

Footprints in the Sand

This booklet has been prepared to give you and your family information and support during this sad and very stressful time. If we can answer any questions or be of any assistance please ask. Further information can be found in the Suggested Readings.

Our thoughts are with you.



Part of Footprints in the Sand
Bear Cottage's Bereavement Service



When your child has died at Bear Cottage

Staff at Bear Cottage are familiar with and sensitive to the shock and deep sadness that you, your family and friends experience when your child dies.

This booklet has been developed by our team to guide you and your family through this difficult time. Some of this information may be helpful now and other parts may be helpful later.

Families usually have many questions about what to do next, how to best tell other children and family members, what support is available and how they can best cope with their grief and support their family.

This booklet is provided in addition to the personal assistance and support provided to you by the Bear Cottage team. We encourage you to discuss any issues or concerns you may have with us.

Bear Cottage wishes to acknowledge and thank the families and other services who have shared their wisdom, information and experience.



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What should I do when my child dies?

After your child has died it is important to have the opportunity to spend time with them. This is a time that you can, if you wish, just be with your child, to touch, hold and cuddle your child. You may have decided who you would like to be with you at this time.

After your child dies you and your family can stay with them at Bear Cottage. You may wish to wash, dress or spend time with your child. You may like to do this yourself, with the help of family and friends or allow someone else to do this for you.

Bear Cottage staff can stay with you and if you wish can take hand and/or foot prints, sensitive photos and a lock of hair. These can be taken with you, or kept at Bear Cottage until you feel ready to collect them.

You and your family can stay with your child at Bear Cottage. Bear Cottage will transfer your child to our special room during this time. Many families find this comforting. Of course this is a very individual choice. Staff will discuss your thoughts and preferences with you.

When you are ready, our staff can assist you to contact the Funeral Director of your choice.

It is also possible for you to then see your child at the Funeral Home with family and friends.

We will endeavour to support you and respect your personal wishes and cultural and spiritual beliefs whenever possible. Please let us know what is important to you and your family.

“Bear Cottage staff can stay with you and if you wish can take hand and/or foot prints, sensitive photos and a lock of hair”



What will my child look like?

This is a question that most parents think about or ask as they try to prepare themselves for what is ahead. While you may feel nervous initially, this mostly lessens as you spend time with your child. Your child's body will feel different to touch and will start to cool. Our team will assist you at the time. Almost all parents comment on how peaceful and beautiful their child looks. Bear Cottage staff will be there to provide information and support.

How can our other children be included and supported?

It is important to create a safe space for your other children so they know they can ask questions. Your other children may like to be with you, to talk with and touch their brother or sister. They might like to help choose a toy or favourite belonging to be placed next to them. They may like to put a flower, letter or pictures they have drawn nearby.

It is important to provide clear information about what has happened and to prepare siblings and other children in the family about what to expect.

If you have other children they may be sad and lonely after their brother or sister has died. They will need to say their goodbyes. Protecting them by not including them in your grief may add to their feelings of loneliness and loss. Children need to be prepared prior to viewing the body to help them know what to expect. The staff at Bear Cottage can help you with this and support you and your family during this time.

If your child does view their sibling it is important to give them a detailed description of your child that has died including the colour of their skin, their temperature, how they will feel to touch and their appearance.

We would like to assist you during this difficult time and have more detailed information that may be helpful.

“Building resilience is especially important for bereaved children. Nothing can take away the sadness when someone important to them dies, but we can support them to feel good about themselves and help them find ways to manage the worries and uncertainties that come with this huge change in their lives.” Childhood UK

The cause of your child's death

The reason for your child's death will have been discussed with you by the Bear Cottage doctor or other specialists. It may be difficult to understand and remember all of the information given to you at such a distressing time. After you leave Bear Cottage you may think of further questions or want an opportunity to talk to us again. You can phone the staff at Bear Cottage to arrange this.

Occasionally the doctor will discuss the possibility of an autopsy (post mortem). This is the examination by medical experts of internal organs, including tests, to help define the cause of your child's death. This may provide other information that could be useful to your family and other families in the future. This procedure is done very carefully and respectfully.

Your consent is required for an autopsy to be performed. Mostly the decision does not have to be made immediately and you can take your time to discuss it with members of your family. If you are thinking you may like an autopsy please discuss this with staff as early as possible.

