

Recommended Books for Families Facing Cancer

Books for Adults about Helping Children Through a Loved One's Cancer Diagnosis

Can I Still Kiss You? Answering Your Children's Questions About Cancer by Neil Russell (HCI, 2001).

Cancer in the Family: Helping Children Cope with a Parent's Illness by Sue P. Heiney, Joan F. Hermann, Katherine V. Bruss & Joy L. Fincannon (American Cancer Society, 2001).

Helping Your Children Cope with Your Cancer by Peter VanDerNoot (Hatherleigh Press, 2006).

How to Help Children Through a Parent's Serious Illness: Supportive, Practical Advice from a Leading Child Life Specialist by Kathleen McCue (St. Martin's Griffin, 2011).

Raising An Emotionally Healthy Child When a Parent is Sick by Paula K. Rauch (President and Fellows of Harvard College, 2006).

When a Parent Has Cancer: A Guide to Caring for Your Children by Wendy S. Harpham (HarperCollins, 1997).

When a Parent is Seriously Ill: Practical Tips for Helping Parents and Children by Leigh Collins and Courtney Nathan (Jewish Family Service of Greater New Orleans, 2003).

Cancer in Young Adults: Through a Parent's Eyes by Anne Grinyer (Open University Press, 2002).

Books for Teens about Having a Parent with Cancer

Both Sides Now (a novel) by Ruth Pennebaker (Henry Holt & Co., 2000).

Breast Cancer: Questions and Answers for Young Women by Carole G. Vogel (Twenty-First Century Books, 2001). Ages 12 and up.

The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dzung X. Vo (Instant Help, 2015).

My Parent Has Cancer and it Really Sucks by Marc Silver (Naperville, IL: Sourcebooks, 2013).

When Your Parent Has Cancer (National Cancer Institute, 2005).

Making it Mine: Stories of Teens Who Found Themselves in Their Parents' Cancer by Brie Bernhardt (CreateSpace Independent Publishing Platform, 2018).

Love Sick by Harald Hermann (Recipe for Success, 2018).

Books for Children about Having a Parent with Cancer

Understanding Cancer

Cancer Party!: Explain Cancer, Chemo, and Radiation to Kids in a Totally Non-Scary Way by Sara Olsher (Independently Published, 2019)

Chemotherapy 101 for Kids: An Easy to Understand Guide for Children about Chemotherapy by Chelsey Gomez (Independently Published, 2022).

I Have a Question about Cancer: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs by Arlen Grad Gaines (Jessica Kingsley Publishers, 2022). Ages 6-9.

Medikidz (line of comic books written by doctors about different cancers and treatments)

Our Family Has Cancer, Too by Christine Clifford (University of MN, 2002). Ages 9-12.

Someone You Love Has Cancer: A Child's Guide to Understanding by Robin Martin Duttmann (Strategic Book Publishing & Rights Agency, LLC, 2017). Ages 2-10.

Stickers on Her Bald Head: Explaining Cancer and Chemo Hair Loss to Children in a Fun Way by Chelsey Gomez (Independently Published, 2021)

What Happens When Someone I Love Has Cancer? By Sara Olsher (Mighty + Bright, 2019). Ages 4-10.

When Someone You Love Has Cancer: A Guide to Help Kids Cope by Alaric Lewis O.S.B (Abbey Press, 2005). Ages 4-8.

Feelings and Cancer

Let My Colors Out by Courtney Filigenzi (American Cancer Society, 2009). Ages 2-4.

The Rainbow Feelings of Cancer: A Book for Children Who Have a Loved One with Cancer (Hohm Press, 2016). Ages 4-8.

Dads with Cancer

My Dad and the Dragon by Montserrat Coughlin Kim (When a Dragon Comes, 2022).

My Dad Has Cancer by Lauren Faye Uribe (Xilbris, 2013). Ages 4-8.

My Dad is a Cancer Fighting Hero by Chelsey Gomez (Independently Published, 2022). Ages 3-6.

