

Healing Hearts Book List

| Type of Loss | Age Level  | Intended Audience | Title  | Last name Author | First name Author | Summary  | Notes  |
|--------------|------------|-------------------|--|------------------|-------------------|--|--|
| Death        | 10 - adult | Teen, Adult       | After You Lose Someone You Love: Advice and Insight from the Diaries of Three Kids Who've Been There.              | Dennison         | Dave, Allie, Amy  | Book told in a journal format by three children that lost their father. Entries span two years with a reflection five and half years later. Age span from four and eight to nine and thirteen.   | There is a short list of other reading materials for children to adults.   |
| Death        | 12-adult   | Teen, Adult       | Loss and How to Deal With It   | Bernstein        | Joanne E.         | Book explores how the death of a loved one affects the survivors. Practical discussions of how to handle the many emotional and physical reactions that one may encounter in bereavement.  | Book includes both non-fiction and fiction reading resources as well as a list of films about death. The list of advanced study resources is excellent as is the comprehensive list of service organizations and sources of information dealing with bereavement |
| Death        | 13 - 19    | Teen              | Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love                                  | Grollman         | Earl A.           | Book has 6 chapters - The First Days After a Death, Who Died and How; Facing Your Immediate Future; Learning To Cope; Rebuilding Your Life and In Loving Memory. Each page contains 3-4 short entries related to topic which contributes to ease of reading. | There is a section about spiritually and an individual's relationship with God. Facilitators may find this book helpful to use for ideas when working with a group of teenagers.   |
| Death        | 13 - 19    | Teen, Parent      | Healing your Grieving Heart for Teens: 101 Practical Ideas Simple Tips for Understanding and Expressing your Grief | Wolfelt          | Alan D.           | Grieving may be very difficult for teens. Book presents one topic per page with salient ideas as explanation and for discussion. Each page also suggests a follow-up activity.   | Introduction compares grief and mourning. May be a helpful resource for parents to offer to a grieving teen with an invitation to discuss content whenever needed.   |

