

Grief and Bereavement



**McMaster
Children's Hospital**



Background Information

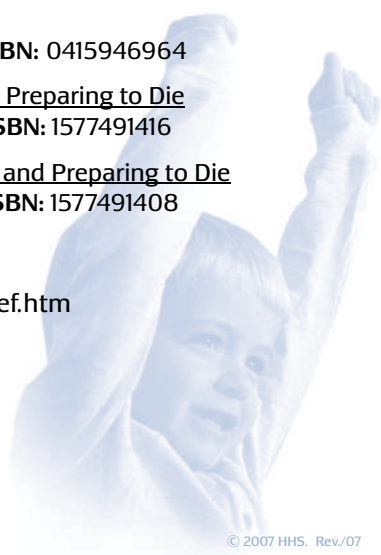
1. **What Children Need When They Grieve: The Four Essentials: Routine, Love, Honesty, and Security**
by Julia Wilcox Rathkey, Three Rivers Press (2004) **ISBN: 1400051169**
2. **Guiding Your Child Through Grief**
by James P. Emswiler and Mary Ann Emswiler, Bantam (2000) **ISBN: 0553380257**
3. **Helping Children Cope with the Death of a Parent: A Guide for the First Year**
by Paddy Greenwall Lewis, Praeger Publishers (2004) **ISBN: 0275980979**
4. **Helping Children Cope with Change and Loss**
by Rosemary Wells, Sheldon Press (2003) **ISBN: 0859698912**
5. **Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change**
by Barbara Coloroso, Collins (2001) **ISBN: 0060958146**

Step by Step Guides

6. **25 Things to Do When Grandpa Passes Away, Mom and Dad Get Divorced, or the Dog Dies: Activities to Help Children Heal After a Loss or Change**
by Laurie A. Kanyer, Parenting Press (2003) **ISBN: 1884734537**
7. **It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life**
by H. Norman Wright, WaterBrook Press (2004) **ISBN: 1578567602**
8. **Helping Teens Work Through Grief**
by Mary Kelly Perschy, Brunner-Routledge (2004) **ISBN: 0415946964**
9. **Helping Kids Cope When a Loved One is Sick and Preparing to Die**
by Fairview Health Services, Fairview Press (2003) **ISBN: 1577491416**
10. **Teen's Guide to Coping When a Loved One is Sick and Preparing to Die**
by Fairview Health Services, Fairview Press (2003) **ISBN: 1577491408**

Websites

<http://www.aacap.org/publications/factsFam/grief.htm>
<http://www.cpa.ca/factsheets/grief.htm>



About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord



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Offord CENTRE
FOR CHILD
STUDIES