Our Dad is Getting Better by Alex, Emily & Anna Rose Silver (American Cancer Society, 2007). Ages 4-8. ***Also Our Mom is Getting Better version**

The Year My Dad Went Bald: A Tale of Cancer, Chemo, and Dealing with a Cold Head by Brian Kraft (Bang, 2011).

Moms with Cancer

BK's Mommy Has Breast Cancer by Marquita Goodluck (Independently Published, 2018). Ages 2-12.

Butterfly Kisses and Wishes on Wings by Ellen McVicker (Ellen McVicker, 2006). Ages 4-8.
(Also in Spanish)

Cancer Hates Kisses by Jessica Reid Sliwerski (Dial Books for Young Readers, 2017). Ages 3-5.
(Also in Spanish)

Cows on the Couch: A Cancer Story by Christine White (CW Publishing, 2015). Ages 4-8.

Fritzy Finds a Hat: A Gentle Tale to Help Talk with Children About Cancer by Scott Hamilton (Forefront Books, 2020). Ages 4-7.

The Goodbye Cancer Garden by Janna Matthies (Janna Matthies, 2011). Ages 4-8.

Hair for Momma by Kelly A. Tinkham (Dial Books, 2007). Ages 4-8.

The Hope Tree: Kids Talk About Breast Cancer by Laura Numeroff & Wendy S. Harpham (Simon & Schuster, 2001). Ages 4-8.

Mama's Afro is a Soldier Too: Mom's Cancer Diagnosis Explained by N.M. Charles (Bowker, 2021). Ages 4-8.

Mom and the Polka-Dot Boo Boo: A Gentle Story Explaining Breast Cancer to a Young Child by Eileen Sutherland (American Cancer Society, 2007). Ages 2-5.

Mom Has Cancer! (Let's Talk About It) by Jennifer Moore-Mallinos (Barron's Educational Series, 2008). Ages 4-8. (Also in Spanish)

Mommy Has Cancer: What I Learned About Cancer and How I Helped My Mommy by Corey L. Stevenson Jr. (Christian Faith Publishing, Inc., 2021)

Mommy is a Cancer Warrior by Alex Bount (Independently Published, 2021).

The Monster in Mummy: De-Monstify Cancer for Children by Donia Youssef (Tiny Angel Press Ltd, 2019).

My Mommy is a Cancer Warrior by Jina Giusto (Women Are Lit, 2021).

Nowhere Hair by Sue Glader (Thousand Words Press, 2013). Ages 4-8. **(Also in Spanish)**

Our Mom Has Cancer (American Cancer Society, 2001). Ages 4-8.

The Paper Chain by Claire Blake, Eliza Blanchard & Kathy Parkinson (Health Press, 1998). Ages 6-9.

Punk Wig by Lori Ries (Boyd's Mills Press, 2008). Ages 4-8.

The Year My Mother Was Bald by Ann Speltz (Magination Press, 2003). Ages 8-13.

You Are the Best Medicine by Julie Aigner Clark (Julie Aigner Clark, 2010). Ages 4-8.

Metastatic Cancer

The Cancer That Wouldn't Go Away: A Story for Kids about Metastatic Cancer by Hadassa Field (Hadassa Field, 2013). Ages 4-8.

When Mom's Cancer Doesn't Go Away: Helping Children Cope with Loss and Beyond by Maryann Makekau (Makekau, 2010). Ages 4-8.

Books for Children about Having a Parent with Cancer IN SPANISH

El cáncer odia los besos (Cancer Hates Kisses) by Jessica Reid Sliwerski (Dial Books for Young Readers, 2017). Ages 3-5.

Hablando con mis amigos de la Casa del Árbol sobre el Cáncer (Talking with my Treehouse Friends about Cancer: An Activity Book for Children of Parents with Cancer) by Peter R. van Dernoort (Fulcrum, 2007). Ages 6-12.

