

## **Topic: Diagnosis**

*Fritzzy Finds a Hat: A gentle tale to help talk with children about cancer* by Scott Hamilton with Mary Coffeen (2020)

- Ages: 4-7 years
- Synopsis: This picture book follows the story of a boy named Fritzzy who learns his mom has cancer. Throughout the story, Fritzzy learns what cancer treatments are while learning that love and support can sometimes be the best medicine.

*Mom Has Cancer!* By Jennifer Moore-Mallinos (2008)

- Ages: 4-8 years
- Synopsis: This book allows young children to explore feelings related to a parent's cancer diagnosis, how to deal with problems they may have, and understand others who have problems of their own. This book provides an explanation that cancer is a frightening diagnosis for both children and adults, while also helping kids understand that Mom requires special medical care. Included in the back of the book is a section with advice for parents.

*Butterfly Kisses and Wishes on Wings: When someone you love has cancer... a hopeful, helpful book for kids* by Ellen McVicker (2018)

- Ages: 5-7 years
- Synopsis:
  - This picture book provides a way to educate and support children when a loved one has cancer. This story is told through the eyes of a young boy who explains his mom's cancer to other children in ways they can understand.

*The Hope Tree: Kids Talk About Breast Cancer* by Laura Numeroff and Wendy S. Harpham, M.D. (2001)

- Ages: 6-9 years
- Synopsis: This picture book teaches children to realize how they can be active parts of a loved one's cancer journey. This story is told through the eyes of a little boy as he describes what it's like for his mom to have cancer and provides child-friendly explanations of what cancer is.

*The Year My Mother Was Bald* by Ann Speltz (2002)

- Ages: 8-12 years
- Synopsis: Clare, the main character of this book, provides a look at what medical treatments her mom goes through for breast cancer, her family's experiences, and her own feelings associated with this diagnosis through the perspective of her personal journal.

*The Rainbow Feelings of Cancer: A Book for Children Who Have a Loved One with Cancer* by Carrie Martin & Chia Martin (2016)

- Ages: 8-12 years
- Synopsis: This picture book provides artwork straight from the author, Carrie, when she was 10-years-old and coping with her mother having cancer. The book details Carrie's feelings, worries, and struggles associated with her mother's cancer diagnosis. Additionally, the book provides an opportunity for readers to speak, draw, and consider their own feelings. This book is useful for any cancer diagnosis, treatment, and stage of illness.

*My Parent Has Cancer and It Really Sucks: Real-life advice from real-life teens* by Maya Siluer & Marc Silver (2013)

- Ages: 12-18 years
- Synopsis: This book guides adolescents through talking about a new cancer diagnosis, how to deal with stress, how to tell friends about the new change in their lives, and how to find support groups. Included is a section for parents that provides strategies for sharing the news of a new cancer diagnosis and how to explain it to kids. This book allows adolescents to see that they aren't alone, and that their feelings are valid.

*When Your Parent Has Cancer: A Guide for Teens* by National Cancer Institute (2012)

- Ages: 12-18 years
- Synopsis: This online resource provides a guide for young people who have a parent diagnosed with cancer. It provides ways to deal with new changes in the family, dealing with stress, finding support systems through friends and family, details on what cancer is and what treatments may look like, as well as additional resources and organizations for extra support.

*Cancer in Our Family: Helping Children Cope with a Parent's Illness (2<sup>nd</sup> Edition)* by Sue P. Heiney, Ph.D., RN, FAAN & Joan F. Hermann, MSW (2013)

- Ages: adults
- Synopsis: This book provides expert advice to caregivers about how to talk to children and teens about cancer, as well as helping them cope with all the challenges cancer brings. Included is an activity section to help young children process their thoughts and feelings.

*What's Happening to Mom? Talking to your children about breast cancer* by Susan G. Komen (2021)

- Ages: adults
- Synopsis: This online booklet provides tips to help you explain a breast cancer diagnosis to children and your family. Find information on how to prepare yourself, tell your children, how to help your children cope depending on their age and understanding, as well as additional helpful resources.

