The following books are generally appropriate for helping children of all ages explore the emotions related to their experiences with grief, loss and trauma. They have been variously recommended by a number of professionals in the child development and therapy community.

**Children's Books  
Grief and Loss**:

The Goodbye Book- Todd Parr

The Invisible String- Patricia Karst

Tear Soup- Pat Schwiebert

The Memory Box- Joanna Rowland

Always and Forever - Alan Durant

Something Very Sad Happened: A Toddler's Guide to Understanding Death

When Sadness Is at Your Door - Eva Eland

**Anxiety/Fear/Trauma**:

Hey Warrior - Karen Young

The Worry Box - Suzanne Chiew

A Little Spot of Anxiety: A Story About Calming Your Worries - Diane Alber

A Terrible Thing Happened - Margaret Holmes & Sasha Mudlaff

The Rabbit Listened - Cori Doerrfeld

Come with Me- Holly McGhee

There is No Such Thing as a Dragon – Jack Kent