

RESOURCES

for Young Adults and Adults



YOUNG ADULTS

Crying in H Mart: A Memoir by Michelle Zauner

Disrupted: Finding Peace with a Parent's Terminal Illness by Jen Babakhan

Faith and Farewell: When Your Parents Approach Their Final Days by Dr. Jack DiMatteo

Losing A Parent: Practical Help for You and Other Family Members by Fiona Marshall

ADULTS

Anticipatory Grief: Finding Grace in the Journey Ahead by Lloyd Culbertson

Finding Joy in the Journey: Dealing With Terminal Illness by Vickie Tingwald

How Can I Say Goodbye? A Companion Book for Hospice Patients, Their Families, Loved Ones, and Caregivers Dealing with Anticipatory Grief at the End of Life by Linda Claire

Expected Loss: Coping with Anticipatory Grief (Words of Hope and Healing) by Alan Wolfelt

The Gift of Great Sorrow by Louise Braun Frank

Coping Courageously: A Heart-Centered Guide for Navigating a Loved One's Illness Without Losing Yourself by Delia Chiaramonte

Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying by Maggie Callanan & Patricia Kelley

Heavy: Finding Meaning after a Terminal Diagnosis, A Young Family's First Year with ALS by Kristin & Todd Neva

Courage in the Shadows: Understanding Anticipatory Grief and Overcoming Its Emotional, Mental, Physical, Relational and Spiritual Challenges by Cindi Dawson

The Needs of the Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter by David Kessler

The Smooth River: Finding Inspiration and Exquisite Beauty during Terminal Illness. Lessons from the Front Line by Richard S. Cohen

Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness by Barbara Okun

The Side Effects of Dying: A Memoir of Illness, Identity, and the Search for Meaning at the Edge of Life by Cheli Lange

Where Souls Meet: Caring for the Seriously Ill by Dillon Woods

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The National Grief Center
for Children & Families

RESOURCES

for Children, Teens and the
Adults Who Support Them



FAMILIES

Family Ties Through an Advanced Serious Illness

by Dougy Center

A Family's Journey: A handbook for living with illness

and finding hope by Patricia Ellen, Ginny Keegan &
Frankie Odom of The Center for Grieving Children's
Tender Living Care program

YOUNG CHILDREN THROUGH KINDERGARTEN

A Peaceful Piggy's Guide to Sickness and Death,

Sadness and Love by Kerry Lee MacLean

The ABCs of Grief: a children's grief book for all types

of loss and grief (picture book) by Jessica Correnti

Big Tree is Sick: A Story to Help Children Cope with

the Serious Illness of a Loved One by Nathalie Slosse

Gentle Willow: A Story for Children About Dying

by Joyce C. Mills

I Have a Question About Cancer: Clear Answers for

All Kids, Including Children with Autism Spectrum

Disorder or Other Needs by Arlen Grad Gaines &

Meredith Englander Polsky

Ida, Always (picture book) by Caron Levis

The Invisible String by Patrice Karst

Let My Colors Out by Courtney Filigenzi

Lifetimes: The Beautiful Way to Explain Death to

Children by Bryan Mellonie & Robert Ingpen

My Wish: For children with a chronic illness or

long-term medical issue by Becca Dinning Brinkmann

Nurse Ted: A Children's Guide to Terminal Illness

by Dr. Ffion Jones

The Perfect Shelter by Clare Helen Welsh

Someone I Love is Sick: Helping Very Young Children

Cope with Cancer in the Family by Kathleen McCue

The Way I Feel by Janan Cain

What Happens When Someone I Love Can't Get

Better: A Book to Prepare and Cope with End of Life

by Jenni Rogers

What Happens When Someone I Love Doesn't Feel

Good: A Book About Chronic or Terminal Illness That

Won't Go Away by Sara Olsher & Jenni Rogers

When Hope Changes: A story for children whose

loved one is dying or has a terminal illness

by Abigail Gellene-Beaudoin

When Someone You Love Is Dying: A Coloring Book to

Help Children Understand the Dying Process

by Emily Lemmons

When The Wind Stops by Charlotte Zolotow

Wherever You Are: My Love Will Find You

by Nancy Tillman



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ELEMENTARY AGE

A Peaceful Piggy's Guide to Sickness and Death, Sadness and Love by Kerry Lee MacLean

The ABCs of Grief: a children's grief book for all types of loss and grief (picture book) by Jessica Correnti

Cinnamon Roll Sunday: A Child's Story of Anticipatory Grief by Jennifer L. Allen, L.M.F.T., A.T.R.-B.C.

