

# Getting through the Holidays *from The Dougy Center*

## ***Our Mission***

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences.

We provide support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief. We are supported solely through private support from individuals, foundations and companies. The Dougy Center does not charge a fee for its services.

## ***Dougy Center Resources***

The Dougy Center has been helping children, teens, young adults and their parents cope with death since 1982. Our practical, easy-to-use materials are based on what we have learned from more than 30,000 Dougy Center participants over the past three decades.

## ***Contact The Dougy Center***

For more information about The Dougy Center - give us a call or visit us online.

**Phone:** 503.775.5683

**Online:** [www.dougy.org](http://www.dougy.org)

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**The Dougy Center**

*The National Center for Grieving Children & Families*

**The pressures around the holidays can be even more challenging after the death of a family member. Here are some tips to consider that may help as you navigate the challenges, as well as a Holiday Plan Worksheet to help you work through these decisions together as a family.**

### **1. Plan ahead.**

Anxiety and anticipation leading up to the season can be more intense than the actual holidays. Planning ahead can help lower anxiety, especially for children. Once you've decided what you can and can't do, share your decisions with friends and family.

### **2. Don't let other people determine what you "should" (or "shouldn't") do.**

You don't have to do what others think you should do. Give yourselves the right to do what you want to do!

### **3. Accept limitations.**

You may not be able to do all the things you've always done. Which aspects of the holidays are especially challenging for your family? Consider scaling back or changing things you may have done in the past, and consider what has been or might be especially enjoyable or meaningful to your family.

### **4. Celebrate different feelings and preferences.**

Involve your children in discussions about what they would like to do. You and your family may decide to keep everything the same or change everything – or you may fall somewhere in-between.

### **5. Be informed before attending events.**

Find out who will be there, how long it's expected to last, and whether you need to do anything to prepare for it. As a family, brainstorm ways you and your children want to respond to questions or offers of help from others.

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## **6. Ask for help, even when it's hard to do.**

If it feels right, allow people to help in concrete ways such as cleaning, cooking, baking, shopping, childcare, and running errands. Sometimes we worry about burdening others, but more often than not, they are eager to help.

## **7. Find time for rest.**

The holidays can be physically and emotionally draining, especially if you're grieving. Encourage rest and quiet play at times, and plan for healthy eating and hydration for the entire family.

## **8. Find ways to remember and honor the person who died.** *Here are some ideas to consider:*

- Light a memorial candle. Invite children and other friends/family to share memories.
- Write a card or letter to the person who died.
- Write memories on strips of paper and use them to create a paper chain.
- Hang a special decoration in memory of the person, such as a wreath or stocking. If a stocking is used, family members can place cards or pieces of paper with memories inside.
- Buy a gift the person would have liked and donate it to a charity.
- Giftwrap a box and make an opening in the top for family and friends to share written memories. At a special time the box can be unwrapped and the memories shared.
- Set a special memorial place at the table during a holiday meal.
- Create a memorabilia table or corner where you can place photos, stuffed animals, toys, cards, foods, and any other kinds of mementos.
- Share one of the person's favorite foods or meals. Food can be a great spark for sharing memories.



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**1. The family meeting.** We suggest working through this worksheet together with your children. Pick a place to meet (in your home or someplace else) that feels safe and comfortable and set aside enough time for everyone to be able to talk. Take breaks when necessary. If one long meeting seems like too much, break it up into shorter ones, or bring up a question/ topic to discuss one at the time. Let everyone know that their thoughts and opinions will be acknowledged and that each person will have a chance to speak. Because grief is so individual and unique, family members might have different feelings around certain holiday events and traditions. If a disagreement comes up, you can ask clarifying questions to help each person express their thoughts and feelings around wanting or not wanting to do something. A good communication skill is to repeat back your understanding of what someone said, to check on if you heard them correctly. By doing this, it will be easier to clear up misunderstandings and find solutions that work for everyone.

**2. Questions to consider during the family meeting.** What did this holiday mean to the person who died? What do each of us need for support (hugs, privacy, time with friends) and who can we ask for help? How will we handle it if one person wants to do something and another person doesn't?

**3. Holiday family plan checklist.** After creating your lists for each item, go back through and identify who will be responsible for tasks you wish to keep/create, and who can help.

**Food:** What foods do we typically cook? What were the favorite foods of the person who died? Who can help this year? Do we want to cook at home or go out? What will we bring to parties?

