

# Support to Help Children and Youth Cope with the Death of a Loved One

**This resource has information for parents and other family members to support children and youth with feelings of grief.**



## Books

You can find all the books listed below at the Magic Castle or at Princess Margaret Patient and Family Library on the main floor.

### Children all ages

*Lifetimes* by Bryan Mellonie and Robert Ingpen

*Lifetimes* is a book that parents and family members can use to explain life and death. The book talks about beginnings and endings. The book helps children understand that dying is as much a part of living as being born.

*When Dinosaurs Die* by Laurie Krasnie Brown and Mark Brown

This book helps young children understand what death means and how to cope with their feelings. This book can help parents and family members find the right words to use when talking to children about death.



## **Children ages 2 to 5**

*Good bye Mousie* by Robie Harris, Illustrated by Jan Ormerod

This picture book helps young children understand about loss and grief through the story of a young boy whose pet mouse died.

*I Found a Dead Bird* by Jan Thornhill

This book explores interesting facts about the cycle of life and the end of life. Children will learn about lifespans, how things die, what happens after death and how humans cope with death. This book will help children understand and discuss living and dying.

## **Children ages 6 to 12**

*Children Also Grieve* by Linda Goldman

This illustrated storybook poses questions throughout the story to help children understand and share feelings about the loss of a loved one. It also provides information for adults with useful tips on how to talk and explain death and grief to children.

*When Someone Very Special Dies* by Marge Heegaard

This workbook helps children learn how to cope with grief. By writing, drawing and colouring in the book, children are helped to understand the idea of death.

*When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change* by Marge Heegaard

This workbook uses writing, drawing and colouring to help children learn basic facts about serious illness and loss. This book can help families talk about a child's feelings and how to develop healthy coping skills.

*Tear Soup* by Pat Schwiebert and Chuck Deklyen

Tear soup is a story book about Grandy who cooks up a special batch of "tear soup" after the loss of a loved one. To season her soup, Grandy adds memories like the good times and the bad times, the silly and the sad times.

## **Teens ages 13 to 18**

*Weird is Normal When Teenagers Grieve* by Jenny Lee Wheeler

This self-help book for grieving teens is written by a teen who lost her father to cancer. The author provides advice to other grieving teens and assures them that they are allowed to grieve in their own way and on their own time.

*We Get It: Voices of Grieving Colleges Students and Young Adults* by Heather Servaty-Seib and David Fajgenbaum

The 33 stories in this book provide insight into some of the common themes and differences young adults experience after the death of a parent or sibling.



## **Websites**

The following websites are useful tools to help explain death to children and youth.

### **Kids help phone**

Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### **Rainbows for all children in Canada** – Grief support groups outside Toronto

Grief support groups outside Toronto

Website: [www.rainbows.ca](http://www.rainbows.ca)

### **Lighthouse Program for Grieving Children Halton-Peel**

Website: [www.grievingchildrenlighthouse.org](http://www.grievingchildrenlighthouse.org)

### **Canadian Virtual Hospice**

Website: [www.virtualhospice.ca](http://www.virtualhospice.ca)



## **Supportive Services**

### **Bereaved Families of Ontario**

Website: [www.bereavedfamilies.ca](http://www.bereavedfamilies.ca)

Email: [info@bereavedfamilies.net](mailto:info@bereavedfamilies.net)

Bereaved Families of Ontario offers a range of individual and group programs across the province for preschoolers (3 to 5), children (6 to 12), adolescents (13 to 17), young adults (18 to 30), parents, parents of infants, and grandparents. Contact information for each region is listed on the website.

### **Children and Youth Grief Network**

This online network connects individuals and organizations who provide services and resources that benefit children and youth who are grieving a death.

Website: [www.childrenandyouthgriefnetwork.com](http://www.childrenandyouthgriefnetwork.com)

### **Coping Centre Cambridge**

1740 Blair Rd.

Cambridge, ON N3H 4R8

Phone: 519 650 0852

Toll-free: 1 877 554 4498 (Toll free)

Website: [www.copingcentre.com](http://www.copingcentre.com)

Email: [coping@copingcentre.com](mailto:coping@copingcentre.com)

This program offers support service to adults, young adults, teens and children from 4 to 12 years old.

**Gilda's Club Greater Toronto**

Website: [www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)

Email: [info@gildasclubtoronto.org](mailto:info@gildasclubtoronto.org)

Gilda's is a virtual community of support for all programs, including education, physical activity and support groups from the comfort of home. This is a place to meet others who can relate to feelings of isolation, fear and anxiety.

**Andrea Warnick Consulting**

283 Danforth Ave.

Suite # 474

Toronto, ON M4K 1N2

Phone: 416 428 6268

Website: [www.andreawarnick.com](http://www.andreawarnick.com)

Email: [aw@andreawarnick.com](mailto:aw@andreawarnick.com)

Andrea educates on a wide range topics: serious illness, palliative care, dying, death and grief. She provides education and private counselling sessions for the whole family. Visit the website for rates and additional information.

## **Bereavement Camps**

### **Camp Erin**

Phone: 416 586 4800 ext 6664

Phone: 905 387 2448

Website: <https://camperinparents.com>

An annual camp experience offered at no charge to children 6 to 17 years of age who have experienced the death of someone close to them. The camp is offered in three locations in Canada: Toronto, Cornwall and Hamilton. Visit the website for more information.

The development of patient education resources is supported by the Princess Margaret Cancer Foundation.



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