



Resources for Children/Families Who are Grieving Loss of Parent

How Early Childhood Educators Can Explain Death to Children

- <https://www.naeyc.org/resources/pubs/yc/may2019/helping-young-children-grieve>
- <https://www.naeyc.org/resources/pubs/tyc/spring2021/explaining-death> - adapted from May 2019 article
- <https://www.naeyc.org/resources/pubs/yc/may2019/life-and-death-in-nature>
- <https://www.zerotothree.org/resources/3719-discussing-death-with-young-children> - Valuable article from Zero to Three - Oct 2020

NAEYC (National Association for the Education of Young Children) Resources on Death and Grief

- <https://www.naeyc.org/resources/topics/coping-stress-and-violence/resources-death> - includes list below of books for parents, children, and early childhood educators

Books for children

Ages 0-3

I Miss You: A First Look at Death by Pat Thomas, illus. Leslie Harker
The Dead Bird by Margaret Wise Brown
The Goodbye Book by Todd Parr

Ages 3-5

Badger's Parting Gifts by Susan Varley
Grief is a Mess by Jackie Schuld
I Miss You: A First Look at Death by Pat Thomas, illus. Leslie Harker
The Dead Bird by Margaret Wise Brown
The Goodbye Book by Todd Parr
Tough Boris by Mem Fox, illus. Kathryn Brown
What Color Are Tears by Marianne Vandawalker
When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings Series) by Marge Heegaard

Ages 6-8

A New Mother for Martha by Phyllis Green
Aarvy Aardvark Finds Hope: A Read Aloud Story for People of All Ages About Loving and Losing, Friendship and Hope by Donna R. O'Toole
Am I Still a Sister? by Alicia M. Sims, illus. Jim Maus
Badger's Parting Gifts by Susan Varley
Children Are Not Paper Dolls by Erin Levy
Geranium Morning by E. Sandy Powell, illus. Renee Graef
Goodbye, Chicken Little by Betsy Byars
Grief is a Mess by Jackie Schuld
How It Feels When a Parent Dies by Jill Krementz
I Miss You: A First Look at Death by Pat Thomas, illus. Leslie Harker
Kids' Book about Death and Dying: By and For Kids by Eric E. Rofes
Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie and Robert Ingpen
Losing Someone You Love: When a Brother or Sister Dies by Elizabeth Richter
Love, Mark - A Journey Through Grief by Mark Scravani
My Brother Joey Died by Gloria Houston, illus. Harvey Kelman
The Dead Bird by Margaret Wise Brown
The Heart and the Bottle by Oliver Jeffers
The Invisible String by Patrice Karst, illus. Geoff Stevenson
Tough Boris by Mem Fox, illus. Kathryn Brown
When People Die by Joanne E. Berstein, Stephen Gullo, and Rosmarie Hausherr
When Someone Very Special Dies: Children Can Learn to Cope with Grief by Marge Heegard

Books for Families

Bereaved Children and Teens: A Support Guide for Parents and Professionals by Earl A. Grollman
Beyond Sympathy: What to Say and Do for Someone Suffering an Injury, Illness, or Loss by Janice Harris Lord
Dear Parents: Letters to Bereaved Parents by Centering Corporation
How Do We Tell the Children?: A Step-by-Step Guide for Helping Children and Teens Cope When Someone Dies by Dan Schaefer and Christine Lyons
Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie and Robert Ingpen
No Time For Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death by Janice Harris Lord
Talking about Death: A Dialogue between Parent and Child by Earl A. Grollman

Books for Early Childhood Professionals

Bereaved Children and Teens: A Support Guide for Parents and Professionals by Earl A. Grollman

Beyond Sympathy: What to Say and Do for Someone Suffering an Injury, Illness, or Loss by Janice Harris Lord

Healing Activities for Children in Grief by Gay McWhorter

Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie and Robert Ingpen

Mending Hearts: When a School Grieves by Amy R Murray, David L Barber

No Time For Goodbyes: Coping with Sorrow, Anger, and Injustice After a Tragic Death by Janice Harris Lord

What Color Are Tears by Marianne Vandawalker

Resources from National Alliance of Children's Grief

***denotes NACG member**

YoloCares for Kids Children's Support*

Yolo Cares <http://yolocares.org/>

YoloCares for Kids serves grieving children from ages 4-17 and their guardians with 1:1 and group sessions.

Contact: Elisa Stone

YoloCares

1909 Galileo Court, Suite A

Davis, CA 95618

YoloCares for Kids Coordinator/ Grief Specialist

530-758-5566

Consent forms are required for all services and can be found when you register online at yolocares.org

Internal clients are welcome to receive four individual supportive one-on-one meetings. Community members are welcome to attend groups, all offered at no charge.

1909 Galileo Court Suite A

Davis, CA 95618

(530) 758-5566

Center for Grieving Children

7560 Florin Road

Sacramento, CA 95828
(916) 791-8414

Children's Bereavement Art Group

Sutter Cancer Center
2800 L Street, #400
Sacramento, CA 95820
(916) 454-6555
<http://www.suttervnaandhospice.org>

Kaiser Hospice

2025 Morse Avenue
Sacramento, CA 95825
(916) 486-5300

UC Davis Hospice and UC Davis Children's Hospital

3630 Business Drive
Sacramento, CA 95820
(916) 734-1139
<http://www.ucdmc.ucdavis.edu/homecare/hospice/bereavement.html>

Widowed Parent.org

Understanding Your Children's Grief

- Stages of grief by age group - <https://widowedparent.org/childs/understanding>

How to Help Your Child

- Communication; consistency at home; and when to seek professional help - https://widowedparent.org/childs/can_do - This page Includes a short video (4.5 minutes) with different parents discussing what their children experienced/needed - one parent has preschool age children

Online Resources

- <https://www.naeyc.org/resources/topics/coping-stress-and-violence/resources-death> - also listed below
- <https://childmind.org/guide/helping-children-cope-with-grief/> - Guide that covers many questions you may have

- https://widowedparent.org/childs/c_resources - includes list of books for parent, and picture books for children; additional online resources (see list below); and bereavement camps
- **National Alliance of Grieving Children** (www.childrengrieve.org/find-support) connects leaders in the field of childhood grief and provides families with helpful resources. See the link above for a list of potential resources in your area. - Resources listed above
- **Good Grief** (www.good-grief.org) is a nationally-recognized organization that provides support to children and teenagers who have lost a family member. Their website has many useful and practical suggestions.
- **The Dougy Center** (www.dougy.org) is based in Oregon and was founded in 1982. Their website offers resources suited to grieving children, teens, and young adults.

Child Care Assistance

Children's Home Society

Contact: Cindy Flores, Manager, 530.723.5226 - Lana left a voicemail for Cindy on 1/18/22 early am inquiring about priority subsidy eligibility with loss of parent. Waiting for a return phone call.

Yolo County Children's Alliance

Contact: Tanya, Child Care Specialist, 916.375.6214 - Lana left voicemail for Tanya on 1/18/22 in early afternoon inquiring about child care subsidy eligibility. Waiting for a return phone call.