



Resources for Bereaved Parents

Bereaved Parent, Harriet Schiff

Step-by-step suggestions to help parents cope with the cycle of their grief, written by a bereaved parent.

The Fall of a Sparrow, Kent Koppelman

Story of how a father searched for and found meaning after the death of his son.

Goodbye My Child, Wheeler and Pike

Comforting book for parents anticipating or experiencing the death of a child.

Healing a Parent's Grieving Heart: 100 Practical Ideas after Your Child Dies, Alan Wolfelt

Ideas to help grieving parents understand and reconcile their grief.

How to Survive the Loss of a Child, Catherine Sanders

This bereaved parent and psychologist guides other parents to rebuild their lives.

I'll Love You Forever, Anyway, P. Lindstrom

Personal account of loss of a 27-year-old son.

Meditations for Bereaved Parents, Judy Osgood

35 bereaved parents shared their feelings, insights, and hopes.

Our Children Live Forever in Our Hearts, Children's Mercy Hospital

Memory and comfort book with room for insertion of photos, mementos, and personal remembrances.

Parental Grief: Solace and Resolution, Dennis Klass

Scholarly text examining the strategies parents use to cope with the death of a child.

Recovery from the Loss of a Child, Katherine Donnelly

Reassuring book with accounts of various surviving parents.

Tear Soup, Schmiebert and DeKlyen

A story for adults and children about the healing journey through grief.

Understanding Your Grief, Alan Wolfelt

Ten essential touchstones for finding hope and healing your heart.

Websites

www.alivealone.org *Alive Alone* is a charitable and educational organization. Their purpose is to benefit bereaved parents whose only child or all children are deceased by providing a self-help network and publications to promote communication and healing.

www.babysteps.com *Baby Steps* is named after the baby steps that form the long and difficult road to recovery from the loss of a child. Their Web site contains resources for parents, siblings and other family members. It also includes on-line sharing for kids and adults.

www.bereavedparents.com *Bereaved Parents* offers information and support to anyone who has lost a child. It includes highlights from newsletters published by affiliates, as well as a monthly column. Also included is a Bereavement Self Help Resources Guide that indexes resources along with hundreds of listings for other resources and information.

www.compassionatefriends.org *The Compassionate Friends* is a national nonprofit self-help support organization that offers friendship and understanding to bereaved parents, grandparents, and siblings. Locate a chapter near you or use the on-line chat room.

www.griefwarehouse.org *Grief Warehouse* is a warehouse of information and personal experiences for parents coping with the loss of a child and a place to gather and share ideas toward developing new ways of coping and remembering.

www.misschildren.org *Mothers in Sympathy and Support (MISS)* is a nonprofit, volunteer-based organization committed to providing emergency support to parents after the death of their baby or child. The site includes on-line forums.

www.pomc.com *Parents of Murdered Children, Inc. (POMC)* provides the ongoing emotional support needed to help parents and other survivors facilitate the reconstruction of a “new life” and to promote a healthy resolution. The site includes on-line forums for all ages.

If you would like to talk with someone at Iowa City Hospice about your grief, please call us at (319) 351-5665 or 1-800-897-3052 or go to our website, www.iowacityhospice.org.