

The purpose of this guide is to help you find information and support on talking to children about grief and bereavement. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures

- New York Life. **After a Loved One Dies – How Children Grieve & How To Support Them.** Available at the PERC and online at:
<https://www1.newyorklife.com/newyorklife.com/General/FileLink/Static%20Files/Bereavement-bklet-English.pdf>
- New York Life. **When Families Grieve. Sesame Street Grief Kit.** Available at the PERC and online at:
<http://www.sesameworkshop.org/what-we-do/our-initiatives/when-families-grieve/>
- University of Michigan Rogel Cancer Center. **Coping through Transitions: A Guide for Those Who are Grieving.** Available at the PERC and online at:
<http://www.cancer.med.umich.edu/files/bereavementbook.pdf>

Books

For Children

- Allen, Jennifer. **Cinnamon Roll Sunday: A Child's Story of Anticipatory Grief.** CreateSpace Independent Publishing Platform, 2016.

- Britain, Lory, and Carol Deach. **My Grandma Died: A Child's Story about Death and Loss.** Seattle, WA: Parenting Press, 2003.
- Buscaglia, Leo. **The Fall of Freddie The Leaf.** Thorofare, NJ: Slack Incorporated, 1982.
- Cohen, Cindy Klein. **Daddy's Promise.** Bloomfield Hills, MI: Promise Publications, 1997.
- Greenlee, Sharon. **When Someone Dies.** Atlanta, GA: Peachtree Publishers, 1992.
- Kaplow, Julie B. **Samantha Jane's Missing Smile: A Story About Coping With The Loss of a Parent.** Washington, DC: Magination Press, 2007.
- Mellonie, Bryan. **Lifetimes: the beautiful way to explain death to children.** New York: Bantam Books, 1983.
- Romain, Trevor. **What on Earth Do You Do When Someone Dies?** Minneapolis, MN: Free Spirit Publishing, 1999.
- Rovere, Amy. **And Still They Bloom.** Atlanta, GA: American Cancer Society, 2012.
- Schweiber, Pat. **Tear Soup: A Recipe for Healing After Loss.** Portland, OR: Grief Watch, 2005.
- Thomas, Pat. **I Miss You: A First Look at Death.** Hauppauge, NY: Barron's Educational Series, 2001.

For Teens

- Grollman, Earl. **Straight Talk About Death for Teenagers.** Boston, MA: Beacon Press, 1993.

- Wolfelt, Alan D. **Healing Your Grieving Heart for Teens**. Fort Collins, CO: Companion Press, 2001.

For Adults Helping Children

- Doka, Kenneth. **Living with Grief: Children, Adolescents, and Loss**. London, UK: Routledge, 2000.
- Dresser, Norine and Fredda Wasserman. **Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief**. New York: Demos Health Publishing, 2010.
- Dougy Center. **Helping Children Cope With Death**. Portland, OR: Dougy Center, 2004.
- Dougy Center. **Helping Teens Cope with Death**. Portland, OR: Dougy Center, 2011.
- Emswiler, James P. **Guiding Your Child through Grief**. New York, NY: Bantam, 2000.
- Fitzgerald, Helen. **The Grieving Child – A Parent’s Guide**. New York, NY: Fireside, 1992.
- Shaefer, Dan. **How Do We Tell the Children? Fourth Edition: A Step-by-Step Guide for Helping Children and Teens Cope When Someone Dies**. New York, NY: William Morrow Paperbacks, 2010.
- Wolfelt, Alan D. **Companioning the Grieving Child: A Soulful Guide for Caregivers**. Chicago, IL: Companion Press, 2012.
- Zucker, Robert. **The Journey Through Grief and Loss: Helping Yourself and Your Child When Grief is Shared**. New York, NY: St. Martin’s Griffin, 2009.

Audiovisual Resources

- D'Arcy, Paula and Ford, Khris. **Helping Children Grieve**. Brewster, MA: Paraclete Video Productions, 2009. (55 minutes)

https://search.alexanderstreet.com/view/work/bibliographic_entity%7Cvideo_work%7C3484683/helping-children-grieve

Web Resources

- **Dougy Center**

<http://dougy.org>

The Dougy Center is a leading organization providing grief support services to children and teens, as well as 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 teens that have experienced the death of a parent, sibling, or friend.

- **Ele's Place**

<http://elesplace.org>

Ele's Place is a nonprofit, community-based organization dedicated to creating awareness of and support for grieving children and their families. Located in Ann Arbor, Grand Rapids, and Lansing.

- **Fred Rogers Productions.** Parent Resources – section on Dealing with Death.

<https://www.fredrogers.org/parents/special-challenges/death.php>

This resource offers thoughts and helpful hints from Fred Rogers on helping children understand death. It also provides links to video from episodes of *Mister Rogers' Neighborhood* that deal with loss.

- **Hello Grief**

<http://hellogrief.org>

A place to share and learn about grief and loss.

- **Kidsaid.com**

http://kidsaid.com/k2k_support.html

A companion site to griefnet.org, Kidsaid.com provides a safe environment for grieving kids and their parents to find information and ask questions.

- **National Alliance for Grieving Children**

<https://childrengrieve.org>

This site supports awareness of the needs of children and teens greiving a death – and provides education and resources for healing.

University of Michigan Programs

- **Families Facing Cancer Program** at the University of Michigan Rogel Cancer Center. This program focuses on resources and programs for children who have a parent or other adult family member confronting cancer.

<https://www.rogelcancercenter.org/support/managing-emotions/complementary-therapies/families-facing-cancer>

- **Grief and Loss Program** at the University of Michigan Rogel Cancer Center

<https://www.rogelcancercenter.org/support/managing-emotions/grief-and-loss-program>

This site has information about events and resources for families dealing with loss. The online booklet “Coping with Transitions” has valuable information for people who have just lost a loved one.

Community Programs for Grieving Children & Teens

- Ele's Place of Lansing, Grand Rapids, and Ann Arbor:

<http://elesplace.org>

- Gilda's Club of Grand Rapids

<http://gildasclubgr.org>

- Gilda's Club of Metro Detroit

<http://gildasclubdetroit.org>

- National Alliance for Grieving Children

<https://childrengrieve.org>

Provides a complete listing of Michigan and other State programs and camps for bereaved children and teens.

- Sandcastles

<http://aboutsandcastles.org>

SandCastles provides a caring place for children, teens, and their families who have experienced a death, to share their loss and journey through grief in a safe and supportive environment.

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