

## Children's Resources about Grief and Loss

The Dougy Center has several book resources around suicide grief in children and teens. Some that would be good: <https://www.tdcbookstore.org/store/c4/Books.html>

- Memories Matter
- After a Suicide Death: An Activity Book for Grieving Kids
- Never the Same: Coming to terms with the death of a parent

The Dougy Center is a nationally recognized grief support organization for children and adolescents. They have a number of resources for children and adolescents and adults who support childhood suicide loss supporters. [www.dougy.org/resources/cause-of-death/suicide](http://www.dougy.org/resources/cause-of-death/suicide)

### **Books about Grief for Younger Children**

**Art With Heart Presents: Draw It Out**

Written by Steffanie Lorig and Rosalie Frankel

This 40-plus-page activity book uses writing and drawing to help kids work through their emotions. Activities include creating a "Circle of Strength" and using a calendar to express feelings on different days. "I use this book in therapy for grieving children and find it to be extremely effective," says an expert at the Child Mind Institute. Ages 6-10. Published by Art With Heart.

**I Miss You: A First Look at Death**

Written by Pat Thomas, illustrated by Lesley Harker

This book explains, in realistic but reassuring language, why people die and how hard it can be to say goodbye. The real genius: "What About You?" boxes scattered throughout the book that contain questions you can ask children. "I particularly like that it normalizes the sad feelings around death," says an expert at the Child Mind Institute. Ages 4-8. Published by B.E.S. Publishing.

**The Invisible String**

Written by Patrice Karst, illustrated by Joanne Lew-Vriethoff

This bestselling picture book introduces little ones to the concept of an invisible link between people, even when they're separated. In the story, a mom explains to her children that there is a "very special string made of love" that connects them to everyone they love. "When you're at school and you miss me, your love travels all the way along the string until I feel a tug on my heart," Karst writes. The story continues with explaining how far the string reaches — to a submarine captain in the ocean, a dancer in France, and even to a beloved relative in heaven. Ages 3-8. Published by Little, Brown Books for Young Readers.

**One Wave at a Time: A Story About Grief and Healing**

Written by Holly Thompson, illustrated by Ashley Crowley

After Kai's dad died, the boy's grief manifests itself in many ways, from crying to throwing a fit to feeling flat and robotic. "The story line shows the change from struggling to recovering, and emphasizes using support networks," says an expert at the Child Mind Institute. Ages 4-8. Published by Albert Whitman & Company.

**When Dinosaurs Die: A Guide to Understanding Death**

Written and illustrated by Laurie Krasny Brown and Marc Brown

With simple language and sweet drawings that aren't too graphic, this picture book addresses many questions children have about death, how people say goodbye, and how we remember people we've lost. The best section focuses on feelings about death and encourages kids to talk about them, says an expert at the Child Mind Institute. Ages 5-9. Published by Little, Brown Books for Young Readers.