Grieving the Loss of a Parent: Best Books for Kids

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

When grieving the death of a parent, kids & youth 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 grieving the death of a parent. We encourage you to visit your local library to take a peek and check out the books that feel like the best fit for you and your family.

Make sure to also check out our recommended books for grieving the loss of a [sibling](#), [friend](#), [grandparent](#), and [anticipatory grief](#).

**Grieving the Loss of a Mother or Mother Figure:**

**Ages 2 - 5**

- *The Invisible String* by Patrice Karst
- *I Lost Something Very Special* by Na'imah B Robert

**Ages 5 - 7**

- *Missing Mommy* by Rebecca Cobb

**Ages 7 - 12**

- *The Girl with the Ghost Machine* by Lauren DeStefano
- *The Night Diary* by Veera Hiranandani
- *The Remarkable Journey of Coyote Sunrise Hardcover* by Dan Gemeinhart
- *The Canyon's Edge* by Dusti Bowling
Teens & Young Adults

- *Crying in H Mart* by Michelle Zauner
- *Dancing at the Pity Party: A Dead Mom Graphic Memoir* by Tyler Feder
- *The Boy in the Black Suit* by Jason Reynolds

**Grieving the Loss of a Father or Father Figure:**

**Ages 2 - 5**

- *Sunflowers and Rainbows for Tia: Saying Goodbye to Daddy* by Alesia K. Alexander
- *Always by my Side* by Susan Kerner
- *Hugs From the Sky* by C. Reed
- *I'll always be there: A children's book about loss and celebrating memories* by Dionna Brown

**Ages 5 - 7**

- *The Heart and the Bottle* by Oliver Jeffers
- *The Day My Dad Turned Invisible* by Sean R. Simmons
- *The Grief Forest: A Book About What We Don't Talk About* by Laraine Herring

**Ages 7 - 12**

- *Pie in the Sky* by Remy Lai
- *The House that Lou Built* by Mae Respicio

**Teens & Young Adults**

- *The Book of Form and Emptiness* by Ruth Ozeki
- *How to Save a Life* by Sara Zarr
- *37 Things I love (in no particular order)* by Kekla Magoon

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