Reporting of a death to the Coroner

There are some instances where the law in New South Wales requires a death be reported to the Coroner. These include sudden unexplained deaths, an accident, if a death occurs less than 24 hours after an anaesthetic and if a child or young person is or has been in the care of the Department of Family and Community Services.

In these instances, the Coroner requires that an autopsy be done. While this may not be customary in some cultures, it is a legal requirement and Bear Cottage has no authority to prevent the Coroner's Autopsy.

In order to inform the Coroner, we are required to inform the local police. The local police act as agents for the Coroner. Their role is to come to Bear Cottage so you or a close relative may identify your child to them. This is a legal formality and the police are sensitive to your situation. Once the information on your child's death has been received by the Coroner, and the paper work has been completed, the Coroner will provide a death certificate and your child's body can be released for the funeral. This release can be arranged by the funeral director and the funeral arrangements can go ahead.

Bear Cottage staff will assist with further information and support during this process.

Arranging your child's funeral

A funeral is a time to honour your child and celebrate all the wonderful things about them. It is a time to share their story, your memories and sorrow and an opportunity to say goodbye with family and friends. It is important to say goodbye to assist your grieving and to provide an opportunity for your healing journey to begin.

A Funeral Director needs to be contacted to make funeral arrangements. You may wish to speak with a number of Funeral Directors before deciding on the one you feel most comfortable with. You are able to meet with them at your home, at their office or at Bear Cottage. There is no need for funeral arrangements to be rushed. It is important to take your time and make decisions when you are ready. Bear Cottage Social Workers or staff can support you through this process.

There are many decisions that need to be made during this time. An important initial decision is whether to have a burial or cremation. You will also need to think about who you would like to conduct the service, where you would like the service to be held and the people you would like to attend. These decisions are often difficult and painful to talk about and Bear Cottage staff are available to discuss this further with you.

The Funeral Director usually transports your child's body from Bear Cottage and collects the necessary papers. The Funeral Director will arrange for you to sign papers giving them permission to conduct the funeral and specifying costs.

Funeral costs vary considerably. It is important to know what services you will receive and how much each part will cost, including the cost for the cemetery or crematorium. You may wish to contact a number of different Funeral Directors to obtain written itemised quotes. If you are concerned about funeral costs or what is provided, please talk to the Bear Cottage Social Workers or staff to discuss your options.

If you do not feel comfortable with the Funeral Director feel free to find someone else who is able to make the necessary arrangements in a way that is supportive to you and your family.



Should siblings and other children attend our child's funeral?

If you are not sure about children attending the funeral it may be helpful to let them decide. Letting your children be involved in this decision may help in their adjustment to the death of their brother or sister or family member. Attending the funeral can be important to help children say goodbye. They will need to be informed of what to expect and how they can participate in the funeral. It is important that a supportive adult is available to accompany them.

Death Certificate

The NSW Registry of Births, Deaths and Marriages is responsible for issuing a Death Certificate. The Funeral Director usually notifies the Registrar of your child's death and can apply, on your behalf, for a Death Certificate and this will be sent to you registered mail. They can be contacted on **13 77 88**.



Who else to notify

There may be other people and organisations that you may need to notify following the death of your child. You may want to arrange a family member or friend to help you do this. The following list can be used as a guide.

- Family and friends
- Family doctor and health services
- Work colleagues
- Other health professionals
- Medicare/Private Health Fund
- Centrelink
- School
- Recreational clubs
- Religious or social organisations
- Any agency or service where you may receive a reminder for appointments etc
- Life insurance and superannuation
- Solicitor



Centrelink payments

If you are receiving any type of Centrelink payment it is important that you notify them about the death of your child, as your entitlements will change. You may be eligible for a special Bereavement Payment.

For further information you can phone Family Payments on **136 150** or Carer Payments on **132 717** or visit the website at **centrelink.gov.au**

Going home

Going home after the death of your child is often simultaneously daunting and desirable. Telling others about your child's death can be extremely difficult and distressing. Being back in your child's home is full of memories and dreams. After you return home it can be hard meeting up with family and friends, some of whom will not know what has happened. Going shopping, meeting neighbours, taking other children to school, returning to work and other activities can all seem overwhelming. Seeing other children or your child's friends can be a painful reminder of what has happened. It can be helpful to plan for these occasions.

