

Dealing with Loss, Grief, and Trauma Booklist – Compiled by Vermont Department of Libraries

Age Range	Title	Author	Description
0-5	Me and My Fear	Francesca Sanna	Fear follows us everywhere. Sometimes it grows so big it gets in the way of everyday things. When we share our feelings, they grow smaller and more manageable.
	Still a Family: A Story about Homelessness	Brenda Reeves Sturgis	Even though they are separated into different homeless shelters, a girl and her parents maintain their loving bond.
	The Memory Box: A Book About Grief	Joanna Rowland	From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process.
	The Rabbit Listened	Cori Doerrfeld	A young boy deals with loss by talking to all of the stuffed animals in his house. Each of the animals tries to “fix” the problem for him, but in the end, the rabbit just listens, and helps the boy most of all.
	Where do they go?	Julia Alvarez	In poetic form, this book provides answers to many tough questions children have about death.
6-12	Cry, Heart, But Never Break	Glenn Ringtved	Death personified comes to the home of four children and their ailing grandmother; throughout his visit, Death explains why sorrow and grief are as essential to life as delight and happiness.
	Half a world Away	Cynthia Kadohata	Jaden is a 12-year-old Romanian boy who was adopted at age 8 and has had trouble adapting to his life and family in America. When the family travels to Kazakhstan to adopt a new baby, Jaden's feelings are mixed.
	Prairie Evers	Ellen Airgood	Prairie, a sweet, spirited ten-year-old has been homeschooled by her granny and has learned the most from traipsing through nature. But now she has to attend public school, which is a jolt for Prairie until she meets Ivy, her first true friend.
	Sunny Side Up	Jennifer L Holm	A new friend, some comic books, and a loving, supportive Gramps help Sunny find the strength to be able to work through her feelings surrounding her older brother's substance abuse problems.
	The Education of Ivy Blake,	Ellen Airgood	Ivy's world is turned upside down when she is reunited with her alcoholic mother and moves back to the city where they must start a new life together
	Train I Ride	Paul Mosier	After the death of her mother followed by her grandmother, Ryder is on a train to live with an unknown great uncle in Chicago, her last chance before entering foster care.
13-18	Hey Kiddo	Jarett Krosoczca	Hey, Kiddo is a profoundly important memoir about growing up in a family grappling with addiction, and finding the art that helps you survive.
	Orbiting Jupiter	Gary D. Schmidt	Joseph, a father at thirteen, has never seen his daughter, Jupiter. After spending time in a juvenile facility, he's

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			placed with a foster family on a farm in rural Maine. Here he discovers the true meaning of family and the sacrifices it requires.
Caregivers	Healing Your Traumatized Heart	Alan D Wolfelt PhD	Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Each of the 100 suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again.
	Healing Your Greiving Heart for Kids	Alan D Wolfelt PhD	This book addresses that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Includes age-appropriate activities that teach younger people that their thoughts are not only normal but necessary.
	Healing Your Greiving Heart for Teens	Alan D Wolfelt PhD	Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways.