

# A JOURNEY OF HEALING USING BOOKS

The Children's Bereavement Center Rio Grande Valley would like to thank you for being an advocate for children's grief. We hope that this list of readings can provide support families through grief, loss and healing.

## INTRODUCTION

Talking about grief can be a difficult task for both caregivers and children alike. Not knowing what words to use when talking with children and adolescents is normal and something that can be learned. Using books as a tool to introduce the concept of death and grieving can be extremely beneficial for both children and caregivers. Books can also help grieving teens feel less alone by showing stories of others that have experienced something similar. This list of resources is intended to help grieving families begin to have open conversations about loss and explore their personal grief responses. The books can be read in sections while opening conversation on how the child or teen relate to the characters in the story.

We hope these books will help others find healing in their grieving journey.



CHILDREN'S BEREAVEMENT CENTER  
RIO GRANDE VALLEY

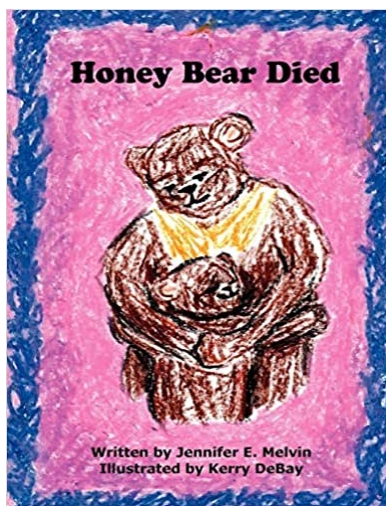
## Books for Young Children



When someone important to the family dies, it is common for caregivers to have fears about sharing the news with younger members of the family. Books can be a great tool for children and caregivers in explaining death and dying and letting them know they are not alone in their grief journey.

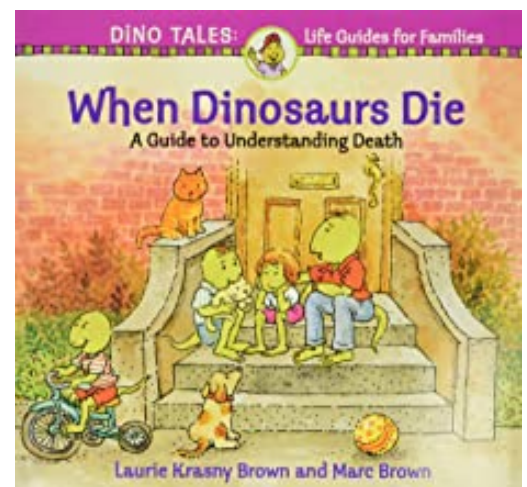
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*Honey Bear Died*  
by Jennifer E Melvin

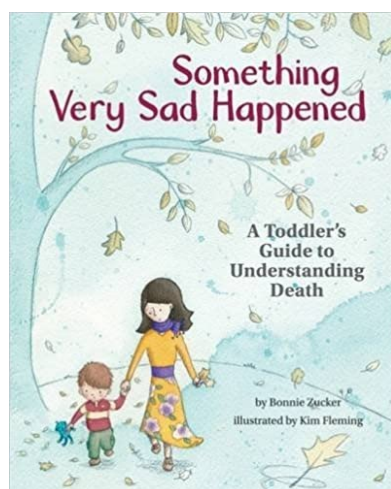


Provides the exact wording needed to explain death to 3-5 year olds. Also included is a list of common grief responses, and ways to support 3-5 year olds in their grief

*When Dinosaurs Die*  
by Laurie Krasny Brown



This succinct and thorough guide helps dispel the mystery and negative connotations associated with death, providing answers to kids' most-often asked questions.



*Something Very Sad Happened: A Toddler's Guide to Understanding Death*  
by Bonnie Zucker

Written at a developmental level that is appropriate for pre-school children, the story explains death; lets children know that it is okay to feel sad; and reassures children that they can still love the person who died, and the person who died will always love them.

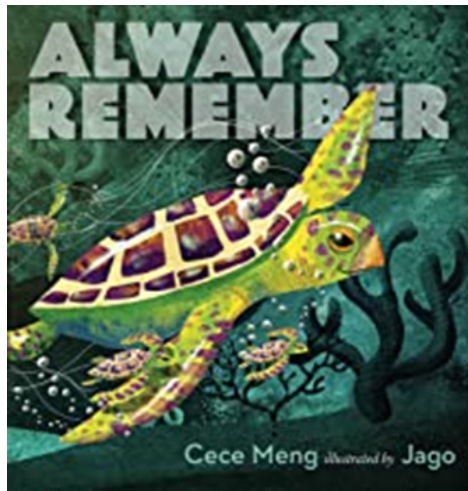
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*Always Remember*  
by Cece Meng

