Anticipatory Grief: Best Books for Kids

- **Author** - Custom Resource by the Eluna Team

When grieving the anticipated death of a significant person, kids & families may become overwhelmed by the waves of complex emotions that accompany grief. It is often hard to find spaces to feel validated or fully understood in their grief experience. This is where the power of books and storytelling comes in - to provide comfort, compassion, and connection. As a caregiver or support professional books can also become a transformative tool for collective healing & hope.

After combing through several grief support books, the Eluna Resource Center has pulled together this list of literature to support youth who are experiencing anticipatory grief. We encourage you to visit your local library to take a peek and check out the books that feel like the best fit.

Make sure to also check out our recommended books for grieving the loss of a parent, sibling, friend, and grandparent.

**Anticipatory Grief Books:**

**Age 2 - 5**

- *Lifetimes: A Beautiful Way to Explain Death to Children* by Bryan Mellonie
- *Where Do They Go?* by Julia Alvarez
- *The Invisible String* by Patrice Karst

**Ages 5 - 7**

- *Gentle Willow* by Joyce C. Mills

**Ages 7 - 12**

- *Flamingo Dream* by Donna Jo Napoli
- *Mommy Has Cancer: What I Learned about Cancer, and How I Helped My Mommy* by Corey Stevenson
Teens & Young Adults

- *My Parent Has Cancer and It Really Sucks* by Marc Silver and Maya Silver
- *37 Things I love (in no particular order)* by Kekla Magoon
- *Dancing at the Pity Party: A Dead Mom Graphic Memoir* by Tyler Feder
- *Crying in H Mart* by Michelle Zauner

Please let us know if you have any favorites that we are missing. Email Sarah