Healing Hearts Book List

| Type of Loss | Age Level   | Intended Audience    | Title   | Last name Author | First name Author | Summary  | Notes   |
|--------------|-------------|----------------------|---|------------------|-------------------|--|---|
| Death        | 14 and over | Teen, Adult, Parent  | The Understanding your Grief Journal: Exploring the Ten Essential Touchstones: A Companion Workbook to Understanding Your Grief | Wolfelt          | Alan D.           | Book includes a rationale for journaling, as well as, suggestions for journaling. Each page gives a topic on which to reflect and write. It is designed to be used after or while reading Understanding Your Grief.                                    | Book is meant to be used as a consumable. However, facilitators may find it useful to use for ideas for group discussion/journaling.                      |
| Death        | 18 and over | Adult, Parent        | When Hello Means Goodbye: A Guide For Parents Whose Child Dies Before Birth, At Birth or Shortly After Birth                    | Schwiebert       | Pat               | Book is written for parents whose baby has died. It is 53 pages and includes an example announcement. Some topics covered include feelings, holding the baby, taking pictures, grandparents, friends other children, funerals, memorials and grieving, |   |
| Death        | 18 and over | Adult, Parent        | Later Courtney: A Mother Says Goodbye   | Evans            | Susan             | A mother who has lost her college age daughter, shares her feelings by writing to her daughter about her experiences, feelings and memories.   |   |
| Death        | 2 - 6       | Child, Adult, Parent | I Heard your Daddy Died   | Scrivani         | Mark              | Simple, straightforward text and drawings help children learn that all feelings are okay, there are things they can do to feel better, that their Dad and their love for him will always live in your heart.   | Answers the question about where Dad is in a simple, secular manner. The amount of text on each page may make it inappropriate for the youngest children. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                     | Last name Author | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|---------------------------|------------------|-------------------|---|---|
| Death        | 3 - 6     | Child             | Remembering Crystal       | Loth             | Sebastian         | Zelda, the goose, and Crystal, her frog friend, did everything together, but one day Crystal was not in the garden. The geese told Zelda that Crystal was old, and it was her time to die. Crystal was very sad, but gained comfort from the good times they had shared. She would always hold Crystal in her heart.  | A very simple picture book with a line or two of text on each page.   |
| Death        | 3 - 6     | Child             | The Purple Balloon        | Raschka          | Chris             | The balloon people talk about how dying is hard work, but there are many people who will be there for you. At the end the red balloon changes to purple and floats away.  | A sensitive book to talk about death and the word hospice--It is said that children upon learning of their impending death often draw a blue or purple balloon floating freely (depicting that a part of him/her will live forever).                                  |
| Death        | 3 - 6     | Child             | Evertt Anderson's Goodbye | Clifton          | Lucille           | Everett is a small boy trying to come to grips with his father's death. In just a few words of a rhyming poem, Everett experiences the five stages of grief.  | Good book for discussion of the grief stages. Children may be able to relate in what way they feel like Everett.  |
| Death        | 3 - 6     | Child             | My Grandma Died           | Britain          | Lory              | A little girl relates the feelings she has since her grandmother died. She remembers she has previously felt lost, hurt, sad, mad, lonely and scared in everyday situations. She states that these feelings are much more intense when applied to missing a loved one. She finds things to do that help when she has such strong feelings and decides to do something everyday to remember Grandma. | Really focuses on the deep feelings children may have after a death. (Some children may need help in understanding the use of the word "lost" to describe Grandma's death.) Included are some suggestions about how young children can express grief and get support. |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|-------------------|---|------------------|-------------------|--|---|
| Death        | 3 - 8     | Child             | A Story for Hippo                                 | Puttock          | Simon             | Old Hippo told the most wonderful stories, and Monkey could make all the animals laugh. Little Chameleon loved to sing, but she was too shy to join in the fun. When Hippo died, Monkey missed him so much he decided he would never tell jokes again. Little Chameleon did not want to see Monkey sad, so she asked him to tell some of Hippo's stories. Thus Monkey and his new friend | Brightly colored pictures and text show young children how to keep the memory of a loved one alive.   |
| Death        | 3 - 8     | Child             | A Place in My Heart                               | Aubrey           | Annette           | Andrew is sad because his grandpa died. He worries that things won't ever be the same again. His dad explains that Andrew's feelings are normal. The family decides to face the sadness together. They make Grandpa's favorite meal and talk about his favorite things. Andrew remembers that Grandpa said when you love someone, they always have a place in your heart.                | A comforting book with soothing pictures for someone who is missing a grandparent or other close relative.  |
| Death        | 3 - 8     | Child, Parent     | How I Feel: A Coloring Book for Grieving Children | Wolfelt          | Alan              | 20 pages for children to color about the feelings they may have after the death of a loved one. On some pages, there is room for the child to write a little about a feeling. If the child is too young to write they can tell their ideas to an adult who can write for them.   | Introduction has suggestions for parents and other caring adults for dealing with child- grief and mourning. It also explains features of children's grief. |
| Death        | 4 - 10    | Child             | Grandma's Gloves                                  | Castellucci      | Cecil             | When her grandmother who was a devoted gardener dies, a little girl inherits her gardening gloves and feels closer to her memory.  | A tender story with beautiful and colorful illustrations.   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience          | Title                                    | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|----------------------------|--|------------------|-------------------|--|---|
| Death        | 4 - 10    | Child, Teen, Adult, Parent | Nana Upstairs & Nana Downstairs          | dePaola          | Tomie             | The story of the loving relationship of a boy with his two Nanas. Story spans a number of years until both Nanas have died.  |   |
| Death        | 4 - 11    | Child, Parent              | I Heard Your Mommy Died                  | Scrivani         | Mark              | Straightforward text with few pictures presents the child with what they may be feeling, suggestions for coping with those feelings and ideas to help remember their mother. Last page has a list of things children can do to cope with feelings and for remembering. | This book may be best used as a way to open discussion with a child whose mother has died. It reassures all feelings are ok, how they may feel in the future and things they can do to help them feel better. |
| Death        | 4 - 6     | Child, Parent              | It Must Hurt a Lot                       | Sanford          | Doris             | Story of a young boy's loss and grief when his dog dies. It depicts his feelings and those of others who love him. He learns some new things about loss and grieving and calls them his "secrets".   | Although the story is about the death of a pet, it could easily be generalized to the universal feelings of loss/grief when we lose someone/thing we love. The "secrets" are great lessons for all.           |
| Death        | 4 - 7     | Child                      | Remembering Grandpa                      | Krishnaswami     | Uma               | Story about a bunny who helps grandma feel better  | Could easily lead to discussion of happy memories of loved one  |
| Death        | 4 - 7     | Child                      | Where are You? A Child's Book about Loss | Olivieri         | Laura             | This book for young children portrays the question often asked - where is your loved one after death? Musing gives the message that no one really knows.   | Simple, secular depiction of how a young child may wonder what happens after death. Some ideas about keeping loved ones in our memory and in our heart.   |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author   | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|---|--------------------|-------------------|---|---|
| Death        | 4 - 7     | Child, Parent     | Someone Special Dies  | Singleton Prestine | Joan              | Simple text with pictures (somewhat dated) portray a little girl's feelings after a loved one dies. Secular questions like "why" and "where" does a dead person go. Also, shows the healing affects of documenting good memories. | Very good for use by facilitators with groups of young children and for use by parents with individual children.  |
| Death        | 4 - 7     | Child, Parent     | This Book is for All Kids, but Especially My Sister Libby. Libby Died.              | Simon              | Jack - Age 5      | Questions and comments a young boy asks/says to his younger sister after she died from a rare disorder.   | Faith-based with many references to angels and God. Parents of young children who have lost a sibling and who have a similar belief system may find it useful to initiate discussion of child's feelings and questions.   |
| Death        | 4 - 7     | Child, Parent     | Where Do People Go When They Die?   | Portnoy            | Mindy Avra        | Book explores different beliefs about after-death. Suggestions are given about how to talk to children about death.   | This book might best be read by facilitators prior to a discussion about death with a group of young children as the concepts may be difficult for them to understand. It would be helpful to parents who might explain after-death in the context of their loss. |
| Death        | 4 - 8     | Adult, Parent     | Overcoming Loss: Activities and Stories to help Transform Children's Grief and Loss | Sorensen           | Julia             | The focus of the activities is to bring expressive and transformational experiences to the children as they strive to overcome their losses.  | Fourteen expressive activities for feelings and identifying everyday losses as well as a four-week curriculum. Also includes resources, recommended readings and several handouts. Great addition to the curriculum HH uses.                                      |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                                      | Last name Author | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|--|------------------|-------------------|---|---|
| Death        | 4 - 8     | Child             | Old Pig                                    | Wild             | Margaret          | Old Pig and Granddaughter live together. Each have their own chores and routine. One day Old Pig says she must get prepared. She gets her affairs in order and together Old Pig and Granddaughter go for a slow walk around town looking, listening and tasting all the familiar things. After they get home, Old Pig is very tired. Granddaughter remembers how Old Pig used to comfort her. She decides to put her arms around Old Pig and hold her tight till morning. | Old Pig and Granddaughter say good-bye in the best way they know, through a celebration of their world.   |
| Death        | 4 - 8     | Child             | T-Bear The Most Special Bear               | Mason            | Bonita            | A special teddy bear helps a young boy cope with grieving and the death of his grandfather in hospice.  | Beautifully illustrated picture book with a sensitive, faith-neutral story. Also included are questions for child and parent to discuss.                                  |
| Death        | 4 - 8     | Child             | Where Do Balloons Go? An Uplifting Mystery | Curtis           | Jamie Lee         | Simple rhyme presents possible answers to the question of where balloons go when they're let go. Gives possibilities to the question of what happens after death in a secular format.   | Adult may need to draw the comparison between where balloons go and where people go after they die. Young children will not be able to make that connection on their own. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|-------------------|----------------------|------------------|-------------------|--|---|
| Death        | 4 - 8     | Child             | Liplap's Wish        | London           | Jonathan          | Liplap, the rabbit tries to make a snow bunny without the help of grandmother who has died. He has trouble making the face which was always grandmother's job. He is sad until his mother tells him grandma's story of how long ago, rabbits died and became stars in the sky to watch over us. Liplap made a wish that the star he could see was his grandmother, so she could shine in his | Good for one-on-one sharing as well as a good book for group discussion.  |
| Death        | 4 - 9     | Child             | The Lion King        | Disney           | Disney            | Many lessons about grief and loss, fear and bravery, death the cyclical nature of life death are entwined in this popular Disney classic.  | This paperback is 23 pages of text. It may be too long for some of the youngest children to maintain attention and grasp the concepts embedded in the story.                      |
| Death        | 4 - 6     | Child             | Someone Special Died | Prestine         | Joan              | A little girl wonders what it will be like without her special person. She recalls the many things they've done together. She asks questions about death and feels typical emotions--sadness, anger and wanting to be alone at times. Then she decides to make a scrapbook so she can remember the good times they shared.   | This simple picture book for very young children has discussion questions at the end that can encourage conversation.   |
| Death        | 5 - 10    | Child, Parent     | When Families Grieve | Sesame Street    | Workshop          | This is a kit that contains one book as a guide for parents when talking with their children about grieving a loss as a family. The book has an English and Spanish section. The kit contains a story book for children about remembering and also has sections in both English and Spanish. CD included.  | NOTE: Both books use Sesame Street characters in the pictures. This might be a "turn off" for 6 and older. The content without the pictures is appropriate for a wider age range. |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|---|------------------|-------------------|---|--|
| Death        | 5 - 8     | Child             | Chester Raccoon and the Acorn Full of Memories          | Penn             | Audrey            | Chester Raccoon is upset because his good friend Squirrel died. Chester's mother and his friends go to Squirrel's favorite place to play. They tell stories about him, and Chester remembers how Squirrel hid a bunch of acorns but forgot where he had put them. When Mother Raccoon sees some young oak trees growing nearby, they decide these are Squirrel's trees. Chester decides to take | This book might lead to a discussion of favorite memories of the person you are missing. Beautiful illustrations add to the text.  |
| Death        | 5 - 8     | Child, Parent     | Lifetimes: A beautiful Way to Explain Death to Children | Mellonie         | Brian             | Simple book explains the concept of life and death. All living things have a beginning, lifetime and ending. Many examples.   | Very straightforward presentation of living and dying. Parents may find it useful with their young children to explain life and death.   |
| Death        | 5 - 9     | Child             | Tadpole to Frog   | Parker           | Steve             | Factual book describing in pictures and words the life cycle of the frog.   | Reader would need to make the connection between the change that occurs from tadpole to frog and other changes that may occur in individuals/families due to grief and loss. Similarly, comparison between change in form from living to dead. |
| Death        | 5 - 9     | Child             | Badger's Parting Gifts                                  | Varley           | Susan             | Old Badger is ready to die, and he is hoping that his friends won't be too sad. When he dies, his friends feel unhappy. When they visit together, each remembers something that Badger taught him to do well. Badger had left them a skill to treasure, and it would become more special each time they shared their talent with others.  | A comforting story which focuses on the ones left behind and how they continue to keep the memory of Badger alive.   |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                         | Last name Author | First name Author | Summary  | Notes  |
|--------------|-----------|-------------------|-------------------------------|------------------|-------------------|--|--|
| Death        | 5 - 9     | Child             | Samantha Jane's Missing Smile | Kaplow           | Julie             | Sammy Jane's father died, and she feels guilty when she smiles. Her neighbor says crying would wash out the bad feelings. She shows Sammy that buried feelings just pop up again like when you push a twig down in water. They find happy things in the garden which remind her of her dad, and her missing smile returns. Sammy Jane writes a letter to her dad telling him she thinks she will be able | An excellent book for children who have lost a parent and those who are having difficulty expressing their feelings. A good reminder that it is not good to be sad all the time.   |
| Death        | 5 - 9     | Child, Parent     | Holidays and Special Days     | Flynn            | Jessie            | Coloring book format (7 of the 8 Healing Hearts owns are copies.) Holidays can be confusing after a loved one dies. Suggestions for feeling better and honoring the loved one are given.   |  |
| Death        | 5 - 8     | Child, Parent     | When Dinosaurs Die            | Brown            | Marc              | Covers topic thoroughly; very sensitive to what happens after death question; Short chapter format cover meaning of "alive, why do people die; meaning of death, feelings; about friends; saying good-bye"; customs; after death and ways to remember.   | Could be used with younger children when pre-read by facilitator so paraphrasing can be used to shorten text and simplify vocabulary. With older children, could be resource for facilitators in preparing to plan a discussion about death. |
| Death        | 6 - 10    | Child             | Why Did Grandpa Die?          | Shook Hazen      | Barbara           | Great simple presentation about life and death. It takes the reader from the relationship with the person, the person's death the funeral, the grief process and remembering the loved one. Explanation of death is very factual and avoids what we don't really know. Message is "all living things die at some time and death is irreversible".  | Great for use in groups as it avoids presentation of the "after death" question yet deals sensitively with death, grief and remembering.   |
| Death        | 6 - 10    | Child, Parent     | About Death: A Part of Life   | Hormann          | Toni              | Body + Mind + Spirit = Life. Death is the end of life when the spirit leaves the body. After death, the spirit is free and safe. Death is a part of the cycle of life.   | May be helpful for parents who want to explain death to their child(ren) without a specifically Christian focus.   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|--|------------------|-------------------|---|---|
| Death        | 6 - 10    | Child, Parent     | Help Me Say Goodbye: Activities for Helping Kids Cope when a Special Person Dies | Silverman        | Janis             | Workbook for use by families with young children who are planning to visit a special person who is dying. Takes children along the path from pain to accepting loving memories.   | Allows for drawing/writing about grief related issues. Facilitators can get ideas for sessions on a variety of topics.  |
| Death        | 6 - 10    | Child, Parent     | I Miss You: A First Look at Death  | Thomas           | Pat               | Short text and colorful pictures present why people die, where they go after they die, the funeral, coping and remembering. Topics are dealt with in a straightforward manner and allow ideas to be presented sensitively and tailored to a family's beliefs. | Explains that everyone has a soul but that different people have different beliefs. Unfortunately, only a young girl is depicted throughout the story.  |
| Death        | 6 - 10    | Child, Parent     | Lost and Found: Remembering a Sister   | Yeomans          | Ellen             | A child searches for understanding after the death of a sister. Dealing with her own grief and accepting those of the people around her, she finds her way toward healing.  | Cancer was the cause of the little girl's death. Children who have lost a sibling to cancer may find this book comforting. Parents can use it to talk about "feelings" with their child(ren). |
| Death        | 6 - 10    | Child, Parent     | My Dad Died: Reflections of a Child  | Corgulu Webb     | Lea M.            | This is a story about a little girl whose dad dies. She has lots of different feelings and, over time, discovers the things that make her feel better.  | Book briefly describes a support group and may be helpful to use by parents whose children may be hesitant about group.   |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|--|------------------|-------------------|---|--|
| Death        | 6 - 10    | Child, Parent     | The Grief Bubble: Helping Kids Explore and Understand Grief          | DeBay            | Kerry             | Workbook format that allows children draw/write about their grief journey. Can be used as resource for facilitator to present topic and have children draw/ write on plain paper or a personal journal. Can supplement or enhance session topics in Rainbows. | Section for parents explaining how to use this workbook with their grieving child. List of other books to use with children. Source for ordering additional copies is given. |
| Death        | 6 - 12    | Child             | Saying Good-bye to Grandma   | Resh Thomas      | Jane              | A sensitive story about the rituals related to funerals. A good story of a family drawing together in a time of grief and then going on with their lives  | A rather long picture book with a lot of text. Could be read over several days easily.   |
| Death        | 6 - 12    | Child             | When Someone Very Special Dies Children Can Learn to Cope with Grief | Heegaard         | Marge             | Book is meant to be used by children to illustrate as they wish based on topic presented on each page. Topics include pain, loss, feelings, remembering, and help from others.  | There are pages that reference soul, "spirit", and God. Facilitators could use ideas from this resource without including the faith-based pages.                             |
| Death        | 6 - 8     | Child             | A Birthday Present for Daniel: A Child's Story of Loss               | Rothman          | Juliet            | A little girl's brother dies. The family plans a special birthday party on his birthday. Death, feelings, celebrating, remembering significant occasions.   | Parents who have lost a child may find this book helpful when talking with their other children about the death.   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|--|------------------|-------------------|---|--|
| Death        | 6 - 8     | Child             | Grandma's Gone to Live in the Stars                        | Haynes           | Max               | A grandmother dies but comes back to say good bye to the people and things she loves, before traveling into the stars   | A secular answer for children's question, where do people go after they die'?  |
| Death        | 6 - 8     | Child             | The Brightest Star   | Maresh Hemery    | Kathleen          | Family enjoys looking at the stars. Mother always looks for the brightest. After mother dies, daughter and dad grieve. The little girl does not want to draw a picture of her family at school. None of the other kids have just one parent. Dad helps her find the brightest star saying, he bets that's her Mom. The little girl then draws a picture of three stars to represent her family. | Telling others about the death of a loved one is often very hard because the child feels different from others. Parent, teachers and other caring adults can help. |
| Death        | 6 - 9     | Child             | Saying Good-bye to Uncle Joe                               | Loewem           | Nancy             | The animal family gets the phone call that Uncle Joe has had a stroke and died. It takes the family through the visitation, funeral and burial. Everyone misses Uncle Joe, but they find ways to celebrate his life.  | Sidebars offer coping tips for children.   |
| Death        | 7 - 10    | Child, Parent     | The Fall of Freddie the Leaf: A Story of Life for All Ages | Buscaglia        | Leo               | An explanation of life and death through the experiences of Freddie, the leaf. Presents death as part of the natural cycle of life.   | Parents may find this book helpful in explaining the concept of death to young children.   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                      | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|----------------------------|------------------|-------------------|---|--|
| Death        | 7 - 10    | Child, Parent     | Water Bugs and Dragonflies | Stickney         | Doris             | Thought-provoking story about what happens to waterbugs when they rise to the surface and don't return.   | For children the parallel in the story between the waterbugs and people's death, the facilitator may need to lead the audience to that connection  |
| Death        | 7 - 11    | Child             | Mama Mockingbird           | Wood             | Sauni             | Story about a mockingbird whose son dies. She is so sad, she loses her song and goes on a journey to see if she can get it back. She seeks advice from several animals, but gets the most helpful advise from an eagle. His advice includes ideas like being patient, stay in the moment, go with the flow, etc. Lesson = healing takes time.                           | Parents may find this story useful when a child asks, " Will I ever feel better"?  |
| Death        | 7 - 11    | Child             | The Grandpa Tree           | Donahue          | Mike              | A bird drops a seed and the seed becomes a tree and the tree grows and serves different functions as it grows older. It gets older and dies, but even in death serves a function as home to the ants and rabbits and a place for wildflowers to grow.   | Sweet, simple story about the cycle of life. Supports the concept that all living things are born and die.   |
| Death        | 7 - 11    | Child             | Some of the Pieces         | Kogan Ray        | Deborah           | It has been a year since Dylan's dad died. Together with his sister and mom they spend the day sharing their memories of him. They scatter ashes in the ocean as Dylan remembers how he felt the day his dad died. The family decides to end the day and celebrate their father's memory by making a special dinner, lighting candles and playing Dad's favorite music. | This book might be good to share on the anniversary of a loved one's death. The family can choose to do some of their loved one's favorite things. |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|---|------------------|-------------------|---|---|
| Death        | 7 - 11    | Child, Parent     | Jeremy Goes to Camp Good Grief                    | DiSunno          | Rebecca           | Jeremy's mom has died and Jeremy attends Camp Good Grief. Book describes his experiences at camp with emphasis on art therapy and small group meetings. Story is long and may be best read in segments. Group activities could be done like described in the book.              | Resource to help families talk about death, share feelings of loss and grief, and comfort one another to face future challenges.                              |
| Death        | 7 - 11    | Child, Parent     | When Mom or Dad Dies: A Book of Comfort for Kids  | Grippe           | Daniel            | Each page describes what things might be like after a parent dies, the feelings that are common, ideas for coping and reassurance that things won't always feel so bad.   | Surviving parent may want to read with their children. Includes reference to God.   |
| Death        | 7 - 12    | Child             | The Butterfly Bush: A Story About Love            | Evans            | Dawn Michelle     | Story about a grandmother's gift to her granddaughter. After the grandmother's death, the child realizes the significance of the gift as a way to remember her grandmother.   | Pages contain more text and one small picture. May not hold the attention of the youngest children.   |
| Death        | 7 - 12    | Child             | Can You Hear Me Smiling? A Child Grieves a Sister | Jackson          | Aariane           | Aariane tells of the illness and passing of her older sister to whom she was very close. She shares her emotions and remembers the mean thing she said to her sister before she got sick. In spite of her confusion, guilt and fear, Aariane dreams happy dreams of her sister. | Nine year old Aariane wrote this book about her sister. It is well written and can communicate to young survivors of a sibling death that they are not alone. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience          | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|----------------------------|--|------------------|-------------------|---|--|
| Death        | 7 - 12    | Child, Parent              | Anna's Scrapbook: Journal of a Sister's Love   | Aitken           | Susan             | Book tells the story of Anna and her younger sister prior to and including her sister's death. This section is followed by excerpts from Anna's diary. The end of the book allows space for journaling.                 | Perhaps best used by a parent with their child(ren) after the death of a sibling to their child/ren to encourage discussion, answer questions, and share feelings.   |
| Death        | 7 - 12    | Child, Parent              | Sarah's Journey: One Child's Experience With The Death of Her Father   | Wolfelt          | Alan D.           | Book is the story of 8-year-old Sarah who lost her father in an accident. It covers the next 3 years of her life. Narratives of her experiences are followed by a section for "counselors" and one for "caring adults". | Very appropriate as a resource for parents to find the "words" they need to help their child through their grief journey. Also, gives guidelines for funerals and other rituals that are helpful. Facilitators may find stories useful to read to a group. |
| Death        | 7 - 12    | Child, Parent              | Sweet Memories for Children and Adults to Create Healing and Loving Memories for Holidays and Other Special Days | Stillwell        | Elaine            | Twelve craft ideas for children to make so that they remember their loved one. The ideas need not be tied to a holiday or special day, but made for the healing benefits.   | Most of the activities require adult direction and assistance. Some projects require photos or that belonged to the person they are focusing on. This book may best be used by parents with their own child(ren).  |
| Death        | 7 - adult | Child, Teen, Adult, Parent | The Gift of a Memory: A Keepsake to Commemorate the Loss of a Loved One  | Richmond         | Marianne          | In verse and illustration, this book takes the reader from initial loss through beginning to heal by remembering their loved one. References are made to God and heaven.  | Valuable and sensitive way to think about the grief process and healing for audiences whose faith matches the religious ideas within.  |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title            | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|------------------|------------------|-------------------|---|--|
| Death        | 8 - 11    | Child             | The Goodbye Boat | Joslin           | Mary              | Few words leave lots of room for interpretation. Caution - may be too abstract for some children. Can be a catalyst for discussion.   | Parents may find it useful to answer children's questions about what happens after death.  |
| Death        | 8 - 16    | Child, Parent     | The Next Place   | Hanson           | Warren            | Lovely illustrations and explanation of after death that embraces the spirit of oneness and spiritual joy and comfort in non-secular format.  | Parents may want to read this book before reading it with their child so that the content can be integrated into the family's belief system. Facilitators will also find it helpful to preview the book ahead of reading it with a group.                          |
| Death        | 9 - 11    | Child             | Geranium Morning | Powell           | E. Sandy          | Guilt, sadness, trouble sleeping, trouble concentrating, dealing with sadness of living parent, feeling different. Includes some ideas for healing.   | Also illustrates the importance of support from others while grieving.   |
| Death        | 9 - 11    | Child             | The Raindrop     | McClure          | Brian D.          | Great illustrations, 33 pages long. The raindrop's journey from feeling alone to realizing it is part of a bigger system. The raindrop is made up of parts that can be separated and then put back together to become a raindrop again as part of something bigger. The role of the raindrop becomes more apparent. | CAUTION: Pre-read before using with a group of children. Connections between the raindrop and individuals are not made for the reader. The universal flag is pictured and described at the end of the book and might be used to encourage design of a family flag. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author   | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|---|--------------------|-------------------|---|---|
| Death        | 9 - 13    | Child, Parent     | Incredibly Lonely, That's Me  | Keckler            | Ben               | Poem about a nine-year-old girl willing to work on the loneliness from the death of her older sister. Encourages finding hope in expressing feelings. Activity idea at end of book.   | Parents may want to use this book to help their child(ren) who have lost a sibling express their feelings.  |
| Death        | adult     | Adult             | Helping Children Cope With Death: A Practical Resource Guide for Someone Special Died | Singleton Prestine | Joan              | Help themselves through the healing to healing after the death of a loved one. Suggestions are given for activities to use with children in all phases of grieving.   | Understanding of death, stages of grief. Pictures in book are dated, but are not meant to be used with children. Suggestions also given for building self esteem.             |
| Death        | adult     | Adult, Parent     | Thank You for Coming to Say Goodbye   | Roberts            | Janice L.         | The book gives suggestions for parents and other adults who interact with children when a death affects the family. It suggests what to say and how to talk about the loss with children. Book also includes activity ideas for children. | Part one is for funeral directors. Part two is for families and professionals. Is an appropriate resource for facilitators. One page is written "to the religious community". |
| Death        | adult     | Adult, Parent     | Children Grieve, Too  | Johnson            | Dr. Marvin & Joy  | For those who work with grieving children. Talks about what you need to know and how children respond to grief from infancy to teen.  |   |
| Death        | adult     | Adult             | Helping Children Grieve When Someone they Love Dies                                   | Huntley            | Theresa M.        | This is a comprehensive book that discusses the needs of all children, including those who are bereaved, those who are learning in general about the concept of death, and those who are themselves dying.                                | Book is intended for everyone who interacts with children on a regular basis. Includes resources for further reading.   |