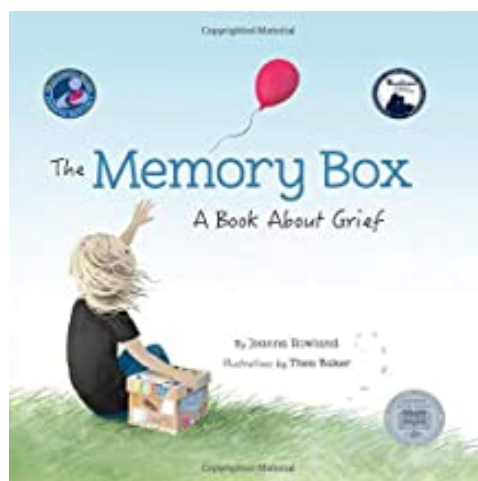


As the sea animals think back on how much better Old Turtle made their lives and their world, they realize that he is not truly gone, because his memory and legacy will last forever. This children's book addresses grief and honoring someone after they die.

*Even Superheroes Have Bad Days*  
by Shelly Becker



All kids have trouble getting a grip on their emotions, sometimes—even young superheroes! This book provides tools to help children understand and process their emotions



*The Memory Box: A Book About Grief*  
by Joanna Rowland

The Memory Box will help children and adults talk about this very difficult topic together. The unique point of view allows the reader to explore ways of making lasting connections.

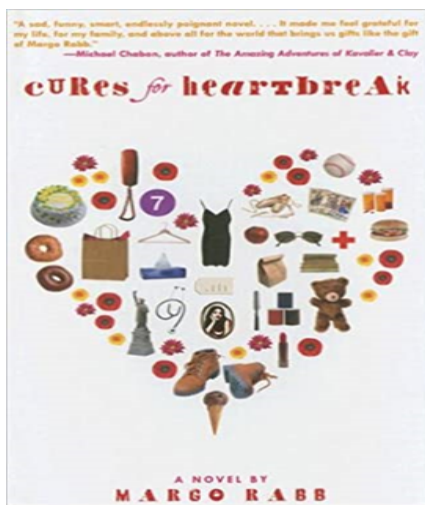
# Books for Adolescent Youth



Grieving teens can benefit from finding healthy ways to express grief related thoughts and feelings. The death of a special person, can increase stress. Here are a books that allow them to learn how they can overcome their own hardships and learn that there are others just like them.

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## *Cures for Heartbreak* by Margo Rabb

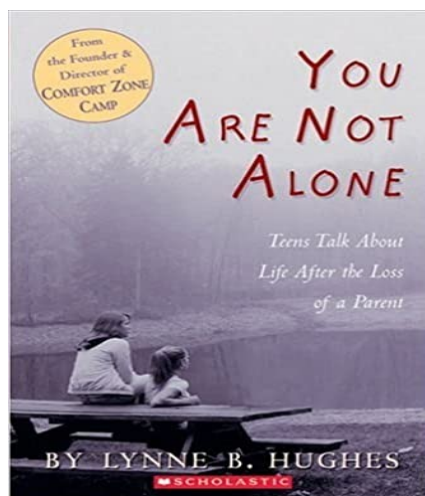


This novel explores the themes of loss, love and new beginnings after losing a loved one.

## *We Are Okay* by Nina LaCour



The novel depicts a teen's journey through grief after losing her mom and being supported by a close friend



## *YOU ARE NOT ALONE: TEENS TALK ABOUT LIFE AFTER THE LOSS OF A PARENT*

By Lynne B. Hughes

Words of reassurance and strategies for coping with the loss of a parent, by the director of the nation's largest bereavement camp for children.

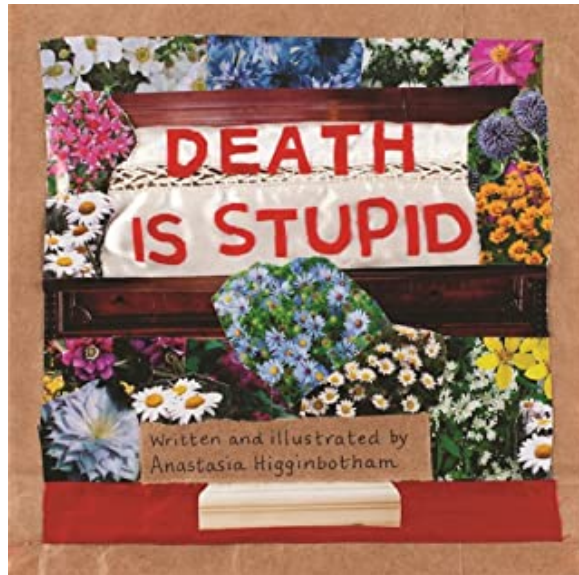


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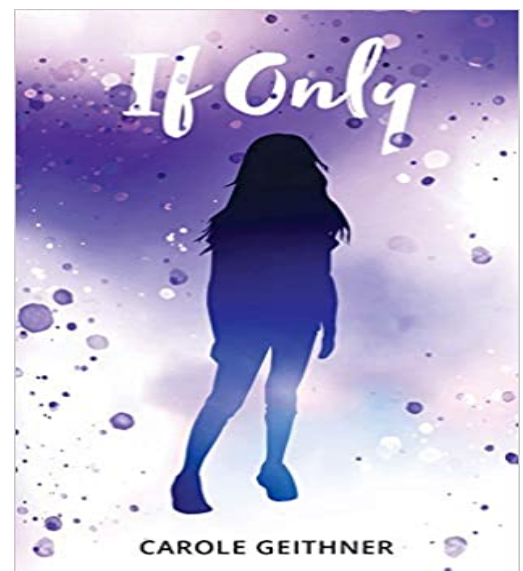


