

Grief Book List for Teens & Parents

For Teens (Middle & High School)

Books that normalize grief, provide relatable stories, and encourage healthy coping:

1. **When a Friend Dies: A Book for Teens About Grieving & Healing** – Marilyn E. Gootman
Practical, direct guide for teens coping with loss of a friend.
2. **You Will Be Okay: Find Strength, Stay Hopeful, and Get to Grips with Grief** – Julie Stokes
Simple, compassionate guide for teens navigating death and grief.
3. **The Grieving Teen: A Guide for Teenagers and Their Friends** – Helen Fitzgerald
Addresses questions teens often have but may not ask out loud.
4. **Healing Your Grieving Heart for Teens: 100 Practical Ideas** – Alan D. Wolfelt
Short, accessible tips and activities that help teens express grief.
5. **Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love** – Earl A. Grollman
Written in teen-friendly language, validating feelings and struggles.

For Parents (Supporting Children & Teens)

Books that offer insight, tools, and compassionate strategies:

1. **Parenting Through Grief: A Guide to Raising Resilient Children While Navigating Loss** – Stephanie José
Helps parents balance their own grief with supporting their child.
2. **Helping Teens Work Through Grief** – Mary Kelly Perschy
Explores how adolescence shapes grief, with practical suggestions.
3. **How to Help a Grieving Child** – The Dougy Center
Classic, easy-to-read guide filled with real-life examples.
4. **Supporting Children and Teens Through Grief and Trauma: A Guide for Parents and Professionals** – Janice Winchester Nadeau
Blends grief and trauma insights with hands-on strategies.
5. **Parenting a Grieving Child: Helping Children Find Faith, Hope, and Healing After the Loss of a Loved One** – Mary DeTurris Poust
Faith-sensitive but practical, focusing on everyday support.

Additional Resources

- **The Dougy Center** (dougy.org) – free tip sheets, activities, and guides for parents and kids.
- **National Alliance for Children's Grief** (childrengrieve.org) – curated booklists and resources.
- **National Child Traumatic Stress Network (NCTSN)** (nctsn.org) – Fact sheets and parent guides about childhood trauma and grief