

PATHWAYS CENTER

for GRIEF & LOSS

BIBLIOGRAPHY FOR CHILDREN COPING WITH A SERIOUS ILLNESS

Aging With Dignity. **My Wishes** and **Voicing My Choices**.

A planning guide for adolescents and young adults. These publications help children and teens living with a serious illness to communicate their preferences to friends, family and caregivers. *My Wishes* is for children 6-12; *Voicing My Choices* is for teens.

*Barber, B. **My Life By Me: A Kid's Forever Book**.

A creative workbook for children living with serious illness. It encourages them to draw and write about who they are, who they used to be, and who they want to be. It can help others better understand a child's thoughts, feelings and experiences. Ages 6-12.

Fine, Judyline. **Afraid To Ask, A Book For Families To Share About Cancer**.

An informative, easy to read introduction to cancer that demystifies the disease as well as explains it. Any age.

*Heegard, Marge Eaton. **Living Well With My Serious Illness**.

This book helps children cope with the early stages of a serious illness through interactive drawing activities. Ages 6-12.

*Heegard, Marge Eaton. **Beyond The Rainbow**.

Through creative and interactive drawing activities, this workbook is a helpful, non-threatening tool that helps children face the advanced stages of their serious illness. Ages 6-12.

*Jacobs, J. & Lorig, S. **Chill & Spill: A Place To Put It Down And Work It Out**.

A creative journal offering a combination of writing and drawing activities that will help teens explore feelings and thoughts as they cope with everyday challenges and stressors.

*Karst, P. **The Invisible String**.

Specifically written to calm a child's fear of being apart from the ones they love and reminds children and adults they are never truly alone. Ages 4-12.

Melissa's Living Legacy. **The Road I Followed**.

A guided workbook that helps terminally ill teens chronicle their life and facilitates conversation with family members – wishes, fears, treasure memories and hopes for the future.

*Mellonie, Bryan and Ingpen, Robert. **Lifetimes - The Beautiful Way To Explain Death To Children**.

Explains life and death in a very simple, practical way. Helps all ages to understand the natural cycle of life. Any age.

*Penn, A. **The Kissing Hand**.

Told through the eyes of Chester the Raccoon as he anticipates his first day of school, this story is for any child coping with separation from a loved one. Ages 4-12.

(*Available in the Pathways Center for Grief & Loss Resource Library)