- List what you normally do and star the items you want to keep.
- List new traditions you want to start.

**Decorations:** Do we want to decorate this year? What were the favorite decorations of the person who died? Do we want to create decorations to honor the person who died?

- List what you normally do and star the items you want to keep.
- List new traditions you want to start.

**Events, parties, and family gatherings:** Do we want to attend our usual parties this year? Will we host a gathering? Do we want to include the memory of the person who died? How? How will we handle conversations about the person who died? What about conversations with people who do not yet know about the death?

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- List what you normally do and star the items you want to keep.
- List new traditions you want to start.

**Traditions:** Traditions to think about: sending cards/newsletters, attending faith or community services, taking a trip or vacation, visiting the cemetery or memorial spot for the person who died. What traditions are connected to the person who died? Which new traditions would we like to create? (Explore this without worrying what others will think!) How will we carve out time for ourselves and our reactions? Who can we go to for support and care?

- List what you normally do and star the items you want to keep.
- List new traditions you want to start.

**Post-holidays:** What have you traditionally done for New Year's Eve and Day? What do you normally do during January and February? What did the person who died enjoy doing? You may want to plan a trip or some other special event for after the holidays end. January and February can be daunting months even during the best of circumstances, so it can be helpful to have something to look forward to that isn't connected to the holiday season.

- List what you normally do and star the items you want to keep.
- List new traditions you want to start.

**Reflection:** Just as you set aside time to have a family meeting to create a plan for the holiday season, it's equally important to meet and talk about how things went for each of you. Let family members know ahead of time that there will be a chance to discuss what worked, what didn't, what you want to do differently next year, and to check in about how people are doing after the holidays. It can be important to let others know what they did that was especially helpful or caring.



# Helping Children & Teens Cope with Fear After a Death

from The Dougy Center: The National Center for Grieving Children & Families

**It's common for children and teens to have an increased sense of fear and anxiety after a death.**

(It's common in adults, too.) Children and teens' questions and concerns are normal: *How will we live without the person who died? Who will take care of us? Will someone else die? Where do people go after they die? Will I die, too?*

Some children and teens develop fears about places or circumstances related to the death. They might get nervous or uncomfortable encountering reminders like driving by the hospital, hearing a fire-truck siren, or going to the doctor. Fear is the body's natural alarm for danger. When someone dies, it is natural for our bodies to be on "high alert." Acknowledging that this is a normal reaction can help reduce children feeling overwhelmed. Knowing how to help your child or teen can be challenging. We are here to offer support.

## Listen and Ask Questions

**Try hard to just listen instead of thinking about what to say.**

It's natural to want to reassure children and teens and take away their fears, but it can be more helpful to **start by listening and really hearing their worries**. If you want to offer reassurance, do so without making promises that can't be kept. For example, children and teens may worry that you or someone else they know will die too. Rather than saying, "Don't worry honey, I won't die," it's more helpful to say something like, "I know you're worried about other people dying too. While everyone does die, I plan to take good care of myself and to be here for a very long time. If something were to happen to me, there will always be someone to take care of you."

**Ask what they need.**

Children and teens often know what they need, but may not feel like their ideas are valid or worthy. Look for opportunities to ask children and teens what they need, and validate their suggestions. If a child gets panicky when a fire truck goes by, start by noticing and saying, "When the fire truck goes by, you seem to get scared and cover your ears." Then ask what's needed: "When you get scared about the fire truck, what do you think would be helpful? What could I do to help you feel safe? What could you do to help yourself feel safe?"

## Talk Together

**Help children and teens acknowledge their fears.**

When fears arise, children can feel overwhelmed. Their natural instinct may be to push the fears away. As an adult, you will likely also want to push fears away for your children or teens so that they feel better. As scary as fears are, it's more helpful to start by acknowledging them, rather than dismiss or minimize them. While it might seem strange at first, saying fears out loud can be a positive step toward facing and coping with fear. Your child or teen might say, "I'm scared right now and worried that something bad will happen if I go to sleep," or "Being in the car makes me nervous because of the accident." It can help if you ask about their fears and help model saying them out loud. Helping children and teens acknowledge their fears can help stop the fears from growing stronger.



**Night time can also bring up a lot of worries and fears after a death.**

Children and teens often find it difficult to fall asleep or will wake up with nightmares.

Some children might want to sleep in the same room or bed with their parent or siblings.