The Fall of Freddie the Leaf: A Story of Life for All Ages by Leo Buscaglia

The Fox and the Feather: A children's book for the grieving heart by Kendall Lanning

The Gift of Gerbert's Feathers by Meaghann Weaver & Lori Wiener

Gifts of Life: An Activity Book about someone who is very special to me and who is also very sick
by Jodi Puhalla-Neumann

Help Me Say Goodbye (activity Book)
by Janis Silverman

I Have a Question About Cancer: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Needs by Arlen Grad Gaines & Meredith Englander Polsky

The Invisible String by Patrice Karst

The Next Place by Warren Hanson

Nurse Ted: A Children's Guide to Terminal Illness
by Dr. Ffion Jones

Scarlet Says Good-bye: An activity book for kids when a loved one enters hospice care
by Christine Thompson

Someone is sick: How do I say goodbye?
by Jill Johnson-Young

Someone Special is Very Sick by Jim & Joan Boulden

What Happens When Someone I Love Can't Get Better: A Book to Prepare and Cope with End of Life
by Jenni Rogers & Sara Olsher

What Happens When Someone I Love Doesn't Feel Good: A Book About Chronic or Terminal Illness That Won't Go Away by Sara Olsher & Jenni Rogers

When Hope Changes: A story for children whose loved one is dying or has a terminal illness
by Abigail Gellene-Beaudoin

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change
by Marge Heegaard

When Someone You Love Is Dying: A Coloring Book to Help Children Understand the Dying Process
by Emily Lemmons

When The Wind Stops by Charlotte Zolotow

Wherever You Are: My Love Will Find You
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The National Grief Center
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ADOLESCENTS/TEENS

Dancing at the Pity Party by Tyler Feder

Finding the Hope in the Fire of Illness or a Medical Event: An Activity Journal for Teens by Allie Jones

Gifts of Life for Teens: When Someone in Your Life is Faced with a Life Limiting Illness by Hospice of Red River Valley

Green Angel & Green Witch (two fiction novels)
by Alice Hoffman

Help, Someone close to me is sick! A Journal for Teenagers and Young Adults Experiencing Difficulty Dealing with the Severe Illness of Someone They Love
by William J. Wheelhouse

A Monster Calls(fiction) by Patrick Ness

A Teen's Guide to Coping: When a loved one is sick and preparing to die by Fairview Hospice

37 THINGS I LOVE (in no particular order)
by Kekla Magoon

ADULTS SUPPORTING CHILDREN

Giving Hope: Conversations with Children About Illness, Death, and Loss by Elena Lister M.D. & Michael Schwartzman Ph.D.

Helping Kids Cope: When a loved one is sick and preparing to die by Fairview Hospice

How to Help Children Through a Parent's Serious Illness by Kathleen McCue

Preparing the Children: Information and Ideas for Families Facing Terminal Illness and Death
by Kathy Nussbaum

Raising an Emotionally Healthy Child When a Parent is Sick by Paula K. Rauch & Anna C. Muriel

Understanding Death and Illness and What They Teach about Life: An Interactive Guide for Individuals with Autism or Asperger's and Their Loved Ones
by Catherine Faherty

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The National Grief Center
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RESOURCES

when a Child in the Family has an Advanced Serious Illness



SIBLINGS

Our Baby is Loved: A story for children whose parents or loved ones are expecting a baby with a life-threatening medical condition

by Abigail Gellene-Beaudoin

My Sister Might Die: A book to share with children anticipating grief and loss

by Dr. Diane Zaerr Brenneman

Two Weeks with the Queen by Morris Gleitzman

What About Me? by Allan Peterkin

YOUNG CHILDREN THROUGH KINDERGARTEN

The ABCs of Grief: a children's grief book for all types of loss and grief (picture book) by Jessica Correnti

Big Tree is Sick: A Story to Help Children Cope with the Serious Illness of a Loved One by Nathalie Slosse

Gentle Willow: A Story for Children About Dying

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by Kekla Magoon

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CHILDREN/TEENS LIVING WITH AN ADVANCED SERIOUS ILLNESS

Beyond the Rainbow: A Workbook for Children in the Advanced Stages of a Very Serious Illness

by Marge Eaton Heegaard

Diary of a Dying Girl: Adapted from Salt in My Soul

by Mallory Smith

Finding the Hope in the Fire of Illness or a Medical Event: An Activity Journal for Teens by Allie Jones

I'm On Hospice: A Children's Book for Processing and Coping With A Terminal Illness by Sydney Crane

Melody's Life Savings by Laura Blodgett

My Life By Me: A Kid's Forever Book by Beth Barber

My Love Will Follow You There: Calming imagery for children facing death by Carla Garrett

My Wish: For children with a chronic illness or long-term medical issue by Becca Dinning Brinkmann Ph.D.