Healing Hearts Book List

| Type of Loss | Age Level           | Intended Audience          | Title  | Last name Author | First name Author | Summary  | Notes   |
|--------------|---------------------|----------------------------|--|------------------|-------------------|--|---|
| Death        | adult               | Adult, Parent              | Helping Children Cope with the Loss of a Loved One: A Guide for Grownups | Kroen, PhD, LMHC | William C.        | The book will help the reader understand what a child from infancy through age 18 knows and feels when faced with the death of a loved one.  | Includes guidelines for moving on, places to find help, and some recommended readings.  |
| Death        | elementary to adult | Child, Parent              | Gentle Willows: A Story for Children                                     | Mills            | Joyce C.          | Written for children who have terminal illnesses and those who know them. Describes feelings involved and presents a transformational way to view death and dying. Activity in back, re: "deep breathing". | Appropriate for use with children after the death of any young person from any cause. Note to parents: Make this a good choice for them to share with their children. Includes 2 exercises to help children cope with pain and fear. Appropriate to use with a child dying from a terminal illness. |
| Death        | elementary to adult | Child, Teen, Adult, Parent | Learning to Say Good-by: When a Parent Dies                              | LeShan           | Eda               | Written for the whole family to help everyone deal with the grief and bewilderment that follows the death of a parent.   | Copyright 1976. Some illustrations are dated.   |
| Death        | K - 3               | Child                      | Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Grief        | Mundy            | Michaelene        | A guide of sayings to help a young child deal with loss.   | Good advice for dealing with loss. Written using elves to depict the guidelines.  |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary  | Notes  |
|--------------|-----------|-------------------|---|------------------|-------------------|--|--|
| Death        | K - 5     | Child             | Help Me Say Goodbye: Activities for Helping Kids When a Special Person Dies | Silverman        | Janis             | Activity book with directions to draw certain things on each page relating to the person they have lost.   | Any of the activities/drawings could be used as a stand-alone activity.  |
| Death        | K - 5     | Child             | Saying Goodbye: Bereavement Activity Book                                   | Boulden          | Jim & Joan        | "Buddy" experiences the death of a loved one.  | A simple story explaining death with a few ideas of things to draw and write. One in a series of books available for purchase. |
| Death        | teen      | Adult             | Living with Grief - Helping Adolescents Cope with Loss                      | Doka             | Kenneth J.        | Topics include: Living with a life threatening illness, Ethical aspects of adolescent end-of-life care, Adolescents coping with a parental death, Sibling death, and Support groups for adolescents. | This book is for professionals, parents and adults who wish to help their teens through their struggle.                        |
| Death        | teen      | Teen              | Teens, Loss & Grief   | Myers            | Edward            | A self-help guide <u>for teens</u> . Explains grief is a painful but normal process. Offers practical suggestions for coping with loss from both teens and bereavement experts.                      | Though intended for teens, this book would be helpful for adults who wish to help their teen.                                  |

