



Understanding and Coping with Grief

A RESOURCE FOR FAMILIES



Monroe Carell Jr.
children's Hospital
at Vanderbilt

The loss of a family member is a very difficult time. Here are some books and videos that may help you and your family cope with death and the grief process. These items can be checked out from the Family Resource Center library for two weeks, and we can give you a postage paid mailer to return the items to us.

Resources for Adults and Parents Coping with the Loss of a Child

The Bereaved Parent

By Harriet S. Schiff, 1978

The author of this classic book incorporates her own experiences as a bereaved parent to provide step-by-step suggestions to help parents cope. There is also a section on loss of siblings and the effect of loss on the parents' marriage.

A Broken Heart Still Beats: After Your Child Dies

By Anne McCracken, Mary Semel, 1998

This collection of poetry, fiction, and essays written by many authors was selected and compiled by two women coping with the death of a child. It offers a different approach in the search to find meaning in the death of one's child.

Empty Arms: Coping with Miscarriage, Stillbirth and Infant Death

By Sherokee Ilse, 2002

This unique and encouraging book reaches out to all who have been touched by infant death or miscarriage. The author offers compassionate and sensitive support and acknowledges the range of emotions in the grieving process.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby

By Deborah L. Davis, 1996

Helping parents and families deal with the heartache of miscarriage, stillbirth and infant death, the author speaks to both the emotional and physical needs of bereaved parents in a gentle and compassionate manner.

No Child in My Life

By Regina S. Ryan, 1993

This book was written for those who grieve the absence of children in their lives. Adoption, infertility, miscarriage, custody loss and death are discussed. The book offers practical guidance and examines the connection between emotions and spiritual growth.

When Your Friend's Child Dies: A Guide to Being A Thoughtful and Caring Friend

By Julane Grant, 1998

An easy-to-read guide on how to treat a friend who has suffered the loss of a child. This book offers suggestions on a range of topics, including choosing words that will offer comfort, attending the funeral and how to be a supportive and good friend throughout the grieving process.

Adults Helping Children Cope With A Loss: 35 Ways to Help a Grieving Child

By Amy R. Barrett, 1999

This simple and practical guide helps parents, teachers, and adult caregivers to be supportive of grieving children. The book offers suggestions on how to include children in decision making, what to expect from children at different age levels, and how to provide children with outlets to express their emotions.

Healing the Hurt, Restoring the Hope

By Suzy Yehl Marta, 2003

Marta puts her 25 years of counseling, listening and helping bereaved youth into this explanation of the Rainbows process of healing. Chapters cover hurt and grief (death, divorce, crisis), healing and hope.



How Do We Tell the Children? Helping Children Understand and Cope When Someone Dies

By Dan Schaefer, Christine Lyons, 1988

A very thorough, yet easy to understand, book on dealing with children and death. This book will guide you through the steps of telling children the truth when it comes to death.

Talking With Children About Loss: Words, Strategies, and Wisdom to Help Children Cope With Death, Divorce, and Other Difficult Times

By Maria Trozzi, Kathy Massimin, 1999

This book offers constructive advice on talking with children and adolescents about loss. The author uses stories and thoughtful analyses in explaining how children understand events such as death, disability, and divorce. Other topics include helping children face funerals, wakes, and memorial services, addressing children's fears and fantasies, talking with children about long-term illness, suicide, family or community tragedy, and other special situations.

A Teacher's Handbook of Death

By Maggie Jackson, Him Colwell, 2002

The aim of this book is to give basic information about the facts of death and dying. The overall intention is to try to place talk of death and dying into an everyday context for children so that when they are faced with bereavement and loss they will already have a frame of reference in which to contextualize their experience.

When Children Grieve: For Adults To Help Children Deal With Death, Divorce, Pet Loss, Moving and Other Losses

By John W. James, Russell P. Friedman, 2001

Watching a child grieve and not knowing what to do about it can be profoundly difficult for parents and caregivers. This book offers guidelines to help children develop a lifelong, healthy response to loss.