Besos de Mariposa y Deseos con Alas-Cuando (Butterfly Kisses and Wishes on Wings) by Ellen Vicker (McVicker and Hersh, LLC, 2011)

¿Y el pelo? (NoWhere Hair) by Sue Glader (Thousand Words Press, 2011)

Mi Mama Tiene Cancer! (My Mom has Cancer) by Jennifer Moore-Mallinos (B.E.S. Publishing, 2008). Ages 3-7.

Activity Books for Children about Having a Parent with Cancer

Life Isn't Always A Day At the Beach: A Book for All Children Whose Lives Are Affected by Cancer by Pam Ganz (Pam Ganz and Tobi Scofield, 1996).

Talking with my Treehouse Friends about Cancer: An Activity Book for Children of Parents with Cancer by Peter R. van Dernoort (Fulcrum, 2007). Ages 6-12.

When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change by Marge Heegaard (Woodland Press, 1988). Ages 9-12.

Books for Children to Help with Separation

The Invisible String by Patrice Karst (Devorss & Co., 2000). Ages 4-8.

The Kissing Hand by Audrey Penn (Tanglewood, 1993). Ages 3-8.

Sun Kisses, Moon Hugs by Susan Schaeffer Bernardo (Inner Flower Child Books, 2017). Ages 4-8.

That's Me Loving You by Amy Krouse Rosenthal (Random House, 2016). Ages 3-8.

Wherever You Are: My Love Will Find You by Nancy Tillman (Feiwel & Friends, 2012). Ages 4-8.

Rabbityness by Jo Empson (Child's Play, 2012).

Books for Children to Help Strengthen Resilience

Bounce Back! by Cheri J. Meiners (Free Spirit Publications, 2014). Ages 4-8.

The Hugging Tree: A Story About Resilience by Jill Neimark (Magination Press, 2016).
Ages 5-8.

I Can Do Hard Things by Gabi Garcia (Skinned Knee Publishing, 2018). Ages 5-10.

I Can Handle It! by Laurie Wright (Laurie Wright, 2017). Ages 5-8.

Nothing Stays the Same, But That's Okay by Sara Olsher (Mighty + Bright, 2021). Ages 2-11.

Ruby Finds a Worry by Tom Percival (Bloomsbury Children's Books, 2021)

What Do You Do with a Problem? By Kobi Yamada (Compendium, Inc., 2016). Ages 5-9.

Books for Children to Foster Mindfulness

A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh (Plum Blossom Books).
Ages 5+

*Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular
Relaxation and Deep Breathing* by Lori Lite (Stress Free Kids, 2011). Ages 5-11.

*Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime,
Anywhere* by Kira Willey (Rodale Kids, 2017). Ages 4-10.

Listening to My Body by Gabi Garcia (Take Heart Press, 2017). Ages 4-8.

The Mindful Teen by Dzung X. Vo, M.D. (Instant Help Books, 2015). Ages 12-18.

Puppy Mind by Andrew Jordan Nance (Plum Blossom, 2016). Ages 3-7.

What Does it Mean to Be Present? by Rana DiOrio (Little Pickle Press, 2010). Ages 4-8.

Zen Shorts by Jon Muth (Scholastic Press, 2005)

Books for Children to Help Understand and Express Emotion

B is for Breathe: The ABC's of Coping with Fussy and Frustrating Feelings by Dr. Melissa
Munro Boyd (Independently Published, 2019). Ages 5-8.

Be Mindful of Monsters: A Book for Helping Children Accept Their Emotions by Lauren Stockley (Bumble Press, 2020). Ages 5-10.

The Boy Who Didn't Want to Be Sad by Rob Goldblatt (Magination Press, 2004). Ages 4-8.

The Boy with Big, Big Feelings by Brittany Winn Lee (Beaming Books, 2019)

The Feelings Book by Todd Parr (LB Kids, 2005). Ages 1-3.

Feelings to Share from A to Z by Todd Snow (Maren Publishing, 2007). Ages 5-8.

In My Heart: A Book of Feelings by Jo Witek (Growing Hearts, 2014). Ages 2-6.