*Death is Stupid*  
by Anastasia Higginbotham

Death Is Stupid is an invaluable tool for discussing death, exploring grief, and honoring the life of our loved ones.

*If Only*  
by Carole Geithner

This book one girl's journey through loss and grief after losing her mother to cancer.



## Books for Adult Caregivers



Death of a loved one can be difficult for everyone in the family, At the Children's Bereavement Center RGV we believe that the adult caregiver should also be supported as they balance new roles and responsibilities. Here are a few books that can help an adult caregiver through their grief journey while learning how to care and support grieving children.

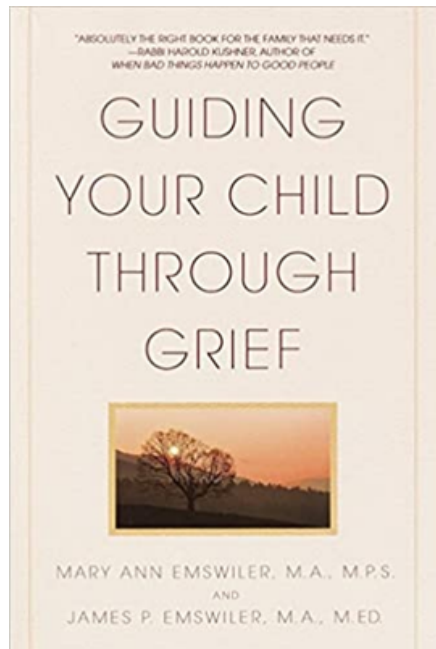
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### *Guiding Your Child Through Grief* by James P. Emswiler

Helping children grieve the death of a loved one. This caring and compassionate guide offers expert advice during difficult days to help a child grieve the death of a parent or sibling.



### *IT'S OKAY THAT YOU'RE NOT OKAY: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine

A book for grieving people, those who love them, and all those seeking to love themselves and each other better.

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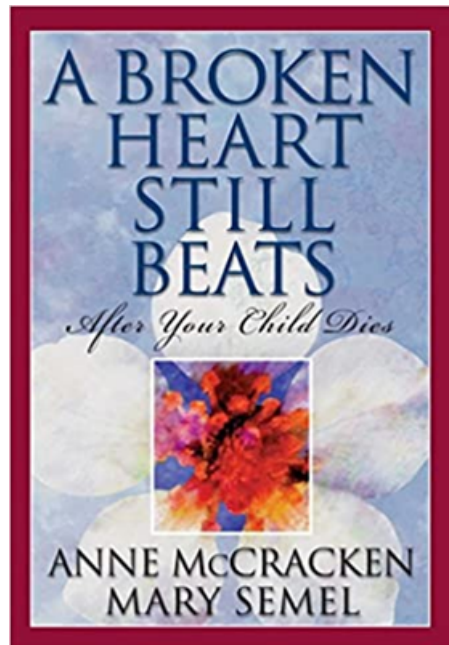
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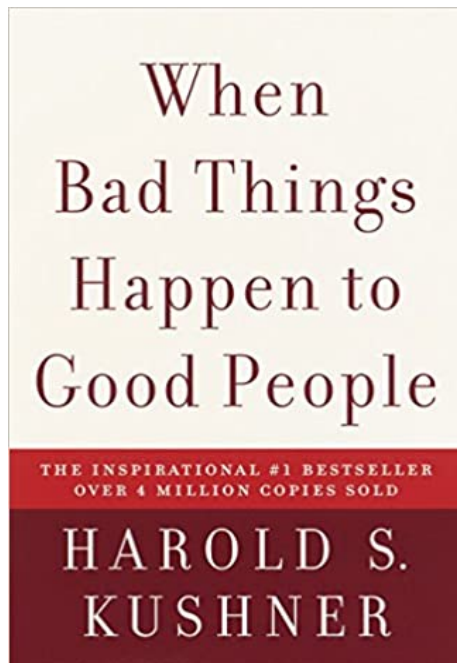
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*A Broken Heart Still Beats: After Your Child Dies*  
by Annie McCracken & Mary Semel

This compilation of poetry, fiction, and essays about the pain, stages, grief, and coping offer inspiration and comfort in the wake of tragedy. This book helps grieving parents process through the loss of a child



*When Bad Things Happen to Good People*  
by Harold S. Kushner

This book discusses the difficult question of "why?" as many are faced with after the death of a loved one.