There will be times when you lose interest in things around you and you may feel like withdrawing. Each person is very individual in how and when they are able to return to daily activities. For some, getting back into things and getting back into the family routine is helpful, others have little energy or interest.

"We are all just so grateful to have had those last days with our daughter at Bear Cottage. It is truly a very special place and to have had the privacy, comfort and level of care and support offered at Bear Cottage during that time was invaluable to all of us."



Grief

No one can anticipate how they will feel or react after the death of a child. Each person grieves and responds differently to the death of their child. No one can prepare you for how you will grieve. Parents and family often feel overwhelmed and experience intense and unfamiliar feelings. Initially most families struggle to believe that their child has died. Many parents report they do not know what they need or what might help. It is really important to get rest, eat well and get some exercise, even if you do not feel like it.

Grief is not a mental illness even though you may feel you have “gone mad”. While very painful, grief is a normal expected process that can include a wide range of reactions and changes in our emotions, behaviours, spirituality and bodies.

Emotional Reactions

You may:

- have feelings of numbness and not feel connected with the world
- feel unable to feel anything
- feel very teary or not able to cry at all
- be irritable, moody or angry
- feel very alone, lost or isolated
- be frustrated, feeling powerlessness or hopelessness
- feel angry about what has happened
- feel anxious or fearful of harm coming to yourself and others you love
- feel regret or guilt and wish you could have done things differently
- feel despair as you consider the finality of your child's death

Physical Reactions

You may:

- experience heart palpitations, breathing difficulties, dry mouth, over sensitivity to noise, stomach upsets and nausea, faintness and dizziness, muscular weakness and aches and pains, tremors in the your hands and lips, extreme fatigue
- have sleep and appetite changes
- experience agitation and restlessness and lack of co-ordination
- be easily startled
- have that heavy feeling in your heart or lump in your throat
- find you are now more susceptible to minor illnesses

Behavioural Reactions

You may:

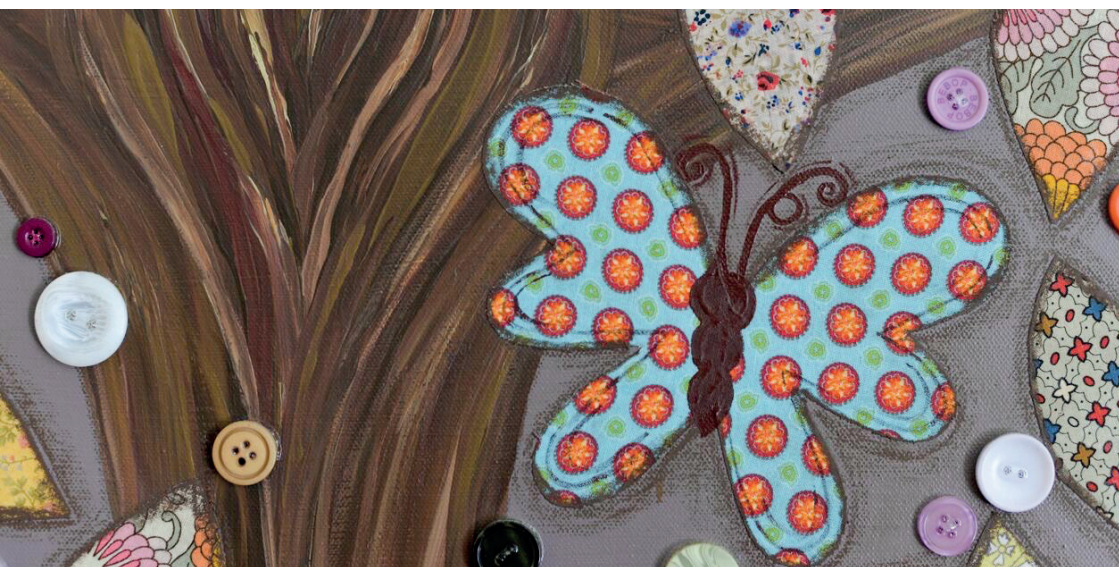
- not be able to focus or concentrate
- be forgetful and/or disoriented
- withdraw socially
- find yourself thinking more slowly and less able to make decisions
- become hyperactive
- lose interest in the usual pleasurable things
- have decreased or increased interest in intimacy, physical closeness and sex
- avoid reminders or become preoccupied with remembering
- have night waking and recurrent dreams
- have flashbacks
- find your intake of alcohol/drugs may change

