



# Literature Resource Catalog



*“Every Family Deserves a Legacy”®*

Children, teen, and young adult literature can be helpful tools to open up conversations about new or difficult topics, teach coping skills, inspire hope, and to spend intentional time with your younger one. Showcasing characters walking similar journeys is meaningful for readers of all ages. This guide includes recommended reads organized by theme.

Inheritance of Hope does not endorse these materials and advises parents/guardians to read the books ahead of time to discern wording and explanations that best fit the personal and developmental needs of the child.

## Book Themes:

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# Emotions

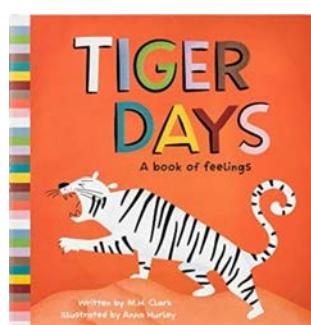
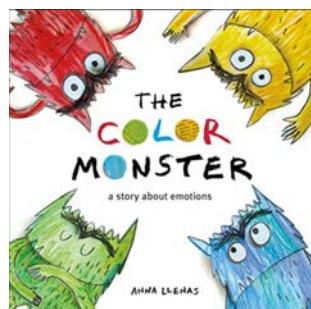
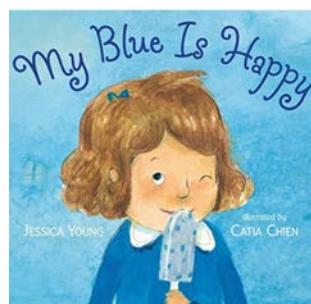
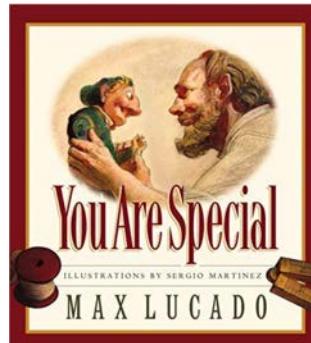
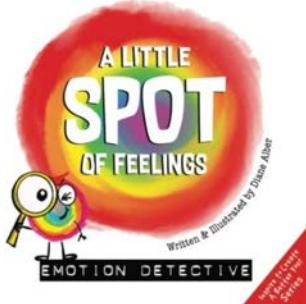
Illness and loss can bring up a lot of emotions. These texts can be a great tool to teach about different emotions and invite conversations about feelings.

## Questions to ask while reading:

When was a time you felt (insert emotion)?

When you feel (insert emotion), what do you like to do?

When was a time you felt multiple emotions at once?



## "A Little SPOT of..."

by Diane Alber

Each book targets a specific emotion to educate and provide coping strategies

## "You Are Special" by Max Lucado

Whimsical characters teach us that God cherishes every body, just as they are.

## "My Blue Is Happy" by Jessica Young

This story demonstrates people may have different opinions and experience emotions differently.

## "The Color Monster" by Anna Llenas

Various emotions are defined and shown through different colors.

## "Tiger Days" by M. H. Clark

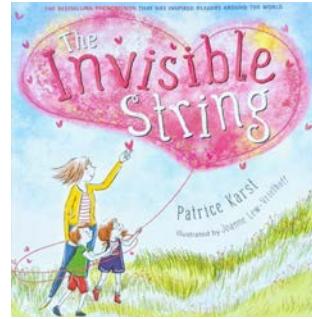
Explores a wide range of emotions and gives examples through animals.

# Family

These texts celebrate the uniqueness, interconnection, and love within all families.

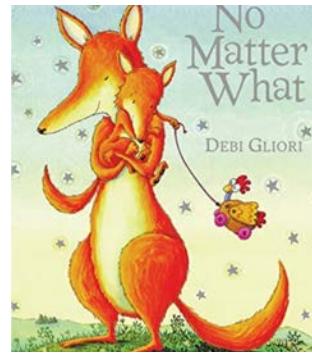
## "The Invisible String" by Patrice Karst

This story explains that those we love share an unbreakable connection.



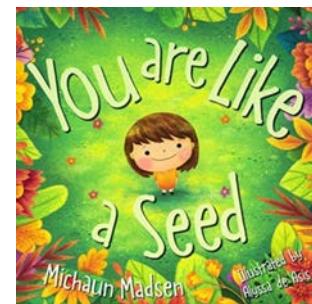
## "No Matter What" by Debi Gliori

This story explores the depth and unconditionality of a caregiver's love.



