



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 (2007) - [FCRC Call Number: GV 100 E28 2007](#)

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 : Simple Advice and Activities for Children After a Death

Alan D. Wolfelt (2001) - [FCRC Call Number: GV 200.5 W85 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 D. Wolfelt (2001) - [FCRC Call Number: GV 200.6 W85 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 (2013) - [FCRC Call Number: GV 250.5 T43 2013](#)

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) - [FCRC Call Number: GV 200.5 K37 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) - [FCRC Call Number: GV 200.5 H36 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) - [FCRC Call Number: GV 100.5 M55 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) - [FCRC Call Number: GV 100.5 B73 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) - [FCRC Call Number: GV 100.5 G53 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?

Contact the Family Librarian

 403-955-7745  ChildHealthInfo@ahs.ca

 fcr.c.ahs.ca/rx/childrens-grief/

Family & Community Resource Centre

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

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.