



Supporting Grieving Children

Information, Media and Activities

Books and Media

Scripture-Based Resources

There are many stories in the Bible that show some of the many different types of loss and shapes that grief can take. You can read these stories with your child to talk and learn together. Some of these stories (listed below) are featured in the *Growing in God's Love Story Bible*. You can find the Bible at the PC(USA) Store [here](#) and an accompanying curriculum with many resources and activities [here](#).

- Job's story
 - o Giving up isn't really easy: Job 1
 - o God remembers Job: Job 19
- A time for everything: Ecclesiastes 3
- Mary, Martha, and Jesus mourning the death of Lazarus: John 11:17–43
- Grief after Jesus' Death: John 20, Luke 23

[*Growing in God's Love: A Story Bible*](#) edited by Elizabeth F. Caldwell and Carol A. Wehrheim. Westminster John Knox Press, 2018.

Children's Books about loss and grief

- *A Little Blue Bottle* by Jennifer Grant. Church Publishing Inc., 2020 (activity sheets [Here](#))
- *The Rabbit Listened* by Cori Doerrfeld. Dial Books, 2018.
- *Waterbugs and Dragonflies: Explaining Death to Young Children* by Doris Stickney. Pilgrim Press, 2009.
- *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Brown and Marc Brown. Little Brown Books for Young Readers, 1998.
- *The Tenth Good Thing About Barney* by Judith Viorst. Atheneum Books for Young Readers, 1987.
- *Emily Lost Someone She Loved* by Kathleen Fucci. Kathleen Fucci Ministries, 2015.

Children's Clips and Programs about loss and grief

- [The Death of a Goldfish](#): Mr. Rogers teaches on death and grief through the death of his goldfish
- [What Do You Do with the Mad that You Feel](#): Mr. Rogers on channelling big emotions such as anger (a common response to grief in children)
- [Robert F. Kennedy Special](#): Mr. Rogers on grief, what assassination means, and how different people grieve differently.
- [Goodbye, Mr. Hooper](#): Sesame Street clip on grief and understanding the death of a neighbor
- [Mother's Day](#): Rugrats episode explaining Mother's Day and memories of a loved one from the perspective of a character whose mother passed away
- [Sesame Street Resources](#) on helping children grieve – videos, books, activities

Resources from PC(USA) Community

- [Coping with Grief](#): Reflection by Presbyterian Church (U.S.A.) Stated Clerk, The Rev. Dr. J. Herbert Nelson, II
- [Grief Support Ministries in an Age of Trauma](#) (*The Presbyterian Outlook*), Scott Sullender
- [1001 New Worshipping Communities Podcast](#): Kaisa Stenberg-Lee on her experience as a grieving child
 - o “I think for many adults it is hard to see a grieving child. And when those uncomfortable feelings arise in us as adults, we try to fix the uncomfortable. By doing that, I am just reminded how we again kind of step in the way of not allowing the child to express or feel or be comforted by God himself.” -Kaisa Stenberg-Lee
- Trauma and Grief: Resources and Strategies for Ministry, Scott Sullender
- [The PC\(USA\) Store](#): Filter to books categorized under “Suffering and Grief.” Some relevant titles include:
 - o *What was Lost: A Christian Journal through Miscarriage* by Elise Erikson Barrett. Westminster John Knox Press, 2010.
 - o *Good Mourning: Getting through Your Grief* by Allan Hugh Cole, Jr. Westminster John Knox Press, 2008.
 - o *Psalms of Lament* by Ann Weems. Westminster John Knox Press, 1999.
 - o *Surviving the Death of a Child* by John Munday and Frances Wohlenhaus-Munday. Westminster John Knox Press, 1995.
 - o *Death* by William E. Phipps. Westminster John Knox Press, 1995.
 - o *After Suicide* by John H. Hewett. Westminster John Knox Press, 1995.

Other Books for Parents

- *Helping Children Grieve: When Someone They Love Dies* by Theresa Huntley. Augsburg Fortress. 1959.
- *Helping Children Cope with the Loss of a Loved One: A Guide for Grownups* by William C. Kroen. Free Spirit Publishing, 1996.
- *Lost and Found: A Kid’s Book for Living Through Loss* by Rabbi Marc Gellman and Monsignor Thomas Hartman. HarperCollins, 1999.
- *Help Me Say Goodbye: Activities for Helping Kids Cope with a Special Person Dies* by Jamie Silverman. Fairview Press, 1999.
- *35 Ways to Help a Grieving Children* by The Dougy Center. Dougy Center, 1999.
- *Good Grief* by Granger Westberg. Fortress Press, 2010.
- *Guiding Your Child through Grief* by Mary Ann Emswiler and James Emswiler. Bantam, 2000.
- *Good Grief for Kids* by Katherine Dorn Zotovich. Journal Keepers, 2000.

Libraries of Children’s books and similar resources

- [Library of book titles](#), searchable by category – includes stories on death/loss, illness, migration, by target age group
- [Dougy Center Resource Center](#): Podcasts, videos, books, etc., searchable by multiple filters
- [Grief Resource Network’s Grief Resource Library](#): includes community resource directories, statistics and informational tools, books and movies, etc.
- [Uplift Grief Center](#): Book Recommendations list, organized by children’s age group

Informational Resources

Recognizing Grief in Children

- [Grief and Loss](#): Center for Disease Control and Prevention’s published information on the signs of grief in children, adolescents, and adults, as well as responses and resources.

- [About Childhood Grief](#): National Alliance for Grieving Children’s resources on what to expect and how to respond when supporting a grieving child.

Responding to Grief in Children: Families

- [Coping with a Disaster or Loss](#): Center for Disease Control’s guidance on self-care and supporting yourself and your children after a traumatic event.
- [How to help the healing process](#): New York Life’s resources on talking about loss, fostering resilience, and planning holidays after a loss.
- [When Someone your Child Loves Dies](#): Resource from the Fred Rogers Center on talking with your child, understanding their feelings, and holding them throughout the process.
- [The National Alliance for Grieving Children](#) has many resources for families responding to a loss and throughout the process of grieving:
 - o [Telling a Child or Teen that Someone has Died](#)
 - o [Talking to Children about Death](#)
 - o [Talking about End of Life Customs and Memorials](#)
 - o [Talking about Grieving as a Family](#)
 - o [FAQ – Raising a Grieving Child](#)
 - o [Toolkit: Supporting Grieving Children during the Holidays](#)

Responding to Grief in Children: Communities/General

- [NAGC Hero Toolkit](#): For individual community members to use in empowering children to be heroes amid grief.
- [10 Ways to Help a Grieving Child](#): Tips and guidance for community members, family members, or mentors working to support grieving children.
- [For Schools – Programs and resources to support school communities and grieving students](#): New York Life’s education- and arts-based resources for school classrooms and communities in responding to loss and supporting grieving children.
- [For Communities – Resources to help build a community’s resilience](#): New York Life’s resources for communities responding to crises such as COVID-19, supporting grieving children, and fostering community initiatives.

Other Resources in this Series

For tips and more information, see [Supporting Grieving Children Compass Points](#)

For example activities that families and congregations can use to support grieving children, see [Supporting Children Amid Loss: Activities for Children Quicksheet](#).

