



Grief and Bereavement: Resources for Children

Patient Education Resource Center (PERC)
Information Guide

For Adults Helping Children

- Barrett, Amy R. **35 Ways to Help a Grieving Child**. Portland, OR: Dougy Center, 1999.
- Dougy Center for Grieving Children. **Helping Teens Cope with Death**. Portland, OR: Dougy Center for Grieving Children, 1999.
- Dougy Center for Grieving Children. **Helping Children Cope with Death**. Portland, OR: Dougy Center for Grieving Children, 2004.
- Emswiler, Mary Ann. **Guiding Your Child through Grief**. New York, NY: Bantam Books, 2000.
- Lewish, Paddy Greenwall. **Helping Children Cope with the Death of a Parent: A Guide for the First Year**. Westport, CN: Praeger, 2004.
- Schuurman, Donna. **Never the Same: Coming to Terms with the Death of a Parent**. 1st Ed. New York, NY: St. Martin's Press, 2003.
- Wolfelt, Alan D. **Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends & Caregivers**. Fort Collins, CO: Companion Press, 2001.

For Children

- Britain, Lory, and Carol Deach. **My Grandma Died: A Child's Story about Death and Loss**. Seattle, WA: Parenting Press, 2003.
- Dennison, Amy, Allie Dennison, and David Dennison. **After You Lose Someone You Love: Advice and Insight from the Diaries of Three Kids Who've been there**. Minneapolis, MN: Free Spirit Pub, 2005.
- Dokas, Dara. **Remembering Mama**. Minneapolis, MN: Augsburg Fortress, 2002.
- Leveté, Sarah, and Christopher O'Neill. **When People Die**. Mankato, MN: Stargazer Books, 2005.

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:
<http://www.cancer.med.umich.edu/learn/percpathways.htm>

- Mundy, Michaelene. **Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss.** Wellington (South Africa): Lux Vervi BM. 2001.
- Romain, Trevor; Verdick, Elizabeth. **What on Earth do you do when someone Dies?** Minneapolis, MN: Free Spirit, 1999.
- Silverman, J. **Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies.** Minneapolis, MN: Fairview Press, 1999.
- Thomas, Pat. **I miss you: a First Look at Death.** Hauppauge, NY: Barron's Educational Series, 2001.
- Wolfelt, Alan D. **Healing Your Grieving Heart for Kids: 100 Practical Ideas: Simple Advice and Activities for Children After a Death.** Fort Collins, CO: Companion Press, 2001.

For Teens

- Dower, Laura. **I Will Remember You: What to Do When Someone You Love Dies: A Guidebook Through Grief for Teens.** New York, NY: Scholastic, 2001.
- Myers, E. **Teens, Loss, and Grief : The Ultimate Teen Guide.** Lanham, Md: Scarecrow Press, 2006.
- Meyers, Karen, et al. **The Truth about Death and Dying.** New York, NY: Facts On File, 2005.
- Wolfelt, Alan D. **Healing Your Grieving Heart for Teens: 100 Practical Ideas.** Fort Collins, CO: Companion Press, 2001.

Sibling Loss

- Barber, Erika. **Letters from a Friend: A Sibling's Guide for Coping and Grief.** Amityville, NY: Baywood, 2003. (A workbook of therapeutic activities developed to address the needs and issues of children and adolescents following the death of a brother or sister.)
- Jackson, Aariane R.; Lawhon, Leigh. **Can You Hear Me Smiling? A Child Grieves a Sister.** Washington, DC: Child & Family Press, 2004.
- Johnson, Marvin. **Where's Jess? For Children Who Have a Brother or Sister Die.** Rev. Ed. Omaha, NE: Centering Corp. Resource, 2003.

Web Resources

- **Kidsaid** www.kidsaid.com
This site offers online support groups, poetry and prose authored by grieving children and teens, memorials and a section for adults helping children.
- **Dougy Center** www.dougy.org
The Dougy Center is a leading organization providing grief support services to children and teens, as well training and education to professionals in the field. The site helps to locate local grief support groups, and offers information and resources on helping children and teen that has experienced the death of a parent, sibling or teen friend.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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