

Resources: Children Dealing with Grief & Loss

WEBSITE RESOURCES

Tip Sheets on Grief & Loss

NC's Healthy Social Behaviors Initiative has prepared a number of Tip Sheets on 20 different aspects of Grief and Loss in Young Children. These Tip Sheets can be accessed on Child Care Resources Inc.'s website.

<http://www.childcareresourcesinc.org/publications-and-multimedia/tip-sheets/tip-sheets-for-child-care-professionals/>

NACCRRRA-

Website includes resources, online or for purchase, that deal with children dealing with grief and loss, natural disasters, military families, etc.

-Nurturing Children After Natural Disasters-A Booklet for Child Care Providers
(www.naccrra.org/pubs/)

Zero to Three-

Website includes online articles, brochures, books, flyers, etc. that deal with children during disasters, trauma, military deployment.

-Young Children on the Home front (Video) - Military families share their unique deployment experiences and early childhood professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification.

-Little Listeners in an Uncertain World- (www.zerotothree.org Go to Key Topics/
Military Families/Disaster Relief/Trauma)

One Caring Place-

Website includes resources such as booklets, flyers, etc. that deal with grief and trauma for purchase.

-Talking with Kids about Series- (www.onecaringplace.com Go to CareNotes for Kids/Teens... Click on Talking with Kids About) .59 each

Series Includes Talking with Your Kids About:

Death-and Life, Funerals, When a Grandparent Dies, When a Parent Dies,
Serious Illness in a Family, Moving, Anger

Compassion Books-

Website includes resources such as books, coloring sheets, resources, videos, etc. on children dealing with grief and loss for purchase. www.compassionbooks.com

-ABC Feelings \$7.95

-How I Feel Coloring Book for Grieving Children \$2.00

Center for Loss-

Website includes online resources such as articles, resources, and information on grief and the grieving process.

-The Journey Through Grief: The Mourner's Six "Reconciliation Needs"

(www.centerforloss.com/centerpiece.php?article_id=63)

Channing-Bete Company-

Website includes resources such as booklets and children's books that deal with feelings, death, divorce, deployment, etc. that can be purchased. www.channing-bete.com

- Sad Hug, Mad Hug, Happy Hug: Children's Story about Death (Item #58198 \$1.80 each)
- It's Going to Be Okay-A Child's Story about Divorce (Item # 58567 \$1.89 each)
- We Wonder® It's Okay to feel Sad! (Item #92371 \$1.89 each)
- My Book About When My Parent Has To Go Away (Item# 57521 \$1.17 each)

Guide Line Publishing-

Website includes resources and counseling materials for counseling children on grief and loss that can be purchased. www.guidelinepubs.com or 1-800-552-1076

- Talking to Children About Death \$3.95
- Answers to A Child's Questions About Death \$3.95

EarlyChildhood NEWS-

The professional resource for teachers and parents. Click "articles" on the homepage and type in grief or loss in the search box.. The following are some excellent articles:

- It Let's the Sad Out: Using Children's Art to Express Emotions*
- Helping the Young Child Deal With Grief*
- Grieving Kids Need Guidance*
- The Problem-Solving Parent: Grieving*
- Wave Goodbye: Helping Children Deal with the Stress of Moving*
- Binkies, Blankets, and Bottles*
- Planning for Disaster*
- One Teacher Leaves and a New One Steps In: Tips for an Easy Classroom Transition*

<http://www.earlychildhoodnews.com>

The Dougy Center-

The Dougy Center, The National Center for Grieving Children and Families, provides support groups for grieving children that are age specific (3-5, 6-12, teens) and loss specific (parent death, sibling death, survivors of homicide/violent death, survivors of suicide). Additional services include national trainings, consultations to schools and organizations, crisis-line information, and referral. The Dougy Center has served as a model for support groups nationwide.

www.dougy.org

Kids Peace-

Online resources on helping children deal with crisis, trauma, and grief. www.kidspeace.org

- 15 Ways to Help Your Kid through Crisis
- Grief Packet: A Time to Grieve-A Time to Grow (most suitable for elementary school children and older; but has a wealth of activity ideas that can be modified for younger children)

Building Resilient Kids-

This free distance-learning course contains three modules on deployment, including issues surrounding separation during war and coping with the disability and/or loss of a parent.

www.jhsph.edu/mci

GriefNet.org

GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. GriefNet.org has more than 40 email support groups and two websites. GriefNet's integrated approach to online grief support provides help to people working through loss and grief issues of many kinds. Its companion site, KIDSAID.com, provides a safe environment for kids and their parents to find information and ask questions.

www.griefnet.org

Childgrief.org

Explore this website to learn more about "*Navigating Children's Grief*". CGEA offers great resources to help you support and care for children who are grieving the loss of a loved one.

