



## **Suggested Books for Grieving Parents and Children**

**1- Coloroso, B. (2001). *Parenting through crisis: Helping kids in times of loss, grief and change*. Scarborough: Harper-Collins.**

Adults. The chapters of this book are arranged by type of crisis--quite helpful if you're looking for information on dealing with adoption and don't feel up to reading how to handle the death of a sibling. Inside each chapter, you'll find specific stages that children of different ages may go through in processing their difficulties, along with helpful parenting techniques, ways of creating a positive dialogue with all family members, and the occasional suggestion for particular legal issues. Pages are sprinkled heavily with appropriate quotes from many sources, and many parents may find a bit of memorization helpful in keeping their tempers. One chapter contains advice from Henry Ford that seems equally appropriate for assembly line or family drama: "Do not find fault, find a remedy." Coloroso encourages open communication at every opportunity, and her expertise in nonviolent conflict resolution shows itself with her suggestions of effective discipline and problem solving that leave blame and punishment in the dust. New language choices are a part of her techniques, and words like "co-parenting" and "primary responsibility" are emphasized instead of old school phrases like "joint" or "sole" custody. Parents in difficult situations should find a few quiet hours to spend with this book--it's not one to be quickly absorbed, but one to be used with planning and patience.

**2- Emswiler, J. P., & Emswiler, M. A. (2000). *Guiding your child through grief*. New York: Bantam Books.**

Adults. "When death occurs in a family, all hell breaks loose," note the Emswilers, founders and directors of The Cove, a program for grieving children and their families, and of the New England Center for Loss & Transition. Beginning with the wrenching tale of how James lost his first wife to an unexpected heart attack, the book is threaded with his own personal experience in helping himself and his three children navigate through their shared grief, as well as with the firsthand accounts of others. The book's eminent practicality and compassionate, down-to-earth tone make it an invaluable handbook: from dealing with the initial shock to identifying typical reactions to death by age group and achieving the "three goals" of family grieving: reestablishing stability, acknowledging the experience of loss individually and collectively, and supporting each member in his or her efforts to start growing again.

**3- Grollman, E. A. (1991). *Talking about death: A dialog between parent and child.* Ypsilanti: Beacon Press.**

Adults and children. Why do people die? How do you explain the loss of a loved one to a child? This book is a compassionate guide for adults and children to read together, featuring a read along story, answers to questions children ask about death, and a comprehensive list of resources and organizations that can help.

**4- James, J. (2002). *When children grieve.* New York: Harper Paperbacks.**

Adults. For adults to help children deal with death, divorce, pet loss, moving and other losses.

**5- Wolfelt, A. (2001). *Healing your grieving heart for kids: 100 Practical Ideas.* Fort Collins: Companion Press.**

Children-Adults. With sensitivity and insight, it offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. The book provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again. Included are age-appropriate activities that teach younger people that their thoughts are not only normal but necessary.