

## **SAFE HARBOR SUGGESTED BOOK LIST**

Books can have a wonderful way of opening discussion with even the youngest children about death and grief. Here are some of the books the staff and volunteers at Safe Harbor have found to be most helpful individually and in groups, to foster conversation and make talking about grief more comfortable.

### **Young Children:**

The Goodbye Book by Todd Parr  
Something Very Sad Happened by Bonnie Zucker  
Always and Forever by Alan Durant  
Water Bugs and Dragonflies by Doris Stickney  
Water Bugs and Dragonflies Coloring book

### **Sibling Loss:**

Since My Brother Died (bi-lingual for Spanish speaking children and caregivers)  
by Marisol Munoz-Kiehne  
Where's Jess? by Marvin Johnson

### **Father Loss:**

Samantha Jane's Missing Smile by Julie Kaplow  
Saying Goodbye to Daddy by Judith Vigna  
Grief is like a Snowflake by Julia Cook  
Sam's Dad Died by Margaret H. Holmes

### **Mother Loss:**

Thinking of Mom by M.O. Lufkin  
That's Me Loving You by Amy Krouse Rosenthal  
Molly's Mom Died by Margaret M. Holmes

### **Grandparent Loss:**

When Your Grandparent Dies by Victoria Ryan  
Are You Sad Little Bear? by Rachel Rivette  
Finding Grandpa Everywhere by John Hodge

### **Miscarriage/Infant Loss:**

We Were Going to Have a Baby but We Had an Angel Instead by Pat Schwiebert  
Something Happened by Cathy Blanford  
No New Baby by Marilyn Gryte  
Ethan's Butterflies by Christine Jonas-Simpson

### **Books which foster discussion about grief and death**

I Miss You by Pat Thomas.  
Ida, Always by Caron Levis  
Always Remember by Cece Meng

Death Is Stupid by Anatasia Hingginbotham  
When Dinosaurs Die by Laurie Krasney Brown  
The Scar by Charlotte Moundlic  
Badger's Parting Gifts by Susan Varley  
The Fall of Freddie The Leaf by Leo Buscaglia.  
Sad isn't Bad by Michaelene Mundy.  
One Wave at a Time by Holly Thompson.

**Specific to Trauma:**

A Terrible Thing Happened by Margaret H. Holmes

**Connection/Memories:**

The Invisible String by Patrice Karst  
Chester Raccoon and the Acorn Full of Memories by Audrey Penn.  
The Heart In a Bottle by Oliver Jeffers  
The Memory Box by Joanna Rowland

**Teens:**

Grieving the Sibling You Lost by Erica Goldblott  
Tear Soup by Pat Schwiebert  
Grief Recovery for Teens by Coral Popowitz

**Suicide:**

Rafi's Red Racing Car by Louise Moir  
Luna's Red Hat by Emmi Smid  
Someone I Love Died By Suicide Doreen Cammarata.

**Books for Our Caregivers:**

Grief Day By Day by Jan Warner.  
It's OK That You're Not OK by Megan Devine.

**JOURNALS TO BE GIVEN TO PARTICIPANTS, FAMILIES AND SCHOOL GROUPS**

Deconstruction/Reconstruction; A grief Journal by The Dougy Center\*  
Remember...A Child Remembers centering.org  
The Memory Book: A Grief Journal for Children and Families by Joanna Rowland.

**For Our Volunteers:**

Memories Matter: Activities for Grieving Children and Teens by The Dougy Center\*

\* The Dougy Center is a Bereavement Center in Portland OR which is the gold standard in Peer Support Group Bereavement. They publish books and journals. To order go to [dougie.org](http://dougie.org) and look for resources