

## GENERAL GRIEF BIBLIOGRAPHY FOR PARENTS

Cheller, Barbara. Because You Care: Practical Ideas for Helping Those Who Grieve. Waco: Word Books, 1987.

Colgrove, Bloomfield. McWilliams. How to Survive the Loss of a Love. NY: Bantam Books, 1976.

Grollman, Earl A. Living when a Loved One has Died. Boston: Beacon Press, 1977.

*A book about feelings after the death of a loved one. It is easy to read and understand during the confusion of bereavement.*

Kushner, Harold. When Bad Things Happen to Good People. New York: Schocken Books, 1981.

*Rabbi Kushner deals with the many common questions people ask about human suffering, in particular death and dying.*

Lewis, C.S. A Grief Observed. New York: Bantam Books, 1961.

*A sensitive and powerful portrayal of the author's own grief reacting in response to the death of his wife. In this journal, Lewis struggles with life's meaning and his relationship to God.*

Rando, Therese. Grieving: How to Go on Living when Someone You Love Dies. Lexington Books, 1988.

*A book for the lay person on the dynamics of grief and techniques for grief resolution.*

Rando, Therese (Ed.) Loss and Anticipatory Grief. New York: Lexington Books, 1986.

*Techniques to help with anticipatory grief. The author offers ideas for coping strategies to help patients, caregivers, and professionals.*

Schiff, Harriet Sarnoff. Living through Mourning. New York: Viking, 1984.

*An excellent guide through grief. Looking at the different paths people take.*

Stearns, Ann Kaiser. Living Through Personal Crisis. Chicago: The Thomas Moss Press, 1984.

Tatelbaum, Judy. The Courage to Grieve. New York: Harper Books, 1980.

*A clearly written book on the different aspects of grieving. The author includes information on grief resolution and self-help section on healing grief.*

Wolfelt, Alan D. The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones.

Fort Collins: Companion Press, 2004.

Wolfelt, Alan D. Ten Essential Touchstones for Finding Hope and Healing Your Heart. Fort Collins:

Companion Press, 2003.

Worden, William J. Personal Death Awareness. New York: Prentice Hall, 1976.

Worden, William J. & Uline, Art. Surviving the Loss of a Loved One. New York: Random House Audio Books, 1989.

## BIBLIOGRAPHY FOR PARENTS TO HELP GRIEVING CHILDREN

- Bernstein, Joanne E & R.R. Bowker. Books to Help Children Cope with Separation and Loss. 1983.  
*A bibliographic guide to fiction and nonfiction books designed to help children from age 3 to 16 during grief.*
- Bisignano, Judith. Living with Death. Kino Publications, 1985.  
*This is a workbook. Adults must play a significant role in assisting children to understand and accept their feelings. Ages 11 to adult*
- Christ, Grace Hyslop. Healing Children's Grief: Surviving a Parent's Death from Cancer. NY: Oxford University Press, 2000.
- Doka, Kenneth J. Ph.D. Ed. Children Mourning, Mourning Children. Washington DC: Hospice Foundation of America, 1995.
- Fogarty, James A. The Magical Thoughts of Grieving Children: Treating Children with Complicated Mourning and Advice for Parents. New York: Baywood Publishing Company, Inc., 2000.
- Grollman, Earl A. Explaining Death to Children.  
*A collection of articles on the title subject. Young child's view of death as seen in different cultures. Also the Protestant, Catholic and Jewish approach with children.*
- Huntley, Theresa. Helping Children Grieve.  
*To help adults understand how children grieve and how to help.*
- Jackson, Edgar. Telling a Child about Death. Hawthorn/Dutton, 1965.  
*A reference book for adults in how to present information about death to a child.*
- Kopp, Ruth M.S. Where Has Grandpa Gone?  
*Excellent book for parents in understanding what a child grasps at various age levels.*
- Schaefer, Dan. How Do We Tell The Children? Newmarket Press, 1986.  
*Provides the straightforward, uncomplicated language that will explain the facts of death to children from two to teenagers.*
- Wolfelt, Alan D. Helping Children Cope with Grief.  
*Excellent reference work designed for those who want to be "helping-healing adults" to children coping with grief experiences.*
- Wolfelt, Alan D. Healing a Teen's Grieving Heart: 100 Practical Ideas. Fort Collins: Companion Press, 2001.
- Wolfelt, Alan D. Healing the Bereaved Child. Fort Collins: Companion Press, 1996.