### Healing Hearts Book List

| Type of Loss | Age Level  | Intended Audience          | Title                          | Last name Author | First name Author | Summary  | Notes  |
|--------------|--|----------------------------|--------------------------------|------------------|-------------------|--|--|
| Death        | Third grade and above could read book themselves | Child, Teen, Adult, Parent | Always My Brother              | Reagan           | Jean              | A sister slowly returns to the activities she enjoyed with her big brother, after learning that he is still part of her family.  | A sensitive, realistic story about the process of grief, acceptance and recovery.            |
| Death        | 12 - adult                                       | Teen, Adult                | How to Feel When a Parent Dies | Krementz         | Jill              | Eighteen accounts by children from seven to sixteen of their experiences and feelings when their parent died. Text is supplemented by images of the child alone and/or with some family member.                | Copyright 1981. Some chapters are a bit dated in certain responses.                          |
| Death        | 4 - 10   | Child                      | Grandpa Loved                  | Nobisso          | Josephine         | By remembering the times he spent with his grandfather, a boy realizes how loved ones never really die, but live on in the minds and hearts of those whose lives they touched.                                 | Beautiful illustrations.   |
| Death        | 4 - 8  | Child                      | Why Did Grandpa Die?           | Hazen            | Barbara Shook     | The story of the grieving process a child goes through when her grandpa dies. Goes beyond the initial grieving time reflecting on her life when she grows up and still thinks about and remembers her grandpa. | Rather dated illustrations (Copy write 1985). Timeless suggestions given in note to parents. |

### Healing Hearts Book List

| Type of Loss          | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary   | Notes   |
|-----------------------|-----------|-------------------|---|------------------|-------------------|---|---|
| Death                 | 5 - 10    | Child             | Rudi's Pond   | Bunting          | Eve               | This touching account of the hope a young girl finds after a devastating loss was inspired by a true story.                         |   |
| Death                 | 6 - 10    | Child             | I Had a Friend Named Peter: Talking to Children About the Death of a Friend | Cohn, D.S.W.     | Janice            | Parents help their daughter deal with the sudden death of her friend Peter.   | The introduction by the author discusses guidelines for answering a child's questions about death and the funeral/burial process. |
| Death                 | 6 - 12    | Child             | What on Earth Do You Do When Someone Dies?                                  | Romain           | Trevor            | Author addresses questions and thoughts that children have after the death of someone close.  | Question/Answer format of questions children ask about death/bereavement.   |
| Death (grief process) | 7 - 10    | Child             | The Brave Little Parrot   | Gaber            | Susan             | Story based on traditional Indian story about Buddha's past lives. Lesson on doing little things from your heart may change things. | PREVIEW!! Text and pictures present many different ways God helps to make the situation better.                                   |

### Healing Hearts Book List

| Type of Loss          | Age Level  | Intended Audience          | Title                | Last name Author | First name Author | Summary   | Notes   |
|-----------------------|------------|----------------------------|----------------------|------------------|-------------------|---|---|
| Death (grief process) | 7 - 11     | Child                      | The Invisible String | Karst            | Patrice           | Applicable to a variety of losses, including death. Offers a secular view of ongoing connection to loved ones       | Could be used with younger children if concrete objects are used to increase understanding of concept. Parents may want to read it to their children and tie the concept to family beliefs.   |
| Death (grief process) | 7 and over | Child, Teen, Adult, Parent | Tear Soup            | Schwiebert       | Pat               | Story compares making "tear soup" to the grief process.   | When using with young children, may need to read and discuss in segments. Reference to God is minimal and could be skipped if necessary or presented as something the main character believes although not all do. End of book contains lists of facts about grief and suggested resources. |
| Death (Pet)           | 4 - 10     | Child                      | Dog Heaven           | Rylant           | Cynthia           | God created Dog Heaven, a place where dogs can eat ice-cream biscuits, sleep on clouds, and run in unending fields. | Interesting take on Heaven. Angels, dogs and God are all seen in the illustrations. Text says that angels can take dogs back to earth for a visit to see if all is well and then returns with the angel to Heaven.  |
| Death (Pet)           | 4 - 10     | Child                      | Good-bye, Sheepie    | Burlgh           | Robert            | A father teaches his young son about death and remembering as he buries their beloved dog.                          |   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|--|------------------|-------------------|---|--|
| Death (Pet)  | 4 - 10    | Child             | Mending Peter's Heart  | Wittbold         | Maureen           | An elderly neighbor helps a young boy grieve the loss of his dog. The boy and man both talk about their "best friend" and how they are missed.  |  |
| Death (Pet)  | 4 - 6     | Child             | Goodbye Mousie   | Harris           | Robie H.          | A young boy grieves for his dead pet Mousie, helps bury him, and begins to come to terms with his loss.   |  |
| Death (Pet)  | 4 - 6     | Child             | Remembering Pets: A Book for Children Who Have Lost a Special Friend | Delpra-Berman    | Gina              | A very simple book about remembering things about your pet.   |  |
| Death (Pet)  | 4 - 7     | Child             | Good-bye, Jeepers: What to Expect When Your Pet Dies                 | Loewen           | Nancy             | An animal child's pet guinea pig dies and the child moves through the grieving process and is told he can have another pet when he feels happy that he knew the guinea pig instead of feeling sad that he died. | Book includes a simple glossary and index as well as some reading resources. |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|----------------------|------------------|-------------------|---|--|
| Death (Pet)  | 4 - 7     | Child             | I'll Always Love You | Wilhelm          | Hans              | A simple story of a boy and his dog as they grow up/older. When the dog dies, the boy is glad he always said "I'll always love you" to the dog.   | Simple story with beautiful illustrations.   |
| Death (Pet)  | 4 - 7     | Child             | Jim's Dog, Muffins   | Cohen            | Miriam            | A sensitive story about a young boy whose beloved dog dies. His first grade friends try to cheer him up.  | Reissue of a 1985 book with new colorful and updated illustrations.  |
| Death (Pet)  | 4 - 8     | Child             | Up in Heaven         | Clark            | Emma Chichester   | The dog dies and goes to Heaven. The story is told from dog's point of view from Heaven.  | This is an interesting take on being in Heaven where everything is beautiful and the dog is worried about his boy. |
| Death (Pet)  | 5 - 10    | Child             | The Forever Dog      | Cochran          | Bill              | The story of how a child comes to accept his dog's death forms a simple, poignant story of a special friendship that both celebrates the joy of owning a pet and becomes a heartfelt guide for anyone who is coping with the loss of a loved one. (pet or friend) |  |
| Death (Pet)  | K - 2     | Child             | Cat Heaven           | Rylant           | Cynthia           | A story about cats in Cat Heaven.   | Bright, colorful illustrations to intrigue the young child.  |

### Healing Hearts Book List

| Type of Loss       | Age Level  | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------------|------------|-------------------|--|------------------|-------------------|---|--|
| <b>Death (Pet)</b> | K - 2      | Child             | Katie Woo: Goodbye to Goldie                   | Manushkin        | Fran              | Parents and friends help a child remember her dog that died.  | Easy reader (K-1). Writing and discussion prompts included as well as activities to do.  |
| <b>Death (Pet)</b> | K - 3      | Child             | The Tenth Good Thing about Barney              | Vorst            | Judith            | A family remembers ten good things about their cat that died.   |  |
| <b>Death (Pet)</b> | 12 - adult | Child, Adult      | Good-bye My Friend: Grieving the Loss of a Pet | Montgomery       | Mary & Herb       | Appropriate for children and adults who have lost a pet. Describes the different phases of grief experienced when a pet dies.         | Language is adult - but with a caring adult paraphrasing, it can be useful for children. |
| <b>Death (Pet)</b> | 12 - adult | Child, Adult      | I Remember: A Book about my Special Pet        | Montgomery       | Mary & Herb       | A fill-in memory book - a gentle guide for looking back at a pet's life. Space provided for photos, drawings, and recording memories. | When completed, the book becomes a keepsake.   |

