Books for Grieving Children

Children's grief books play an important role in helping kids navigate the complex emotions that come with loss. They offer a safe space to explore feelings, understand grief, and know they're not alone. Through relatable characters and gentle stories, these books open conversations, explain hard topics, and support emotional resilience.

AGES 0-3

The Rabbit Listened by Cori Doerrfeld

The Goodbye Booky by Todd Parr

In My Heart-A Book of Feelings by Jo Witek

Something Very Sad Happened by Bonnie Zucker

The Feelings Book by Todd Parr

My Many Colored Days by Dr. Seuss

I Miss You: A First Look at Death

Something Small- A story about remembering by Rebecca Honig (Sesame Street)

Where Are You: A children's book about loss by Laura Olivieri

Feeling All My Grief by Kim T.S.

Goodbye: A first conversation about grief by Megan Madison

The Memory Tree by Britta Teckentrup

Glad Monster, Sad Monster

A Little Spot of Feelings by Diane Alber

The Feelings Activity Book for Toddlers by Stacy Spensley

Let's Talk About Our Baby: A Book for Families After a Sudden Infant Death by Laura Camerona

Goodbye Bear by Jane Chapman

There Was Another by Laura Camerona

There Was a Baby by Laura Camerona

AGES 4-5

All of the books listed in the 0-3 age group are appropriate in addition to the following list.

The Rabbit Listened by Cori Doerrfeld

Remembering Ethan by Leslea Newman

Tears by Sibylle Delacroix

Why do We Cry? by Fran Pintadera

Cape by Kevin Johnson

The ABC's of Grief by Jessica Correnti

What Does Grief Feel Like? by Korie Leigh

You'll Find Me by Amanda Rawson Hill

Why Do I Feel Sad? by Tracy Lambert

Everywhere, Still by M.H. Clark

I Will Always Love You: A journey of grief and loss to hope and love by Melissa Lyons

Ben's Flying Flowers by Dr. Inger Maier PhD & Maria Bogade

The Memory Box: A book about grief by Joanna Rowland

One Wave at a Time: A Story About Grief and Healing by Holly Thompson

The Heart and The Bottle by Oliver Jeffers

Timmy's Christmas Surprise by Karla Wheeler

The Funeral by Matt James

Ida, Always by Caron Levis

When Someone Dies by Andrea Dorn

A Land Called Grief by Maddie Janes

The Color Monster by Anna Llenas

More Than Sad by Laura Camerona

Someone I Loved Had Died - A Grief Activities Book for Children by Catherine and Jenny Stephenson

AGES 4-5

All of the books listed in the 0-3 age group are appropriate in addition to the following list.

Lost in the Clouds by Tom Tinn-Disbury
Where the Dinosaurs Roar by Amber Smith
Grief is a Mess by Jackie Shuld
Wherever You Are, My Love Will Find You by Nancy Tillman
The ABC's of Grief- Emotions and Feelings by Jessica Correnti
I Can't Believe They're Gone by Karen Brough
Always Remember by Cece Meng
The Invisible String by Patrice Karst
My Hot Air Balloon Ride by Alexa Gretchell
The Cloud: A Gentle story about grief, loss, & love by Kate Hauser
The Hole by Lindsay Bonilla
Our Lake by Angie Kang
Grief is an Elephant by Tamara Ellis Smith
Still Mine by Jayne Pillemer
Roney was a Tortoise by Nan Forler & Yong Ling Kang
The Garden of Creatures by Sheila Heti
Missing Violet by Kelly Swenba
The Bear-Shaped Hole by John Dougherty
Always Sisters: A Story of Loss and Love by Saira Mir

HOPE for HIE SUPER SIBS

AGES 6-10

All of the books listed in the 4-5 age group are appropriate in addition to the following list.

I Hope You Will Know by Jaren Ahlmann
How I Feel: A Grief Journal for Kids by Mia Roldan
How I Feel: A Coloring Book for Grieving Children by Alan Wolfelt
Death is Stupid by Anastasia Higginbotham
A Kids Book About Death by Taryn Schuelke
Badger's Parting Gift by Susan Varley
Check In: Being Present by Virginia Loh-Hagan
Where are you Lydie? by Emma Poore
My Forever Guardian By Kristina Bingham Jones
Grief is Like a Snowflake by Julia Cook
The Boy and the Gorilla by Jackie Azua Kramer & Cindy Derby
The Funeral by Matt Jones
Angel Catcher for Kids by Amy Eldon
My Emotions Journal by Lilly's Journal
Draw It Out by Art with Heart
Why Do I Feel So Sad? by Tracy Lambert
Forever Connected by Jessica Correnti
Missing Violet by Kelly Swemba
Nana and Me and the Tree by Amanda Silva
You'll Be There by Amanda Rawson Hill
The Grief Bubble by Kerry DeBay
Tear Soup by Pat Schwiebert
A Birthday Present for Daniel by Juliet Rothman
The Dog Who Made it Better by J. Nolte

AGES 6-10

All of the books listed in the 4-5 age group are appropriate in addition to the following list.

I Have a Question about Death: Clear Answers for All Kids by Arlen Grad Gaines

Memory Stones by Kathy Kacer

13 Ways to Say Goodbye by Kate Fussner

Finding Lost by Holly Goldberg Sloan

Healing Your Grieving Heart For Kids: 100 Practical Ideas by Alan Wolfelt

MIDDLE SCHOOL

Grieving for the Sibling You Lost by Erica Goldblatt Hyatt

It Won't Ever be the Same: A Teen's Guide to Grief and Grieving by Korie Leigh

Wreck This Journal by Keri Smith

Ink About It by Art with Heart

Wierd is Normal When Teenagers Grieve by Jenny Lee Wheeler

Losing Someone You Love-When a brother or sister dies by Elizabeth Richter

Straight Talk about Death for Teenagers by Earl A. Grollman

Guts by Raina Telgemeier

That Summer by Tony Johnston

13 Ways to Say Goodbye by Kate Fussner

Finding Lost by Holly Goldberg Sloan

Deconstruction/Reconstruction: A Grief Journal for Teens Created by Teens Who are Grieving

HIGH SCHOOL

Chill and Spill by Steffanie Lorig and Jeanean Jacobs

Wreck This Journal Series by Keri Smith

Tru Confessions by Janet Tashijan

Kira Kira by Cynthia Kadohata

Chronic Illnesses, Syndromes, and Rare Disorders by Marelene Brill

Physical Disabilities by Denise Thorton

If Only by Carole Geithner

Teen Grief Relief by Heidi Horsley Psy.D. & Gloria Horsley Ph.D.

The Boy in the Black Suit by Jason Reynolds

The Grieving Teens by Helen Fitzgerald

Weird is Normal: When Teenagers Grieve by Jenny Lee Wheeler

Fire in My Heart, Ice in My Veins by Enid Samual Traisman

Common Threads of Teenage Grief by Teens Who Know and Janet Tyson

Healing Your Grieving Heart For Teens: 100 Practical Ideas by Alan Wolfelt