## GRIEF RELATED TO DEATH OF A SPOUSE

American Association of Retired Persons. On Being Alone. Washington, DC, AARP, 1995.

Armstrong, Alexandra & Donohue, Mary. On Your Own: A Widow's Passage to Emotional and Financial Well-Being. Dearborn, MI: Dearborn Financial Publications, 1993.

Brabant, Sarah. Mending the Torn Fabric. For Those Who Grieve and Those Who Want to Help Them.

*A beautiful, creative and authentic book*

Brown, Judith & Baldwin, C. Second Start: A Widow's Guide to Financial Survival at a Time of Emotional Crisis. NY: Simon and Schuster, 1986.

Caine, Lynn. Widow. NY: Arbor House/Wm Morrow, 1988.

Colgrove, Bloomfield, McWilliams. How to Survive the Loss of a Love. NY: Bantam Books, 1976.

Loewinshohn, Ruth Jean. Survival Handbook for Widows. Chicago: Follett Publishing Co., 1979.

*This book explores what is known about a woman's reactions to the death of a husband and offers practical as well as emotional support. It provides hope following one of the most traumatic of human experiences.*

Obershaw, Richerd. Cry Until You Laugh.

*Readers are guided, comforted and given hope for a their journey through grief*

O'Toole, Donna. Healing and Growing Through Grief. Booklet  
*for people grieving all kinds of losses*

Prend, Ashley Davis. Transcending Loss, Understanding the Lifelong Impact of Grief and How to Make it Meaningful.

Stearns, Ann K. Living through Personal Crisis. NY: Harper Books, 1984.

### Young Widows and Widowers

Ginsburg, Genevieve. Widow to Widow.

*A widow writes encouraging the widow to begin her new life in her own way and in her own time*

Heinlein, SI, Brumett, G., and J. Tibbals, editors. When a Lifemate Dies, Stories of Love, Loss and Healing.

Lewis, C.S. A Grief Observed, A Masterpiece of Rediscovered Faith Which has Comforted Thousands. 1963.

Lindsay, Rae. Alone and Surviving. NY: Walker & Co., 1987.

*This book emphasizes the problems of widows from ages 35-55 who often are faced with financial problems, coping with the day-to-day struggle of raising children, paying off the mortgage, meeting the professional challenges of finding a fulfilling job, and the abrupt and traumatic business of getting back into the "single scene."*

Nudel, Adele Rice. Starting Over. NY: Dodd, Mead & Co.

*Help for the young widows and widowers. Out of print but available in some libraries.*

## **Widowers**

Campbell, Scott & Silverman, Phyllis. Widower: When Men Are Left Alone. NY: Prentice Hall, 1987.

Elmer, Lon. Why Her, Why Now: A Man's Journey through Death and Grief. NY: Bantam Books, 1987.

Golden, Thomas R. Swallowed by a Snake: The Gift of the Masculine Side of Healing. Kensington, MD: Golden Healing Publishing.

Kohn, Jane Burgess and Willard K. The Widower. Boston: Beacon Press, 1978.

*A book written especially with the man in mind. It looks at what the widower faces, what he feels and what he needs.*

Miller, Robert H. Grief Quest: Reflections for Men Coping with Loss.