Healing Hearts Book List

| Type of Loss | Age Level  | Intended Audience          | Title  | Last name Author | First name Author | Summary  | Notes   |
|--------------|--|----------------------------|--|------------------|-------------------|--|---|
| Deployment   | 4 - 7  | Child                      | My Big Brother   | Cohen            | Miriam            | A little boy's older brother leaves to join the army. The family tries to continue with their routines, cope with the absence of a loved one, and hold on to one another until he returns.   |   |
| Deployment   | Third grade and above could read book themselves | Child, Teen, Adult, Parent | Love, Lizzie: Letters to a Military Mom  | Tucker McElroy   | Lisa              | A child writes to her mother who is deployed overseas during wartime. Written in a letter format with maps drawn showing what she is doing and thinking while mother is gone.  | Book includes tips for handling the separation.   |
| Divorce      | 10 - 15  | Child                      | What in the World Do You Do When Your Parents Divorce? A Survival Guide for Kids | Winchester       | Kent              | This longer book is in question and answer format. It gently explains what divorce is and the basics of how children can handle it in their lives. It gives ways to start conversations with their parents by suggesting the words to say. At the end of the question and its answer there are many ideas on additional recourses and books to read if you need more help. | While this book is written to and for kids, parents would also find it helpful.   |
| Divorce      | 12 - 15  | Teen, Parent               | Coping with Divorce  | Hill             | Craig, Ashley     | An information-filled book divided into 11 topics from "What is a Family" to "A Written Promise from your Parents to You".   | Includes phone numbers for "kids help phone" and "kid helpline" at the end of the forward. Also includes a sample of a parental promise to their child and a form to use to write a promise that can be duplicated. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience   | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|---------------------|--|------------------|-------------------|---|--|
| Divorce      | 12 - 18   | Child, Parent       | The Step-Tween Survival Guide                        | Cohn             | Lisa              | This detailed survival guide helps tweens in dealing with a stepfamily. It helps them focus on what they can change--themselves. They learn how to express themselves, handle new situations and reach out to their new family members. Some survival tools are straight talk, compromise and negotiate, ask for what you need, using I-Messages and keeping a sense of humor. Quizzes help the | While written for tweens, this is an important book for parents to gain insight into concerns their child might be having. It might give parents additional ways to help their child solve problems. Teens also might like this book.  |
| Divorce      | 13 - 16   | Teen, Adult, Parent | For Better, for Worse-- A Guide to Surviving Divorce | Bode             | Janet             | In Part One candid first-person accounts from preteens and teenagers describe the painful effects of divorce and remarriage. Kid problems and kid solutions are explored. Therapists also give their ideas. Part Two is for parents and suggests where to find help in the community.   | Small text could discourage some readers.  |
| Divorce      | 13 - 18   | Teen, Adult, Parent | Divorce Is Not the End of the World                  | Stern            | Zoe and Evan      | A well organized and insightful coping guide for kids-- given credibility by its teenage authors. Each chapter deals with a different problem i.e. Why did This Have To Happen?, Where's My Stuff?, Nobody Asked My Opinion, etc. Throughout the book is woven the idea that change is hard, but you will get through it.   | Each chapter begins with dialogue between brother and sister followed by letters from other children of divorce and the authors' responses to them. There are also quick tips on how to handle each situation and then what their mom has to say from her perspective. Excellent resource for families and support groups. |
| Divorce      | 3 - 7     | Child               | When Mom and Dad Separate                            | Heegaard         | Marge             | This book sets a positive tone for dealing with changes by relating change as a part of nature and a part of life. Simple text gives children room to document their own journey. Ways to communicate with a parent are suggested. Place at the end to draw the happy changes they wish for.  | Facilitators may find an idea that would help in a session about divorce.  |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                  | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|-------------------|------------------------|------------------|-------------------|--|---|
| Divorce      | 4 - 5     | Child, Parent     | When I Miss You        | Spelman          | Marie Claude      | Young children miss their parents when they are separated. This book presents the feelings involved, suggestions for making a separation as comfortable as possible and gives ideas for coping.                                    | Children learn that when their parents leave them, they always come back. |
| Divorce      | 4 - 6     | Adult, Parent     | Mommy and Daddy Glue   | Gray             | Kes               | Rhyming text and simple pictures tell the story of a young boy trying to cope with his parents' separation and impending divorce. Story reassures child that it is not his fault and that he will always be loved by both parents. | Especially useful with children whose parents are separated.              |
| Divorce      | 4 - 6     | Child, Parent     | A New Room for William | Grindley         | Sally             | Story of a young boy who has moved to a new home with his mother. At first, he is unhappy and afraid. In time he finds that some things are wonderful about his new room.  |   |
| Divorce      | 4 - 6     | Child, Parent     | Fred Stays with Me     | Coffelt          | Nancy             | Book depicts the life of a young girl who has to travel back and forth between mom and dad's house. There is one constant in her life, her dog, Fred.  | Minimal text and great pictures.  |
| Divorce      | 4 - 6     | Child, Parent     | Just Like Always       | Perry            | Annie M.          | Simple text in "ready to read" format illustrates how a little girl's life has changed since her parents live apart. There is a strong message about each parent still loving her - just like always!                              |   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience    | Title                                   | Last name Author | First name Author | Summary  | Notes                                 |
|--------------|-----------|----------------------|---|------------------|-------------------|--|---------------------------------------|
| Divorce      | 4 - 6     | Child, Parent        | Mama and Daddy Bear's Divorce           | Spelman          | Cornelia Maude    | Dinah Bear is sad and scared and has many questions about her parents' divorce. She learns that even though Daddy doesn't live with them anymore, many things stay the same. Mama and Daddy will always be her parents and they both love her very much. | A brief note for parents is included. |
| Divorce      | 4 - 6     | Child, Parent        | Standing on My Own Two Feet             | Schmitz          | Tamara            | Picture book assures kids that they will always have two parents who love them as they have two strong feet to stand on.   | Main character is a young boy.        |
| Divorce      | 4 - 7     | Child, Adult, Parent | Two Homes                               | Masurel          | Claire            | Simple text and watercolor illustrations are reassuring to children of divorce that love and warmth still exist.   |                                       |
| Divorce      | 4 - 7     | Child, Parent        | Mom and Dad Don't Live Together Anymore | Stinson          | Kathy             | Little girl tells of the ups and downs of living part of the time with each parent. Her wish is that they will get back together. In time, she comes to accept that her parents will live apart, but she loves them both and they love her.              |                                       |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                                    | Last name Author | First name Author | Summary  | Notes  |
|--------------|-----------|-------------------|--|------------------|-------------------|--|--|
| Divorce      | 4 - 7     | Child, Parent     | Room for Rabbit                          | Schotter         | Roni              | A little girl and her stuffed rabbit go to her dad's house for a visit. Her dad has gotten remarried. His new wife has so many things in so many places that Kara and rabbit wonder if there's still room for them.  | Step-Mother. Text may be too lengthy for the youngest children. Could be paraphrased.  |
| Divorce      | 4 - 7     | Child, Parent     | Was it the Chocolate Pudding?            | Levins           | Sandra            | A young boy thinks it's because he and his brother put chocolate pudding on the wall that his parents divorced. He learns that divorce is about "grown up" problems.   | This book is unique in that the children live with their father in the family home.  |
| Divorce      | 4 - 8     | Child             | Weekends with Dad                        | Higgins          | Melissa           | After the family of foxes divorced, their children faced some changes. They had to live in two different houses, but they realized their parents both still loved them.  | A picture book   |
| Divorce      | 4 - 8     | Child             | When My Parents Forgot How to Be Friends | Moore-Mallinos   | Jennifer          | A young girl tells of her happy family and how things started to change. After her dad moved away, the fighting stopped. She noticed that both her parents were happier, and she enjoyed her time with them separately. She was assured that both still loved her. | Simply written text and colorful pictures make it a good read aloud for preschoolers. Children in early grades will be able to read it for themselves. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                  | Last name Author | First name Author | Summary  | Notes  |
|--------------|-----------|-------------------|------------------------|------------------|-------------------|--|--|
| Divorce      | 4 - 8     | Child, Parent     | The Best of Both Nests | Clarke           | Jane              | <p>Story of a young stork whose parents "clatter". His parents decide to live apart in two separate nests. Stanley doesn't like the idea at all. He has a classmate who also has two nests, but her dad's nest is far away. When Stanley doubts that his dad will make it to a special school event, he is very sad. But, his dad arrives and Stanley learns that living in two nests isn't all bad.</p> |  |
| Divorce      | 5 - 10    | Child             | My Parents' Divorce    | Cole             | Julia             | <p>Explains what divorce is and why it sometimes happens. Children talk about how they feel about their parents' divorce. Colorful drawings, photographs, cartoons, and easy text illustrate some of their confusing feelings related to separation and divorce.</p>   | The book has a question and answer format.   |
| Divorce      | 5 - 10    | Child, Parent     | Please Come Home       | Sanford          | Doris             | <p>Describes common feelings of a young girl when parents fight, separate and divorce. The story is one of the few that describes the parents behavior as being less than ideal. It may be a more realistic description of the situation as it happens in many homes.</p>  | At the back of the book, suggestions are given for how to help a child go through a parent's divorce. There is reference to God (only in this section). The list can be helpful to all adults. However, sensitivity to religious beliefs needs to be explored. |
| Divorce      | 5 - 8     | Child             | We're Doing It!        | Hormann          | I                 | <p>Tells a story of what happens to a family from the decision to divorce through adjustment to the changes of divorce.</p>  | Incorporates the feeling of each family member impacted by the divorce. Appropriate for parents who want to read to their children.  |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience    | Title                         | Last name Author | First name Author | Summary  | Notes  |
|--------------|-----------|----------------------|-------------------------------|------------------|-------------------|--|--|
| Divorce      | 5 - 8     | Child, Parent        | My Mom's Wedding              | Bunting          | Eve               | A little girl tells of her feelings about her mom getting married. Children can learn about what a wedding is, as well as how to cope with conflicted feelings.  |  |
| Divorce      | 5 - 9     | Child, Adult, Parent | A Day with Dad                | Holmberg         | Bo R.             | Dad and young son, Tim live in different cities. Dad comes for a visit on the train. They spend a special day together and when Tim says goodbye he knows his dad will come and visit again.   | Content is very situation specific.  |
| Divorce      | 6 - 10    | Child, Parent        | I Don't Want to Talk about It | Franz Ransom     | Jennie            | Story reveals the full range of feelings a young child may experience when parents divorce. It uses animals to convey that the feelings children have are normal. It addresses a child's basic concerns about what will happen and assures them that some things won't change.     | Notes for parent at the end of the book lets parents know what to expect from children facing divorce.                                 |
| Divorce      | 6 - 10    | Child, Parent        | On the Day His Daddy Left     | Adams            | Eric J.           | Danny wrote a secret question on a piece of paper on the day his daddy left. He showed it to several people who all assured him that the answer was "no". Danny's question was, "Is it my fault?" - a common belief for many children who will be reassured by hearing this story. | Short note to parents at the end of the book explains the feelings of children of divorce and gives suggestions for helping them cope. |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience    | Title                           | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|----------------------|---------------------------------|------------------|-------------------|--|---|
| Divorce      | 6 - 10    | Child, Parent        | The Days of Summer              | Banning          | Eve               | Two young sisters attempt to cope with the divorce of their grandparents. They learn that love can make even the most difficult changes easier to understand.  | The children in the story are both girls which may limit its utility with boys.   |
| Divorce      | 6 - 10    | Child, Parent        | Will Dad Ever Move Back Home?   | Hogan            | Paula D.          | Story of a young girl told in the first person. Laura is struggling with the visitation arrangement that her parents agreed upon. Something happens to change things and reassures Laura that both of her parents love her.  | Underlying theme addresses the topic of the "Disney World Dad".                   |
| Divorce      | 6 - 11    | Child, Adult, Parent | Daddy's Getting Married         | Moore-Mallinos   | Jennifer          | Explores the anxieties and concerns children often experience during the transition and changes that they experience when one parent remarries.  | Includes guide for parents to use when preparing to read this book to children.   |
| Divorce      | 6 - 11    | Child, Parent        | Charlie Anderson                | Abercrombie      | Barbara           | Simple text and soft pictures tell the story of a cat who spends part of each day in two separate places. It isn't immediately evident that the cat (Charlie Anderson) lives with two different families and is loved by both.   | May have special meaning for children whose parents are separated or divorced.    |
| Divorce      | 6 - 11    | Child, Parent        | Daddy Doesn't Live Here Anymore | Klutts           |                   | A little boy shares his feelings about his parents living in different locations. The story points out the increased responsibility a child may experience when living with a single parent. Missing one parent while being with the other is also illustrated. Jargon used about divorce adds confusion to the boy's already difficult experiences. Assures children that they are loved by both parents. | Book has small pictures and lots of text which may limit its utility with groups. |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary  | Notes  |
|--------------|-----------|-------------------|---|------------------|-------------------|--|--|
| Divorce      | 6 - 11    | Child, Parent     | My Mother's House, My Father's House            | Christiansen     | C.B.              | A young girl's story about spending time in both her mother's and her father's house. There are things she likes about both. However, it is difficult to be packing every few days to move. She is determined that when she grows up she will live in the same house all of the time and it will have the best things from both her parent's houses. |  |
| Divorce      | 6 - 11    | Child, Parent     | The Un-Wedding                                  | Cole             | Babette           | Delightful story that uses humor to explore the idea that some adults who were married, need to live apart. It reassures that the children will spend time and be loved by both parents.   |  |
| Divorce      | 6 - 12    | Child             | What Children Need to Know When Parents Divorce | Coleman          | William           | Discusses the causes and results of divorce with emphasis on the needs of children and their uniqueness, reassurance of the continued love of both parents and ways the child can still show love to both parents.   | Presented in an honest, understandable and simple way--this book could be the first step in talking about the divorce. It is suggested that parent and child together spend 15 minutes a day reading and discussing very short sections of the book. |
| Divorce      | 6 - 12    | Child, Parent     | Let's Talk About It: Stepfamilies               | Rogers           | Fred              | Gentle, upbeat presentation that stresses the importance of communication and sharing feelings when part of stepfamily.  | May be most appropriate for children anticipating or newly experiencing being a part of a stepfamily. Step-parents may find it helpful to use with their children when all are adjusting or anticipating being part of a new family structure.       |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title                                   | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|-------------------|---|------------------|-------------------|--|---|
| Divorce      | 7 - 10    | Child, Parent     | Dinosaur Divorce                        | Brown            | Marc              | Covers topic thoroughly: why, how it affects me, after the divorce, living with one parent, visitation, two homes, holidays, telling friends, stepparents and other siblings. Also includes list of terms related to divorce and their definitions. Comic-book like format with great illustrations and understandable text.   | May want to read the book in sections followed by discussion/activity. Read to younger children in segments and simplify some language. Parents may use book as a jumping off place to explain "divorce" to their children. |
| Divorce      | 7 - 10    | Child, Parent     | Do You Sing Twinkle?                    | Levins           | Laurie            | Story about a young boy and his brother whose mom remarries and relocates - so things change in the boys' lives. Feelings around step-dad and step-sisters are explored. Sharing mom with these others is difficult.   | Notes for parents at the end of the book will help parents help their children deal with difficult emotions that come with divorce, remarriage and blended families.  |
| Divorce      | 7 - 11    | Child, Parent     | My Parents are Divorced, My Elbows..... | Cochran          | Bill              | A humorous look at a boy's feelings about his parents' divorce. His parents' divorce isn't the only thing that defines him and all of these things just make him who he is.  | Entire book title: "My Parents are Divorced. My Elbows have Nicknames and other Facts about Me"   |
| Divorce      | 7 - 11    | Child, Parent     | Why Are We Getting a Divorce?           | Mayle            | Peter             | An excellent down-to-earth focus (on things which children can understand) that might cause divorce for even some of the dearest people they know. There are ideas on how children can overcome the profound feelings of loss and hurt as the authors offer sympathy, reassurance and sound advice. At the same time parents can understand some of their children's concerns. Whimsical | A good book for the family of divorce to read together.   |