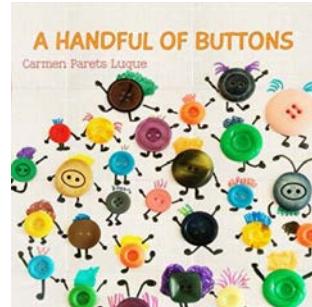
## "You are Like a Seed" by Michaun Madsen

The similarities between growing a strong, healthy plant and cultivating happiness in our minds are explored.



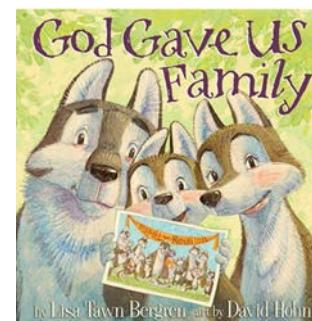
## "A Handful of Buttons" by Carmen Luque

This book teaches the uniqueness and diversity of families.



## "God Gave Us Family" by Lisa Bergren

Different types of families are explored while teaching about God's love and creation of every family.



## Questions to ask while reading:

Who do you love?

What are special things about your family?

How can we show someone we love them?

# Attachment & Separation

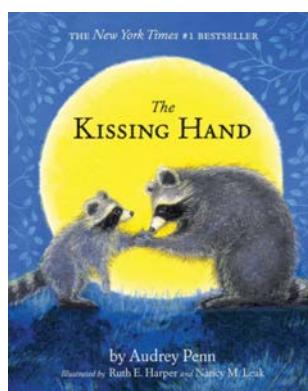
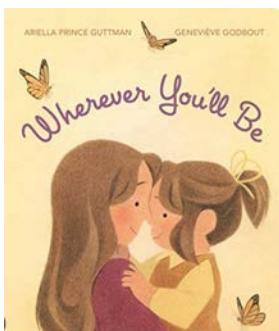
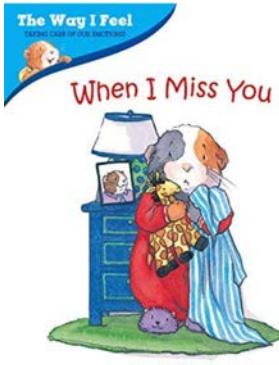
Many young people struggle when they're away from their family. These books teach us how far our love can reach.

## Questions to ask while reading:

What does it feel like to miss someone?

What can we do when we miss someone?

What are ways we can let someone know we love them even if we're not together?



### "When I Miss You" by Cornelie Spelman

A guinea pig expresses her distress when her mother and father go away. Feelings and coping strategies are introduced.

### "Wherever You'll Be" by Ariella Guttman

Whether at work or at school, all through the day a mother and daughter find comfort in thinking of each other.

### "I'll Love You From Afar" by Racha Mourtada

A young girl explores ways to express her love for her loved ones, even when they're far apart.

### "My Daddy's Going Away" by Christopher MacGregor

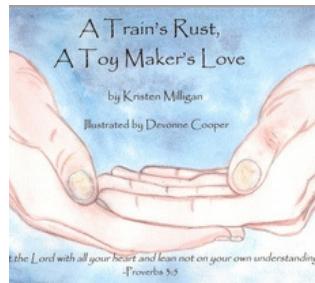
This story provides coping strategies for when someone we love is away.

### "The Kissing Hand" by Audrey Penn

To help ease her son's fears, Mrs. Racoon shares the Kissing Hand to provide reassurance of her love any time his world feels a little scary.

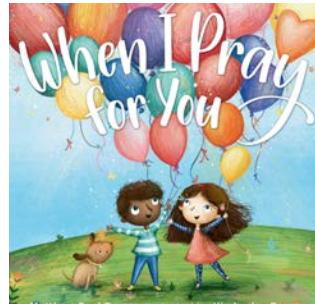
## **"A Train's Rust, A Toy Maker's Love" by Kristen Milligan**

A story of a train family whose mother begins to rust, prompting questions of the toy maker about what will happen next. Contact loH for a free copy!



## **"When I Pray for You" by Debi Gliori**

This story celebrates the dreams, hopes, and longings parents pray over their children.



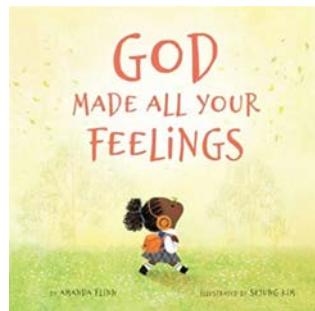
## **"This I Know" by Clay Anderson**

While on a road trip, a family sees how all of creation confirms what the Bible tells us: Jesus loves me, this I know.