Spiritual Reactions

You may:

- question or strengthen your faith
- question your values, priorities and beliefs
- feel you have lost purpose and meaning in your life

“Bear Cottage has made the worst part of our lives bearable, memorable and for moments here and there, enjoyable . . . You have each given us strength, we have needed all you have given, this now becomes the thing that defines us, the loss of a child, but you have made it the best it could be.”



Adjusting to your changed life

“Facing life without someone you love is a difficult and painful process. No one can fill the aching void and each day can bring constant reminders of their absence. Just getting through the day can seem like an insurmountable task. The future may seem uncertain and even frightening. It can take many months before you are able to dwell less on the sad events surrounding the death and start to function more as you did before the loss.”
(Jennie Thomas, OBE. Child Bereavement UK. 2013)

Reinvesting in the future

Reinvesting in the future and moving on with your life without your child is perhaps the most difficult task you face. It may feel like a betrayal. It is not about forgetting your child. It is more about finding ways of remembering your child in ways that comfort you without ruling your life. Very slowly and hesitantly at first you can begin to look to the future while taking pleasure in your happy memories. Life can become more meaningful again and you will feel more in control of your grief. You will be better able to choose when you want to reflect on your child and their life. Of course there will still be times when you have upsurges of your grief and your grief will again feel as powerful and vivid as it did initially.

While each person's grief and their way of coping is unique and individual, most of these experiences are normal. If any aspect of your grief is concerning you please consult a health professional. You do not have to manage this by yourself.

Your partner

Coping with grief uses a lot of energy. This can make managing each day a challenge and of course puts strain on our relationships. Your partner and other close family may grieve differently and you can feel lonely and misunderstood. It is not easy to maintain good communication in your relationship when you are grieving. Sometimes one of you may seem to be getting on with things while the other is deeply sad. It can seem like one of you has forgotten or doesn't care or that the other is just not coping. You and your partner's needs may be different. It is important to share thoughts and feelings and listen to each other's needs. There may be times that your partner cannot meet all your needs and it can be helpful to have other people to talk with.

“You all made it a special place for us to be, through your care and compassion. Through a terrible time it allowed us to focus on what was important, to place all our attention and love on our son.”

When you are single

If you do not have a partner you may feel isolated and not easily able to get your emotional and physical needs met. It is valuable to reach out to family and friends and have someone with you at this time.

Your friends and family

You may feel that other people expect too much of you. Your friends and family might feel awkward and not know what to say. They may avoid saying your child's name for fear of upsetting you. Mostly friends and family try to cheer you up and not upset you. You may have to be the one who puts them at ease, who talks and shares your feelings and begins to talk about your child. It is OK to tell people what helps and what does not.