Uniquely Eli: Eli the eel discovers he has a terminal illness by Marie Curry

Walking Each Other Home - Zachary's Mission: A Hospice for Children by John Masiulionis

ADULTS SUPPORTING CHILDREN

Giving Hope: Conversations with Children About Illness, Death, and Loss by Elena Lister M.D. & Michael Schwartzman Ph.D.

Helping Kids Cope: When a loved one is sick and preparing to die by Fairview Hospice

How to Help Children Through a Parent's Serious Illness by Kathleen McCue

Preparing the Children: Information and Ideas for Families Facing Terminal Illness and Death by Kathy Nussbaum

Raising an Emotionally Healthy Child When a Parent is Sick by Paula K. Rauch & Anna C. Muriel

Understanding Death and Illness and What They Teach about Life: An Interactive Guide for Individuals with Autism or Asperger's and Their Loved Ones by Catherine Faherty

PARENTS, GRANDPARENTS & OTHER ADULTS WHEN A CHILD HAS AN ADVANCED SERIOUS ILLNESS

Dance While the Music Still Plays: Hope and Help for When Your Child is Incurable by Deb Wuethrich

Follow the Child by Sacha Langton-Gilks

The Gift of Great Sorrow by Louise Braun Frank

Just So You Know... For Parents (and any Caregivers) of Children with Serious Medical Needs, From a Mom Who Has Been in the Trenches by Brigitte D. Crist

Melody's Life Savings by Laura Blodgett

Our Baby is Loved: A story for children whose parents or loved ones are expecting a baby with a life-threatening medical condition by Abigail Gellene-Beaudoin

The Still Point of the Turning World by Emily Rapp Black

This Little While by Dr. S. M. Johnson & Joy Johnson

What to do When a Child is Diagnosed with a Terminal Illness: A Survival Guide for Parents by Troy J Danos

When Your Child Is Sick: A Guide to Navigating the Practical and Emotional Challenges of Caring for a Child Who Is Very Ill by Joanna Breyer

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RESOURCES



for Young Adults and Adults Living with an Advanced Serious Illness

YOUNG ADULTS

Diary of a Dying Girl: Adapted from Salt in My Soul
by Mallory Smith

***Everyone is Dying, Just At Different Speeds:
A Personal Guide To Living With A Terminal Illness***
by Joshua H. Coyne

***Liberation of Being: Allowing Terminal Illness to Teach
Us How to Live*** by Dr. Dylan Shanahan

***Living Well to Die Well - A Guide for Terminally
Ill People and Their Loved Ones***
by Kae Heckerman Mance

***My Terminal Life: Cancer Habitation and Other Life
Adventures*** by Amy Lyn Schnitzler

***100 Prompts for people with late terminal diagnosis: A
Journal for Reflection, Humor, and Facing
the Unthinkable*** by Aurelia Ink

ADULTS

***A Beginner's Guide to the End: Practical Advice for
Living Life and Facing Death*** by Dr. BJ Miller &
Shoshana Berger

Dying Well: Peace and Possibilities at the End of Life
by Ira Byock, M.D.

***Live Well With Terminal Illness and Other Crappy
Diseases*** by James Asbell

***Living Well to Die Well - A Guide for Terminally
Ill People and Their Loved Ones***
by Kae Heckerman Mance

The Lost Art of Dying: Reviving Forgotten Wisdom
by L.S. Dugdale

***Navigating Goodbye: A Guide for Those Blindsided
by Terminal Illness*** by Amy N. Shaw

***The Smooth River: Finding Inspiration and Exquisite
Beauty during Terminal Illness. Lessons from the Front
Line*** by Richard S. Cohen

When Breath Becomes Air by Paul Kalanithi

***100 Prompts for people with late terminal diagnosis:
A Journal for Reflection, Humor, and Facing
the Unthinkable*** by Aurelia Ink

SHARING THE STORY OF YOU: LEGACY JOURNALS

Celebration of Life: A Legacy Journal by Sharon Purtill

***Echoes Of Me: "When you can't hear me, read me"
Legacy Journal*** by Suzan M

***This Life of Mine: A Legacy Journal for Grandparents,
Parents and Anyone to Preserve Memories,
Moments & Milestones*** by Anne Phyfe Palmer



The National Grief Center
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SHARING THE STORY OF YOU: LEGACY JOURNALS, continued

Memories for My Grandchild: A Keepsake to Remember by Suzanne Zenkel

My End Of Life Journal: For those with a terminal diagnosis or approaching death

by RJ Brown (for ages 10 and up)

Story of My Life: A Workbook for Preserving Your Legacy by Sunny Morton

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