## **WEBSITES FOR CHILDREN WITH A SERIOUSLY ILL FAMILY MEMBER OR WHO ARE BEREAVED**

<http://www.babysteps.com/abmainframe.html>>Baby Steps Kidshare Room

*Baby Steps was started by a parent after the death of her baby, and focuses on helping those who have lost a child or sibling. Kidshare offers kids a place to write their stories and share pictures of different losses; also has suggested books for kids.*

<http://www.compassionatefriends.org/>>Compassionate Friends Sibling Resources Has

*brochure, on line support for siblings, pen pal sibling support, video.*

<http://www.kidsaid.com/indes.html>>KIDSAID

*"2 kids 4 kids by kids"; peer support, resources, space for art, etc. This is a "daughter" site of Griefnet.org.*

<http://www.lmissfoundation.org/kids/Kids in Sympathy and Support>

*Part of site for parents who've lost a baby, this site offers books that can be printed for 3-7 yr. olds and for kids over 7. Also offers sharing forum for kids and the Kindness Project, a way to memorialize someone through acts of kindness.*

<http://www.speciallove.org>

*Resource devoted to parents and children with cancer.*

<http://www.soaringwords.org>

*An interactive web-based community that fosters caring, hope and understanding for kids and parents when a child is ill.*

<http://www.dougy.org>

*A national center for grieving children and families.*

<http://www.hellogrief.org>

*Hello Grief offers an online community of real people walking the walk*

[www.AChildinGrief.com](http://www.AChildinGrief.com)

*The New York Life Foundation began an initiative to help children deal with the loss of a parent, caregiver or sibling and to help parents and other caring adults help children deal with the emotional turmoil that results from the death of a close family member*

<http://www.childrengrieve.org>

*The National Alliance for Grieving Children promotes awareness of the needs of children and teens grieving a death and provides education and resources for anyone who wants to support them.*

<http://www.whatsyourgrief.com>

*The co-authors of this site, are Baltimore based mental health professionals with 10+ years of experience in grief and bereavement offering a site about grief.*

<http://www.centerforloss.com>

*Grief resources provided by Center for Loss and Life Transition (founded by Dr. Alan Wolfelt).*

<http://www.griefnet.org>

*GriefNet.org is an Internet community of persons dealing with grief, death, and major loss.*

<http://www.siblingconnection.net>

*This site has been created as a resource for anyone who has lost a sister or brother*

# WHEN SOMEONE SPECIAL HAS A SERIOUS ILLNESS

## Pre-School And School-Aged Children

Ackermann and Ackermann. Our Mom Has Cancer.

*Written by two sisters to help children realize that they are not alone.*

Blackburn, Lynn B. Timothy Duck. Omaha, NE: Centering Corporation, Inc., 1987.

*A resource for young children who have friends or family members with a terminal illness.*

Blake, Blanchard and Parkinson. The Paper Chain.

*Ages 3-8*

Boulden, Jim and Joan. Someone Special is Very Sick. Weaverville, CA: Boulden Publishing, 1995.

*A workbook-coloring book. Ages 5-8*

Carney, Karen. Barklay and Eve: Explaining Cancer to Children.

*Children learn what to expect when a loved one faces cancer.*

Carney, Karen. Everything Changes, But Love Endures.

*The puppies introduce the Hospice team members in an interactive story/coloring book.*

Clifford, Christine. Our Family Has Cancer, Too!

*An interactive book encouraging communication. Ages 7-12*

Cohen, Cindy Klein and Henley, John. My Daddy's Cancer: An Interactive Book for Children. A

*story that answers questions. Ages 3 and up*

Deutsch, Marilyn Weisberg. Are You Tired Again?...I Understand. Los Angeles: Western

Psychological Services, 1998.

*An activities workbook to help children understand and live with a person who has a chronic illness or disability*

Drescher, Joan. The Moon Balloon: A Journey of Hope and Discovery for Children and Families

Frahm, Amelia. Tickles Tabitha's Cancer-tankerous Mommy.

*A humorous story for children dealing with anyone in their life that has cancer*

Harpham, Wendy. Becky and the Worry Cup

Heegaard, Marge. When Someone Has a Serious Illness. Minneapolis: Woodland Press, 1991.

*Helps children understand their feelings associated with loss and change. Ages 5-13*

King, Elizabeth. Kemo Shark.

Kohlenberg. Sammy's Mommy Has Cancer.

*Helps children cope with changes in their life when a parent has life threatening illness*

Levine, Jennifer. Forever in My Heart: A Story to Help Children Participate in Life as a Parent Dies.