Your other children

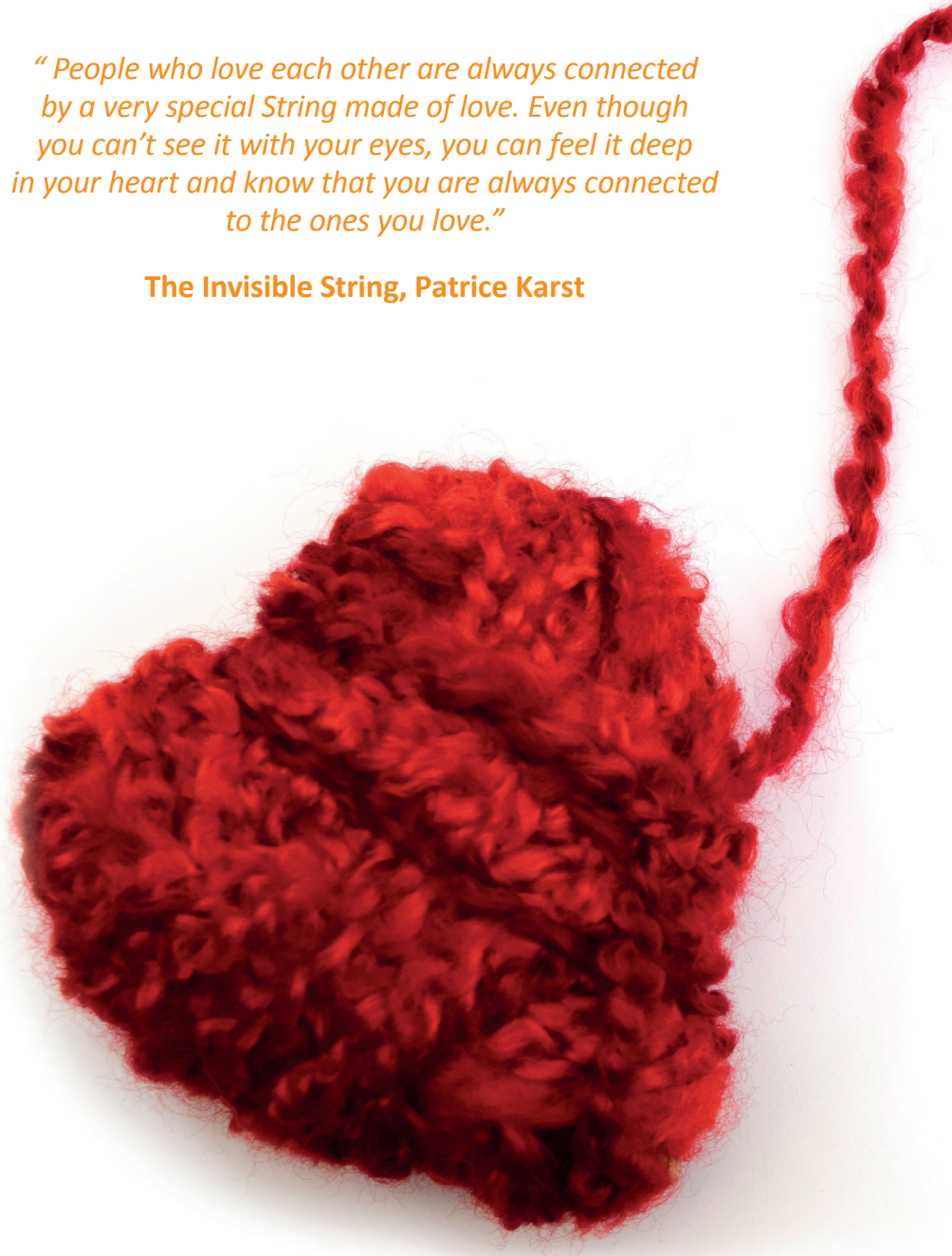
If you have other children, their reactions to their brother or sister's death will be unique and is greatly influenced by their age, their developmental stage, personality and the family, cultural and religious influences in their lives. Understandably you will have concerns and worries about how your other children will manage their grief.

More detailed information and suggested children's books are available.



“ People who love each other are always connected by a very special String made of love. Even though you can’t see it with your eyes, you can feel it deep in your heart and know that you are always connected to the ones you love.”

The Invisible String, Patrice Karst





Children and grief

It is worth remembering that a child's grief can vary greatly from adults. Many factors influence this, including age and developmental stage. The majority of children who experience loss will have three mutual concerns.

- Did I cause the death?
- Will I die?
- Who will care for me?

Age	Concept of Death	Grief Response
Birth – 2yrs	<ul style="list-style-type: none"> » Death as separation or abandonment. » Awareness that something is wrong. 	<ul style="list-style-type: none"> » Fussiness » Transient sadness » Separation Anxiety
2 – 4yrs	<ul style="list-style-type: none"> » Death as abandonment. » Believe death is temporary or reversible 	<ul style="list-style-type: none"> » Intense, brief response. » Ask repeated questions » Anxious about basic needs being met
4 – 7yrs	<ul style="list-style-type: none"> » Death Still seen as temporary and reversible 	<ul style="list-style-type: none"> » “Magical Thinking” – feel responsible for death » Repetitive questioning » Feel confused, distressed » Act as if nothing has happened
7 – 11yrs	<ul style="list-style-type: none"> » Beginning to understand permanence of death. » May think death is a punishment for bad behaviour. 	<ul style="list-style-type: none"> » May feel responsible for death. » Desire for details about death. » Concerned about response of others. » Developing ability to mourn and understand mourning.
12 – 18yrs	<ul style="list-style-type: none"> » Death as inevitable, universal, irreversible. » Abstract thinking. » True conceptualisation of death. 	<ul style="list-style-type: none"> » Depression, denial, repression. » May be more inclined to talk to people outside of family. » Feel embarrassed. » Place peer needs ahead of family. » Mourn in a conventional way

