Best Books for Grieving Parents & Caregivers

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

After experiencing a profound loss, parents and caregivers often put their grief on the backburner while attending to the needs of loved ones. Furthermore, it is often hard to find spaces to feel validated or fully understood in the complex role of grieving while supporting young greivers. This is where the power of books and storytelling comes in - to provide comfort, compassion, and connection.

After combing through several grief support books, the Eluna Resource Center has pulled together this list of literature to support parents who are grieving. 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 kids grieving the loss of a parent, sibling, grandparent, and anticipatory grief.

**Option B: Facing Adversity, Building Resilience, and Finding Joy** by Sheryl Sandberg & Adam Grant

After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. “I was in ‘the void,’” she writes, “a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe.” Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build. [Link to Purchase](#)

**The Group: Seven Widowed Fathers Reimagine Life** by Donald L. Rosenstein & Justin M. Yopp

The Group offers a singular perspective on grief by weaving together the latest thinking on bereavement, resiliency and post-traumatic growth with the true story of seven men who were raising children on their own after the deaths of their wives. The men connected with each almost immediately, and over the next several years forged a deep bond as their monthly meetings evolved into a forum for healing and personal reinvention that transformed them in unexpected ways. [Link to Purchase](#)
How Do We Tell the Children? A Step-by-Step Guide for Helping Children and Teens Cope When Someone Dies by Dan Schaefer & Christine Lyons

Dr. Daniel Schaefer, working with child psychologists and trauma experts, and drawing on more than three decades of experience with families in crisis, has written a practical guide for anyone who works or lives with children—parents, caregivers, counselors, or teachers—to respond to their inevitable questions about loss and change, life and death. He provides strategies to assist children with grief and trauma and offers time-tested advice and language that children can understand. Link to Purchase

Parenting while Grieving: A Survival Guide by What's Your Grief

As a parent, you don’t have the luxury of worrying only about yourself and your emotional well-being. It is your job, in good times and bad, to attend to the needs of your child as well as your own. Putting your child’s needs first is a no-brainer, so when something bad happens, it feels natural to put your own on the back burner. The purpose of this 20-page booklet is to help parents who are dealing with their own grief balance their needs with the needs of the children in their care. Link to Purchase