

# Resource List for Grieving/Death

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

**The Courage to Remember: Childhood Traumatic Grief Curriculum. (2010)**

US Dept of Health and Human Services (book and cd-rom)

**Good Answers to Tough Questions About Death. Joy Berry (1990)**

Grades 3-6. Answers many questions that children have about death (48 pages)

**Gray's Guide to Loss, Learning and Children with ASD. Carol Gray (2003)**

This issue of the Jenison Autism Journal is devoted to the subject of explaining terminal illness and death to children with autism spectrum disorder (ASD).

**The Grieving Student: A Teacher's Guide. David J. Schoefeld & Marcia Quackenbush (2010)**

An how-to guide to help teachers give students the support they need to cope with grief and work their way back to full participation in academic and social life.

**Hello, My Name is Simon: A Reflection of Surviving Sibling Love. Samuel & Sean Crosier**

This book is about the special relationship that his brothers formed with Simon during his short life.

**Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies. Janis Silverman. (1999)**

School Age. An art therapy and activity book for children coping with death. (32 pages)

**Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers. Marc A Markell, PhD.**

Offers specific rituals and techniques for caregivers to use while helping explain death and dying. With more than 20 examples such as the use of pictures and storytelling or drawing and music, these practical tools can substantially lend to the understanding of grief and sadness for intellectually and developmentally disabled adults and adolescents.

**How People with Autism Grieve, and How to Help: An Insider Handbook. Deborah Lipsky (2013)**

Includes clear instructions on how best to support someone with autism through the grieving process, how to prepare them for bad news, how to break the bad news, how to involve them in the funeral or wake, and how best to respond to later reactions.

**How to Say It to Your Child When Bad Things Happen: Good Answers to Tough Questions. Dr. Paul Coleman**

A program/guidebook on responding with wisdom and compassion to the inevitable life events that cause pain and sorrow in the lives of children and families.

**I Had a Friend Named Peter: Talking to Children About the Death of a Friend. Janice Cohen, D.S.W. (1987)**

Ages 3-8. Betsy learns of the sudden death of her friend Peter, and her parents help her cope with the news. Betsy wonders, "Will I die too?" Did I somehow cause his death? Will the funeral be scary? Will Peter be cold and lonely after he's buried? Later, Betsy is able to create a special tribute to Peter and is comforted by the knowledge that Peter will not be forgotten (13 pages)

**I Have a Question About Death: A Book for Children with Autism Spectrum Disorder or Other Special Needs. Arlen Grad Gaines & Meredith Englander Polsky. (2017)**

Ages 5-11. Uses straightforward text and images to walk children through what it means when someone dies, as well as ways they might want to react or to think about the person. 39 pages.

**Lessons in Grief and Death: Supporting People with Developmental Disabilities in the Healing Process. Linda Van Dyke (2003)**

Offers poignant lesson about the cycle of life and the power of people with developmental disabilities to master this deep emotional challenge.

**Making It Better: Activities for Children Living in a Stressful World. Barbara Oehlberg (1996)**

Ages 3-10. Offers information about the physical and emotional effects of today's stresses, trauma, and violence on children. (133 pages)

**On Death and Dying. Elisabeth Kubler-Ross (1997)**

In this, Dr. Kubler-Ross first explored the now-famous five stages of death: denial and isolation, anger, bargaining, depression, and acceptance.

**Tear Soup: A Recipe for Healing After Loss. Pat Schweibert & Chuck DeKlyen (2003)**

Ages 4-8. A family story book that centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of *Tear Soup*. There she chooses the size pot that is right for her loss, and she puts on her apron because she knows it's going to be messy. (45 pages)

**Tear Soup: A Recipe for Healing After Loss. Pat Schweibert & Chuck DeKlyen (DVD) (2003) (17 minutes)**

Ages 4-8. A family story book that centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of *Tear Soup*

**What On Earth Do You Do When Someone Dies? Trevor Romain (1999)**

Ages 9-12. Describes the overwhelming emotions involved in dealing with the death of a loved one and discusses how to cope with such a situation (71 pages)

**The Worst Loss: How Families Heal from the Death of a Child. Barbara A. Rosof (1994)**

Helps families who have experienced this to know what they are facing, understand what they are feeling, and appreciate their own needs and timetables.

**Ya Got People: Helping People with Developmental Disabilities Deal with Grief, Bereavement and Loss. Carolyn S Bowling & Jeffrey W Wilder (2003)**

A radically humane and practical approach to supporting people with developmental disabilities who experience grief, bereavement and loss.