



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.

Borrow these books from the FCRC or check your local library!

Living Dying: A Guide for Adults Supporting Grieving Children and Teenagers

Ceilidh Eaton Russell (2006)

The guidebook provides suggestions for talking to kids and teens about grief. It is written in a question and answer format and addresses palliation, dying and death.

Healing Your Grieving Heart for Kids: 100 Practical Ideas

Alan Wolfelt (2001)

This book provides simple ideas of how to deal with grief for kids and how their grief can be a unique experience.

Healing Your Grieving Heart for Teens: 100 Practical Ideas

Alan Wolfelt (2001)

This book provides simple ideas of how to deal with grief for teens and how their grief can be a unique experience.

The Memory Tree

Britta Teckentrup (2014)

After Fox passes away his friends gather and share their memories of him. As they share their stories of Fox a tree grows bigger and bigger. Fox lives on in the memory tree.

The Invisible String

Patrice Karst (2018)

A mother teaches her two children about an invisible string. No matter where you are you are connected to your loved ones with an invisible string that will never break.



The Next Place

Warren Hanson (1997)

This book includes beautiful illustrations and portrays the afterlife in a non-religious way.

Gentle Willow: A Story for Children About Dying

Joyce C. Mills (1993)

This story about a gentle tree and her forest friends is for children who may not survive their illness. It is written for siblings and friends too. It addresses various feelings and includes a note for parents.

What is Death?

Etan Boritzer (2000)

Different cultures and religions have different approaches to death. Children will be able to learn about different customs and beliefs about death in this book.

Beyond the Ridge

Paul Goble (1993)

Based on the customs of the indigenous Plains 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.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrc.ahs.ca/rx/childrens-grief

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

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