

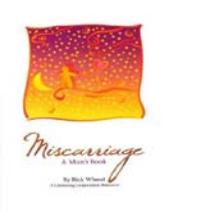
GRIEF RESOURCE REFERENCE GUIDE

Some Resources are also available in Spanish

All Resources are from the Centering Corporation

www.centering.org

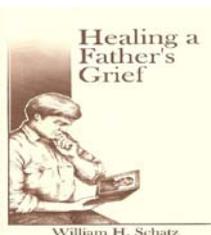
For Fathers



The author talks to men about their wives' sorrow, their own struggles and how to support each other. A different and unique book for men.



A Guide for the Father whose baby has died. Designed to provide men with some emotional and spiritual support for the family while giving information about men and grief. Includes: taking care of yourself, work anger and your next pregnancy.



Covers Role Problems which include: Macho Man, Competitor, Protector, Provider, Problem Solver, Controller, and then Overcoming Role Problems. Many good suggestions.



Helpful information for men. Makes a wonderful handout. This resource is also available in Spanish.

For Mothers

Teens



For teen mothers. Gives information about greif and the grief process, medical definitions, the baby's father, friends and family, grandparents, knowing when you're ready, answers to frequently asked questions; includes a resource page.

Singles

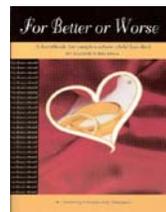


For women and men who are single and dealing with the death of a child in miscarriage, as an infant or as an older child. Addresses the question: Is grief different for a single parent?

Married



A gentle guide for parents whose child has died. By Sara Wheeler and Margaret Pike. Helps with funeral planning, practical issues, deaths of all ages of children, men and women's grief, phases of mourning, caring for yourself and unfinished business. "It doesn't matter if your child was the tiniest infant or one who grew to adulthood and even old age. It is the relationship with your child that forms these powerful emotions."



For strengthening marriages after a child dies. Looks at gender grief, building your relationship after your child dies, how to help each other heal; includes a grief chat. "While it's important to respect your spouse's needs, it's also wise to respect your own. You must take care of yourself both physically and emotionally before you can begin to help your partner or your children."

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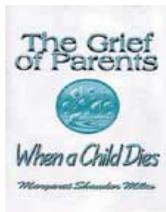
Married cont.



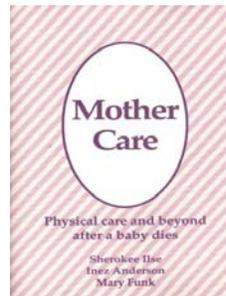
This compact book covers ideas for a memorial service to talking together. Information on how men and women grieve differently and how to strengthen your relationship after the loss of your baby.



Written to help give parents insights into the grieving process by those who have personally experienced the death of an infant. Covers the grief response, facing the world again, family members, and another pregnancy.



Many facets of parental & sibling grief are discussed in a clear, sensitive manner. Includes the grief response, coping with loss is difficult, recovery is possible, communicating with the spouse, communicating with the children and fears about going crazy.



Physical care and beyond after a baby dies
Mother Care is a new resource to aid and empower bereaved mothers to take good care of themselves after their baby's death. The physical, emotional and spiritual components of healing are addressed in this short guide.



For families after the death in a multiple birth. Gives emotional support.

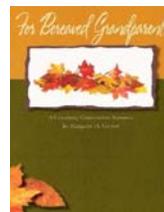


Addresses fears and anxiety for the next baby.

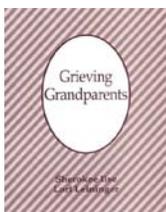
For Grandparents



An excellent resource for bereaved grandparents that includes information about how to help your child, what not to say and what to say instead, gifts to give, taking care of yourself, multiple loss, friends, faith and talking with your grandchildren.



Addresses the grief that grandparents feel when their children have a child die. Shows how grandparents can help their children while grieving themselves.



Explores the 'double' loss experienced by grandparents. Contains suggestions on how to support themselves as well as their children and more.

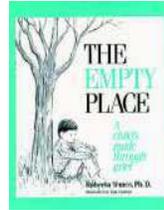
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For Siblings



A Book for Children and Parents Who Have Experienced Pregnancy Loss. This book is designed especially for children between the ages of two and six whose families have experienced a miscarriage, stillbirth, or neonatal death. The simple, clear story helps the child to understand what has happened, to deal with all of the feelings that are arising, and to continue to feel loved and secure.



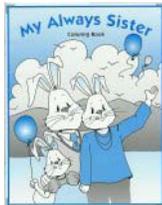
When a sibling dies, there is an empty place in the house, at the table, and in her brother's heart. Explores different feelings and positive ways to deal with grief. Ages 5-10.



A workbook for children whose brother or sister died
Includes pages for writing and drawing to help share thoughts and feelings. Begins with the family, finding out about the death, questions, and things to do to remember the baby. Ages 4-9. Revised 2006.

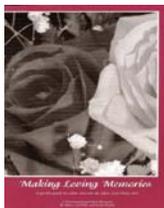


Expresses the excitement and anticipation children have while waiting for their new sibling to arrive, and the sudden, life-changing nature of an unexpected loss. Narrated by a young boy who shares his and his family's disappointment and grief over the loss of their baby.



For very young children. Callie, the bunny, talks about finding out his new baby sister was sick, so sick that she had to stay in the hospital. One day his Daddy told him that his new sister had died. There was a funeral with music. Callie had many emotions. He drew a picture of how he felt.

Burial Guides



A Gentle Guide To What you Can Do When Your Baby Dies. Includes: First things to do, deciding on a service, visitation, burial, your other children, grandparents and other helpful resources.

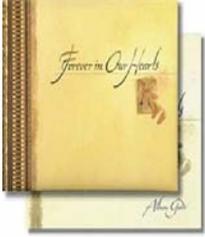


Focuses on autopsy, signing papers and early decision making. There are recommended songs, poems and service readings.

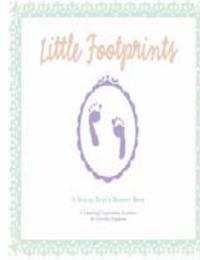
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Memory Books



A hardcover photo-journal album. Through a series of beautifully illustrated pages and accompanied by an album guide which provides more ideas as to how to use the album and how grief works, families can honor and remember the life of their precious child.



For parents of stillborn infants or those who die shortly after birth. Features a journal for feelings, memorable dates, pictures, lock of hair and a card from caregivers.



Includes journal pages, funeral information, birth/death certificate and more.



A soft cloud cover with places for you to write keepsake memories about the mother, father, pregnancy months, how the name was chosen, service information and pictures.