

Caregiver Resource List

Books for Discussing Death, Big Feelings and Empathy with your Children

It can be difficult to know how to approach certain conversations with children, especially amidst stressful and upsetting situations and experiences of loss or change. Books can be a valuable resource to help create vocabulary, emotional distance, and ease initiating topics. This book resource was put together with preschool aged children in mind. Links for additional vetting are provided, should you value being able to do more research personally.

1. The Goodbye Book (Hardcover)

By Todd Parr, Todd Parr (Illustrator)

2. Death Is Stupid (Ordinary Terrible Things) (Hardcover)

By Anastasia Higginbotham (Illustrator)

3. The Rough Patch (Hardcover)

By Brian Lies, Brian Lies (Illustrator)

4. What Happens When a Loved One Dies?: Our First Talk about Death (Just Enough) (Hardcover)

By Jillian Roberts, Cindy Revell (Illustrator)

5. I Have a Question about Death: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs (Hardcover)

By Arlen Grad Gaines, Meredith Englander Polsky

6. The Dead Bird (Hardcover)

By Margaret Wise Brown, Christian Robinson (Illustrator)

7. When Something Terrible Happens: Children Can Learn to Cope with Grief (Drawing Out Feelings) (Paperback)

By Marge Eaton Heegaard

8. When Dinosaurs Die: A Guide to Understanding Death (Dino Tales: Life Guides for Families) (Paperback)

By Laurie Krasny Brown, Marc Brown (Illustrator)

9. Moody Cow Meditates (Hardcover)

By Kerry Lee MacLean

10. Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere (Paperback)

By Kira Willey, Anni Betts (Illustrator)

11. Empathy (Board book) –coming soon

By Patricia Billings

12. Empathy

By Julie Murray

13. The Feelings Book (Board book)

By Todd Parr

14. Todd Parr Feelings Flash Cards: (Kids Learning Flash Cards, Children's Emotion Cards, Emotion Games) (Cards)

15. Breathe With Me: Using Breath to Feel Strong, Calm and Happy

By Mariam Gates

16. Visiting Feelings

By Lauren Rubenstein

17. Yesterday I had the Blues

By Jeron Ashford Frame