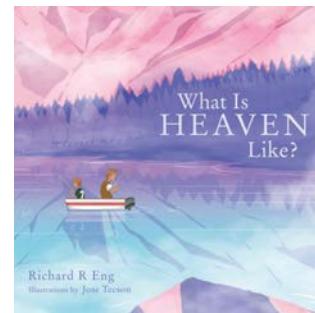
## **"God Made All Your Feelings" by Amanda Flinn**

This book reassures readers that God is with us through all the ups and downs.



## **"What is Heaven Like?" by Richard Eng**

Jesse, a 6 year old boy, and his dad explores what heaven will be like.



# **Faith**

These texts foster a love for God and an understanding of His love for us for young minds.

## **Questions to ask while reading:**

What has God created that you love?

What special gifts did God give you?

Is there anything you want to pray for together?

# Illness

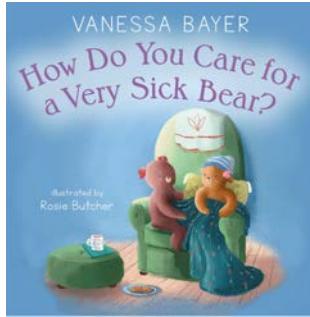
Illnesses are complicated. These texts discuss the difficulties we may experience when someone we love is sick.

## Questions to ask while reading:

How does it feel when someone we love is sick?

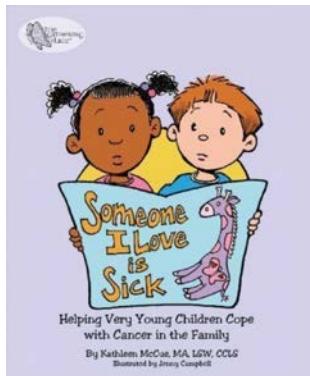
How do you like to be cared for when you're sick?

How can we cheer up or support others who may be sick?



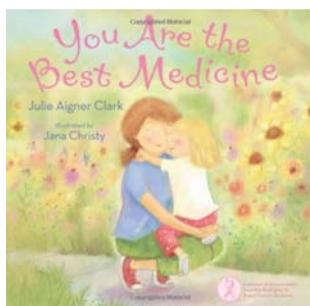
### "How Do You Care for a Very Sick Bear?" by Vanessa Bayer

Gentle and reassuring advice for when someone we love is sick is offered throughout the book.



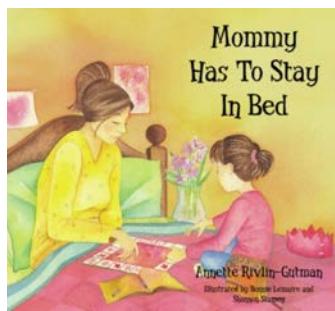
### "Someone I Love is Sick" by Kathleen McCue

This book invites conversations about a parent or grandparent who has cancer.



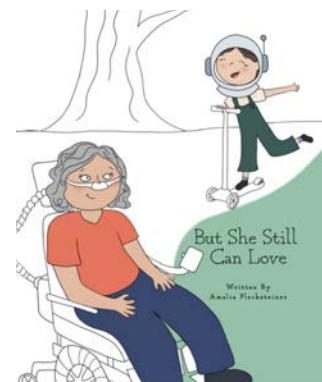
### "You Are the Best Medicine" by Julie Aigner Clark

This book showcases the importance of love and hope during challenging times.



### "Mommy Has to Stay in Bed" by Annette Rivlin-Gutman

A mother and daughter find ways to cope with feelings of frustration and boredom.

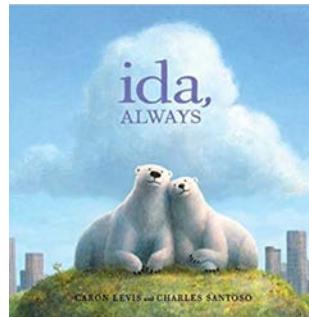


### "But She Can Still Love" by Amalia Flecksteiner

Readers learn that no matter the loved one who is affected by ALS, to always remember – they still can love.