- The death of a parent or other loved one has a lasting influence on a child's life.
- Compassion, care, connection, understanding and patience can help. No one should face grief alone.
- CGEA offers support to children, teens, families & to those who care for them. Community awareness and support help children heal from loss and excel in life

<http://childgrief.org/documents/HowToHelp.pdf>

-How To Help Following a Death

Sesame Street Talk, Listen, Connect Kits-

Sesame Workshop and Wal-Mart stores partnered to create resources for military families coping with concerns experienced during deployment. Phase II has bilingual kits designed to help children of injured veterans and other returning service members to adjust to the changes in their parents. Videos can be seen directly from the website in one click.

www.sesameworkshop.org/tlc/index.php

Hospice Foundation of America-

Hospice Foundation of America provides a comprehensive website of information for those who are coping either personally or professionally with terminal illness, death, and the process of grief.

www.hospicefoundation.org

-Helping a Child Deal with Death

FEMA for Kids-Federal Emergency Management Agency-

FEMA for Kids teaches children how to be prepared for disasters and prevent disaster damage. They can also learn what causes disasters, play games, read stories and become a Disaster Action Kid. Resources are available for parents and teachers with curriculum and safety information that can be used in the classroom or at home.

www.fema.gov/kids/

BOOKS

***What Happened to MY World: Helping Children Cope with Natural Disaster and Catastrophe* By: Jim Greenman**

This is a resource for parents, teachers, and anyone working with children. It was written to help adults peer into the minds of children from infancy through the teenage years, and understand their confusion, fears, grief, and struggles to understand why the forces of nature can suddenly disrupt or destroy the world, as they know it.

ISBN # 0-9774352-0-2

Life and Loss: A guide to help grieving children (2nd edition)

By: Linda Goldman

Life and Loss is a guide that will help adults through the maze of thoughts and feelings that traumatic events evoke for themselves and the children they care for. Each page stimulates the mind, heart, and common sense to work together to create a caring environment for kids. The author presents a lovingly positive approach to help children face some of life's most difficult issues, and she invites us to see these issues through the inner worlds of the child.

ISBN: 978-1-56032-861-2

Living with Grief: Children and Adolescents

By: Hospice Foundation of America

This book is a sourcebook for all of us who care about our youth and children. It will help adults caring for children to understand how children and adolescents grieve, and how we as parents, professionals, and other adults can comfort and care for them in their grief.

IBBN: 978-1-893349-09-4 or www.hospicefoundation.org

The Crisis Manual for Early Childhood Teachers: How to Handle the Really Difficult Problems (updated)

By: Karen Miller

The Crisis Manual is the only source book you'll need to help you face those difficult issues in the classroom. Learn effective strategies that address the most challenging problems you may encounter as a teacher. Chapters include illness of the child or family member, death of a family member or friend, separation and divorce, natural disasters, abuse, community violence, racism and prejudice, homelessness, and poverty and unemployment.

ISBN: 0-87659-176-4

Trauma through a Child's Eyes

By: Peter A Levine and Maggie Kline

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence-what parents, educators, and health professionals can do. Gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

ISBN: 978-1-55643-630-7

Losing a Parent to Death in the Early Years: Guidelines for the Treatment of Traumatic Bereavement in Infancy and Early Childhood

By: Alicia F. Lieberman, Nancy C. Compton, Patricia Van Horn, and Chandra Ghosh Ippen

Offers clinicians, counselors, educators, child care professionals, and others a compassionate yet practical guide to the assessment and treatment of young children who have experienced the death of a parent or primary caregiver. The authors describe how babies, toddlers, and preschool-age children typically respond to overwhelming loss, explain complications in the grieving process that are associated with the sudden or violent death of a parent, and offer vignettes that illustrate therapeutic interventions with traumatically bereaved young children and their families.

ISBN: 9780943657721

Hope and Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma

By: Kathleen Fitzgerald Rice and Betsy McAlister Groves

Hope and Healing is a guide for early childhood professionals who care for children in a variety of early care and education settings. The authors define trauma and help readers recognize its effects on young children. They also offer tips, resources, and proven intervention strategies for working with traumatized children and their families and for managing stress. This book will help professionals to understand children and trauma and to develop skills to help children and support families.

ISBN: 9780943657936

Helping Children Cope with the Loss of a Loved One –A Guide for Grownups

By: William C. Kroen, Ph, D., LMHC

What can we say to a child who has just lost a parent, sibling, or other loved one? Incorporating insights and information from the Good Grief Program in Boston, Massachusetts, weaving in anecdotes about real children and their families, Dr. Kroen explains how children from infancy through age 18 perceive and react to death. He suggests ways to respond to children at different ages and stages, and describes specific strategies for guiding and supporting them through the grieving process. Includes a list of recommended organizations and additional readings.

ISBN: 1-57542-000-7 or 13 978-1-57542-000-4

Making It Better: Activities for Children in a Stressful World

By: Barbara Oehlberg

Today's children deal with stress, trauma, and violence. Oehlberg offers information about how these difficult times affect children physically and emotionally. More than 70 activities engage children in self-healing, empathy, and empowerment

ISBN: 978-1884834264

Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children

By: Nefertiti Bruce and Karen B. Cairone

Now more than ever, adults must help children develop the skills necessary to navigate successfully through life. By focusing on building social and emotional strength, adults increase children's resilience and prepare them to handle the challenges in life.

The strategies and activities in *Socially Strong, Emotionally Secure* provide teachers with the tools they need to help children become socially and emotionally healthy for life. Organized into five chapters, the activities support and build resilience in children ages three to eight.

Chapters include:

- Supportive Interactions: activities to nurture the bonds of trust between children and adults
- Home and School Partnerships: expanding activities and experiences from the classroom into the home
- Activities and Experiences: activities that focus on open-ended thinking, physical activity, and social and emotional learning
- Daily Routines: strategies to foster a sense of belonging and community, cooperative participation, and engaged learning
- Environment: creating environments that are designed to maximize learning and personal growth

For children, living and learning are a seamless web. The activities in *Socially Strong, Emotionally Secure* offer a way to help children live and learn their way into social and emotional resilience, while having fun in the process!

ISBN: 978-0876593325