

BOOKS

Reducing the Risk of SIDS

14 Ways to Protect Your Baby from SIDS - by Rachel Y. Moon, M.D., and Fern R. Hauck, M.D., M.S.

This book is written by the 2 leading SIDS Researchers. It is a practical book that is easy to read that will put you on the right track to keeping your baby safe while they sleep.

Grief

SIDS & Infant Death Survival Guide: Information and comfort for Grieving Family & Friends & Professionals Who Seek to Help Them - by Joani Nelson Horchler and Robin Rice

“Formerly THE SIDS SURVIVAL GUIDE, this anthology was re-named in 2003 to reflect a broader readership. Revised and updated for 2003, it provides new research information and new articles and poems by parents who've lost children to SIDS and other deaths such as suffocation. Nineteen chapters cover everything from the particular grief of mothers, fathers, siblings, grandparents, and child-care providers to guilt, anger, dreams, premonitions, peer and professional support, planning funerals, enduring anniversaries, and having subsequent children.” (Description obtained from GoodReads (www.goodreads.com))

When Goodbye is Forever – Learning to Live Again After the Loss of a Child - by John Bramblett

Written by the father of a 2 year old son who was run over by a truck and killed in his own driveway.

Surviving the Loss of a Child: Support for Grieving Parents - by Elizabeth B. Brown

Nothing can steal peace and joy and undermine the very foundation of someone's life like losing a child. It is devastating on a level that most of us can't imagine. Written after the loss of the author's own child, *Surviving the Loss of a Child* offers encouragement and hope to those who may think they will never be able to live fully after such tragedy. Bereaved parents, as well as friends, counselors, pastors, and caregivers, will find this book a source of comfort and discover coping mechanisms as they move through their grief. Revised and updated, it has short chapters that are easy to take in, perfect for people going through this difficult time.

Unexpected Goodbye: When Your Baby Dies - by Angela Rodman

A book for parents who have lost babies during pregnancy, birth, or after birth. Written by a mother who lost a child less than two hours after birth, *Unexpected Goodbye* contains the advice and words she wanted to read. *Unexpected Goodbye* covers everything from funeral choices to the postpartum period to returning to work. There is even a chapter on a father's grief as well as a chapter for family and friends. *Unexpected Goodbye* is for everyone who has lost a baby, and everyone who knows someone who has lost a baby.

A Letter to Brody - by R.S. Guthrie

This is a letter, written in lieu of a eulogy by a grieving father to his son, who died at two months of age from Sudden Infant Death Syndrome (SIDS). It is a heartfelt tribute, meant to resonate with any parent who has lost a child; a beacon, perhaps---a suggestion of light and hope within the maelstrom of unimaginable, devastating loss.

Beyond Tears: Living After Losing a Child, Revised - by Ellen Mitchell, Rita Volpe, Ariella Long, Phyllis Levine, Madeline Perri Kasden, Barbara Goldstein, Barbara Eisenberg, Lorenza Colletti, Audrey Cohen, Carol Barkin

Meant to comfort and give direction to bereaved parents, *Beyond Tears* is written by nine mothers who have each lost a child. This revised edition includes a new chapter written from the perspective of surviving siblings. The death of a child is that unimaginable loss no parent ever expects to face. In *Beyond Tears*, nine mothers share their individual stories of how to survive in the darkest hour. They candidly share with other bereaved parents what to expect in the first year and long beyond:

- *Harmonious relationships can become strained
- *There is a new definition of what one considers "normal"
- *The question "how many children do you have?" can be devastating
- *Mothers and fathers mourn and cope differently
- *Surviving siblings grieve and suffer as well
- *There simply is no answer to the question "why?"

This sharing in itself is a catharsis and because each of these mothers lost her child at least seven years ago, she is in a unique position to provide perspective on what newly bereaved parents can expect to feel. The mothers of *Beyond Tears* offer reassurance that the clouds of grief do lessen with time and that grieving parents will find a way to live, and even laugh again.

Healing a Parent's Grieving Heart-100 Practical Ideas After a Child Dies - by Alan Wolfelt

Presenting simple yet highly effective methods for coping and healing, this book provides answers and relief to parents trying to deal with the loss of a child. Its offers 100 practical, action-oriented tips for embracing grief such as writing a letter to the child, spending time with others who will listen to the story of your grief, creating a memory album, box or website: and remembering others who may still be struggling with the death. The guide discusses common problems: marital stress, helping surviving siblings, dealing with hurtful advice and exploring feelings of guilt. A compassionate resource that will aid parents who have been through the death of a child whether recent or many years ago.

Healing Your Grieving Heart: 100 Practical Ideas - by Alan D. Wolfelt

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Each book, geared for mourning adults, teens, or children, provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that living their lives can begin again.

