Grieving the Loss of a Friend: Best Books for Kids

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

When grieving the death of a friend, kids and 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 friend. 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, grandparent, and anticipatory grief.

### Grieving the Loss of a Friend:

**Ages 2 - 5**

- *Missing My Best Friend* by Norma Thorstad Knapp
- *Always and Forever* by Alan Durant

**Ages 5 - 7**

- *Chester Raccoon and the Acorn Full of Memories* by Audrey Penn
- *Gentle Willow* by Joyce C. Mills

**Ages 7 - 12**

- *When Someone Dies: A Children’s Mindful How-To Guide on Grief and Loss* by Andrea Dorn
- *Why Do I Feel So Sad?: A Grief Book for Children* by Tracy Lambert-Prater LPC

**Teens & Young Adults**
• When a Friend Dies: A Book for Teens by Marilyn E. Gootman Ed.D
• History is All You Left Me by Adam Silvera
• Lies My Girlfriend Told Me by Julia Anne Peter
• The Truth Is by NoNieqa Ramos
• Ghost Boys by Jewell Parker Rhodes

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