Bereavement – Grief & the Healing Process

Resources Provided by

Canadian Initiative for Elder Planning Studies
FOR CHILDREN, 6 - 9 YEARS

Abbott, Sara. The Old Dog Howard-McCann and Geoghegan, 1972-A boy's dog dies leaving him feeling empty.

Adamed, Christine. When Your Pet Dies Berkley Publishing Group April 1996 @ Chapters Book Store

Bartoli, Jennifer. Nanna Harvey, 1975 Children take part in funerary rites and estate decisions after their grandmother's death.

Bernstein, Joanne and Gullo, Stephen. When People Die. Dutton, 1976 Life, death and loss are investigated from the perspective of one woman's death.


Brown, Laurie Krasny and Marc When Dinosaurs Die - A Guide to Understanding Death Little, Brown & Company 1996 @ Chapters Book Store - children's section (excellent)

Brown, Margaret Wise. The Dead Bird Young Scott, 1965. A funeral for a found bird. One of the classics in this field.

Blue, Rose. Grandma Didn't Wave Back New York: Dell, 1976

Buck, Pearl. The Beech Tree Young Scott, 1965. The metaphor of a beech tree is used by an elderly man to help explain his impending death.

Buck, Pearl. The Big Wave New York: Scholastic book Service, 1948


A guide to managing young children's behaviour in helpful and healthy ways! Not just a book written for parents and caregivers ages 2 to 6, but essentially an attitude towards people of all ages.

DePaola, Tomie. *Now One Foot, Now The Other* New York, NY: G.P. Putnam's Sons, 1980. When a grandfather has a stroke, his grandchildren struggle to understand the changes in him.


Harris, Audrey. *Why Did He Die?* Lerner, 1965. A mother's heartfelt effort to speak to her child about death is portrayed.


McQueen, Cheryl Wee Kids Grieve 2 Bereavement Services Support & Education Publishing 2002, ISBN 0-9730211-1-X An educational colouring workbook for children ages 6-12, to help them express their feelings through colouring, as they cope with the death of a loved one. Books can be purchased from Cheryl 905-628-6008 for $20.00 includes 7% G.S.T.

McQueen, Cheryl When Mom & Dad Separate Bereavement Services Support & Education Publishing 2002, ISBN 0-9730211-0-1 An educational colouring workbook for children ages 6-12, to help them express their feelings through colouring, as they cope with the separation/divorce of their parents. Books can be purchased from Cheryl 905-628-6008 for $20.00 includes 7% G.S.T.


McQueen, Cheryl Christmas Mourning Published by Cheryl McQueen. This little booklet has helpful hints for bereaved adults and children on how to survive the Yuletide Season.ISBN 0-9730211-4-4. Easy to read. Booklet may be purchased from Cheryl McQueen for $2.00 plus 7% GST.


Prestine, Joan Singleton Someone Special Died - Kids Have Feelings, Too. ISBN 0-86653-929-8 Fearon Teacher Aids a Division of Frank Schaffer Publications, Inc. 23740 Hawthorne Boulevard Torrance, CA 90505-5927 1993 @ Chapters Book Store
Schectem, Ben. *Across the Meadow*. Doubleday 1973. The vacation of Alfred, an old cat, who leaves his home to go on a "vacation" from which he will never return.


Taylor, C. J. *The Messenger of Spring*. Tundra Books/McClellan & Steward Young Readers 1997 Folklore of the Ojibwa Indians @ Chapters Book Store (excellent)


Tressell, Alvin. *The Dead Tree*. Parents', 1972. The lifecycle of a tall oak tree is poetically described, showing that in nature nothing is ever wasted or completely dies.


Wilhelm, Hans. *I'll Always Love You*. Dragonfly Books, Crown Publishers Inc.1988 A story of a boy who grew up together with his miniature short-haired-female-dachshund named Elfie. They did things together and had lots of fun until up to the day Elfie died of old age at home.

Wolfelt, Alan D. *Sarah’s Journey: Child’s Death of Father* Fort Collins, CO: Center for Loss and Life Transition, 1992. This story of Sarah in this book, which has sections in each chapter written just for adult caregivers, can be read aloud to bereaved children.


**PRE-TEENS - AGES 9 - 12**

Adamed, Christine. *When Your Pet Dies* Berkley Publishing Group April 1996 @ Chapters Book Store

Bernstein, Joanne. *Loss* Seabury, 1977 A guide for young people who have lost someone close, touching upon both practical and emotional aspects of death and its aftermath.


Coburn, John. *Anne and the Sand Dobbies.* Seabury, 1964 A religious account of death as seen through the eyes of a young boy who loses his infant sister and dog.


Jordan, MaryKate. *Losing Uncle Tim.* Niles, IL: Whitman Niles, 1989. A poignant story of how a boy copes with his uncle’s death from AIDS.


