

# Sibling Grief Resources

Many of these books and other resources can be found at A Place to Remember ([www.aplacetoremember.com](http://www.aplacetoremember.com)) or Centering Corporation ([www.centering.org](http://www.centering.org)).

Books supporting **children** during grief:

## **Something Happened** by Cathy Blanford

Many years of experience with grieving children have convinced me that a direct approach is needed to help them understand and cope with death. In addition to the pictures and words for children in this book, most pages have a box with words for parents. These words are there to help you understand what your child might be experiencing and why the particular illustrations and text were chosen to help your child deal with their infant sibling death. ISBN #978-0-9801987-0-6 [www.SomethingHappenedBook.com](http://www.SomethingHappenedBook.com).

## **Dancing on the Moon** by Janice Roper and Lauren Grimm

Five-year-old Carly is angry when her new baby brother Nigel takes away her mother's attention. With her mother's help, she grows to love her brother. But then, a sudden tragedy turns Carly's world upside-down. In this moving, one-of-a-kind story, Carly takes action to get her brother back and in the end, realizes he's been with her all along. ISBN #0-9641218-6-7

## **Sweet Memories** by Elaine Stillwell

We all have memories. Some are happy. Some are sad. Memories help us stay connected to special times and special people in our lives. This book offers a variety of hands-on activities for children to remember the person they miss. In remembering and talking, they begin to express their feelings openly. To order email [j1200@aol.com](mailto:j1200@aol.com).

## **Flying Hugs and Kisses** by Jewel Sample and Lori Kiplinger Pandy

This book is about five children who creatively take on roles of support toward each other while showing their individual feelings about the death of their baby brother. This sensitive story of grief recovery is a great resource for parents to use to help their children understand and affirm their experience of the loss of a brother or sister. To order online [www.authorstobelievein.com](http://www.authorstobelievein.com) ISBN #1-59879-119-2.

## **Heaven's Brightest Star** by Kara M. Glad

An easy to understand book to share with children who have lost a sibling due to premature birth. This story is about a little girl named Katie, who is eager to become a big sister. Unfortunately, she quickly learns her new brother is a premie, who is not strong enough to survive. The book explains the NICU to children and will help them understand that sometimes the young as well as the old pass away. This book is a special tool for parents to use in helping their children deal with a loss and assist them in their grieving process. ISBN #978-1-6024701-8-7.

**The Next Place** by Warren Hanson

Sometimes, adults struggle with finding ways to explain the concept of an afterlife to children when a loved one has died. In this beautifully illustrated book, children and adults alike can experience hope and solace in their search for understanding the next place as they are drawn to the uplifting prose and drawing on each page.

**Tear Soup** by Pat Schweibert and Chuck DeKlyen

A story of a woman who has suffered a big loss in her life and by blending different ingredients into her grief, she is cooking up her own unique batch of “tear soup.” Her tear soup will help bring her comfort and ultimately help to fill the void.

**We were gonna have a baby, but we had an angel instead.** By Pat Schwiebert and Taylor Bills

A small boy gazes into an empty bassinet on the cover of this psychologically astute book, which helps children cope with prenatal death or stillbirth. Most useful of all may be the endnotes for parents, which provide insightful and practical suggestions on aiding similarly bereaved children. Nobody wants to need this book, but those who do need it will be grateful to have it. ISBN #0-9724241-1-3.

**Where’s Jess?** By Marvin Johnson

A small boy's sibling dies and he notices she is gone. The parents tell him what death is about and how it is alright to remember and talk about Jess. This is a helpful book for children and parents. ISBN #1-56123-009-X [www.centering.org](http://www.centering.org).

**No Smile Cookies Today** by Kathy Kennedy Tapp and Natalie Levang

We offer you this special story as a way to begin a series of conversations with your young children about their sibling's death. This story provides many opportunities for ongoing talks about your baby's unique place in the family, and the circumstances of death. It also encourages your children to express their feelings of grief and loss, while helping them to better understand the death of their sibling. ISBN #1-892254-00-X (Pregnancy and Infant Loss Center).

**I Miss You, A First Look at Death** by Pat Thomas

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps children ages 4-7 understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death. Kids are encouraged to understand personal feelings and social problems as a first step in dealing with them. ISBN #978-0-7641-1764-0.

**A Complete Book About Death For Kids** by Earl Grollman and Joy Johnson

For years we thought we were protecting children by not talking about death, by keeping them from funerals and not talking about the person who died. Now we know better. Children know when we're not telling the truth and when we're avoiding a difficult subject. Children need our love and support when a death occurs. They need to be told the truth in loving ways that are age-appropriate. They need to know they are not to blame for the death. And they need information and answers to their questions. ISBN # 1-56123-101-6 [www.centering.org](http://www.centering.org).

**Letters from a Friend: A Sibling's Guide for Coping and Grief** by Erika Barber

Surviving the death of a brother or a sister is not a phase of life that eventually passes. Sibling survival is a life-long achievement. This book recognizes this and celebrates not only the life of the brother or sister who has died, but also the lives and spirits of their sibling survivors. This unique workbook is a comprehensive compilation of therapeutic activities developed to address the needs and issues of children and adolescents following the death of a brother or sister, It is organized into distinct topic-specific sections related to sibling hospitalization, illness, injury and death, and may be used by children or teens independently to create a personal journal of their bereavement and coping processes as well as a chronicle of their lives a surviving siblings. ISBN #0-89503-248-1.

**After the Loss of Your Baby for Teen Mothers** by Connie Nykiel

Provides information and loving support to the teenage mother, but does not pull any punches when it comes to understanding what risks are involved unless you allow yourself to grieve, to physically and mentally heal, and to consider how future pregnancy should fit into your life. ISBN #1-56123-156-8 [www.centering.org](http://www.centering.org).