Speaking in an open, honest and age appropriate way with children can help them cope better with their loss. Encouraging and supporting them in planning and attending memorial services can further aid understanding of grief and associated feelings. Involvement of schools for on-going support is a positive step towards learning to live with the emotions and changes imposed by loss. It may also be worth considering professional bereavement support.

Signs of Distress	Suggestions to Promote Coping
<ul style="list-style-type: none"> » Clinginess » Irritable/tantrums » Crying » Difficulty sleeping 	<ul style="list-style-type: none"> » Simple, honest explanations » Verbal and non-verbal comfort and reassurance » Maintain routine
<ul style="list-style-type: none"> » Regression » Anxiety at bedtime » Fear of abandonment » Irritability 	<ul style="list-style-type: none"> » Simple honest explanations with repetitions » Physical comfort » Consistent routines » Reassure death is not contagious
<ul style="list-style-type: none"> » Sadness, anger » Feelings of abandonment » Changes in sleeping, eating patterns » Nightmares » Aggressive Play » Behavioural problems 	<ul style="list-style-type: none"> » Simple, honest explanations. » Check understanding. » Allow opportunity to express feelings. » Involve school. » Reassure they are NOT responsible for death.
<ul style="list-style-type: none"> » Sadness, anger. » Physical complaints. » Overactive to avoid thinking of death. » Feel ashamed, different. » Problems at school, withdrawing. » Concern with deceased's body. » Suicidal thoughts. » Role confusion. 	<ul style="list-style-type: none"> » Open, honest explanations. » Answer questions. » Give opportunity to express feelings. » Involve school. » Provide outlet for anger – sports, physical activities » Reassure they are NOT responsible for death
<ul style="list-style-type: none"> » Depression, anger, non-compliance. » Withdrawal from family. » Difficulty concentrating. » High-risk behaviours (drugs, alcohol, promiscuity) 	<ul style="list-style-type: none"> » Direct, honest conversations. » Encourage expression of feelings, thoughts. » Consistent limits balanced with freedom and choices. » Acknowledge grief, allow time to mourn. » Involve school.

Grandparents

When a child dies, grandparents are deeply affected by both the death of their grandchild and the deep distress of their son or daughter. Many grandparents look after their grandchildren and this child's death may mean a huge change in their daily life. Their grief is often overlooked.

Anniversaries and special occasions

Grief can be heightened by anniversaries, special occasions and at times, something totally unexpected. The event may be the time or day of your child's death, the first day of school, the anniversary of your child's diagnosis or death, other family member's birthdays, religious days, or family holidays. What you regard as a special occasion will be unique to you and your family.

Birthdays and other events that are important to you as a family can trigger memories and increase your sense of loss and change. It can be helpful to talk about this with your family and friends and plan activities that suit you at this time. These may not be the usual or traditional ways you would have celebrated in the past. You may find you cannot decide what you want to do. It is OK to build in flexibility by letting your family know that your plans may change. Some parents talk about wanting to be alone while others want to be with people that are comforting.



Some things that might help

When you are grieving it is important to look after yourself.

- Getting as much rest as possible and try to get back into good sleeping patterns
- Gentle exercise helps. Try to get out into the fresh air and take a short walk each day
- Slow down and give yourself permission to let go of some of your responsibilities
- Try to eat small nutritious meals even if you have little appetite
- Resuming some of your usual activities as you are ready
- Being gentle with yourself and taking time out to do things you like
- Giving yourself time to talk and share your feelings
- Having time to be alone
- Accepting help from family and friends
- Talking to other parents who have had a child die
- Talking about your child and keeping them a part of your family
- Creating a memory book or box for all those special belongings and photos
- Some parents have found that planting a tree or garden, donating in memory of their child so this may not happen to another child, establishing a memorial or developing a research or support group can be helpful
- Keeping a journal or a diary
- Treat yourself or do something that you enjoy or that keeps you busy
- Avoid overusing alcohol and non-prescription drugs
- Give yourself permission to both grieve and be happy sometimes
- It can help to prepare ahead for some of the questions people may ask

When to seek help

There is no “right” way or time to grieve. Many people find additional support and counselling helpful at this time. If you are concerned about yourself or someone you care for, then it is advisable to contact a health professional and discuss your concerns.