Let My Colors Go by Courney Filigenzi (Independently Published, 2022).

Lots of Feelings by Shelly Rotner (Shelly Rotner's Early Childhood Library, 2003). Ages 4-7.

My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings by Natalia Maguire (VLB, 2020). Ages 3-6.

My Many Colored Days by Dr. Seuss (Knopf Books for Young Readers, 1998). Ages 2-5.

The Way I Feel by Janan Cain (Parenting Press, 2000). Ages 3-6.

Today I Feel Silly by Jamie Lee Curtis (Harper Collins, 1998). Ages 4-8.

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings by Mary C. Lamia (Magination Press, 2010). Ages 9-12.

Visiting Feelings by Lauren Rubenstein (Magination Press, 2013). Ages 5-8.

Activity Books for Children to Help Understand and Express Emotion

Drawing Together to Learn about Feelings by Marge Eaton Heegaard (Fairview Press, 2003).

Mindful Monsters Therapeutic Workbook by Lauren Stockly (Bumble Press, 2021). Ages 5-10).

Books for Children who Have Experienced Trauma

A Terrible Thing Happened by Margaret M. Holmes (Magination Press, 2000). Ages 4-7.

Once I Was Very, Very Scared by Chondra Gosh Ippen (Piplo Productions, 2017). Ages 6-12.

Books for Adults to Help Children/Teens Cope with Grief

Guiding Your Child Through Grief by James P. Emswiler (Bantam, 2000).

The Grieving Child: A Parent's Guide by Helen Fitzgerald (Touchstone, 2013).

Healing Children's Grief by Grace Christ (Oxford University Press, 2000).

Helping Children Cope with the Loss of a Loved One: A Guide for Grown Ups by William C. Kroen (Free Spirit, 1996).

How Do We Tell the Children? A Step-by-Step Guide for Helping Children Two to Teen Cope When Someone Dies by Dan Schaefer & Christine Lyons (Newmarket Press, 2001).

Preparing Your Children for Goodbye: A Guidebook for Dying Parents by Lori Hedderman (Create Space Independent Publishing, 2011).

Take My Hand: Guiding Your Child Through Grief by Sharon Marshall (Zondervan, 2001).

Talking About Death: A Dialogue Between Parent and Child by Earl A. Grollman (Beacon Press, 1990).

Books for Teens about Grief

The Grieving Teen: A Guide for Teenagers and their Friends by Helen Fitzgerald (Fireside, 2000).

Motherless Daughters: The Legacy of Loss by Hope Edelman (Da Capo Lifelong Books, 20th Anniversary Ed, 2014). For young adults.

You Are Not Alone: Teens Talk about Life after the Loss of a Parent by Lynne Hughes (Scholastic, 2005).

Weird is Normal When Teenagers Grieve by Jenny Lee Wheeler (Quality of Life, 2010).

Books for Children about Death, Dying and Grief

Always By My Side by Susan Kerner (Ian P. Haywood, 2013). Ages 4-8.

Always Remember by Cece Meng (Philomel Books, 2016). Ages 3-7.

Badger's Parting Gifts by Susan Varley (HarperCollins, 1992). Ages 4-8.

Can You Hear Me, Daddy? By Y. Y. Chan (Chan Yee Yue Irene, 2020). Ages 7-12.

The Cardinal's Gift: A True Story of Finding Hope in Grief by Carole Heaney (In the Spirit of Healing Press, 2021).

Cry, Heart, But Never Break by Glenn Ringtved (Enchanted Lion Books, 2016). Ages 4-8.

Death is Stupid by Anastasia Higginbotham (Dottir Press, 2020). Ages 4-12.

Duck, Death and the Tulip by Wolf Erlbruch (Gecko Press, 2016). Ages 9-18.

Everett Anderson's Goodbye by Lucille Clifton (Square Fish, 1988). Ages 5-8.

The Fall of Freddie the Leaf by Leo Buscaglia (Slack, Inc., 1982). Ages 4 and up.