Healing Hearts Book List

| Type of Loss | Age Level  | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes  |
|--------------|------------|-------------------|--|------------------|-------------------|---|--|
| Divorce      | 7 - 12     | Adult, Parent     | Totally Uncool                                   | Levy             | Janice            | Examines the feelings of a young girl whose dad has a new girlfriend. Uses humor effectively and shows how feelings can change over time.   | Can be used in discussions about step-families.  |
| Divorce      | 7 - 14     | Child             | The Divorce Workbook for Children                | Schab            | Lisa              | 40 simple activities to help children through divorce. Includes such things as feelings (sad, mad, helpless, scared, guilty), coping with change, staying out of parental disagreements, and getting organized for living in two different houses.  | CD with printable worksheets is included.  |
| Divorce      | 7-10 girls | Child             | Help! A Girl's Guide to Divorce and Stepfamilies | Holyoke          | Nancy             | This American Girl book has letters from girls concerning every aspect of divorce up to a parent's remarriage. The letters are answered with helpful tips. Additionally there are quizzes on how well the reader is handling different situations plus advice from girls who have faced similar problems. | Same text as the book A Smart Girl's Guide to Her Parents' Divorce--Words are a little more bold and more easily read.                   |
| Divorce      | 8 - 12     | Child             | Taking the "Duh" Out of Divorce                  | Romain           | Trevor            | Questions that children often have about divorce are answered in a straight-forward way. The author includes cartoon-like illustrations and a dose of humor.  | Table of contents would allow readers to choose just the topic that concerns them. Short 4-5 paragraph answers get to the point quickly. |

Healing Hearts Book List

| Type of Loss | Age Level    | Intended Audience   | Title  | Last name Author | First name Author         | Summary  | Notes  |
|--------------|--------------|---------------------|--|------------------|---------------------------|--|--|
| Divorce      | 8 - 13       | Child               | My Parents Are Divorced Too                                | Ford             | Melanie, Annie and Steven | Written in question and answer format by three children who became one family when a blended family was formed. They give advice on topics dealing with arguments, missing the other parent, moving, making the new family work and welcoming a new baby. Cartoons lend humor as serious feelings are addressed. | Readers can read the whole book or just look at the questions that interest them.  |
| Divorce      | 8 - 13       | Child, Teen         | Diary of a Step Kid: A Guided Journal for Tweens and Teens | Lipscomb Deppe   | Wendy                     | A consumable diary of very simple prompts to journal feelings about your old and new family, school, pets, friends and activities.   | Some of these prompts may be useful for even younger children to discuss divorce and stepfamilies.   |
| Divorce      | 8 - 12 girls | Child               | A Smart Girl's Guide to Her Parents' Divorce               | Holyoke          | Nancy                     | This American Girl book has letters from girls concerning every aspect of divorce up to a parent's remarriage. The letters are answered with helpful tips. Additionally there are quizzes on how well the reader is handling different situations plus advice from girls who have faced similar problems.        | Same text as the book Help! A Girl's Guide to Divorce and Stepfamilies   |
| Divorce      | 9 - 18       | Teen, Adult, Parent | How It Feels When Parents Divorce                          | Krementz         | Jill                      | In their own words children age 7-16 tell their story as children of divorce. With courage they tell about their fears, sorrows and confusions while remarkable resilience permeates their experiences. Striking photos of each child, often pictured with their parents, are included.                          | Children of divorced or divorcing parents will find that their pain and confusion has also been experienced by others. Parents, too, may find ways to help their children. Selected stories may be used with younger children as a springboard for discussion. |

### Healing Hearts Book List

| Type of Loss | Age Level           | Intended Audience    | Title  | Last name Author | First name Author | Summary   | Notes   |
|--------------|---------------------|----------------------|--|------------------|-------------------|---|---|
| Divorce      | elementary to adult | Child, Adult, Parent | It's Not your Fault, Koko Bear                           | Lansky           | Vicki             | Koko Bear learns that his/her parents divorce is not his/her fault. Feelings and reassurances that both parents still love him/her help with coping. Each page has suggestions for parents to help them help their children with the divorce.   | Koko Bear is a preschooler. However, the amount of text on each page might make it difficult to use this book with preschoolers in one sitting. |
| Divorce      | preschool           | Child, Parent        | Oliver at the Window                                     | Schreeve         | Elizabeth         | A preschool boy slowly adjusts to the change in his life when his parents separate/divorce and he attends the preschool everyday. At first he is so sad, he can't join in the activities but he hugs his stuffed lion and looks out the window. In time, he feels better and is able to help another sad child feel better. |   |
| Feelings     | 13 - 16             | Teen                 | The Feelings Book: The Care and Keeping of Your Emotions | Madison          | Dr. Linda         | Discusses the topic of feelings very thoroughly for teens. Concepts like identifying feelings, the physical reactions caused by feelings, expressing feelings appropriately, making a plan, designing a strategy, identifying "safe" people and positive self-talk are presented in a manner that encourages interaction.   | Published by AMERICAN GIRL, the illustrations largely depict females. However, the topics are universal.  |
| Feelings     | 4 - 5               | Child                | The Feelings Book  | Parr             | Todd              | Minimal text and whimsical pictures make this book a good way to introduce many words for 'feelings' to young children.   |   |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes   |
|--------------|-----------|-------------------|--|------------------|-------------------|---|---|
| Feelings     | 4 - 6     | Child             | My Days...My Pictures: A Drawing Journal for 4 - 6 year olds | Lashier          | Kathleen          | Spiral-bound journal for young children. There is one page for each day of a year. The guides for writing, drawing or asking for an adult to write what the child says are not grief related.   | Some of the pages are related to feelings and may serve as a resource for facilitators as those ideas may be used with a group of young children. |
| Feelings     | 4 - 7     | Child             | Lots of Feelings   | Rotner           | Shelley           | Book shows wonderful pictures of children portraying a feeling. The text is simply "feeling" words.   | Children need the words for their feelings.   |
| Feelings     | 4 - 7     | Child             | The Way I Feel   | Cain             | Janan             | This book contains simple verse and colorful illustrations that children can relate to. It presents "feelings" vocabulary so that children have names for what they're feeling. Gives message that all feelings are okay                    | Parents may find this book useful in opening up and/or continuing a discussion with young children about their feelings.                          |
| Feelings     | 4 - 7     | Child             | Where the Wild Things Are                                    | Sendik           | Maurice           | A young boy misbehaves and is sent to bed without dinner. He falls asleep and dreams of going to an island where the "wild things" live. They try to scare him but when he shows bravery, they make him "king" and don't want him to leave. | Story lends itself to discussion about various feelings and about dreams.   |

### Healing Hearts Book List

| Type of Loss     | Age Level | Intended Audience | Title                                 | Last name Author | First name Author | Summary  | Notes   |
|------------------|-----------|-------------------|---------------------------------------|------------------|-------------------|--|---|
| Feelings         | 4 - 8     | Child, Parent     | Pete the Cat and His Magic Sunglasses | Dean             | Kimberly          | The magic sunglasses help the animals in the story feel better - until cat meets wise old owl who teaches the lesson that situations viewed differently make us feel better.   | Parents may find this book useful in helping children look at things differently when they are feeling sad, angry, frustrated, etc. by looking at the positive things in their lives. |
| Feelings         | 6 - 10    | Child             | Feelings: They Just Are               | Hormann          | Toni              | Book is about the universality of feelings. Feelings can be seen in actions and there are several pictures of children expressing specific feelings. Feelings can be seen in actions and feelings can be shared with words. Feelings change. | Good introduction to the topic . Part of "Rainbows for All God's Children" school support program for children from single parent and stepfamilies.                                   |
| Feelings (fears) | 4 - 6     | Child             | When I Feel Scared                    | Spelman          | Cornelia Maude    | Simple text, colorful pictures. All feelings are okay. Everyone feels scared sometimes. There are things I can do to feel better.  | Introduction at the beginning of the book may be helpful to parents to help them understand common children's fears.  |
| Feelings (fears) | 4 - 6     | Child, Parent     | The Goodnight Gecko                   | McBarnet         | Gill              | Story of a gecko who is afraid of the night. His mother points out wonderful things about the night and the goodnight gecko isn't afraid anymore.  | Could be used as an introduction to a discussion about fears, in general, or fear of the dark, specifically by both facilitators and parents.   |

### Healing Hearts Book List

| Type of Loss     | Age Level | Intended Audience | Title                         | Last name Author | First name Author  | Summary   | Notes   |
|------------------|-----------|-------------------|-------------------------------|------------------|--------------------|---|---|
| Feelings (fears) | 5 - 7     | Child             | A Little Bit of Bunny Trouble | Grindley         | Sally              | Story about a grandfather bear who takes two grandchildren on a picnic. A bull's presence in each picture leads the reader to the bears being in impending doom. End shows bull was simply trying to get to his own family. | Reader may need to lead the children the conclusion that everything they fear may not be something they need to be afraid of.                                 |
| Feelings (fears) | 6 - 8     | Child             | Brave as a Bunny Can Be       | Julian           | Alison             | A bunny is always afraid of most everything until he goes on an adventure. During his time away he finds that in many situations he is brave. He shows his bravery by protecting his family from a fox.                     | Discussion could compare valid fears from imagined fears. Sometimes fear is helpful in keeping us safe. A point is made that being scared is part of bravery. |
| Feelings (joy)   | 7 - 11    | Child, Parent     | The Giving Tree               | Silverstein      | Shel               | Sweet story about the relationship between a tree and a boy as they both age.   | Book has been "well loved". May be appropriate for all as it illustrates how giving brings happiness.   |
| Feelings (joy)   | 7 - 11    | Child, Parent     | The Music Inside Me           | 4TH & 5TH Grade  | Students of Marvin | This story is about some children who meet an old man who becomes their friend and teaches them about the happy memories from his life that make up the music inside.   | Might be a good introduction to remembering happy times with a lost loved one.  |