Footprints in the Sand

Bear Cottage Bereavement Service

Providing bereavement support is an essential part of what Bear Cottage offers. In the days or weeks following the funeral your Key Worker and/or Bear Cottage Social Worker will make contact with you. If you feel you need to speak to someone from Bear Cottage before they call you, please do not hesitate to contact us on **9976 8300 or 9976 8309** at any time.

Sometimes it can be helpful to have the opportunity to return to the hospital or Bear Cottage to meet the staff to go over aspects of your child's illness or to talk with the people that were involved in your child's care – we are happy to help organise this if you feel it would be beneficial.

For some families returning to Bear Cottage and seeing the staff is important and helpful. Although families are welcome at any time we also organise regular opportunities for families to come back, see staff and to meet other bereaved families.

Back to Bear Cottage BBQ

Every few months we hold a family BBQ for bereaved families. They are held at Bear Cottage on a Saturday or Sunday and are an opportunity for families to come back, to catch up or meet other families and see staff. They also give siblings the chance to come back to Bear Cottage. Bear Cottage may have become a very important place for them too, and the BBQ gives them a chance to re-visit the building, the people and meet old and new friends. It is an informal event where families and staff can share food and drink and give each other support.

Footprints in the Sand Camp

This Camp for our bereaved families offers an opportunity for families to spend a weekend together and with other bereaved families. Our planned program includes activities for all ages, families can relax and have a bit of pampering and everyone can meet new or re-connect with old friends.

Remembering Day

Bear Cottage values the importance of remembering and paying tribute to the children who have died. Our Remembering Service includes the whole family, with activities for siblings and a formal Remembering Service. They are held regularly. All staff and families are invited.

Bereavement Morning Tea

Our morning teas enable parents to come together to meet other parents and provide support to each other. Limited child care is available.

Camps

As well as our Footprints in the Sand Camp, Bear Cottage also runs a number of other camps throughout the year that cater for the needs of the whole family.

Siblings

Our **Sibling Days** and **Siblings Camps** cater for all ages and are for bereaved and non-bereaved siblings. They offer a planned program of support, fun, creativity and challenging activity. It is also a chance to catch up with friends and just have fun.

Parents and Grandparents

We also offer camps for mums, dads and grandparents that offer the chance to take time out to relax and connect with others who are travelling similar paths. Over these few days, lifelong bonds and friendships are built allowing for opportunities to share tears, laughter, advice and to offer support.

Wellness program

BootCamp and **PitStop** are our wellbeing programs held over several months for mums and dads. Each participant sets personal health, nutrition and life goals. It includes information and education on healthy eating, the importance of exercise and stress relief and an opportunity to try a variety of exercise options.

Superhero Week

All the children and their families that come to Bear Cottage are Superheroes in our eyes so one of our fundraisers is Superhero Week. We kick start the week with a huge superhero party at Bear Cottage and all families are invited.

Christmas Party

Every December Bear Cottage holds an enormous family Christmas party. Although we acknowledge how difficult Christmas can be for our bereaved families, it is an opportunity to come back to Bear Cottage to see staff and other families.

"I watched as she left us, and it brought me straight back to the balcony at Bear Cottage, the day she was finally free."

Support groups and further information

During this time you may feel a wide range of feelings, sadness, anger, regret, guilt, disbelief, fear and anguish – all of which are normal.