Gentle Willow: A Story for Children About Dying by Joyce C. Mills (Magination Press, 2003). Ages 4-8.

The Gift of Gerbert's Feathers by Meaghann Weaver (Magination Press, 2020). Ages 4-8.

The Goodbye Book by Todd Parr (Little Brown Books, 2015). Ages 3-6

Where do they Go? By Julia Alvarez (Seven Stories Press, 2016) Ages 3-6

(*The Good Mourning: A Kid's Support Guide for Grief and Mourning a Death* by Seldon Peden
1st Word Publishing, 2021). Ages 5-12.

Grief Squad: Mom's Sky by Susan Repa (Independently Published, 2021).

The Heart and the Bottle by Oliver Jeffers (Philomel Books, 2010). Ages 4-8.

Ida, Always by Caron Levis (Atheneum Books for Young Readers, 2016). Ages 4-8.

Lifetimes: A Beautiful Way to Explain Death to Children by Bryan Mellonie (Bantam, 1983).
Ages 5 and up.

Lost in the Clouds: A Gentle Story to Help Children Understand Death and Grief by Dorling
Kindersley (Independently Published, 2021). Ages 3-5.

The Memory Box: A Book About Grief by Joanna Rowland (Sparkhouse Family, 2017).
Ages 4-9.

The Memory Tree by Britta Teckentrup (Orchard Books, 2014). Ages 0-5.

I Miss You: A First Look at Death by Pat Thomas and Leslie Harker (Barron's Educational Series, 2001). Ages 4-8.

The Next Place by Warren Hanson (Waldman House, 1997). Ages 5+
n't Bad: A Good-Grief Guidebook for Kids Dealing with Loss by Michaelene Mundy (Abbey, 2014). Ages 6-9.

Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent by Julie Kaplow & Donna Pincus (Magination Press, 2007). Ages 5-8.

Saying Goodbye to Daddy by Judith Vigna (Albert Whitman & Co., 1991). Ages 4+

Tear Soup: A Recipe for Healing after Loss by Pat Schwiebert (Grief Watch, 2005).
Ages 8 +

What Happened to Daddy's Body? Explaining What Happens After Death in Words Very Young Children Can Understand by Elke Barber (Jessica Kingsley Publishers, 2016). Ages 3-7.

What on Earth Do You Do When Someone Dies? By Trevor Romain (Free Spirit Publishing, 1999). Ages 5-10.

When Dinosaurs Die: A Guide to Understanding Death by Laurie Kransy Brown and Marc Brown (Little Brown Books for Young Readers, 1998). Ages 4-7.

When Someone Dies: A Children's Mindful How-To-Guide on Grief and Loss by Andrea Dorn (PESI Publishing, 2022). Ages 4-10.

Where Are You? A Child's Book About Loss by Laura Olivieri (Lulu.com, 2007). Ages 4-8.

Why Do I Feel So Sad? A Grief Book for Children by Tracy Lambert-Prater (Rockridge Press, 2020). Ages 5-7.

Zayaquann's Story: From Trauma to Triumph by Monica Boddie (Transformation Nation Press, 2020).

Activity Books for Children about Death, Dying and Grief

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies by Janis Silverman (Fairview Press, 1999). Ages 5-8.

How I Feel: Grief Journal for Kids: Guided Prompts to Explore Your Feelings and Find Peace by Mia Roldan (Rockridge Press, 2022). Ages 8-12.

Our Story: A Memory Book for _____ by Mel Erickson (Independently Published, 2021).

The Memory Book: A Grief Journal for Children and Families by Joanna Rowland (Beaming Books, 2020). Ages 4-8.

Muddles, Puddles and Sunshine: Your Activity Book to Help When Someone Has Died (Early Years) by Diana Crossley (Hawthorn Press, 2010). Ages 3-6.

When Someone Very Special Dies: Children Can Learn to Cope with Grief by Marge Heegaard (Woodland Press, 1996). Ages 9-12.

