

Grief and Bereavement

Le chagrin et deuil

Books / livres

35 ways to help a grieving child

Portland, OR: The Dougy Center, 1999.

FAM BF 575 .G7 T55

Learn what behaviors and reactions to expect from children at different ages, ways to create safe outlets for children to express their thoughts and feelings and how to be supportive during special events such as the memorial service, anniversaries and holidays.

After you lose someone you love: advice and insight from the diaries of three kids who've been there / Dennison, Amy.

Minneapolis, MN: Free Spirit Publishing Inc. 2005.

FAM BF 575 .G7 D46 2005

Three children, a boy of 4 and twin 8 year old girls deal with their father's death. The diary entries begin with finding out their father has died, and cover the 2 years following his death.

Being with dying: cultivating compassion and fearlessness in the presence of death / Halifax, Joan.

Boston: Shambhala Publications Inc., 2008.

FAM BF 575 .G7 H35 2008

Inspired by traditional Buddhist teachings, this is a source for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process. The author's teachings affirm that we can open and contact our inner strength, and that we can help others who are suffering to do the same.

Breaking the silence: a guide to help children with complicated grief - suicide, homicide, AIDS, violence, and abuse / Goldman, Linda.

New York: Taylor & Francis, 2001.

FAM BF 575 .G7 G64 2001

This book provides specific ideas and techniques to work with children in various areas of complicated grief. It presents words and methods to help initiate discussions of these delicate topics, as well as tools to help children understand and separate complicated grief into parts.

La caresse du papillon / Voltz, Christian.

Rouergue, 2005.

FAM BF 575 .G7 V65 2005

Moment d'intimité entre deux générations, La Caresse du papillon est une réflexion poétique sur le cycle de la vie, avec le naturel et la subtilité que l'on connaît à Christian Voltz.

Children die too: for parents who are experiencing to death of a child / Johnson, Joy.

Omaha, NE: Centering Corporation, 2004.

FAM BF 575 .G7 J646 2004

This brief booklet offers comforting insights and information about the feelings that are often experienced by parents after the death of a child. It also offers advice on how to talk to siblings and ways in which they may deal with their grief.

Dealing with dying, death, and grief during adolescence / Balk, David E.

New York: Routledge, 2014.

FAM BF 575 .G7 B26 2014

Using clear language, the author provides readers with information about adolescent development to form the back story to comprehend the impact of death and bereavement in an adolescent's life. It also examines interventions that assist adolescents coping with death and grief.

Dear parents: letters to bereaved parents

Omaha, NE: Centering Corporation, 2003.

FAM BF 575 .G7 D43 2003

This is a support group in book form. It is a collection of letters from bereaved parents to bereaved parents. Each page will tell you what other bereaved parents and siblings went through and what you can do try and cope.

Le deuil: y'a pas de mal à être triste / Mundy, Michaelene.

Strasbourg: Éditions du Signe, 2003.

FAM BF 575 .G7 M8714

Rempli de conseils positifs affirmant de la vie pour vivre avec la perte comme un enfant, ce guide explique aux enfants ce qu'ils doivent savoir, après une perte, que le monde est toujours sûr, la vie est bonne, et les cœurs ne blessent pas. Écrit par un conseiller scolaire, ce livre aide les enfants de confort face de la pire et la plus difficile de la réalité.

Don't despair on Thursdays! the children's grief-management book / Moser, Adolph J.

Kansas City, MS: Landmark Editions, 1996.

FAM BF 575 .G7 M68

A guide for children on dealing with feelings of grief when people or pets die or when friends move away.

Easing the hurt: a handbook of comfort for families and friends of people who are seriously ill / Latimer, Elizabeth J.

Hamilton, ON: E. Latimer, 1998.

FAM R 726.8 .L37 1998

This book provides suggestions on how to help those who are dealing with serious illness in a loved one or themselves. It is a combination of thought, ideas, suggestions and reflections.

Est-ce que tout le monde meurt? / Pion, Lynne.

Sainte-Marie, QC: Éditions du trèfle à quatre feuilles, 2011.

FAM BF 575 .G7 P56 2011

Une histoire pour les enfants de 5 à 15 ans qui permettra, je le souhaite, de "détabouter" la mort et le deuil dans les foyers. Un livre écrit pour les enfants avec les vrais mots et les vraies émotions. Un outil pour les parents, grands-parents, professeurs et tous ceux qui désirent aider l'enfant à mieux comprendre des concepts intangibles et faciliter la discussion.

Le fil invisible / Karst, Patrice.

Toronto: Editions Scholastic, 2019.

FAM BF 575 .G7 K27 2019

Dans cette histoire réconfortante, une mère explique à ses deux enfants qu'ils sont reliés par un fil invisible. Les enfants pensent que c'est impossible, mais ils veulent tout de même savoir de quel genre de fil il s'agit. Même si on ne peut pas le voir, on peut le sentir au fond de notre cœur et savoir qu'on est toujours liés à ceux qu'on aime.