- **Your General Practitioner / Area Health Service** will have bereavement support services available for you. Please call Bear Cottage if you need assistance in arranging this support.
- **The Compassionate Friends** is a world-wide self-help group for parents that have lost a child of any age and through any cause. They offer support and understanding.
thecompassionatefriends.nsw.org.au | (02) 9290 2355
York Street Centre, Room 802, 8th Floor, 32 York street, Sydney, NSW, 2000
- **Bereavement Care Centre**
Provides comprehensive and accessible counselling and support services for recently bereaved families.
childhoodgrief.org.au | 1300 654 556 | 14 Hollis Ave, Eastwood, NSW, 2122
- **National Association for Loss and Grief (NALAG)**
Provides free loss and grief support to those who are grieving, either face to face or via telephone.
nalag.org.au | (02) 6882 9222
- **Sids and Kids**
SIDS and Kids bereavement support services assist families who have experienced the sudden and unexpected death of a baby or child, during birth, pregnancy or infancy, regardless of the cause. Their support services are extensive and include counselling, parent and family support, peer support, sibling support, grandparent support groups, group activities, annual memorial services, telephone counselling and a national 24 hour freecall 1300 bereavement support line.
sidsandkids.org/bereavement-support | 1300 308 307
- **Lifeline**
Provides access to a 24 hour crisis support and suicide prevention for anyone experiencing a personal crisis.
lifeline.org.au | 13 11 14
- **Australian Centre for Grief and Bereavement**
Provide information including a pamphlet –
“After the Loss of a Child. A resource for parents of children in palliative care”.
grief.org.au
- **Headspace**
Provides early intervention mental health services to 12 - 25 year olds.
headspace.org.au | 1800 650 890 | 9am - 1am
- **Cancer Council**
cancercouncil.com.au | 13 11 20

- **RedKite**
Provides information and emotional and financial support to parents who have lost children to cancer
redkite.org.au | 1800 733 548
- **Griefline**
Provides a dedicated grief helpline service providing counselling support services free of charge
griefline.org.au | 1300 845 745 | 12pm - 3am
- **Dougy Centre**
dougy.org
- **Cruse Bereavement Centre (UK)**
cruse.org.uk
- **Victoria Hospice**
victoriahospice.org.
- **Winstons Wish (UK)**
winstonswish.org.uk
- **Childhood Bereavement Trust (UK)**
childhoodbereavementuk.org



Reading material

Children

- **Gentle Willow**
Joyce C Mills
- **Badgers Parting Gift**
Susan Varley
- **When Dinosaurs Die**
Laurie Krasny-Brown and Marc Brown
- **Always and Forever**
Alan Durant
- **No Matter What**
Debbi Glior
- **Lifetimes**
Bryan Mellonie and Robert Ingen
- **The Invisible String**
Patrice Karst
- **What Does Dead Mean?**
Caroline Jay and Jenni Thomas
- **The Next Place**
Warren Hanson
- **Water Bugs and Dragonflies**
Doris Stickney
- **When Dinosaurs Die**
Laurie Krasny Brown and Marc Brown
- **The Lonely Tree**
Nicholas Halliday



Teenagers

- **Talking about Death**
Earl Grollman
- **The Grieving Teen:
a guide for teenagers and their friends**
Helen Fitzgerald
- **Straight Talk about Death for Teenagers**
Earl Grollman
- **Teenagers and Grief**
Doris Zagdanski
- **The Empty Room**
Elizabeth DeVita-Raeburn
- **Healing your grieving heart for teens**
Alan D Wolfelt
- **Weird is normal when teenagers grieve**
Jenny Lee Wheeler

Adults

- **Coping with Grief**
Mal McKissock
- **A broken heart still beats:
after your child dies**
Anne McCracken and Mary Semell
- **The Grief of our Children**
Dianne McKissock
- **The Worst Loss – how families
heal from the death of a child**
Barbara D Rosof
- **Children Die Too**
Joy Johnson and Marvin Johnson
- **An Intimate Loneliness:
supporting bereaved parents and siblings**
Gordon Riches and Pam Dawson
- **Shadows in the sun: The experiences of
Unspoken Grief: Coping with childhood
sibling loss**
Helen Rosen
- **Sibling bereavement in childhood**
Betty Davies

All the above publications are available to borrow from the Bear Cottage library, please ask for assistance if needed.



Part of Footprints in the Sand

Bear Cottage's Bereavement Service

Bear Cottage, Manly

An initiative of The Children's Hospital at Westmead

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The Sydney children's Hospitals Network

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