

## For Parents Helping Children

### ***The Grieving Children: A Parent's Guide***

by Helen Fitzgerald

*Educational guide for parents who are supporting grieving children*

### ***Great Answers to Difficult Questions about Death: What Children Need to Know***

by Linda Goldman

*A useful guide for parents & caregivers supporting children*

### ***Helping Children Grieve***

by Khris Ford & Paula D'Arcy

*A compassionate DVD about the effects of grief and loss on children & families*

### ***Supporting Children after Suicide Loss***

by Susan Coale & Sarah Montgomery

*A support guide for parents & caregivers to help children after a suicide loss*

## Teens

### ***You Are Not Alone: Teens Talk about Life after the Loss of a Parent***

by Lynne Hughes

*A reassuring guide for teens coping with loss of a parent*

### ***Fire in My Heart, Ice in My Veins***

by Enid Samuel-Traisman

*A creative journal for teens experiencing a loss (sold through Centering Corp., [www.centering.org](http://www.centering.org))*

### ***Weird is Normal: When Teenagers Grieve***

by Jenny Lee Wheeler

*Self-help book for grieving teens written by a grieving teen*

### ***The Fault in Our Stars***

by John Green

*A fictional account of teens Hazel & Augustus' journey through love & loss*

## Children, ages 4-10



### ***The Invisible String***

by Patrice Karst

*A resiliency building book about how we're all connected by love*

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

by Laurie Krasny Brown & Marc Brown

*An illustrated guide that helps answer kids' questions about death*

### ***After Death: An Activity Book for Children***

by Amy Barrett Lindholm

*Easy-to-use workbook that includes creative activities and tips through grief*

### ***What's Heaven?***

by Maria Shriver

*A starting point that explores difficult questions about death and beyond*

### ***Grief is Like a Snowflake***

by Julia Cook

*Using the story of "little tree," children learn how to cope with death*

### ***Someone Special Died***

by Joan Prestine

*A sensitive & realistic look at grief & loss geared toward children*

### ***When Families Grieve***

Sesame Street

*A bilingual book & CD kit uses Sesame Street characters to support grieving families*

**Chesapeake Life Center**

888.501.7077

[chesapeakelifecenter.org](http://chesapeakelifecenter.org)