

Additional resources for kids, teens, and their families

When a family member is living with an advanced serious illness



About The Dougy Center

Since 1982, The Dougy Center has provided hope and healing to children, teens, young adults and their families grieving the death of a parent or sibling. Through the *Pathways* program, The Dougy Center provides support when a family member is living with an advanced serious illness.

The Dougy Center offers a variety of additional resources, including books, activity journals, tip sheets, brochures, DVDs, and more related to grief. Visit dougy.org to find out more.



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Family Ties Through an Advanced Serious Illness

by The Dougy Center

This package of three resources includes something for everyone in the family when there has been a diagnosis of an advanced serious illness. The Guidebook for Adults, Activity book for Children & Teens, and the Huddle or Hoopla card game provide valuable information and fun activities that facilitate communication, connection and creating memories within the family at a challenging time in their lives.

Let My Colors Out

by Courtney Filigenzi

This comforting book walks young children of cancer patients through the range of emotions they're likely to encounter and provides a message of hope. A young boy uses color to express a range of emotions as his mother undergoes cancer treatment. Some days he's sad, some days he's happy, and other days he's scared or angry. The boy comes to realize that these ups and downs are perfectly normal for his situation, and he does not have to feel guilty about his feelings.

Help Me Say Goodbye

by Janis Silverman

Help Me Say Goodbye is a workbook to help young school-aged children begin to think about and acknowledge their experience and feelings when someone important to them is terminally ill and subsequently dies. Each page offers a brief suggestion for drawing or writing in response to the anticipated or recent loss. Many of the activities involve consideration of others, including family and friends in the experience of loss. *Paperback, 32 pages.*

Someone Special is Very Sick

Jim and Joan Boulden

This is an easy-to-read workbook offering validation and support to young children grades K-2 concerned about the illness of someone they care about. A good conversation starter with the right amount of timely information interspersed with cartoon-like illustrations that appeal to this age group. *Paperback, 32 pages*

Gifts of Life: An Activity Book About Someone Who is Very Special To Me and Who is Also Very Sick

by Jodi Puhalla-Neumann, LSW

The purpose of this activity book is to teach children about grief, to recognize and express feelings of grief, to open communication between children and adults, and to teach healthy methods for coping. Designed to allow children to draw and color the pictures that tell their own story, adults are encouraged to listen carefully without judgement, and to focus on the child's ideas and suggestions.

Gifts of Life for Teens: When Someone in Your Life is Faced with a Life Limiting Illness

by Hospice of the Red River Valley

When someone in a teen's life is faced with a life limiting illness, this book gives a place for them to explore their feelings. That place might include journaling, reading, talking, or not talking. It may encourage teens to continue to find normalcy in their daily life without feeling bad about it. Hopefully, it will encourage teens to examine their feelings and express them feelings in their own special way. This book can also provide tips for friends, parents and caring individuals who want to help a teen during a time when everything seems out of control.

A Teen's Guide To Coping: When a Loved One is Sick and Preparing to Die

by Fairview Hospice

Here is essential help for teens to sort out their feelings, learn to cope, and answer questions when someone is dying. Guided journal pages help record thoughts and events and preserve memories. A small but thorough handbook for teens.

What About Me?

by Allan Peterkin

What About Me? addresses the many complicated feelings and concerns of the well child who has a sibling who is sick.

A Family's Journey: A Handbook for Living with Illness and Finding Hope

by Patricia Ellen, Ginny Keegan, and Frankie Odom

When illness enters a family, it can be both a difficult time and an opportunity to strengthen family ties. This guidebook from The Center for Grieving Children's Tender Living Care program shares stories of families and the ways they have found to deal with the ups and downs an illness brings. From the point of diagnosis, this book will help families as they adjust to the changing realities of serious illness. Activities at the end of each chapter help to both explore the feelings that arise during illness and to celebrate family life.

Helping Kids Cope: When a Loved One is Sick and Preparing to Die

by Fairview Hospice

This booklet concisely explains how to talk with children about dying, visiting an ill person, participating in caregiving, and funerals and memorials. It helps parents identify both normal and troubled reactions to loss in children. *Paperback, 16 pages.*

How to Help Children Through a Parent's Serious Illness

by Kathleen McCue

In this supportive and practical guide, a leading child specialist explains the special needs of children whose parents are seriously ill and dying. She then carefully guides caregivers in what they can do to support children in gaining resilience to help them cope and grow across the lifespan. *Paperback, 220 pages.*

Preparing the Children: Information and Ideas for Families Facing Terminal Illness and Death

by Kathy Nussbaum

It's difficult to know how to prepare for a journey of serious illness. The fear of death often tempts us to focus exclusively on a cure rather than preparing our families for the possibility of death. It seems easier to avoid the subject rather than face some difficult and emotional conversations. Young parents may be especially prone to avoiding the subject of death as they fight desperately to get well and to protect their children from emotional pain. They often feel they are "giving up" if they even discuss the possibility of death. However, most children cope much better with painful experiences if they are given honest information and preparation rather than protection from the pain. *Paperback, 64 pages.*

When Someone Has a Very Serious Illness

by Marge Heegaard

This resource is designed to help children deal with their own serious illness or the illness of someone they care about through drawings and activities. It includes information to help families communicate and evaluate a child's understanding and feelings about family change, while teaching basic concepts of illness and healthy coping skills. *Paperback, 36 pages.*

Illness In The Family: Children Confronting Uncertainty - DVD

From Partners in Parenting

This unique 21-minute DVD, the only one of its kind, is an enlightening exploration of serious illness in the family, told from the healthy kid's perspective. The video weaves animation and a story-teller's narrative with heart-felt interviews from kids ages 4 to 16 as they cope with the roller coaster of shock, fear, and uncertainty. The children share their needs, hopes, and resiliency. The insights they developed along the way can be of great value to parents, teachers and other kids who find themselves on a similar path.

Grief Out Loud Podcast

Produced by the staff of The Dougy Center, Grief Out Loud brings a mix of personal stories; tips for supporting children, teens, and yourself; and interviews with professionals. Platitude and cliché-free, we promise! **FREE. Subscribe in iTunes or your favorite podcast platform.**

Episodes relating to families and living with an advanced serious illness:

- **Episode 8:** Living in Dying, Dying in Living: Grieving Before Death
- **Episode 19:** Advanced Serious Illness
- **Episode 53:** When Someone You Love is Dying
- **Episode 67:** Creating Legacies in the Face of a Terminal Illness
- **Episode 84:** The Worst News: Living with Cancer as a Young Adult
- **Episode 89:** When Someone You Love Has an Illness: A Sibling's Story
- **Episode 121:** The Goodbye Diaries: Marisa Bardach Ramel
- **Episode 124:** A Weed in the Garden of My Brain: Caroline Wright

Books can be found at:

American Cancer Society, www.cancer.org/shop

Centering Corporation, www.centering.org
or toll free 1-866-218-0101

Compassion Books www.compassionbooks.com
or 1-800-970-4220

The Dougy Center www.dougy.org or
503-775-5683

Podcast can be found at

dougy.org/podcast