

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

HELPING CHILDREN UNDERSTAND DEATH AND COPE WITH GRIEF

When a loved one dies, it can be difficult to know how to help children and teens cope with the loss. This Pathfinder provides information about resources to help parents, children and teens better understand and manage death, dying and grief.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

For Parents and Other Adults

Child's view of grief: a guide for parents, teachers, and counselors (Book) **BF575 W856 2004**

A practical guide for adults who want to help grieving children. Includes special sections on involving children in the funeral and adolescent mourning.

Finding the words (Book) **BF575 G7 W855 2013**

How to talk with children and teens about death.

Healing a child's grieving heart (Book) **BF575 W854h 2001**

What to expect from different ages of grieving young people, and how to provide safe outlets for children to express emotion.

Helping children cope with the loss of a loved one (Book)

BF575 K78 1996

Advice for adults who are helping children cope with the death of loved one.

Healing children's grief: surviving a parent's death from cancer (Book)

BF575 C554 2000

Relates the stories of 88 families and their 157 children (ages 3 to 17) who participated in a parent-guidance intervention through the terminal illness and death of one of the parents from cancer. Provides a detailed examination of how children and adolescents cope with this loss.

How to help children through a parent's serious illness (Book)

BF575 M133 2011

A guide to helping children cope with a parent's serious illness and also with death.

Living Dying (Book)

Available online at www.tlcpc.org/patients/childrens-grief/our-resources/living-dying.

A guide for adults supporting grieving children and teenagers.

Preparing the children (Book)

BF575 N975 1998

Information and ideas for families facing terminal illness and death.

When someone dies: supporting a child's grief (Booklet)

BF575 G848 2004

This booklet explains how to support children and what to expect from children as they grieve.

Why did you die?: activities to help children cope with grief & loss (Book)

BF575 G7 L487 2008

The first section is for adults and explains a child's grief process. The second section includes activities a parent can do with a grieving child.

For Teens

Healing your grieving heart for teens: 100 practical ideas (Book)

BF575 W856h 2001

Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways.

I will remember you: what to do when someone you love dies (Book)

BF575 D746 2001

Explores different aspects of grief, such as denial, ritual, remembering, mourning a stranger, and anniversary "aftershocks." It includes personal stories of death and life from real teens, advice from a grief counselor, and hands-on exercises.

When will I stop hurting?: teens, loss, and grief (Book)

BF575 G7 M996 2004

Outlining the phases of the grieving process, Myers incorporates numerous personal accounts and quotes from young adults who have experienced the death of a family member into the text. He discusses the range of emotions young people may have from anger and fear to relief and sadness and assures readers that these feelings are normal.

For Older Children

Mama's going to buy you a mockingbird (Book)

BF575 L778 1984

Young Jeremy and Sarah learn to cope with their grief and drastically changed lifestyle during their father's battle with cancer, which forces their mother to sell their house and return to school full time.

A monster calls (Book)

QZ201 C5 N463 2011

When a monster starts showing up at night, it's not even the worst of Conor's problems – there's his mom's cancer, his dad's new family, and bullying at school. But the monster has a mysterious message for him. Eventually Conor is able to communicate with his family honestly. This relevant book squarely confronts complex issues, and pre-teens who already tackle heavier subjects will appreciate the journey. This book might be upsetting to some children though so evaluate whether or not it is appropriate.

Our dad died: the true story of three kids whose lives changed (Book)

BF575 C5 D411 2003

When Amy and Allie were eight and David was four, their father died unexpectedly in his sleep. For the next two years, with their mother's help and encouragement, they kept journals about their reactions to their loss. The chapters are organized chronologically from the time they learned the news through their return to school and other activities. At the end of each chapter, the children provide additional thoughts, as they look back five years later.

Tear soup: a recipe for healing after loss (Book & DVD)

BF575 C5 S415 2008

A book about grief for all ages.

For Young Children

Aunt Mary Buttons (Book)

BF575 C5 J76 1995

The narrator remembers being a baby and being given a button blanket by Aunt Mary. Aunt Mary comes to live with the family when the narrator is five and she is seriously ill and dying. She sings a song to the young child who is afraid of death but does not understand its meaning. After the death of Aunt Mary, the child continues to give others buttons in remembrance.