## **Topic: Death, Grief, & Bereavement**

*Something Very Sad Happened: A Toddler's Guide to Understanding Death* by Bonnie Zucker (2016)

- Ages: 2-4 years
- Synopsis: It can be hard to explain death to a young child, especially when you're also processing grief. This picture book includes guided prompts to personalize the narrative of your personal story. Certain words can be substituted for specific names or pronouns of the person who died.

*Sesame Street Comfy-Cozy Nest* by Kama Einhorn (2019)

- Ages: 3-5 years
- Synopsis: This picture book follows Big Bird's journey through coping with grief and loss in his life. Big Bird teaches kids how to find the best coping strategies to use when they're sad and missing the person who has died in their life. The Sesame Street website includes a storybook, video, digital interactive, and coloring pages to help kids learn different coping strategies.

*When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown & Marc Brown (1996, 2023)

- Ages: 3-6 years
- Synopsis: From the Dino tale series comes a picture book made to help children understand death and the passing of a loved one. Throughout the book, kids can learn advice from the dinosaurs about what death is and how to cope with tough feelings, as well as common questions kids may have.

*Cuddle Bear* by Claire Freedman & Gavin Scott (2010)

- Ages: 2-7 years
- Synopsis: This picture book is perfect for kids who need some extra snuggles and love in their lives and a comforting story. *Cuddle Bear* provides a heartwarming story of a bear who loves to cuddle everyone. Certain purchases of the book include a stuffed bear that provides comfort to kids.

*The Invisible String* by Patrice Karst (2018)

- Ages: 3-7 years
- Synopsis: This picture book provides a great tool for coping with problems such as separation anxiety, loss, and grief. Follow along the story of a mother who reassures her children that they'll always be connected by an invisible string, no matter where they go. This book allows the opportunity to talk about connection, love, loss, and separation with children.

*I Miss You: A First Look At Death* by Pat Thomas & Lesley Harker (2001)

- Ages: 3-7 years
- Synopsis: When children lose a friend or a family member, they can have trouble expressing the complex feelings that accompany grief. This picture book helps explain hard-to-understand concepts such as death and the normal feelings that follow the loss of a loved one. Included are questions at the end to open up a conversation with children about how they're feeling.

*How I Feel: A coloring book for grieving children* by Alan D. Wolfelt, Ph.D. (1996)

- Ages: 3-8 years
- Synopsis: This coloring book provides easy-to-color drawings about common feelings children may have when experiencing grief such as fear, anger, loneliness, happiness, and sadness. Included with the drawings are simple phrases to help kids understand grief better, such as "Sometimes I feel all alone"; "Someone I love has died", etc. to help normalize a variety of feelings related to grief.

*Water Bugs & Dragonflies: Explaining Death to Young Children* by Doris Stickney (2009)

- Ages: 3-8 years
- Synopsis: This coloring book allows a familiar way for children to learn about what goes on after death and what grief means. Explaining death to children can be difficult, but this coloring book provides easy-to-understand explanations and opens up discussions about death and what happens after we die.

*Gentle Willow: A Story for Children About Dying* by Joyce C. Mills, Ph.D. (2003)

- Ages: 4+ years
- Synopsis: Follow the story of Amanda the squirrel as she explains what it felt like to lose her best friend, Gentle Willow the tree. This picture book allows children the opportunity to learn about death and dying, while accepting the change that comes with death.

*My Always Memories: A Memory Book created for you to remember the very important person in your life who has died* by Cheryl Hall-Kippen, BS, BSW, LSW (2004)

- Ages: 4-8 years
- Synopsis: This activity book allows for children to create memories of the person who died through a creative outlet. Activities throughout this book provide a way for children to share feelings that may be difficult to put words to, express their feelings, and identify supportive people in their life.

*Ida, ALWAYS* by Caron Levis & Charles Santoso (2016)

- Ages: 4-8 years
- Synopsis: Gus the polar bear learns that his best friend, Ida, is very sick and not going to get better. Throughout the story, Gus learns that even though Ida will be gone soon, they share memories that will live on forever. This picture book provides a heartwarming story and a reminder that loved ones will always stay in our hearts.