McQueen, Cheryl *Wee Kids Grieve* 2 Bereavement Services Support & Education Publishing 2002, ISBN 0-9730211-1-X An educational colouring workbook for children ages 6-12, to help them express their feelings through colouring as they cope with the death of a loved one. Books can be purchased from Cheryl 905-628-6008 for $20.00 includes 7% G.S.T.

McQueen, Cheryl *When Mom & Dad Separate* Bereavement Services Support & Education Publishing 2002, ISBN 0-9730211-0-1 An educational colouring workbook for children ages 6-12, to help them express their feelings through colouring as they cope with the separation/divorce of their parents. Books can be purchased from Cheryl 905-628-6008 for $20.00 includes 7% G.S.T.

McQueen, Cheryl *When Someone Dies- A Kid's Book About Funerals and Feelings* Illustrated by Josh Gordon. Published by R.H.B. Anderson Funeral Homes Ltd. September 2003. An educational colouring book for children ages 4-9 helps explain a death in the family to a young child. Easy to read and easy to colour.

McQueen, Cheryl *Christmas Mourning* Published by Cheryl McQueen. This little booklet has helpful hints for bereaved adults and children on how to survive the Yuletide Season.ISBN 0-9730211-4-4. Easy to read. Booklet may be purchased from Cheryl McQueen for $2.00 plus 7% GST.


Sanford & Evans. Don't Look At Me: A Child's Book About Feeling Different


Uchida, Yoskiko. The Birthday Visitor. Scribner, 1975. A funeral needn't be a sad event, as seen in a Japanese family.


Whitehead, Ruth. The Mother Tree Seabury, 1971. This is the story of a family in which the mother has died.

Zim, Herbert, and Bleeker, Sonia. Life and Death Morrow, 1970. This is an answer book for questions young people have about death.

JUNIOR HIGH SCHOOL LEVEL - AGES 12 -14

Adamed, Christine. When Your Pet Dies Berkley Publishing Group April 1996 @ Chapters Book Store


Erdman, Lola G. A Bluebird Will Do. Dodd, 1973

Frank, Anne. The Diary of a Young Girl New York: Doubleday, 1952

Gootman Marilyn. E. When A Friend Dies Free Spirit Publishing Mar 1994 @ Chapters Book Store

Grollman, Earl. Bereaved Children & Teens Beacon Press Sept 1996 @ Chapters Book Store

Heegaard, Marge Eaton. Coping with Death & Grief Lerner Publication 1990

Klein, Stanley. *The Final Mystery*. Doubleday, 1975. Comparative religious practices, the life cycle and humanity's fight against death are the focal points of this cross-cultural study.


Lifton, Robert Jay and Olson, Eric. *Living and Dying*. Preager, 1974. Fascinating, scholarly and intellectually demanding, this historical overview investigates responses to death through the ages, concentrating most heavily on the present nuclear age. Primarily for the mature reader.


Marxhausen, Joanne. *If I Should Die - If I Should Live*. Concordia, 1975

McQueen, Cheryl *Christmas Mourning* Published by Cheryl McQueen. This little booklet has helpful hints for bereaved adults and children on how to survive the Yuletide Season.ISBN 0-9730211-4-4. Easy to read. Booklet may be purchased from Cheryl McQueen for $2.00 plus 7% GST.


Segerberg, Osborn, Jr. *Living With Death*. Dutton, 1976. Drawing from recent research, the author seeks to answer questions about death's mystery, the good death, and the good life which leads to it.

Teicher, Sylvie. *Drinking and Driving: What Teens Should Know*


**GENERAL BOOK LIST**


Adamed, Christine. *When Your Pet Dies* Berkley Publishing Group April 1996 @ Chapters Book Store


Albom, Mitch *tuesdays with Morrie* -an old man, a young man, and life's greatest lesson Random books 1997 After not seeing his mentor in over 20 years, Mitch decides to visit Morrie, who is dying from ALS, every Tuesday. Their rekindled relationship turns into one final class: Morrie teaches Mitch how to cope with death and how to love life. Highly recommended.