How Can I Help: Twelve Things to Do When Someone You Know Suffers a Loss and What Will Help Me: Twelve Things to Remember When You Have Suffered a Loss - by James E Miller

We have used this book for those who wish to volunteer in our peer support program. It is a simple, well-written book. Held one way this book is for those who are grieving. It has twelve brief and easy to read chapters. It offers ideas about how to cope in healthy ways. Held another way this book is for those who are helping the bereaved. It offers twelve chapters of practical advice to help those in need of grief support.

Grief Books for Children

Isabelle's Dream a Story and Activity Book for a Child's Grief Journey - by Betsy Bottino

Ages 4-10 In memory of Sophia Nagle, who succumbed to SUDC, the author Betsy Bottino Arenella has generously donated all her royalties towards SUDC research.

Dancing on the Moon - by Janice Roper and Lauren Grimm

Age - baby to preschool This book is designed to help families coping with a SIDS loss. Written by a parent whose 3-month-old son died of SIDS. This is a story about 6 year old Carly who experienced confusion and sadness after the death of her baby brother, Nigel. In a dream she flies to the moon and finds Nigel who assures her that he will always be with her in her heart. May be confusing to young children i.e.: Can I go to the moon and find my sibling? Though may fill a need for hope and comfort in the life of a young child.

I'll Always Love You - by Hans Wilhelm

Ages 4-8 This story is about Elfie, a dachshund, and her special boy who go through life together. One day Elfie doesn't wake up. The family grieves and buries her. Very sweet and tender.

The Fall of Freddy the Leaf - by Leo Buscaglia

Ages 4 – 8 This is a warm, wonderfully wise and strikingly simple story of Freddy the Leaf-how Freddy and his companion leaves change with the seasons, finally falling to the ground with the winter's snow. This is a classic and wonderful for explaining death to a child.

Sad Isn't Bad- A Good Grief Guidebook for Kids Dealing with Loss - by Michaelene Mandy and RW Alley

Ages 4-8 This book is loaded with positive, life affirming advice for coping with loss as a child. This guide tells kids what they need to know: the world is still safe, life is good and hurting hearts do mend.

This Book is For All Kids but Especially For My Sister Libby. Libby Died - by Jack and Annette Simon

Ages 4 – 8 Children ask many questions about death and this book explores some of the common ones. Will bring a tear to your eye. The illustrations are colorful and wonderful.

The Badger's Parting Gifts - by Susan Varley

Ages 4 – 8 All the animals loved badger and when he dies they are overwhelmed by their loss. Then, they begin to remember and through their memories the animals find strength to face the future with hope. Very sweet, simple and well illustrated.

What on Earth to Do When Someone Dies - by Trevor Romain

Ages 9 - 12 This simple, insightful, straight-from-the-heart, this book is for any child who has lost a loved one. The author talks directly to kids about what death means and how to cope. Answers questions kids have: why, how, what next, is it my fault, what's a funeral, in basic straightforward terms.

I Wish I Could Hold Your Hand - by Pat Palmer and Dianne O'Quinn Burke

Ages 9 -12 This warm and comforting book gently helps grieving children identify their feelings and learn to accept and deal with them. It has wonderful heartwarming illustrations. Simple direct writing to help children discover that it is normal and natural to feel the pain of loss.

Healing Your Grieving Heart: 100 Practical Ideas For Kids - by Alan Wolfet

Ages 9-12 A clear concise book with sensitivity and insight that offers suggestions for healing activities. It acknowledges that death is a painful part of life. It offers ideas and activities aimed at reducing confusion, anxiety and the huge personal void so that the living can begin their lives again.

Healing a Grieving Heart: for Teens - by Alan Wolfet

Ages: Young Adult A book written in clear, user-friendly prose. 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. It seems to work with rather than talk at teens as they tackle the problem and solution process.

A Child Remembers - by Enid S. Traisman

Ages 8 -12 A Write in memory book for bereaved children ages 8-12. This is a unique tool for children who are greiving the loss of someone they love. There are pages for writing about the person's life and death, a goodbye letter, pages to draw the service and more. Keeps memories safely preserved.

Where's Jess: For Children Who Have a Brother or Sister Die - by Marvin Johnson

Ages 3-6 Illustrated by Paris Sieff, age 8. Simple and easy for children to understand. For siblings who had baby at home.

Stacy Had a Little Sister - by Wendie Old

Ages Preschool – Grade 3 When Stacy's baby sister is a victim of Sudden Infant Death Syndrome, her parents are faced with explaining the tragedy to her. The story does a competent job of anticipating the fears and concerns of a young child and of providing comfort and reassurance. Particularly well presented are the themes of jealousy upon the infant's arrival and feelings of guilt in the aftermath of her death. The watercolor illustrations are serviceable and help to convey the family's emotions. A note to parents gives some facts about SIDS and an address to write to for more information. Very few titles, if any, are available on this topic for children, so this bibliotherapeutic offering will fill a need.