

GRIEF BOOKS FOR CHILDREN

[We Were Going to Have a Baby But We Had an Angel Instead](#) by Pat Schweibert

From a Reader: "When I lost my severely premature son earlier this summer, I was frustrated trying to find a book for my four year old that would help him understand what had happened -- and then I found this book. It is gentle and simple and so utterly perfect, whether your baby died in utero or shortly after birth. It takes such a difficult topic and puts it in words (and beautiful illustrations) that children can understand."

[Someone Came Before You](#) by Pat Schweibert

There are books for children to help them when the baby they are waiting for dies. And now there is a book for the child who comes after the one who died. It s a perfect gift just for them. It explains in a gentle way the parents desire for a child and the sadness that comes over them when that baby dies. It then shares how the parents, with the help of the baby, get to the point of wanting another child to come into their lives. The illustrator, Taylor Bills, who has an extraordinary gift of capturing feelings in his drawings that tell the story beyond words. Includes suggestions about keeping your baby s memory alive.

[Something Happened](#) by Cathy Blanford

This beautifully illustrated, simple, clear story is designed to help a young child understand what has happened when there has been a pregnancy loss. The book addresses the sadness that a child experiences when the anticipated baby has died. The child's fears and feelings of guilt are addressed as well as other confusing feelings. Perhaps most important, the book includes the family's experience of going on with life while always remembering their baby. The child reading the book is left with a sense of reassurance that life continues and he is still a vital part of a loving family. Most pages include a box with words for parents. These words are there to help parents understand what their child might be experiencing and why the particular illustrations and text were chosen. They are right there on each page so that the parents don't miss them and can easily scan them while their children look at the illustrations. Children who have experienced a death in their family are very reassured by stories of other children who have had a similar experience. It helps them to understand better what has happened in their own family while at the same time offering the comforting knowledge that they are not alone in their feelings.

[Help Me Say Goodbye: Activities for Helping Kids Cope When A Special Person Dies](#)

by Janis Silverman

When someone they love dies or becomes terminally ill, children need help coping with grief and finding ways to remember and honor their special someone. This art therapy book encourages children to express their feelings in words or pictures, helping them deal with their feelings.

[No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth](#)

by Marilyn Gryte and Kristi McClendon

For siblings who have a brother or sister die before birth. This storybook talks about the different feelings children have and answers some of the most asked questions. Recently revised, includes a section for parents and grandparents.

Where's Jess: For Children Who Have a Brother or Sister Die *by Marvin Johnson*

Illustrated by Paris Sieff, age 8. Simple and easy for children to understand. For siblings who had baby at home. Ages 3-6

The Invisible String *by Patrice Karst*

Specifically written to address children's fear of being apart from the ones they love, The Invisible String delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else. Parents and children everywhere who are looking for reassurance and reaffirmation of the transcendent power of love, to bind, connect and comfort us through those inevitable times when life challenges us!

Where Are You? A Child's Book About Loss *by Laura Olivieri*

Where Are You: A Child's Book About Loss is a kind and supportive text with beautiful illustrations designed to help children of all ages cope with the loss of a loved one. It is created with love and care so that even the youngest readers will find comfort during this stressful and difficult time.

Lifetimes: The Beautiful Way to Explain Death to Children *by Bryan Mellonie & Robert Ingpen*

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. *Lifetimes* tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

Gentle Willow: A Story for Children About Dying *by Joyce C. Mills*

Written for children who may not survive their illness or for the children who know them, the second edition of this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion.

A Child's View of Grief *by Alan Wolfelt, Ph.D.*

In this informative, easy-to-read booklet, Dr. Wolfelt explains how children and adolescents grieve after someone loved dies and offers helping guidelines for caregiving adults. An excellent, concise resource for parents of grieving kids.

The Fall of Freddie the Leaf *by Leo Buscaglia, Ph.D.*

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

I Miss You: A First Look at Death *by Pat Thomas*

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Titles in this sensitively presented series explore the dynamics of various relationships

experienced by children of preschool through early school age. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. Written by psychotherapist and counselor Pat Thomas, these books promote positive interaction among children, parents, and teachers. The story lines are simple and direct--easily accessible to younger children. There are full-color illustrations on every page.

Sad Isn't Bad: A Good-Grief Guidbook for Kids Dealing with Loss by *Michaelene Mundy*

Sad Isn't Bad offers children of all ages a comforting, realistic look at loss--loaded with positive, life-affirming helps for coping with loss as a child. It's a book that promotes honest and healthy grief--and growth.

A Letter from Heaven by *Steve Butler*

Jamie was still little when he asked his mommy who Alexandra was. He learned that she was his older sister who died before he was born and now lives in Heaven. This book for 3-8 year olds eloquently tells the story of death, grief, and new life in a practical manner.

Mommy, Please Don't Cry by *Linda DeYamaz*

This book is written from the child's perspective as he/she shares what it's like in heaven. Very touching and comforting...one of my personal favorites. Great gift book for mom. I love to think of my little ones experiencing the joys and wonder of heaven until we meet again.

My Brother...He's An Angel by *Savannah Leyde*

A little boy waiting for the birth of his baby brother finds out the baby has died. This short children's story tells of feelings, holidays, creating memories, planting trees, and that his brother is safe in Jesus' arms.