and dying. She sings a song to the young child who is afraid of death but does not understand its meaning. After the death of Aunt Mary, the child continues to give others buttons in remembrance.

Badger's parting gifts

Susan Varley, 1984. BF575 C5 V315 1984

Badger's friends are overwhelmed with their loss when he dies. By sharing their memories of his gifts, they find the strength to face the future with hope.

Fall of Freddie the leaf : a story of life for all ages

Leo Buscaglia, 1982. BF575 C5 B977 1982

As Freddie experiences the changing seasons along with his companion leaves, he learns that death is part of life.

Gentle willow : a story for children about dying

Joyce C. Mills, 1993. BF575 C5 M657 1993

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

The giving tree

Shel Silverstein, 1964. BF575 G44 S587 1964

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

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It must hurt a lot : a book about death and learning and growing

Doris Sanford, 1985. BF575 C5 S225 1985

A picture book about a young boy whose puppy dies.

Lifetimes : a beautiful way to explain death to children

Bryan Mellonie. 1983. BF575 C5 M527 1983

This book talks about the various lengths of life spans for plants, animals, and people and shows that dying is very much a part of living. It explains that there is a beginning and an end with living in between, and that sometimes things are too hurt or ill to continue living, so they die.

Nana upstairs and nana downstairs

Tomie de Paola, 1997. BF575 C5 D419 1997

About a boy's relationship with his grandmother and great grandmother which teaches him about death.

Remember the secret

Elisabeth Kubler-Ross, 1998. BF575 C5 K82r 1998

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

Samantha Jane's missing smile

Julie Kaplow, 2007. BF575 C5 K17 2007

Picture book about a young girl who misses her father.

The tenth good thing about Barney

Judith Viorst, 1998. BF575 V798 1998

This book tells the story of a cat who dies and is buried. The child and father discuss heaven, and later they plant seeds in the garden. The father explains that Barney will become part of the ground and help plants grow, which they decide is a pretty good job for a cat.

What's heaven?

Maria Shriver, 1999. BF575 S561 1999

Follows the conversations that pass between a mother and a young daughter in the days immediately following the death of the child's special great-grandmother.

When dinosaurs die : a guide to understanding death

Laurie Krasny Brown and Marc Brown, 1996. BF575 C5 B878w 1996

DVD

Child's view of grief

Alan D. Wolfelt, 2004. BF575 C537d 2004

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Child's view of grief

Dignity Memorial.

PAMPHLETS

Children's grief: how to help the child whose parent has died

Sibling grief: how parents can help the child whose brother or sister has died

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Tell me, papa: a family book for children's questions about death and funerals

RECOMMENDED WEBSITES

Griefworks BC

www.griefworksbc.com

Kids Konnected, for children ages 5-18, who have a parent with cancer

<http://www.kidskonnected.org>