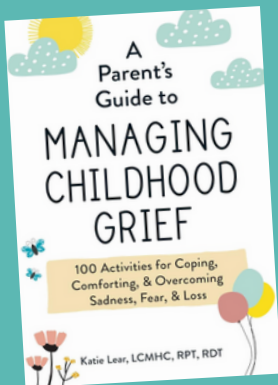




Children's Books

Thanks to a partnership of Sharing Kindness and local librarians, the following children's books are available at Cape & Islands libraries that have hosted Grief 101 presentations. [Click here](#) to view the list of libraries where you can find the book pack.



A Parent's Guide to Managing Childhood Grief: 100 activities for coping, comforting, and overcoming sadness, fear, and loss by Katie Lear

This guide book contains everything you need to know about how children grieve and what you can do to support them during their most difficult moments, and includes 100 activities that you can use in a group setting, activities that you (or another caregiver) can do alone with your child, and ways to make the most of virtual interactions to support a grieving child. [Learn more](#)

We Need to Talk about Death: an important book about grief celebrations, and love by Sarah Chavez

An educational book that helps grieving children understand what happens when we die, and celebrates the traditions people around the world use to honor the dead. Historian and museum curator Sarah Chavez aims to spark wonder and curiosity about dying, instead of fear and shame. [Learn more](#)

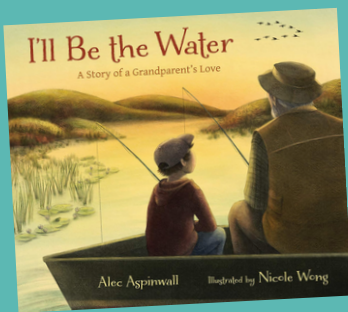
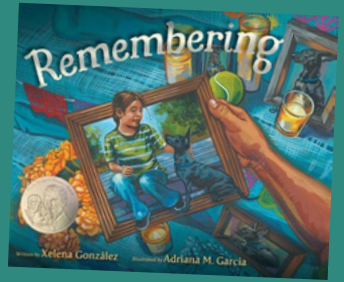


What Happens When a Loved One Dies: our first talk about death by Dr. Jillian Roberts

Whether children are experiencing grief and loss for the first time or simply curious, it can be difficult to know how to talk to them about death. This book allows adults to guide the conversation to a natural and reassuring conclusion. Additional questions at the back of the book allow for further discussion. [Learn more](#)

Remembering by Xelena González

A family remembers their beloved pet dog through the traditions of Día de Muertos in this touching book, building a thoughtful offering to help lead the pet's soul home and help the little one process their grief. This story reminds us that our loved ones are never really gone, even after death, as they live on through our memories. [Learn more](#)

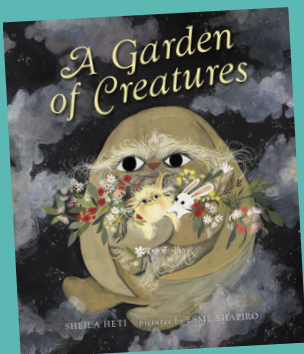
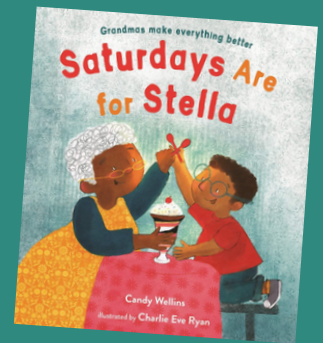


I'll Be the Water: A Story of Loss, Grief, and a Grandparent's Love by Alec Aspinwall

This story follows a boy's relationship with his grandfather and their conversations about life and death. Main character Joshua grapples with the concept of death as his grandfather's health declines—but on their final fishing trip together, Grandpa provides the assurance Joshua needs that his spirit and love will never die. [Learn more](#)

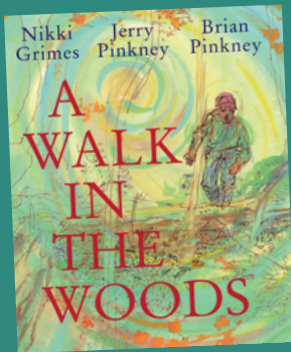
Saturdays Are for Stella by Candy Wellins

George treasures spending Saturdays with his Grandma Stella. When Stella dies, he no longer wants to partake in the activities they used to do together. But then a new addition to the family arrives, and George finds a way to celebrate the priceless memories he made with his grandma—while making new ones too. [Learn more](#)



A Garden of Creatures by Sheila Heti

With its meditative text, endearing illustrations and life-affirming message, *A Garden of Creatures* reveals how the interconnectedness of nature and the sweetness of friendship can be a warm embrace even in the darkest times. The story follows the little bunny's grief journey after the big bunny dies, prompting her to ask questions about death, and ultimately, learn to remember the big bunny and even see her in the natural world. [Learn more](#)

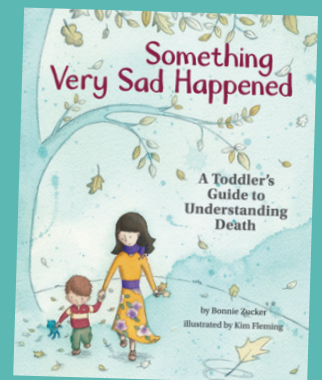


A Walk in the Woods by Nikki Grimes

In this moving account of loss, a boy takes a walk in the woods and makes a discovery that changes his understanding of his father. The forest they used to explore together contains hidden drawings of woodland creatures—a side of his father the boy never knew, and something even deeper for them to share together. [Learn more](#)

Something Very Sad Happened: A Toddler's Guide to Understanding Death by Bonnie Zucker

This book explains death in developmentally appropriate terms for two- and three-year-old children. It reassures children that it is okay to feel sad, and that love never dies. Includes a note to parents and caregivers with more information about how to talk about death, answer your child's questions, and maintain your connection throughout the grieving process. [Learn more](#)



Just What to Do by Kyle Lukoff

A tender picture book about grief and the many ways to offer comfort in sad times, from Newbery Honor-winner Kyle Lukoff. With its spare, poignant text and unexpectedly levitous illustrations, *Just What to Do* offers an important lesson about how to comfort loved ones by setting aside your assumptions and following their lead. [Learn more](#)

What Does Grief Feel Like? by Korie Leigh

Written from a child development perspective (Dr. Korie Leigh has spent over 16 years working with children and families experiencing grief and loss), *What Does Grief Feel Like?* shares the many ways people can grieve and validates children's unique feelings and experiences. Readers are invited to answer open-ended questions about their own grief throughout the book. [Learn more](#)

