



## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.iowacityhospice.org).