



# Resources for Families Coping with Serious Illness

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## Younger Children's Books

### A guide to helping children cope with a special person's illness (AGES 4-8)

Badger's Parting Gifts. Lucille Clifton. Henry Holt Publishers, 1983. This little picture book goes through the stages of grief in few words and big pictures.

Sammy's Mom Has Cancer. Sherry Kohlenberg. Magination Press, 1993. Sammy's mommy receives treatment for cancer, goes to the hospital for surgery, recovers at home and shares her continuing love for Sammy.

What is Cancer Anyway? Explaining cancer to children of all ages. Karen Carney. Dragonfly Publishers, 1998. This book provides basic information that is essential when someone in the family has cancer.

Henry and the White Wolf. Tim Karu. Workman Publishing Co, 2000. An illustrated storybook to help kids who are sick, have a sick parent, friend or sibling.

Tickles Tabitha's Cancer-Tankerous Mommy. Amelia Frahm. Nutcracker Publishing Company, 2001. Told through Tabitha's eyes, this book uses candor and comic reality to dispel the stereotypes and acknowledge the moody truths faced by families living with cancer.

## Older Children's Books

### A guide to helping adolescents cope with a special person's illness (AGES 9 +)

When Someone Has a Very Serious Illness: Children can learn to cope with loss and change. Marge Heegaard. Woodland Press, 1992. A workbook to be illustrated by the child with pictures and colors. An excellent resource for helping children learn the basic concepts of illness and how to cope.

Living with Grief: When Illness is Prolonged. Kenneth Doka. Hospice Foundation of America / Taylor & Francis, 1997. While Lisa was caring for her mother, who is in the late stages of cancer, the demands of caregiving takes it toll.

Sky Memories. Pat Brisson. Delacorte Books, 1999. During the year while ten year-old Emily's mother struggled with cancer and before she died, Emily and her mom develop rituals to commemorate their relationship.

The Rainbow Feelings of Cancer: A Book for Children Who Have a Loved One with Cancer. Chia Martin. Hohm Press, 2001. This heartwarming book features a child's artwork and writing about emotions evoked by her mom's illness. Opportunities for your child to speak, draw and consider their feelings.

Because Someone I Love has Cancer: A Kids Activity Book. American Cancer Society, 2002. Your child may struggle with the uncertainty and inevitable change that may come with a chronic illness which affects someone they know and love.

## ADULT BOOKS

### A guide for parents and caregivers in supporting and better understanding children through the serious illness of someone special

When a Parent has Cancer: A Guide to Caring for Your Children. Wendy Harpham. Harper Collins Publishers Inc, 2004. This is a parents guide that should help them talk more comfortably with their children and discusses approaches for preventing and responding to common problems in a healthy way.

Raising an Emotionally Healthy Child When a Parent is Sick. Paula K. Rauch & Anna C. Muriel. McGraw Hill, 2006. Understanding the interplay between development and your child's experience of your illness will help you support your child's evolving emotional health.

When a Parent Is Sick: Helping Parents Explain Serious Illness to Children. Joan Hamilton. Pottersfield Press, 2001. This book provides parents and caregivers with suggestions on how to approach children with the information that their parent is seriously ill.

How to Help Children Through a Parent's Serious Illness. Kathleen McCue. St. Martin's Press, 1994. This book supports children from the moment of diagnosis through the resolution of the illness. This practical handbook prepares parents on how to address their child's fears and questions.

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## **CHILDREN'S VIDEOS**

Why Charlie Brown, Why? NR. It's when friends need friends the most. A classmate's serious illness becomes a lesson in life for the Peanut kids.

## **TEEN VIDEOS**

A Walk to Remember. PG rating. (2002) Two teens from different backgrounds fall in love and soon realize that forever is unlikely when one teen is diagnosed with terminal cancer.

Here on Earth. PG rating. (2000). Romance develops between two teens when she is diagnosed with a terminal illness.

StepMom. PG-13 rating. (1998). A mother and stepmother learn to resolve their differences and support each other after learning one of them is diagnosed with cancer.

Marvin's Room. PG rating. (1996). A woman who is diagnosed with Leukemia asks her estranged sister for a bone marrow transplant. This is a story about love and support.

What is Eating Gilbert Grape? PG-13 rating. (1993). A tale of a young man's journey with his family and ill mother.

## **WEBSITES**

[www.growthhouse.org](http://www.growthhouse.org)

[www.kidsaid.com](http://www.kidsaid.com)

[www.acor.org](http://www.acor.org)

[www.child.com](http://www.child.com)

[www.childrensgrief.net](http://www.childrensgrief.net)

[www.erinshouse.org](http://www.erinshouse.org)