Books for Children

The Empty Place: A Child's Guide Through Grief

By Roberta Temes, 1992

This book is written from the point of view of a third-grader whose big sister has died. He feels many emotions such as confusion, anger and guilt. He is also afraid others will die. He is able to confide in his babysitter who has lost a brother in an accident and who gives him suggestions to help ease his pain and gives him hope of better days ahead. (8-12 years)

The Fall of Freddie the Leaf: A Story of Life for All Ages

By Leo Buscaglia, PhD, 1982

The tale of Freddie the Leaf provides insights into the cycle of life and death by personifying a leaf's experience throughout the various seasons. Colorful photographs accompany this allegory as Freddie learns, with the help from his wise friend, Daniel, that each individual is unique. The book describes, in simple terms, the fact of each person's death and the continuation of the cycle of life. (All ages)

Help Me Say Goodbye

By Janis Silverman, 1999

This book presents activities for children that will help them as they grieve and learn to cope with the death of a loved one. (4–8 years)

Lifetimes: The Beautiful Way to Explain Death to Children

By Bryan Mellonie, Robert Ingpen, 1983

The life cycles are portrayed through simple text and beautiful illustrations. The book shows how dying is as much a part of life as is birth for plants and animals and humans. (5–8 years)

No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth

By Marilyn Gryte, 1999

This short booklet begins with an introduction for parents and grandparents who are reading this story to a young child. The story is appropriate for very young children and is designed to help answer the questions they may have and give them comfort. (4–8 years)

Remembering You: A Book For Children and Teens Who Experience The Loss of a Brother or Sister

By Rose Resler, 1996

This scrapbook-style workbook encourages children to remember things about their sibling. Topics: "Some of the funniest things we ever did," "My goodbye letter to you" and "Family and friends have helped me by..." (6–18 years)

The Tenth Good Thing About Barney

By Judith Viorst, Erik Blegvad, III, 1971, 1986

This story is a touching tale about a little boy who is sad when his cat Barney dies. He learns, with the help of his friend and his parents, that there are still good things to remember, even when someone is sad. (4–8 years)



When Someone Very Special Dies

By Marge Heegaard, 1988

This book helps children understand death through art. Through participation, children learn to express their feelings and cope. (9–12 years)

How I Feel Coloring Book

By Alan D. Wolfelt, Ph.D.

This coloring book, designed for children ages 3-8, presents many of the feelings grieving children experience.

Books For Teens

I Will Remember You: What to Do When Someone You Love Dies

By Laura Dower, 2001

What to do When Someone You Love Dies is a book written specifically for the teenage reader who is coping with death and all the complex emotions that accompany it. The book addresses the different feelings and responses -- both mental and physical -- that one may have in this situation and why death is different for the teenager. Additionally, it offers helpful ideas and activities to help one explore his/her feelings and better cope during the various stages of grief and beyond.

Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love

By Earl A. Grollman, 1993

This book discusses experiences and feelings of teens when someone they care about dies. A journal section is also included for recording memories, feelings, and hopes for the future. It is written with short, easy-to-read sentences and paragraphs. The book is arranged according to topics (e.g. "The first days after death," "facing your future," "loss of a friend," etc...) so that teens can move easily to topics pertaining to their own situation. (Teens)



Organizations

Alive Hospice, Inc. – Bereavement Services

1718 Patterson Street, Nashville, TN 37202-3588

(615) 327-1085

Info line: (615) 963-4732 Toll-Free: (800) 327-1085

E-mail: griefcenter@alivehospice.org

www.alivehospice.org

Alive Hospice Bereavement Services conducts various support groups that offer supportive care to meet the needs of parents and others experiencing the loss of a loved one. The Children's Grief Support Program offers support for children and teens, school-based bereavement support groups and individual counseling. Counseling is also available to families coping with grief.