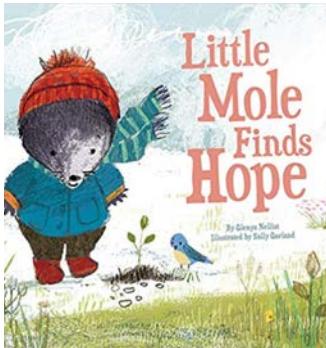
## **"Ida, Always"** by Carol Levis

This book teaches that loved ones will stay in our hearts, even after death.



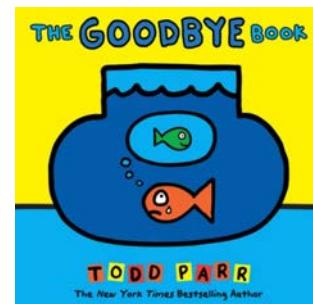
## **"Little Mole Finds Hope"** by Glenys Nellist

When Little Mole is feeling sad, his mother shows him how to look for hope. He finds that signs of spring and hope are everywhere.



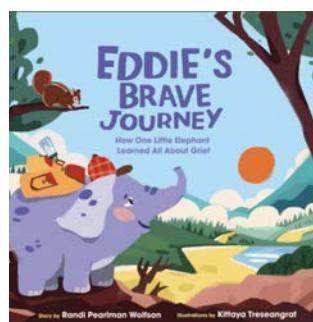
## **"The Goodbye Fish"** by Todd Parr

This book reminds readers that it's okay not to know all the answers, and that someone will always be there to support them



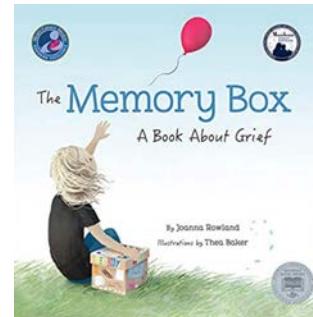
## **"Eddie's Brave Journey"** by Randi Wolfson

Eddie learns from other animals about the feelings of grief and how to help his heart begin healing.



## **"The Memory Box"** by Joanna Rowland

The child in the story creates a memory box to keep memories of their loved one, to help in the grieving process.



# **Grief**

Death can be difficult to talk about. These texts can be aides to initiate and guide conversations about death and grief.

## **Questions to ask while reading:**

How do you feel when you have to say goodbye to someone?

What do you like to do when you feel down or miss someone?

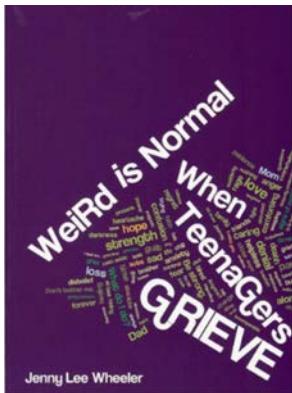
What reminds you of a happy memory?

# Teen and young adult

These texts are suitable for older readers. Whether your younger one reads these alongside you or independently, these texts focus on grief, loss, and dealing with death

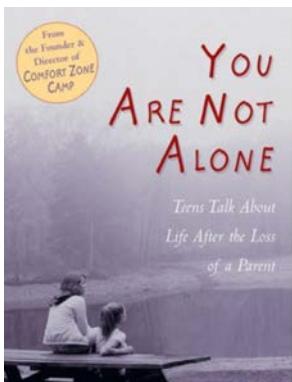
## An idea for the reader:

Have a highlighter and a pen handy as you read. Highlight or underline what stands out and jot down any thoughts that come to mind as you read.



## "Weird Is Normal" by Jenny Wheeler

Written by a teenager after the loss of her father to cancer, Wheeler helps teens understand some important fundamentals of grief.



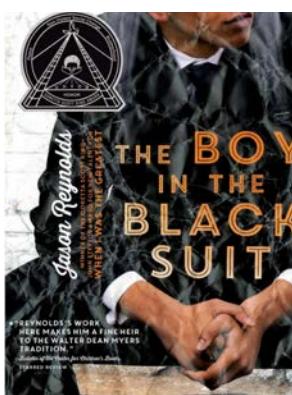
## "You Are Not Alone" by Lynne Hughes

Words of reassurance and strategies for coping with the loss of a parent, by the director of the nation's largest bereavement camp for children.



## **"Dancing at the Pity Party" by Tyler Feder**

Tyler Feder tells her story of her mother's cancer journey from before diagnosis to after her death in this graphic novel.



## **"The Boy in the Black Suit" by Jason Reynolds**

A fiction choice with themes of grief, hope, and redemption follow the death of Matt's mom, who died from breast cancer.