Grandma's tears: comfort for grieving grandparents / Kolf, June Cerza.

Grand Rapids, MI: Baker, 1995.

FAM BF 575 .G7 K634

Grandparents are often overlooked when a grandchild dies, yet they carry a double burden-- the loss of their grandchild and the sorrow of their own grieving children. Author Kolf offers support and hope in brief chapters that do not overwhelm the bereaved.

The grief recovery handbook: the action program for moving beyond death, divorce, and other losses / James, John W.

New York: HarperPerennial, 1998.

FAM BF 575 .G7 J36

This resource helps people complete the grieving process and move toward recovery and happiness. It illustrates how it is possible to recover from grief and regain energy and spontaneity.

Healing your grieving heart for kids: 100 practical ideas / Wolfelt, Alan D.

Fort Collins, CO: Companion Press, 2001.

FAM BF 575 .G7 W645

This book helps children deal with the grief they are feeling after the death of a loved one. It helps them to mourn so that they eventually feel better.

The heart and the bottle / Jeffers, Oliver.

London UK: HarperCollins Children's Books, 2010.

FAM BF 575 .G7 J44 2010

In this story, the author deals with the weighty themes of love and loss with a lightness of touch and shows us, ultimately, that there is always hope.

Helping teens cope with death

Portland, OR: The Dougy Center, 1999.

FAM BF 575 .G7 H44

This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them.

Howard B. Wigglebottom listens to a friend: a fable about loss and healing / Binkow, Howard.

Thunderbolt Publishing, 2015.

FAM BF 575 .G7 B56 2015

Howard's friend Kiki's pet dies, and Howard and his friends must learn how to help her cope.

Ida, always / Levis, Caron; Santoso, Charles (ill).

New York: Atheneum Books for Young Readers, 2016.

FAM BF 575 .G7 L48 2016

A story of two best friends inspired by a real bear friendship and a gentle reminder that loved ones lost will stay in our hearts, always. For ages 4-8.

Imagine / Bellière, Charlotte; De Haes, Ian (ill).

Bruxelles: Alice Éditions, 2014.

FAM BF 575 .G7 B45 2014

Oriane a un doudou super, un hippopotame, avec qui elle a déjà vécu plein d'aventures fantastiques. Sauf que, depuis ce matin, son doudou est tout mou; il ne réagit plus.

Joy at the end of the rainbow: a guide to pregnancy after a loss / Ross-White, Amanda.

Amanda Ross-White, 2018.

FAM BF 575 .G7 R67 2018

Written by a mother who has had both stillborn twins and two successful rainbow pregnancies, with guidance from the latest research on pregnancy after a loss, this guide will help you manage your anxiety as you anticipate the arrival of your rainbow child.

Keys to helping children deal with death and grief / Johnson, Joy.

Hauppauge, NY: Barron's, 1999.

FAM BF 575 .G7 J64

An experienced bereavement specialist tells parents how to explain the concept of death in ways that will be understandable to children. She helps parents anticipate children's responses and needs, shows how to cope with funeral rites in meaningful ways, and points out the importance of incorporating the loss into a positive sense of personal memories.

Lorsque la vie éclate: l'impact de la mort d'un enfant sur la famille / de Montigny, Francine.

Saint-Laurent, PQ: Éditions du renouveau pédagogique, 1997.

FAM BF 575 .G7 D45

Ce livre offre des pistes de réflexion et des stratégies d'intervention afin de guider les professionnels de la santé dans leurs interactions avec les familles endeuillées. Principaux

points abordés: la mort du fœtus, du nourrisson, du jeune enfant d'âge préscolaire et scolaire, de l'adolescent, l'intervention infirmière.

Mon chien gruyère / Nadon, Yves.

Montréal: Les 400 coups, 2006.

FAM BF 575 .G7 N32 2006

Un enfant se souvient de son chien et de tous ce qu'ils ont fait ensemble. Pour les enfants de 4-10 ans.

Parenting with wit and wisdom in times of chaos and loss / Coloroso, Barbara.

Toronto: Viking, 1999.

FAM BF 575 .G7 C64

Author Barbara Coloroso tackles the question of how to parent when life is not smooth, when tragedy or trauma invades daily life, whether it's a small crisis or a major disaster. Barbara looks at how we as parents can best comfort and nurture our children, and ourselves, as we navigate through the inevitable suffering, adversity, chaos, and losses in our lives.

Les rêves envolés: traverser le deuil d'un tout petit bébé / Fréchette-Piperni, Suzy.

Boucherville: Éditions de Mortagne, 2005.

