



## NAVIGATING GRIEF: RESOURCES FOR FAMILIES

### From the American Academy of Pediatrics (HealthyChildren.org)

- [Five Ways to Help Your Child Remember and Celebrate Loved Ones](#)
- [How Children Understand Death & What You Should Say](#)
- [Childhood Grief: When to Seek Additional Help](#)

### Resources by Age Group

<b>Young Children</b>	<ul style="list-style-type: none"> <li>• Video series by the Sesame Workshop Group on Childhood Grief <a href="https://sesameworkshop.org/resources/helping-kids-grieve/">sesameworkshop.org/resources/helping-kids-grieve/</a></li> <li>• Helping Young Children with Traumatic Grief: Tips for Caregivers <a href="https://nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers">nctsn.org/resources/helping-young-children-traumatic-grief-tips-caregivers</a></li> <li>• <i>The Invisible String</i>, by Patrice Karst</li> <li>• <i>Something Very Sad Happened: A Toddlers Guide to Understanding Death</i>, by B. Zucker</li> <li>• <i>I Miss You: A First Look at Death</i>, by Pat Thomas</li> </ul>
<b>School-Age Children</b>	<ul style="list-style-type: none"> <li>• <i>Helping School-Age Children with Traumatic Grief: Tips for Caregivers</i> <a href="https://nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers">nctsn.org/resources/helping-school-age-children-traumatic-grief-tips-caregivers</a></li> <li>• <i>Everett Anderson’s Goodbye</i>, by Lucille Clifton, about a father’s death</li> <li>• <i>My Grandson Lew</i>, by Charlotte Zolotow, about a grandparent’s death</li> <li>• <i>When Something Terrible Happens</i>, by Marge Heegaard</li> <li>• <i>When Someone Very Special Dies</i>, by Marge Heegaard</li> <li>• <i>Good Answers to Tough Questions About Death</i>, by Joy Berry</li> <li>• <i>Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies</i>, by Janis Silverman</li> </ul>
<b>Teens</b>	<ul style="list-style-type: none"> <li>• Helping Teens with Traumatic Grief: Tips for Caregivers: <a href="https://nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers">nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers</a></li> <li>• <i>Weird Is Normal: When Teenagers Grieve</i>, by J.L. Wheeler</li> </ul>
<b>All Ages</b>	<ul style="list-style-type: none"> <li>• <a href="https://dougys.org">Ten Tips for Supporting Children Who Are Grieving</a> (dougys.org)</li> <li>• <i>Lifetimes: The Beautiful Way to Explain Death to Children</i>, by Bryan Mellonie</li> <li>• <i>The Fall of Freddie the Leaf</i>, by Leo Buscaglia</li> <li>• <i>I have a question about Death. Clear answers for all kids, including Children with Autism Spectrum Disorder or other special needs</i>, by A.G. Gaines, M.E. Polsky</li> <li>• <i>The Next Place</i>, by Warren Hansen</li> <li>• <i>A Complete Book About Death for Kids</i>, by Earl Grollman</li> <li>• <i>After a Loved One Dies: How Children Grieve and How Parents and Other Adults Can Support Them</i>: <a href="https://newyorklife.com/assets/docs/pdfs/claims/Bereavement-bklet-English.pdf">newyorklife.com/assets/docs/pdfs/claims/Bereavement-bklet-English.pdf</a></li> </ul>