Bereaved Parent, Harriet Schiff
Step-by-step suggestions to help parents cope with the cycle of their grief, written by a bereaved parent.

The Fall of a Sparrow, Kent Koppleman
Story of how a father searched for and found meaning after the death of his son.

Goodbye My Child, Wheeler and Pike
Comforting book for parents anticipating or experiencing the death of a child.

Healing a Parent’s Grieving Heart: 100 Practical Ideas after Your Child Dies, Alan Wolfelt
Ideas to help grieving parents understand and reconcile their grief.

How to Survive the Loss of a Child, Catherine Sanders
This bereaved parent and psychologist guides other parents to rebuild their lives.

I’ll Love You Forever, Anyway, P. Lindstrom
Personal account of loss of a 27-year-old son.

Meditations for Bereaved Parents, Judy Osgood
35 bereaved parents shared their feelings, insights, and hopes.

Our Children Live Forever in Our Hearts, Children’s Mercy Hospital
Memory and comfort book with room for insertion of photos, mementos, and personal remembrances.

Parental Grief: Solace and Resolution, Dennis Klass
Scholarly text examining the strategies parents use to cope with the death of a child.

Recovery from the Loss of a Child, Katherine Donnelly
Reassuring book with accounts of various surviving parents.

Tear Soup, Schwiebert and DeKlyen
A story for adults and children about the healing journey through grief.

Understanding Your Grief, Alan Wolfelt
Ten essential touchstones for finding hope and healing your heart.
Websites

**www.alivealone.org Alive Alone** is a charitable and educational organization. Their purpose is to benefit bereaved parents whose only child or all children are deceased by providing a self-help network and publications to promote communication and healing.

**www.babysteps.com Baby Steps** is named after the baby steps that form the long and difficult road to recovery from the loss of a child. Their Web site contains resources for parents, siblings and other family members. It also includes on-line sharing for kids and adults.

**www.bereavedparents.com Bereaved Parents** offers information and support to anyone who has lost a child. It includes highlights from newsletters published by affiliates, as well as a monthly column. Also included is a Bereavement Self Help Resources Guide that indexes resources along with hundreds of listings for other resources and information.

**www.compassionatefriends.org The Compassionate Friends** is a national nonprofit self-help support organization that offers friendship and understanding to bereaved parents, grandparents, and siblings. Locate a chapter near you or use the on-line chat room.

**www.griefwarehouse.org Grief Warehouse** is a warehouse of information and personal experiences for parents coping with the loss of a child and a place to gather and share ideas toward developing new ways of coping and remembering.

**www.misschildren.org Mothers in Sympathy and Support (MISS)** is a nonprofit, volunteer-based organization committed to providing emergency support to parents after the death of their baby or child. The site includes on-line forums.

**www.pomc.com Parents of Murdered Children, Inc. (POMC)** provides the ongoing emotional support needed to help parents and other survivors facilitate the reconstruction of a “new life” and to promote a healthy resolution. The site includes on-line forums for all ages.

If you would like to talk with someone at Iowa City Hospice about your grief, please call us at (319) 351-5665 or 1-800-897-3052 or go to our website, www.iowacityhospice.org.