Baker, Don. *Heaven*

Baker, Don. *The Way of the Shepherd*

Barrett, T. *Life After Suicide: The Survivor's Grief Experience*. Aftermath Research, University Station, box 5551, Fargo, ND 58105

Bayly, Joseph. *The Last Thing We Talked About*

Blackburn, Lynn Bennett. *Timothy Duck* Centering Corporation 1982

Bloom, L. * Mourning After Suicide* Pilgrim Press 1987


Brodsky, Joseph. *On Grief & Reason* Farrar Straus & Giroux April 1997 @ Chapters Book Store


Buchanan, Karin M. *Coping When Life Is Threatened* Weigl Educational Publishers Limited, Regina Saskatchewan, 1984


Buscaglia, Leo. *The Fall of Freddie the Leaf* Holt, Rinehart & Winston, 1982


Carlson, Paul. *Before I Wake*

Case, Betty Jean. *Living Without Your Twin*


Coleman, William L. *Understanding Suicide.* David C. Cook, 1979


Cushenbery, Donald C. and Rita Crossley. *Coping with Life After Your Mate Dies* Baker Book House, 1991


Davidson, Glen. W. *Living with Dying.* (Hiv/Aids) Augsburg Press 1975

Devers, Edie. *Goodbye, Again* AAM #Andrews & McMeel 1987 @Chapters Book Store


Doka, Kenneth J. and Davidson Joyce D. *Living With Grief: Who We are How We Grieve* Hospice Foundation of America 2001 St. St. NW #300 Washington DC 20009 1998 Phone: 1-800-821-8312 Fax: 1-215-785-5515

Donnelly, Katherine Fair. *Recovering From The Loss Of A Loved One To AIDS Recovery From The Loss Of A Parent* Recovering From The Loss Of A Child Recovering From The Loss Of A Sibling 1-800-638-7819


Engel, Arnold. *Whistling in the Graveyard*.

Erickson, Beth M. Ph.D. *Longing for Dad...Father Loss & It's Impact* Health Communication Inc., 3201 S.W. 15th Street Deerfield Beach, Florida Zip#33441-8190 1999


Gilbert, Sandra M. *Wrongful Death* WW Norton & Company March 1997 @ Chapters Book Store

Greeson, Charlotte A. *Grief Adjustment Guide* Questar Publishing 1990


Grollman, Earl. *Suicide in the Young*

Grollman, Earl. *Talking About Death with Children*


Hickman, Martha Whitmore. *Last Week My Brother Anthony Died*. Abingdon, 1984

Hill, Susan *In The Springtime of the Year* Penguin


Jackson, Edgar N. *Telling a Child About Death* Hawthorn books, 1962

Jacoby, Bruce. *But He Was Only Seventeen: The Death of a Friend*


Jensen, Amy. *Healing Grief*

Jensen, Maxine. *Beginning Again*

Johnson, Joy and Marvin and Wrobleski, Adina. *Suicide of a Child* Centering Corporation, 1984

Johnson, Paul. *Comfort*

Johnson & Wrobleski. *Suicide of a Child*

Kennedy, Alexandra. *Your Loved One Lives on Within You* Berkley Publishing Group
Jan 1997 @ Chapters Book Store

Knapp, Ronald J. *Beyond Endurance: When a Child Dies* Schocken books, 1986


Kilf, June Cerza *Grandma's Tears* Baker House(616) 676-9185


Kubler-Ross, Elizabeth. *Death: The Final Stage of Growth*

Kubler-Ross, Elizabeth. *A Letter to a Child with Cancer* 1979

Kubler-Ross, Elizabeth. *Living With Death and Dying*


Kubler-Ross, Elizabeth. *On Death and Dying* Tavistock

Kushner, Harold S. *When Bad Things Happen to Good People* Avon books, 1983

Leach, Christopher. *Letter to a Younger Son* Dent, 1981


Lewis, C.S. *A Grief Observed* Seabury Press.1963


Little, Jean. *Mama's Going to Buy You a Mockingbird* Viking Kestre, 1984

Lord, Janice. *No Time For Goodbyes*


Lymen, Dr. Howard B. *Single Again* McKay, 1971


Markham, Ursula. *Element Guide to Bereavement* Penguin Books Canada 1996 @ Chapters Book Store


McQueen, Cheryl. *Grief: Stormy Seas*. R.H.B. Anderson Funeral Homes Ltd. 1995


For more information about Cheryl McQueen's books and the Internet links for the bereaved visit Cheryl's website: www.bereavement.net. Cheryl's books can also be purchased for $20.00 a set. To order phone:1-905-768-5733.

McQueen, Cheryl *Christmas Mourning* Published by Cheryl McQueen. This little booklet has helpful hints for bereaved adults and children on how to survive the Yuletide Season. ISBN 0-9730211-4-4. Easy to read. Booklet may be purchased from Cheryl McQueen for $2.00 plus 7% GST.


Miller, William A. *When Going to Pieces Holds You Together*. Augsburg, 1976

Morgan, John. *The Dying and The Bereaved* Teenager

Myers, Richard. *An Escort For Death*

Nudel, Adele. *Starting Over: Help for Young Widows & Widowers*


Nuland, Sherwin B. *How We Die*


Prend, Ashley. *Transcending Loss* Berkley Publishing Group August 1997 @ Chapters Book Store

Ragouzeos, Bobbe. *The Grieving Student in the Classroom*.