Badger's parting gifts (Book)

BF575 C5 V315 1984

Badger's friends are overwhelmed with their loss when he dies. By sharing their memories of his gifts, they find the strength to face the future with hope.

Big "D" (Book)

BF575 C5 K29 2016

A picture book about a young child asking questions when his grandfather dies.

Fall of Freddie the leaf: a story of life for all ages (Book)

BF575 C5 B977 1982

As Freddie experiences the changing seasons along with his companion leaves, he learns that death is part of life.

- Gentle willow: a story for children about dying** (Book) **BF575 C5 M657 1993**
When the willow tree gets sick and nothing will make him well, his friends in the wood learn about death, and saying good-bye.
- Giving tree** (Book) **BF575 G44 S587 1964**
Story of a tree's love for a little boy and how, as he grew older, the tree gave more and more of itself to him.
- It must hurt a lot: a book about death and learning and growing** (Book) **BF575 C5 S225 1985**
A picture book about a young boy whose puppy dies.
- Lifetimes: a beautiful way to explain death to children** (Book) **BF575 C5 M527 1983**
This book talks about the various lengths of life spans for plants, animals, and people and shows that dying is very much a part of living. It explains that there is a beginning and an end with living in between, and that sometimes things are too hurt or ill to continue living, so they die.
- Nana upstairs and nana downstairs** (Book) **BF575 C5 D419 1997**
About a boy's relationship with his grandmother and great grandmother which teaches him about death.
- Samantha Jane's missing smile** (Book) **BF575 C5 K17 2007**
Picture book about a young girl who misses her father.
- Something very sad happened** (Book) **BF575 C5 Z94 2016**
A toddler's guide to understanding death.
- Tenth good thing about Barney** (Book) **BF575 V798 1998**
This book tells the story of a cat who dies and is buried. The child and father discuss heaven, and later they plant seeds in the garden. The father explains that Barney will become part of the ground and help plants grow, which they decide is a pretty good job for a cat.
- What's heaven?** (Book) **BF575 S561 1999**
Follows the conversations that pass between a mother and a young daughter in the days immediately following the death of the child's special great-grandmother.
- When dinosaurs die: a guide to understanding death** (Book) **BF575 C5 B878w 1996**
Answers some very basic questions: "Why does someone die?" "What does dead mean?" "What comes after death?" Other questions deal with emotions, and there's a section about death customs.

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

Answering a child's questions about death (BC Cancer)

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Talking to My Family.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Grief Websites.

American Cancer Society

www.cancer.org

Click on Treatment & Support→Children and Cancer→Helping Children When a Family Member has Cancer.

Topics include: dealing with recurrence or progressive illness; dealing with a parent's terminal illness; when a child has lost a parent.

Cancer in My Family

www.cancerinmyfamily.ca

For young children (ages 6-10) who have a family member with cancer.

KidsGrief.ca

<http://kidsgrief.ca>

Provides guidance to parents on how to support children and teens who are grieving the dying or death of someone in their life.

KidsHealth

<http://kidshealth.org>

Click on For Parents→Emotions & Behavior→Feelings & Emotions→Helping Your Child Deal with Death.

Provides information for parents to help their child deal with death.

Kids Konnected

www.kidskonnected.org

Kids Konnected provides education and support for children and teens that have a parent with cancer or have lost a parent with cancer, and for their parents and friends.

Sesame Street Grief Toolkit

www.sesamestreet.org/toolkits/grief

Tips, videos, children's story, and guide to help young children express emotions and begin the process of moving forward.

Single Fathers Due to Cancer

www.singlefathersduetocancer.org

Contains information, resources, and short videos for fathers adjusting to being sole parents and working through their grief and that of their children.

This website has information and videos that can help teens understand grief and support them as they go through it.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

BC Cancer Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at **www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling**

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
Kelowna	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
Prince George	Toll-free 1.888.675.8001, ext. 8001
Surrey	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
Vancouver	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
Victoria	250.519.5517 or toll-free 1.800.670.3322