

Dealing with Tough Times



After your child has died - for newly bereaved parents

Tricia Irving and Andrew Thompson, Skylight

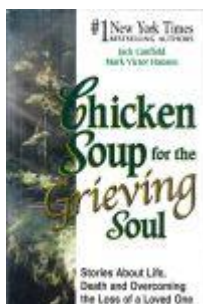
This book takes a look at what grief is and at the sorts of experiences bereaved parents often have after their child has died, explores ways to ease the pain of loss, help support children and teens and lists other resources available.



Bereavement - Help for the family who have lost a CF child

CF Trust, UK

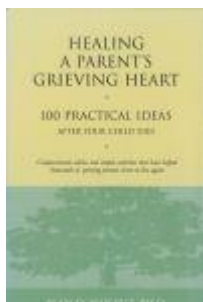
This leaflet is meant to help understanding how bereavement will affect you and your family, informing you or the recognised stages of grief and providing assurances that each is a normal reaction to loss.



Chicken Soup for the Grieving Soul

Jack Canfield, Mark Victor Hansen

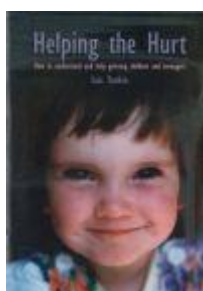
Stories about life, death and overcoming the loss of a loved one.



Healing a Parent's Grieving Heart

Alan D Wolfelt

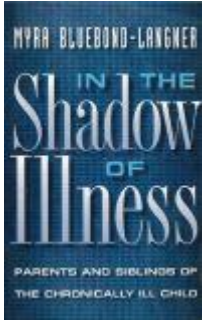
100 practical ideas after your child dies. Compassionate advice and simple activities that have helped thousands of grieving parents learn to live again.



Helping the Hurt

Lois Tonkin

How to understand and help grieving children and teenagers.



In the Shadow of Illness - Parents and Siblings of the Chronically Ill Child

Myra Bluebond-Langner

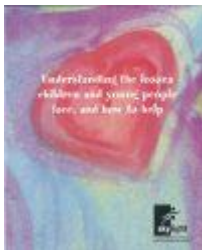
What is it like to live with a child who has a chronic life-threatening disease? What impact does the illness have on well siblings in the family? This book illuminates the lives of those who live in the shadow of chronic illness.



Rain, Hail or Shine

Tricia Irving, Skylight

Exploring change loss and grief in a carer's world



Understanding the losses children and young people face, and how to help

Skylight

Recognising what is loss and the reactions to it by children and teenagers. Providing suggestions on how to help youth at each age.