*When Someone Dies: A Book about Death for Kids who are curious or who are experiencing a death* by Laura Camerona, CCLS (2021)

- Ages: 4-12 years (tips for adults throughout)
- Synopsis: Written in straight-forward, easy-to-understand language, this book teaches kids about death and feelings associated with death and grief. Children can learn through this book what they may encounter after a loved one's death (cemeteries, caskets, etc.) and answers to common questions kids may have. The illustrations are calming and diverse; they do not depict one specific race, culture, or religion. This book is a great tool for adults to use when finding gentle and honest words to describe death to children.

*The Next Place* by Warren Hanson (2002)

- Ages: 5+ years
- Synopsis: This beautiful picture book paints a picture of a safe and welcoming destination free of the hurt we feel on Earth. It provides a comforting message of hope and compassion for people who are grieving.

*The Memory Box: A Book About Grief* by Joanna Rowland (2017)

- Ages: 5-10 years
- Synopsis: This book is written from the perspective of a young child that describes what it feels like to lose someone you love. The child creates a memory box that includes mementos and written memories of their loved one and explains how this can help children through the grieving process and remember their loved one long after they've died. Included is a parent guide in the back that provides information on helping children cope with difficult feelings associated with grief.

*The Grief Bubble: Helping Kids Explore and Understand Grief* by Kerry DeBay (2007)

- Ages: 6+ years
- Synopsis: This workbook provides a space for children who have experienced a death of someone special to express their thoughts and feelings. This book encourages exploration of what grief means to each child individually.

*Because the Sky is Everywhere* by Nancy Sharp (2017)

- Ages: 6-8 years
- Synopsis: This story follows Liam, a boy whose father has died, as he discovers what death means. He searches everywhere for his dad until he finally finds that his dad's presence has always been with him. This book helps children accept that even though someone dies, they can feel their love forever.

*Remember... A Child Remembers: A Write-in Memory Book for Grieving Children* by Enid Samual Traisman (1994)

- Ages: 8-12 years
- Synopsis: Through this workbook, children can learn to grieve the loss of someone they love through writing about the person's life and death, a goodbye letter, pages to draw the memorial service, and more.

*Healing Your Grieving Heart for Kids: 100 practical ideas: Simple advice and activities for children after a death* by Alan D. Wolfelt, Ph.D. (2001)

- Ages: 8-14 years
- Synopsis: This book provides a variety of activities that can help grieving children express their feelings by acknowledging that death is a part of life that brings many complex feelings. Throughout the book, tips are provided that teach kids about what grief and healing are.

*Healing Your Grieving Heart for Teens: 100 practical ideas: Simple tips for understanding and expressing your grief* by Alan D. Wolfelt, Ph.D. (2001)

- Ages: 12-18 years
- Synopsis: This book provides a variety of activities that can help grieving teens express their feelings by acknowledging that death is a part of life that brings many complex feelings. Throughout the book, tips are provided that teach teens about what grief and healing are. Activities in this book are created to help reduce feelings of confusion, anxiety, and a personal void that many teens may feel after losing a loved one.

*What About the Kids? Understanding Their Needs in Funeral Planning & Services* by The Dougy Center (1999)

- Ages: 8-18 years
- Synopsis: This book provides best practices for funerals and memorial services for children and teens. Suggestions include what might be helpful and unhelpful about for funeral and memorial services from children and teens themselves. Additionally, readers can learn how to be actively involved in rituals and ceremonies.

*The Healing Your Grieving Heart Journal For Teens* by Alan D. Wolfelt, Ph.D. & Megan E. Wolfelt (2002)

- Ages: 12-18 years
- Synopsis: This journal provides an outlet for teens to express feelings and thoughts associated with grief and loss. Through simple, open-ended questions, teens are encouraged to write what they miss about the person who died, what they've been feeling, and things they wish they told the person they died before they died.

*Gone From My Sight: The Dying Experience* by Barbara Karnes, RN (2008)

- Ages: young adults to adults
- Synopsis: The fear of the unknown can be the scariest part about death and bereavement. This book provides simple, gentle, and direct explanations of the process of dying. This book helps decrease the feelings of fear and uncertainty and familiarize readers with concepts of death and dying.

*Children Grieve, Too: Helping Children Cope with Grief* by Joy & Dr. S.M. Johnson (1998)

- Ages: adults
- Synopsis: Sometimes finding ways to help children cope with grief can be difficult, especially when you may be coping with grief as well. This book provides information about what you need to know about how children respond to grief from infancy to adolescence.