Healing Hearts Book List

| Type of Loss          | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary   | Notes   |
|-----------------------|-----------|-------------------|--|------------------|-------------------|---|---|
| Feelings (loneliness) | 4 - 7     | Child             | I Wish....   | Harker           | Jillian           | Board book format tells a story of a new bear toy who feels lonely in his new home until he meets other toys that become his friends  | Although the book does not label feelings as the story is told, children could guess how the character(s) are feeling in different situations.  |
| Feelings (anger)      | 4 - 6     | Child             | When I Feel Angry  | Spelman          | Cornelia Maude    | Simple text, colorful pictures some things make me angry. Dealing with anger without hurting others is important.   | Introduction at beginning of book may be helpful to parents to help them understand angry feelings. Suggestions for helping their children cope with their anger without harming others. Importance of setting a good example.          |
| Feelings (anger)      | 6 - 10    | Child, Parent     | A Volcano in My Tummy: Helping Children to Handle Anger                | Whitehouse       | Elaine            | Written for teachers as a guide to teaching anger management. Beginning of book is written for teachers, parents or other adults and gives the general ideas involved when teaching children how to deal with anger. Permission to reproduce given. | Specific activities are included in the book that can be used in sessions with children when discussing anger. Offers a variety of ideas for use by age level. Great resource for parents who are dealing with anger in their children. |
| Feelings (anger)      | teen      | Teens, Adult      | Hot Stones & Funny Bones: Teens Helping Teens Cope with Stress & Anger | Seaward PHD      | Brian Luk         | Written by teens to help teens. 3 sections: "Telling It Like It Is", "The Best Way to Cope with Stress", and "Final Comments from Teens."   | A mental health professional gives effective stress and anger management techniques.  |

Healing Hearts Book List

| Type of Loss                 | Age Level | Intended Audience | Title                             | Last name Author | First name Author | Summary  | Notes   |
|------------------------------|-----------|-------------------|-----------------------------------|------------------|-------------------|--|---|
| Feelings (parental fighting) | 4 - 7     | Child, Parent     | When They Fight                   | White            | Kathryn           | Feelings of a young badger when his parents fight are presented and illustrated. The young badger has very different feelings when his/her parents aren't fighting.                                  | All families fight occasionally. Parental fighting is frightening for young children. Illustrations of adult badgers fighting may be frightening for some children. |
| Feelings (sadness)           | 4 - 6     | Child             | When I Feel Sad                   | Spelman          | Cornelia Maude    | Simple text, colorful pictures. It's okay to feel sad. Everyone feels sad sometimes. Talking about feelings helps them know sadness will not last forever. There are things I can do to feel better. | Parents can use with young children to get them to talk about feelings.   |
| Feelings (sadness)           | 7 - 11    | Child             | The Boy Who Didn't Want to be Sad | Goldblatt        | Rob               | Story about a boy who got rid of everything that made him sad until he realized that the same things that made him sad were also the things that made him happy.                                     |   |
| Feelings (self-esteem)       | 4 - 6     | Child             | When I Feel Good about Myself     | Spellman         | Cornelia          | Very appropriate for young children for the session - I AM SPECIAL   | Reinforces concept of everyone is different and unique - and that's okay!   |

### Healing Hearts Book List

| Type of Loss           | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary  | Notes   |
|------------------------|-----------|-------------------|---|------------------|-------------------|--|---|
| Feelings (self-esteem) | 5 - 7     | Child             | I'm Gonna Like Me: Letting Off A Little Self Esteem | Curtis           | Jamie Lee         | Text and artwork show kids that key to feeling good is liking yourself because you are you.  |   |
| Feelings (self-esteem) | 6 - 11    | Child             | Happy to Be Me A Kid's Book about Self Esteem       | Adams            | Christine         | Each page describes a different component of self esteem. There are fifteen pages of text, each accompanied by a picture.  | This book is written from a Christian viewpoint. Previewing before using with group may help facilitator to modify the text to suit the make-up of the group. |
| Feelings (self-esteem) | 6 - 8     | Child             | The Loveables In the Kingdom of Self-Esteem         | Loomans          | Diana             | Each animal in the kingdom possesses a special characteristic that contributes to building positive self-esteem.   | May be a bit long for the youngest children.  |
| Feelings (worries)     | 6 - 10    | Child, Parent     | Is a Worry Worrying You?                            | Wolff            | Ferida            | Good, entertaining story that looks at worries in a playful way. Text and pictures are fanciful. The book does give a definition for worry and gives suggestions for what to do about it. Reading this book easily lends itself to follow-up activities. | Parents who want to help their child(ren) deal with worries will find this book enjoyable and informative.  |

### Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience   | Title                             | Last name Author | First name Author | Summary  | Notes   |
|--------------|-----------|---------------------|-----------------------------------|------------------|-------------------|--|---|
| Friendship   | 4 - 5     | Child               | Tiger Trouble                     | Goode            | Diane             | Beginning of book lends itself to discussion of what it means to be a good friend. The story also has a happy ending from which a connection could be made to the idea that even when grieving, things will get better.  |   |
| Friendship   | 4 - 6     | Child, Parent       | When I Care about Others          | Spelman          | Cornelia          | Simple text, colorful pictures. Others have feelings just like mine. I can treat others as I would like to be treated.   | Introduction in the beginning of the book may be useful for parents who want to teach their children to care about others. Reference to bullying. |
| Friendship   | 8 - 12    | Child               | The Rag Coat                      | Mills            | Lauren            | Set in Appalachia, large, lovely paintings tell the story of Minna and her Papa's resolve to find a way to get her a coat so she could go to school. When Papa got sick and died, the quilting mothers made Minna a coat out of meaningful scraps. Minna wore the coat to school, but classmates teased her until she shared the stories behind the various pieces of fabrics. | Emphasizes the value of community, sharing and friendship   |
| Friendship   | 5 - 8     | Teen, Adult, Parent | There's No Such Place as Far Away | Bach             | Richard           | Spirit flies with the birds on its way to a party for a friend. Each bird tries to explain that he/she doesn't have to travel to the party as he/she is always with the friend with him/her.   | Spirit and soul are terms used in some belief systems. Check with younger children to see how familiar they may be with the concept.              |

### Healing Hearts Book List

| Type of Loss            | Age Level  | Intended Audience | Title                      | Last name Author | First name Author | Summary   | Notes  |
|-------------------------|------------|-------------------|----------------------------|------------------|-------------------|---|--|
| Gratitude               | 4 - 6      | Child             | Feeling Thankful           | Rotner           | Shelley           | This book shows photos of children being grateful for a variety of special as well as, common things.   | Being thankful for what you have, may help children heal from a loss.                                    |
| Illness                 | 12 - adult | Teen, Adult       | When a Parent is Very Sick | LeShan           | Eda               | Book discusses typical feelings and incidents encountered by a child when a parent is seriously ill or hurt, as well as how it affects the entire family. Suggestions on how to deal with each situation are also included. | Last two chapters address "If a parent dies" and "going on with your life."                              |
| Illness<br>(Alzheimers) | 7 - 11     | Child             | The Memory Box             | Bahr             | Mary              | A grandfather and grandson make memory box together. They write memories of great times together on small pieces of paper and put them into the memory box along with photos and souvenirs.                                 | Gramps is suffering from early Alzheimer's and the children will encounter some facts about the disease. |
| Illness<br>(depression) | 6 - 12     | Child             | It Won't Last Forever      | Sanford          | Doris             | A young girl deals with the feelings of having a depressed parent who tries to commit suicide.  | Book includes guidelines for helping a child living with a depressed parent.                             |

### Healing Hearts Book List

| Type of Loss     | Age Level     | Intended Audience | Title   | Last name Author | First name Author | Summary   | Notes   |
|------------------|---------------|-------------------|---|------------------|-------------------|---|---|
| Illness (cancer) | 10 - 18 girls | Child             | Brushing Mom's Hair   | Cheng            | Andrea            | The story written in free verse, expresses a teen's reactions to her mother's breast cancer - her terror, denial, sorrow, love and hope. Mother's diagnosis and treatment is told through the girls' eyes as she finds release in ballet and art classes. |   |
| Illness (cancer) | 18 and over   | Adult, Parent     | The Worst Days: The Journal of a Young Cancer Patient for Health Care Professionals | Bulger           | Leonaye           | A young women with cancer chronicles her journey from diagnosis to her death.   | Book may be helpful for person who has been diagnosed with cancer, or who has a loved one who is diagnosed or has died from cancer. Reader need not be a health care professional to find this book relevant. |
| Illness (cancer) | 4 - 10        | Child             | Promises  | Winthrop         | Elizabeth         | A young girl experiences a range of emotions when her mother undergoes treatment for cancer.  |   |
| Illness (cancer) | 4 - 6         | Child             | Sammy's Mommy Has Cancer  | Kohlenberg       | Sherry            | Sammy's mommy receives treatment for cancer, goes into the hospital for surgery, recovers at home and her hair comes back.  |   |

### Healing Hearts Book List

| Type of Loss     | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary  | Notes   |
|------------------|-----------|-------------------|---|------------------|-------------------|--|---|
| Illness (cancer) | 4 - 8     | Adult, Parent     | Punk Wigs   | Ries             | Lori              | A loving story of a mother whose son gives her constant support during chemotherapy and wig buying/wearing.  |   |
| Illness (cancer) | 4 - 8     | Child             | Why, Charlie Brown, Why? A Story About What Happens When a Friend is Very Ill | Schulz           | Charles M.        | The Peanuts gang faces the serious sickness of a good friend. The story tells of the effect of Janice's illness (cancer) on her family, classmates and her friends.  |   |
| Illness (cancer) | 6 - 10    | Child, Parent     | The Problem with Hair: A Story for Children Who are Learning about Cancer     | Foss             | Karen Sue         | Black and white pictures with rhyming text, tell how several children are dissatisfied with their hair for a variety of reasons. When their friend loses her hair due to cancer, they write and give her a hat to make her feel better. They assure her she is still their friend. | Parents whose own child is losing hair due to cancer treatment may find this book a comfort for their child. This book would also be appropriate for parents to read to a child friend, classmate, relative who have lost hair because of cancer treatment. |
| Illness (cancer) | 8 - 12    | Child, Parent     | Sky Memories  | Brisson          | Pat               | Ten year old Emily's mother has been diagnosed with cancer. The two spend meaningful time together by creating memories of the sky and its patterns. When her mom dies, Emily experiences the heartbreak of loss and then the comfort of memory.                                   | This easy to read novel relates the stages of illness and physical reactions to chemotherapy, but never overwhelms readers with too much detail. It could be useful for terminally ill mothers trying to prepare children for their impending death.        |

