

# Grief and Loss



GOT INFO?

Although children share the same grief emotions as adults, children grieve differently.

There are many factors which influence how a child grieves including age, experience, culture, and previous experience with death and loss.

It is paramount to respect the wishes of families during grief and loss. Even the best of intentions can create more damage, if they are not in line with the families needs.

Listed below are resources you can use when working with a grieving child or youth.

## **Children's Grief Education Association (CGEA)**

The mission of the Children's Grief Education Association is to provide grief education and support to bereaved children, their families and professionals in schools and community organizations through local, national and international outreach and training.

[www.childgrief.org](http://www.childgrief.org)

[www.childgrief.org/militaryfamilies.htm](http://www.childgrief.org/militaryfamilies.htm)

## **The Dougy Center**

The Dougy Center was the first center in the United States to provide peer support groups for grieving children. They have learned from over 20,000 children, teens and families they've served since 1982. To locate resources in your area, visit their site.

[www.dougy.org](http://www.dougy.org)

## **Beyond Indigo**

Beyond Indigo has been in existence since 1997. The goal of this company is to provide grief support, products and services to individuals and companies who assist people who are grieving. Visit their site for additional information.

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

## **New York University Child Study Center**

The New York University Child Study Center contains researched based articles written by clinical psychologists specializing in bereavement issues in children.

[www.aboutourkids.org/aboutour/articles/grief.html](http://www.aboutourkids.org/aboutour/articles/grief.html)



[www.guardfamily.org](http://www.guardfamily.org)

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## Suggested Reading List: For Adults Helping Children Grieve

- Childs-Gowell, Elaine, *Good Grief Rituals: Tools for Healing*
- Coles, Robert, *The Spiritual Life of Children*
- Doka, Kenneth J., *Children Mourning: Mourning Children*
- Fitzgerald, Helen, *The Grieving Child: A Parent's Guide*
- Fox, S., *Helping Groups of Children When a Friend Dies*
- Fry, Virginia Lynn, *Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children and Teenagers*
- Furman, Erma, *A Child's Parent Dies*
- Goldman, Linda, *Life and Loss: A Guide to Helping Grieving Children*
- Grollman, Earl A., *Talking About Death: A Dialogue Between Parent and Child*
- Grollman, Earl A., *Bereaved Children and Teens*
- Huntley, Theresa, *Helping Children Grieve: When Someone They Love Dies*
- Jarratt, Claudia Jewett, *Helping Children Cope with Separation and Loss*
- Kremenz, Jill, *How It Feels When a Parent Dies*
- Kroen, William C., *Helping Children Cope with the Loss of a Loved One: A Guide for Grownups*
- Kubler-Ross, Elizabeth, *On Children and Death*
- LeShan, Eda, *Learning to Say Goodbye: When a Child's Parent Dies*
- Lord, Janice Harris, *No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death*
- Lord, Janice Harris, *Beyond Sympathy: How to Help Another Through Injury, Illness or Loss*
- Menten, Ted, *Gentle Closings: How to Say Goodbye to Someone You Love*
- Schaefer, D. & Lyons, C., *How Do We Tell the Children? Helping Children Understand and Cope When Someone Dies*
- Stein, Sara Bonnett, *About Dying: An Open Family Book for Parents and Children Together*
- Trozzi, Maria, *Talking with Children About Loss: Words, Strategies and Wisdom to Help Children Cope with Death, Divorce and other Difficult Times*
- Wolfelt, A., *Helping Children Cope with Grief*
- Worden, J. William, *Children and Grief: When a Parent Dies*
- Ziegler, Robert G., *Homemade Books to Help Kids Cope*