Camp Evergreen

Three-day annual camp for children ages 7 to 12 years old who have experienced the loss of a loved one, held in May or June. Camp is located in Kingston Springs, TN.

Camp Forget-Me-Not

Three-day created to meet the special needs of children ages 6 to 14 who are grieving the death of a friend or family member.

Sharing

Centennial Medical Center, Women's Hospital

2221 Murphy Avenue, Nashville, TN 37203

(615) 342-8899

Sharing is a community group of parents and health care providers in the Middle Tennessee region who are interested in helping parents who have experienced a miscarriage, stillbirth, or the death of an infant. The group meets from 7–9 p.m. on the second Thursday of the month. Call for meeting room and parking details.

Compassionate Friends

P. O. Box 50833

Nashville, TN 37205

(615) 356-4823

www.TCFNashville.org

A national self-help organization with local chapters that offers support to bereaved parents and siblings. The local group meets once a month at HCA Headquarters, One Park Plaza (just north off Centennial Park on 25th Avenue North). Please call for local meeting details.



The Dougy Center for Grieving Children and Families

www.dougy.org

The Dougy Center is a non-profit organization with professional staff, and is the first center in the U. S. to provide peer support groups for grieving children. The “Kids Section” is divided into two age groups. For kids 12 and under, sections include: Things to Do, Books You Might Like, and Centers in Your Area. For kids 13 and over, sections include: Bill of Rights, Message Board, What Other Teens Say, Books You Might Like, and Centers in Your Area.

Griefnet

www.griefnet.org

Site Supervisor: Cendra Lynn, Ph.D., Clinical Psychologist

Over 30 email support groups, links for bereaved parents, a library, memorials, and other resources.

Hospice Net

www.hospicenet.org

Based in Nashville, Hospice Net is an independent, nonprofit 501©(3) organization working exclusively through the internet. Hospice Net offers extensive information about grief and bereavement, including issues regarding children and adolescents.

KidsAid

www.kidsaid.com

KidsAid is part of Griefnet and is professionally directed by Cendra Lynn, Ph.D., and authored by Cendra’s daughter, Elyzabeth. KidsAid has a kids-to-kids support group, kids question and answer sections, adult question and answer sections, kids art, pet pages, games, stories and poetry.

MISSFoundation

www.missfoundation.org

MISS (Mothers in Sympathy and Support) Foundation is a non-profit, volunteer-based organization committed to providing support to families after the death of their child whether through miscarriage, stillbirth, neonatal death, premature death, congenital anomalies, SIDS or a child’s death at any age.

MISS offers immediate and ongoing support to any family who has experiences the death of a child. This support can be by phone or email or in person. Support can be peer-to-peer or in a group setting. All support services are free of charge.

When Families Grieve

www.sesameworkshop.org

This Sesame Street website provides material for children under 18 years of age who have experienced the death of a parent. The effort includes two outreach kits – one specifically for military families along with community events and a prime time special hosted by Katie Couric.

Additional Online Support

Compassionate Friends

www.compassionatefriends.org

Assists families who have experienced the death of a child in any manner. Support groups and contact persons nationwide. Posts online support chats and resources to help one understand grief.

Children's Grief Education Association

www.childgrief.org

Offers support online to learn more about children's grief and offers online resources to help parents to support and care for children who are grieving.

Open to Hope

www.opentohope.com

Open to Hope is an online website where people can share and support one another during a loss. Visitors are encouraged to read, listen, share and contribute with honesty and compassion.

Hello Grief

www.hellogrief.org

Hello Grief addresses bereavement head-on for those who are helping others cope, as well as those who need support on their own personal journey with grief. Offers places to share stories and connect with others.



The Junior League Family Resource Center

2200 Children's Way, Suite 2125

Nashville, TN 37232

(615) 936-2558 or toll free (800) 288-0391

ChildrensHospitalVanderbilt.org/frc