### Healing Hearts Book List

| Type of Loss                 | Age Level  | Intended Audience          | Title  | Last name Author | First name Author | Summary  | Notes  |
|------------------------------|--|----------------------------|--|------------------|-------------------|--|--|
| Illness (cancer)             | Third grade and above could read book themselves | Child, Teen, Adult, Parent | Where's Mom's Hair?: A Family's Journey Through Cancer | Watters          | Debbie            | Photographs and text chronicle a family's journey through a mother's cancer treatment.   | The book covers the steps in cancer treatment from the perspective of the patient's children.  |
| Illness (grandmother)        | 4 - 12   | Child                      | Emma's Question  | Urdahl           | Catherine         | A young child's grandmother is sick in the hospital. The child is worried and afraid to ask her questions about grandmother dying. |  |
| Illness (hospitalization)    | 4 - 10   | Child                      | When Mommy is Sick                                     | Sherkin-Langer   | Ferne             | A child's mother is often hospitalized for an unnamed reason. The story tells how she copes and waits for Mommy to come home.      |  |
| Illness (muscular dystrophy) | 9 - 19   | Child, Teen                | Heartsongs   | Stepanek         | Mattie J. T.      | Poems written by a young boy who has a rare form of muscular dystrophy and suffered the loss of three siblings to the disease.     | Focus on the wisdom and beauty of creation. May be a good way to discuss looking at the bright side. Perhaps the participants could write their own 'Heartsong'. |

### Healing Hearts Book List

| Type of Loss  | Age Level | Intended Audience          | Title   | Last name Author           | First name Author | Summary  | Notes  |
|---------------|-----------|----------------------------|---|----------------------------|-------------------|--|--|
| Incarceration | 5 - 11    | Child                      | Let's Talk about When your Parent is in Jail                                  | Wittbold                   | Maureen K.        | Book gives many facts and answers many questions for children such as, "Why is my parent in jail?, What does jail look like?, Can I visit?, etc." It also presents changes in the family and in feelings due to the event. | Very specific content may give this book its most value when read on an individual basis to the child(ren) affected by a caring adult.   |
| Incarceration | 4 - 13    | Child, Teen, Adult, Parent | The Night Dad Went to Jail: What to Expect When Someone You Love Goes to Jail | Higgins                    | Melissa           | Through the eyes of a young boy the story outlines what to expect when someone is arrested and goes to prison.   | Book includes a glossary of terms, some internet sites and a short list of other picture books. The story also includes various statistics about children impacted by the incarceration of a parent. |
| Misc          | adult     | Adult, Parent              | Assessment and Treatment Activities for Children, Adolescents and Families    | Edited by: Lowenstein, MSW | Liana             | Each assessment and activity includes a theme, recommended age range and treatment modality (individual, group, family).   | Six sections include: Engagement & Assessment, Feelings Expression, Social Skills, Coping & problem solving, Self-Esteem, and Termination (Celebration). Good supplement to HH curriculum.           |
| Misc (love)   | 7 - 11    | Child, Parent              | Love You Forever  | Munsch                     | Robert            | Book is a touching story of unconditional love from a mother for her children. As time passes, the child shows unconditional love for his/her parent.  | Very sentimental story about unconditional parent's love. Parents may want to read to their child(ren) to assure them of their unconditional and forever love.                                       |

Healing Hearts Book List

| Type of Loss           | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary   | Notes   |
|------------------------|-----------|-------------------|---|------------------|-------------------|---|---|
| Misc (math activities) | 5 - 9     | Child             | How High Can a Dinosaur Count? and other Math Mysteries | Fisher           | Valorie           | Pictures illustrate word problems that require simple addition, subtraction or multiplication. End of book gives more word problems without pictures.   | Preview to determine which problems are appropriate for the age level of the children in the group.       |
| Misc (adoption)        | 4 - 7     | Child, Parent     | Adopted and Loved Forever                               | Dellinger        | Anetta E.         | Story told by an adopted young boy that presents the feelings of adopted children and assures them that they are loved.   | Christian faith presented in text pictures.   |
| Misc (Christmas)       | all       | Child, Parent     | Christmas Tree Memories                                 | Aliki            | (Brandenberg)     | On Christmas Eve the family shares memories of their life through the homemade ornaments on the Christmas tree. Each ornament reminds them of a special time or memory. Warm illustrations celebrate family and traditions. | A good book for the family to discuss their own holiday traditions and new ones they would like to begin. |
| Misc (forgiveness)     | 7 - 11    | Child, Parent     | Forgiving is Smart for your Heart                       | Morrow           | Carol Ann         | Written for adults to help children support and nurture children's natural desire to forgive. Gives "words" to use when forgiving. Encourages forgiving self.   | Mentions Jesus and Nelson Mandela as examples of people who were forgiving.                               |

### Healing Hearts Book List

| Type of Loss         | Age Level | Intended Audience | Title                                | Last name Author | First name Author | Summary   | Notes   |
|----------------------|-----------|-------------------|--------------------------------------|------------------|-------------------|---|---|
| Misc (Halloween)     | 4 - 5     | Child             | Five Little Bats Flying in the Night | Metzger          | Steve             | Story about five bats who fly away one at a time, using the concept of "one less". Refrain is much like the refrain in "Five Little Monkeys" - "Momma called the doctor..." | Might be fun to include in session near Halloween.  |
| Misc (Halloween)     | 4 - 6     | Child             | Patty's Pumpkin Patch                | Sloat            | Teri              | This is an alphabet book that tells of a pumpkin from the seed being planted through it's appearing as a jack-o-lantern for Halloween                                       | May want to read to the youngest children in a meeting close to Halloween.                                      |
| Misc (individuality) | 4 - 6     | Child             | Everyone is Special                  | Frost            | Marie H.          | Interactive story shows how we can all be different from each other.  | God made us all different, and we are all special.  |
| Misc (individuality) | 4 - 7     | Child, Parent     | God Makes Us Different               | Caswell          | Helen             | God made us all different in many ways, but we are all alike in many ways, too.   | May be helpful for Christian families to share with their children about individual likenesses and differences. |

Healing Hearts Book List

| Type of Loss         | Age Level | Intended Audience | Title                             | Last name Author | First name Author | Summary  | Notes  |
|----------------------|-----------|-------------------|-----------------------------------|------------------|-------------------|--|--|
| Misc (religious)     | 7 - 10    | Child, Parent     | A Child's Garden of Bible Stories | Gross            | Arthur W.         | Bible stories from the old and New Testament are 3 to 5 pages long.  | Parents may want to borrow and read with their child(ren).   |
| Misc (religious)     | 7 - 11    | Child, Parent     | Becoming Me: A Story of Creation  | Boronson         | Martin            | Interesting presentation through little text and pictures of how things in the world (including self) were created by "ME". The idea of a super powerful force as the origin of all else without referencing divinity. | Facilitators/parents who may want to share this book with children are advised to preview in preparation.  |
| Misc (religious)     | 7 - 12    | Child             | All I See is Part of Me           | Curtic           | Chara M.          | Book has been given the "Award of Excellence" by Mind, Body, Spirit magazine. Idea of being part of everything and everything being a part of the individual is illustrated beautifully.                               | Idea may be difficult to explain to children and not common to their own family's belief system. May be useful with song, "This Little Light of Mine". |
| Misc (individuality) | 6 - 10    | Child             | Being a Family                    | Hormann          | Toni              | All families are different. Family members have responsibilities. Families have rules. Each member of a family is different, with different feelings and needs. Families grow and change.                              | Part of "Rainbows for All God's Children" school support program for children from single parent or stepfamilies.                                      |

Healing Hearts Book List

| Type of Loss            | Age Level | Intended Audience | Title  | Last name Author | First name Author | Summary  | Notes  |
|-------------------------|-----------|-------------------|--|------------------|-------------------|--|--|
| Misc<br>(individuality) | 6 - 10    | Child             | The Velveteen Rabbit                             | Williams         | Margery           | Rabbit searches for the meaning of being "real" and finds out that being real happens over a long time when a child really loves you.  |  |
| Self-Care               | 4 - 11    | Child             | A Boy and a Bear: The Children's Relaxation Book | Lite             | Lori              | Simple text and pictures tell a tale about a boy and a bear who share the experience of deep breathing. It shows what deep breathing looks like and how to count breaths in and out. | Great way to teach this very helpful relaxation skill. |
| Self-Care               | 4 - 5     | Child             | Lunch  | Fleming          | Denice            | Colorful pictures and simple text tell the story of a hungry mouse who eats many colorful fruits and vegetables for lunch.   |  |
| Self-Care               | 4 - 5     | Child             | Mouse Mess                                       | Riley            | Linnea            | Simple text and colorful pictures tell of a mouse who eats a variety of foods and leaves a mess.   | Might use to close session with youngest children.     |

Healing Hearts Book List

| Type of Loss                | Age Level  | Intended Audience          | Title  | Last name Author | First name Author | Summary  | Notes  |
|-----------------------------|------------|----------------------------|--|------------------|-------------------|--|--|
| Self-Care                   | 6 - 10     | Child                      | Milton's Secret : An Adventure of Discovery through Then, When, and the Power of Now                       | Tolle            | Eckhart           | Presents the concept of staying in the present. It explains the outside "NOW and the inside NOW."  | The inside NOW is described as the 'light' inside of every living thing This may be a difficult concept for children. Previewing before reading may help the facilitator be ready to discuss this idea.  |
| Self-Care<br>(affirmations) | 13 - adult | Teen, Adult                | A Garden of Thoughts: My Affirmation Journal   | Hay              | Louise I.         | 131 journal pages with a positive affirmation at the top of each page. Introduction to the concept of journaling and the power of personal affirmation. Some references to "divinity" and blessings.                                       | Facilitators could use as reference to introduce the technique of journaling and use of personal affirmations as coping tools to assist in the healing process. Sample affirmations might be used to open discussion and/or to close a meeting.  |
| Self-Care<br>(affirmations) | all        | Child, Teen, Adult, Parent | I Believe in Me: A Book of Affirmations  | Bowen            | Connie            | The thoughts we think and the words we say have the power to shape our world. One affirmation on each page with an illustration on the companion page. Will work well for session "I Am Special" and any session related to coping skills. | Based on Christian beliefs. However, use of the word "GOD" occurs minimally in the affirmations. Previewing before use with group, will allow facilitators to use this book effectively and appropriately with any age group. Parents may find it useful with their children to encourage positive self-concept and reframe the crisis that impacted the family as something they have the power and |
| Trauma                      | 11 - 19    | Teen                       | A Therapist's Companion to Chill & Spill: Guidebook for Supporting Trauma Recovery through Expressive Arts | Jacobs           | Jeanean           | Book describes use of the creative process in helping teens communicate difficult issues, reduce stress and normalize feelings. Incorporates use of cognitive-behavior, narrative and art therapy techniques.                              | Beginning of book gives background information on the use of art therapy, science and the arts, managing school crisis, etc. This is followed by information directly related page by page to the teens' journal.  |

Healing Hearts Book List

| Type of Loss | Age Level | Intended Audience | Title   | Last name Author | First name Author | Summary   | Notes  |
|--------------|-----------|-------------------|---|------------------|-------------------|---|--|
| Trauma       | 11 - 19   | Teen              | Chill & Spill: A Place to Put it Down and Work it Out | Jacobs           | Jeanean           | Consumable journal with artwork and suggestions for guided journaling/drawing covers a wide array of issues a traumatized teenager may need to resolve. | Facilitators may find this a useful resource when planning discussion topics with activities for group meetings. |