

RESOURCE LIST

Helping Children Understand Loss: Books on Grief, Death, and Connection

Discussing death and grief with children can be challenging for many caregivers, particularly when navigating one's own emotions. Finding the right words in such sensitive situations can often feel difficult. To assist in these conversations, we have curated a list of books that offer guidance on how to approach the topics of loss and grief with children. There is no one book that will depict your family's story; reading is just a way to open the space to have their own conversations.

THE INVISIBLE STRING, BY PATRICE KARST

Reading on YouTube available

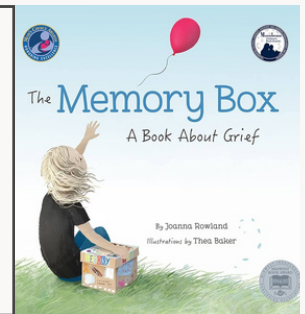
A children's picture book where a mother reassures her twin children, awakened by a thunderstorm, that they are always connected to her and each other by an invisible string made of love, meaning that even when physically apart, they can always feel the bond between them, no matter the distance; this concept helps them overcome feelings of separation and loneliness, illustrating the power of love and connection with those we care about.



THE MEMORY BOX: A BOOK ABOUT GRIEF, BY JOANNA ROWLAND

Reading on YouTube available

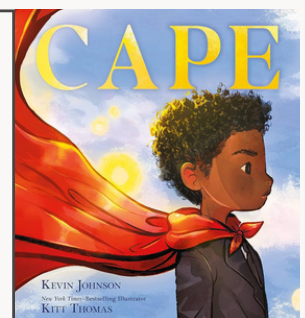
A children's book that tells the story of a young child coping with the loss of a loved one by creating a special box filled with mementos and memories to help them remember and grieve, acknowledging the natural feelings of sadness while offering comfort and reassurance that it's okay to feel those emotions.



CAPE, BY KEVIN JOHNSON

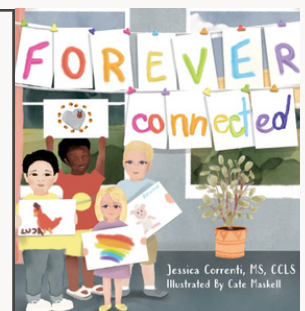
Reading on YouTube available

A young child discovers that even superheroes feel pain in this heartfelt story of loss and love. After losing his dearest loved one, he uses his cape to shield himself from grief. At the funeral, it helps him block out memories shared by others. Over time, the cape transforms into a source of comfort and strength, guiding him through both sorrow and cherished memories.



FOREVER CONNECTED, BY JESSICA CORRETTI

A children's book about four children who experience the death of a sibling. Through beautiful and gentle dialogue, their caregivers help to unravel common misconceptions about death, while exploring the complex ideas of loss and connection.



SOMETHING VERY SAD HAPPENED: A TODDLER'S GUIDE TO UNDERSTANDING DEATH, BY BONNIE ZUCKER

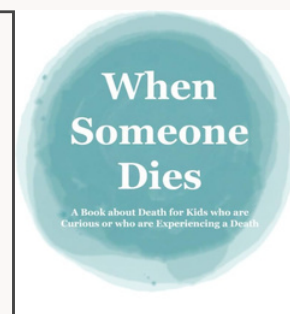
Reading on YouTube available

A book that explains death to two- and three-year-olds in a way that's appropriate for their developmental level. The book is written to help children understand death and cope with loss.



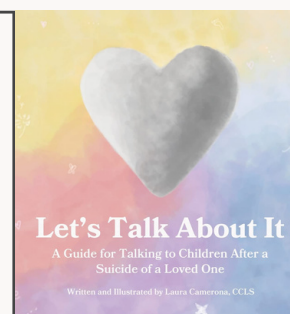
WHEN SOMEONE DIES: A BOOK ABOUT DEATH FOR KIDS WHO ARE CURIOUS OR ARE EXPERIENCING A DEATH, BY LAURA CAMERONA

A book that teaches kids about death, customs regarding death, and feelings that are associated with death in words that they can understand. The book prepares the child for things they may encounter after a loved one's death (cemeteries, caskets, cremation, etc.) in gentle, but honest words. The book gives a family or a group a starting point for further discussion.



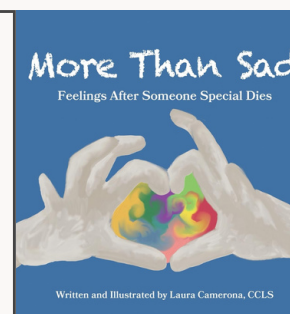
LET'S TALK ABOUT IT: A GUIDE FOR TALKING TO CHILDREN AFTER A SUICIDE OF A LOVED ONE, BY LAURA CAMERONA

This book was created as a resource to help guide the conversation. Honest and simple explanations help children make sense of what has happened. Supportive phrases and suggestions in this book can help children find coping skills, people to talk to, and words to describe their feelings.



MORE THAN SAD: FEELINGS AFTER SOMEONE SPECIAL DIES, BY LAURA CAMERONA

A book that helps caregivers talk to children about the many things they might be feeling, thinking, and wondering about after a death. It is a great conversation starter and helps kids understand that feelings can show up in many different ways. This book acknowledges that all feelings are okay and suggests things that kids can try if certain feelings get 'too big'.



THE GIFT: A CHILDREN'S BOOK ABOUT ORGAN DONATION FROM A DECEASED DONOR, BY SHAINDY ALEXANDER AND DIANA LEE

A simple, honest and factual first look at organ donation and transplant. Through thoughtful language and simple illustrations this book offers practical information and compassionate guidance for families involved in organ donation, regardless of whether they are donors, recipients, or awaiting organs.

