



Info Rx

Children's Grief

Losing someone you love can be one of the most challenging experiences for both families and children. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

Helping Children Grieve when Someone they Love Dies

Theresa M Huntley

This book offers positive ways for parents and caring adults to help children of all ages and stages to understand death and help them grieve.

Gentle Willow: A Story for Children About Dying

Joyce C. Mills

This story about a gentle tree and her forest friends is for children who may not survive their illness as well as for their friends. It addresses various feelings and includes a Note to Parents.

Lifetimes: The Beautiful Way to Explain Death to Children

Bryan Mellonie and Robert Ingpen

This sensitive book explains how all living things have a beginning and an ending and how everything in between is living. Through simple text and pictures it helps children understand what makes up a lifetime.

What is Death?

Etan Boritzer illustrated by Nancy Forrest

Children will be introduced to how different religions and cultures have various customs and beliefs regarding death including what different cultures do with the body, beliefs of the soul and afterlife, and how making life meaningful now can help a person's memory live on.

When Dinosaurs Die: A Guide to Understanding Death

Laurie Krasny Brown and Marc Brown

Using colourful illustrations and basic language, short explanations are given on the various concepts of death. This includes word defining, answering questions, discussing feelings, explaining customs, and includes a simple glossary.

The Grieving Child: A Parent's Guide

Helen Fitzgerald

Parents of children of all ages will find useful information on experiences, what to expect and how to support children and teens.

Beyond the Ridge

Paul Goble

Based on the customs of the Plains Indian people this book written for children tells the tale of the death of an old woman. Symbolism is used to show the customs of the woman on her spirit journey to “beyond the ridge,” while afterward sacred rituals are done to help mourn and accept her death.

What's Heaven?

Maria Shriver

A little girl's grandmother has died and her mother helps her find answers to her questions about Heaven and what is now happening to her grandmother's body and soul.

The Grieving Teen: A Guide for Teenagers and their Friends

Helen Fitzgerald

A practical guide for teenagers and their parents on what grief is, difficult feelings and unique situations that are specific to teenagers.

Healing Your Grieving Heart for Kids: 100 Practical Ideas & Healing Your Grieving Heart for Teens: 100 Practical Ideas

Alan Wolfelt

100 simple concrete ideas of how to deal with grief for kids and teens and how their grief can be a unique experience.

This list was created by caring Families & Professionals

These resources are available to borrow at the Family & Community Resource Centre

Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB T3B 6A8
Or check your local library for these resources.

For more information contact the Child Health Information Specialist
at (403) 955-7745 or childhealthinfo@albertahealthservices.ca

For a list of recommended websites and contributors visit
frc.albertahealthservices.ca/health-information/library/information-prescriptions
and click on Children's Grief.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



**Alberta Health
Services**

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