
BOOKS ABOUT PARENT LOSS

Children

General Books About Grief

- *Aarvy Aardvark Finds Hope* by Donna O'Toole -- Aarvy has lost his family and is filled with despair and hopelessness until a true friend helps him learn about the strengths within himself.
- *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown -- Straightforward and compassionate, *When Dinosaurs Die* explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.
- *Grief is a Mess* by Jackie Schuld -- *Grief is a Mess* is an illustrated book for grieving children and adults who need a healthy dose of understanding, comfort, and laughter.
- *The Invisible String* by Patrice Karst -- Specifically written to address children's fears of being apart from the ones they love, *The Invisible String* offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace.

Books for Parent Loss

- *Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent* by Julie Kaplow and Donna Pincus -- When her father dies, Sammy Jane doesn't know how to express her grief. She fears that her sadness will overwhelm her if she faces it. She worries that her sadness will overburden her mother, too, and that her mother won't be available for her. She is angry at the unfairness of her loss. And she feels guilty about the prospect of smiling ever again.
- *Thinking of Mom: A Children's Picture Book About Coping with Loss* by M.O. Lufkin -- Mom takes care of Ella every day. She helps her brush her teeth and get dressed, and takes her outside to play. But when Mom is overcome with illness, Ella is left feeling sad, angry, and helpless. She doesn't know how to



deal with those emotions, but Dad helps her to call on the good memories of Mom to find happiness again.

- *Where Is My Mommy?* by Mary Kilgore -- How does a child cope when a parent disappears? This gentle story is ideal for sharing with a child who can't understand why Mom or Dad is gone, and when if ever the parent might return. Created by a clinical social worker and school social worker/mother and son team, *Where Is My Mommy?* helps children work through loss and grief.
- *The Special Things Trip* by Carolyn Tuttle Hansen -- The Special Things Trip is about a boy and his dad who use their annual camping trip as a way to commemorate the boy's mother, who has passed away.
- *Geranium Morning* by E. Sandy Powell -- Two friends who lose parents, one suddenly in an accident and one by illness, learn to deal with their grief.