Burnsville, NC: Mountain Rainbows Publication, 1992.

*A hands-on story workbook that reminds children that those we love are not forgotten but are forever in our hearts*

- McNamara, Jill Westberg. My Mom is Dying: A Child's Diary. Minneapolis: Augsburg Fortress, 1994.  
*Kristine turns to God for help with her feelings*
- Numerof, Laura and Harpham, Wendy. The Hope Tree: Kids Talk about Breast Cancer.
- Parkinson, Carolyn. Mommy's in the Hospital again.
- Richmond, Judy. Just You and Me: Making Memories with Your Children. St. Joseph, MO: Hands of Hope Hospice, 1995.  
*Designed by a hospice worker so the last days a child spends with a dying loved one could be filled with love*
- Sherkin-Langer, Ferne. When Mommy is Sick.
- Silverstein, Shel. The Giving Tree.  
*A classic storybook for all ages that embraces the gifts we receive from others.*
- Smith, Izetta. A Tiny Boat at Sea: How to Help Children Who Have a Parent Diagnosed with Cancer. NC: Compassion Books, Inc. 2000.
- Torry, Lisa. Michael's Mommy has Breast Cancer.
- Vigna, Judith. When Eric's Mom Fought Cancer.  
*An inspirational story of hope that clarifies misconceptions.*
- Winthrop, Elizabeth. Promise.  
*Written from a child's point of view about mother's cancer treatment.*
- Yaffe, Risa S. Once Upon a Hopeful Night. Ages 3-7
- Zotovitch, Katherine Dorn. Memory Makers.  
*A journal to help children process feelings associated with changes in elderly loved ones, specifically with Alzheimer's Disease. Ages 4-14*

## **Teens**

- Boulden, Jim and Joan. When Someone is Very Sick. Weaverville, CA: Boulden Publishing, 1995. A workbook with cartoon illustrations. 3<sup>rd</sup>-8<sup>th</sup> grade
- O'Toole, Donna. Facing Change, Coming Together and Falling Apart in the Teen Years.  
*Informative book helps teens understand and discover creative coping strategies for losses of many different kinds .*
- Strauss, Linda Leopold. What about Me?
- Vogel, Carole. Will I Get Breast Cancer? Questions and Answers for Teenage Girls.

## **Parents**

Babcock, Elise NeeDell. When Life Becomes Precious : A Guide for Loved Ones and Friends of Cancer Patients.

*A practical useable book with hundred of tips, techniques, uplifting stories, and a comprehensive resource section.*

Brack, Pat. Moms Don't Get Sick.

*Co-written with author's 10 year old son about their experience of dealing together with her disease*

Elmer, Lon. Why Her- Why Now? A Man's Journey Through Love and Death and Grief. A true story of a man's journey of caring for his wife who has cancer.

Fine, Judylaine. Afraid to Ask: A Book for Families to Share About Cancer. New York, NY: Lothrop, Lee and Shepard Books, 1986.

*Straight forward, practical book for families.*

Garth, Maureen. Sunshine. Starbright. Moonbeam. The Inner Garden.

*Meditations for children to discover inner strength, be freed from worries and experience peace.*

Harpham, Wendy Schessel. When a Parent Has Cancer: A Guide to Caring for Your Children. Guidebook to help parents, includes a children's book

Heiney, Hermann, Bruss, Fincannon. Cancer in the Family: Helping Children Cope with a Parent's Illness.

McCue, Kathleen. How to Help Children Through a Parent's Serious Illness: Supportive Practical Advice from a Leading Child Life Specialist. New York: St. Martin's Griffin, 1994. A supportive practical guide.

Menton, Ted. Gentle Closings. How to Say Goodbye to Someone You Love. A book of short stories that give courage and inspiration to caregivers.

Nussbaum, Kathy. Preparing the Children. Kodiak, AK: Gifts of Hope,1998. Information and ideas for families facing terminal illness and death.

Russell, Neil. Can I Still Kiss You? Answering Children's Questions about Cancer.