FAM BF 575. G7 F75 2005

Contrairement aux croyances généralement véhiculées dans notre société, prendre un bébé attendu et aimé est une tragédie pour les parents. Ils voient tous leurs beaux rêves s'envoler. Cet ouvrage a été conçu dans le but d'offrir aux parents un soutien efficace ainsi que des suggestions pour les aider à faire face aux moments difficiles, quelle que soit la perte périnatale qu'ils subissent: fausse couche précoce ou tardive, interruption médicale de la grossesse, accouchement d'un enfant mort-né, décès, du nouveau-né dans les heures ou semaines suivant sa naissance.

Samantha Jane's missing smile: a story about coping with the loss of a parent / Kaplow, Julie.

Washington, DC: Magination Press, 2007.

FAM BF 575 .G7 K36 2007

With the help of her mother and her neighbor Mrs. Cooper, Samantha Jane is able to talk about how sad she is since her father died and to find ways to remember him, and then she begins to feel better. Appropriate for Ages: 4 - 8 years.

Saying goodbye to Daddy / Vigna, Judith.

Morton Grove, IL: Albert Whitman & Co. 1991.

FAM BF 575 .G7 V67

After Clare's father is killed in a car accident, she becomes frightened, lonely, and angry. Clare's mother and grandfather help her through the grieving process. Appropriate for Ages: 4-8 years.

Shelter from the storm: caring for a child with a life-threatening condition / Hilden, Joanne M.

Cambridge MA: Perseus Publishing, 2003.

FAM BF 723 .P25 H54

Provides support for parents coping with the psychological and spiritual hardships of caring for a child with a life-threatening illness.

Tu me manques / Verrept, Paul.

Paris : L'École des loisirs, 1999.

FAM BF 575 .G7 V4714

Après le déménagement de son amie Annie pour un autre quartier, un garçonnet se retrouve seul et triste. Sa copine lui manque. Son grand-père aussi vit un deuil puisque sa compagne est morte. Présentation simple de la peine, du vide causé par l'absence d'un être aimé.

La vie et la mort / Labbe, Brigitte.

Toulouse, France: Éditions Milan, 2000.

FAM BF 575 .G7 L32

Cette collection expose des idées et des concepts philosophiques adaptés aux jeunes de 8 à 13 ans.

What is Death / Boritzer, Etan.

Los Angeles, CA: St. Veronica Lane Books, 2000.

FAM BF 575 .G7 B67 2000

The author presents the concept of death to children with examples of customs and beliefs from various religions and cultures. Appropriate for Ages: 4-11 years.

What's Heaven? / Shriver, Maria.

New York: St. Martin's Press, 1999.

FAM BF 575 .G7 S54

A girl asks her mother questions about heaven after her great-grandmother passes away.
Appropriate for Ages: 4-8 years.

When a family pet dies: a guide to dealing with children's loss / Tuzeo-Jarolmen, Joann.

London: Jessica Kingsley, 2007.

FAM BF 575 .G7 T89 2007

Addresses the signs of grieving children, their relationships with their pets, and how caring adults can be helpful. Provides practical interventions in helping the child's grief process.

When children grieve: for adults to help children deal with death, divorce, pet loss, moving, and other losses / James, John W.

New York, Quill, 2002.

FAM BF 575 .G7 J35 2002

There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. No matter the reason or degree of severity, if a child you love is grieving, the guidelines examined in this thoughtful book can make a difference.

When dinosaurs die: a guide to understanding death / Brown, Laurie Krasny.

Boston: Little, Brown, 1996.

FAM BF 575 .G7 B77

Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

Zoé et les papillons du souvenir: allégorie pour enfants de 5 ans / Bigras, Danielle.

Stoneham, QC: Éditions NKS, 2012.

FAM BF 575 .G7 B54 2012

Quelquefois, dans la vie, des événements tristes surviennent, telle l'histoire de Zoé, une petite chenille, qui a un gros chagrin. Raconté de façon allégorique, ce conte parle de la mort d'un proche; il explique aux enfants la perte d'un être cher.

Websites / sites internet

Compassionate Friends of Canada – Ottawa Chapter

<http://tcfottawa.wordpress.com/>

Bereaved Families of Ontario – Ottawa Region

<http://www.bfo-ottawa.org/>

Roger Neilson House / La maison Roger Neilson

<http://rogerneilsonhouse.ca/>

Grief – Sesame Street

<https://www.sesamestreet.org/toolkits/grief>

Living with loss: Ways to help you grieve a death – Kids Help Phone

Comment surmonter la perte d'un être cher et vivre son deuil – Jeunesse j'écoute

<https://kidshelpphone.ca/get-info/living-loss-ways-help-you-grieve-death/>

Grief & Loss - BC Children's Hospital

<http://www.bcchildrens.ca/health-info/coping-support/grief-loss>

Dougy Centre for Grieving Children & Families

<http://www.dougy.org>

Grief and Children – American Academy of Child and Adolescent Psychiatry

http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Grief-008.aspx

Grief – Health Link BC

<http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw164282>

Local contacts / Liaison régionale

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Bereavement Support & Education – Ottawa

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If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

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Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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