Rando, Therese. *Grief, Dying, and Death*

Rando, Therese A. *How To Go On Living When Someone You Love Dies*. Bantam books, 1988

Raphael, Beverley. *The Anatomy of Bereavement* Unwin Hyman

Robinson, Rita. *Survivors of Suicide*

Rosenfeld, L. & Prupas, M. *Left Alive: After a Suicide Death in the Family*. Springfield, 1984

Rudolph, Marguerite. *Should the Children Know?* Schocken, 1978

Rupp Joyce OSM  *Praying Our Goodbyes*  Ave Maria Press Notre Dame Indiana May 1997
ISBN 0-87793-370-7 (pbk.) While focusing on the spiritual aspect of loss, Rupp maintains a sound theological and psychological grounding. She bases her reflections on scripture and treats a number of themes. @ Chapters Book Store

Sanford, Catherine M.  *Surviving Grief...& Learning to Live Again*  John Wiley & Sons Canada April 1992 @ Chapters Book Store.


Schiff, Harriet S.  *The Bereaved Parent*  Penguin, 1977


Schneiderman, Gerald.  *Coping with Death in the Family*  Chima, 1979

Sissom, Ruth.  *Instantly a Widow*  Thomas Nelson, Inc. 1990

Smiley, Jane.  *The Age of Grief*  Fawcett Book Group April 1996 @ Chapters Book Store

Staudacher, Carol.  *A Time To Grieve Meditations for Healing After the Death Of A Loved One*  HarperCollins Publisher, 1994

Staudacher, Carol.  *Beyond Grief.*

Staudacher, Carol.  *Men & Grief*  New Harbinger Publication June 1992 @ Chapters Book Store.


Steele, B. & Leonhardi, M.  *Survivors: After A Suicide What Can We Do?*  Ann Arbor Publishers, P.O. Box 7249, Naples, Fl 33941


Stone, Howard W. *Suicide and Grief* Fortree Press, 1972

Swindoll, Chuck. *For Those Who Hurt*

Tagliaferre, Lewis. And Harburgh, Gary L. *Recovery from Loss* 1990


Tavris, Carol. *Anger - The Misunderstood Emotion* Touchstone 1989
ISBN 0-671-67523-0 Drawing on important new research, Anger explodes virtually every one of our conventional assumptions about this crucial emotion and how it affects our lives.

Timmerman, John. *A Season of Suffering*

Turnbull, Sharon. *Who Lives Happily Ever After?*


Wallace, S. E. *After Suicide.* John Wiley and Sons, 1973


White-Bowden, S. *From A Healing Heart* Image Publishing, Ltd. 1411 Hollins St./Union Square, Baltimore, MD 21223

Whitaker, Agnes. *All in the End is Harvest* Darton, Longman & Todd

White, James P. *Grieving Bethany* House Publishers 1997 @ Chapters Book Store

Wolfelt, Alan D. *A Child's View of Grief.* Centre for Loss and Life Transition, Fort Collins,

Wolfelt, Alan D. *Food for the Soul A "Best of Bereavement" Poetry Collection*
Companion Press

Wolfelt, Alan D. *Healing the Bereaved Child* Companion Press, Fort Collins, Col.

Wolfelt, Alan D. *Healing Your Grieving Heart :100 Practical Ideas* Companion Press, Fort Collins, Col.


Wolfelt, Alan D. *Helping Children Cope with Grief* Accelerated Development Inc. 1983

Wolfelt, Alan D. *What Bereaved Children Want Adults to Know About Grief* Companion Press


Wolfelt, Alan D. *Sarah's Journey: Child's Death of a Father* Companion Press


Wolfelt, Alan D. *Understanding Grief: Helping Yourself Heal* Companion Press


Wolfelt, Alan D. *The Companion Press Complete Library Collection* Companion Press

Wolfelt, Alan D. *How to Care for Yourself While You Care for the Dying and the Bereaved* Companion Press

Wolfelt, Alan D. *The Bereavement Caregiver's Self-Care Manifesto* Companion Press

Wolfelt, Alan D. *How to Reach Out for Help When You are Grieving* Companion Press

Wolfelt, Alan D. Training Videotapes:
The Child's Experience of Grief: The Caregiver's Role
The Experience of Grief: Helping Oneself and Others
Self-Care for the Bereavement Caregiver: The Co-dependent Syndrome
Death, Grief and Mourning - a Book on Tape for Caregivers
A Teen's View of Grief
A Child's View of Grief Companion Press


Wright, H. Norman. Recovering from the Losses of Life Fleming H. Revell Company 1991

Wrobleski, Adina. Suicide: Questions and Answers.


Wylie Betty Jane. Life's Losses Macmillan Canada April 1996 @ Chapters Book Store