Even those who are okay sleeping by themselves might need additional comforts like leaving a light on, having the door open, being read to sleep, or holding a special stuffed animal.



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## Provide solid and helpful information.

Some fears and worries are rooted in a lack of knowledge. You can help children and teens manage their fears by asking if they have questions about the death or the person who died. Answer honestly, in language they can understand. You can also ask them what they think and what they have heard from other people. Sometimes just having the details they're wondering about will lessen their fears.

## Encourage children to investigate their fears.

Invite children and teens to be detectives about their fears. If they're afraid something's hiding under the bed, get down on the floor with a flashlight and look under the bed with them. Find out what they're afraid might happen: "What are you afraid will happen if something is hiding under the bed?" You might help them explore where they feel the fear starting in their bodies (in my throat; in my stomach; in my shoulders). Where does it travel to next? What seems to make their fear get bigger? What makes it smaller? You can also encourage them to talk to their fears. It could sound something like, "I hear you fear, but I don't want to talk to you anymore tonight, I need to get some sleep. I'll check in with you again tomorrow."



**When bad or sad things happen, it's natural to be afraid more bad things will happen.**

## Provide Comfort

### Establish routines.

Because so much has changed that children and teens couldn't control, consistency and predictability go a long way towards helping them feel safe after a death. Routines around going to bed, meal times, school, and activities can provide reassuring structure. While routines are helpful, it's also good to remain flexible and allow for things to shift and change when needed.

### Offer choices.

When someone dies, children and teens, as well as adults, often feel powerless and out of control. Providing choices helps to rebuild a sense of control, and lessens their fears about the world being unsafe. These choices can be as small as, "Which of these two cereals do you want?" or as big as, "Would you like to attend the memorial service?"

### Help children create a comfort thought or image.

Fears often show up in the form of a repetitive thought or image that children can't get out of their minds. Trying to push the image or thought away doesn't usually work very well, and sometimes makes the fear grow even louder. Encourage children and teens to come up with a phrase or an image that they find comforting, instead. Every time the scary fear or thought arises, they can replace it with their comfort thought or image. For example, after seven-year-old Maya's dad died in his sleep, she became fearful that bad things always happen at night. She was also frightened by the memory of ambulance lights flashing outside her bedroom window. Maya loves giraffes, so she and her mom cut out a picture of a giraffe and pasted it on a piece of paper with the words "It's safe to sleep" drawn in bright pink crayon. They framed it and put it on the table next to Maya's bed so that she could look at it anytime she wanted.

### Our Mission

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### The Dougy Center Bookstore/Resources

The Dougy Center has been helping children, teens, young adults and their parents cope with death since 1982. Our practical, easy-to-use materials are based on what we have learned from more than 30,000 Dougy Center participants over the past three decades. To order online, visit [www.dougy.org](http://www.dougy.org) or [www.tdcbookstore.org](http://www.tdcbookstore.org) or call 503.775.5683.



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## how to help a grieving teen

This material was adapted from *Helping Teens Cope with Death* by The Dougy Center. To order a copy of the book, visit our [online bookstore](#) or contact The Dougy Center, 503-775-5683.

What is it like for teenagers when someone close to them dies? How do they respond to the death of a parent, a sibling, a relative, a friend?

In our work with teenagers, we've learned that teens respond better to adults who choose to be companions on the grief journey rather than direct it. We have also discovered that adult companions need to be aware of their own grief issues and journeys because their experiences and beliefs impact the way they relate to teens.

### six basic principles of teen grief

**1. Grieving is the teen's natural reaction to a death.** Grief is a natural reaction to death and other losses. However, grieving does not feel natural because it may be difficult to control the emotions, thoughts, or physical feelings associated with a death. The sense of being out of control that is often a part of grief may overwhelm or frighten some teens. Grieving is normal and healthy, yet may be an experience teens resist and reject. Helping teens accept the reality that they are grievers allows them to do their grief work and to progress in their grief journey.

**2. Each teen's grieving experience is unique.** Grieving is a different experience for each person. Teens grieve for different lengths of time and express a wide spectrum of emotions. Grief is best understood as a process in which bodily sensations, emotions, thoughts, and behaviors surface in response to the death, its circumstances, the past relationship with the deceased and the realization of the future without the person. For example, sadness and crying may be an expression of grief for one teen, while another may respond with humor and laughter.

*"I hate it when people think I should be grieving according to the 'stages' described in some high-school health book. Since my sister's death I've learned that grief isn't five simple stages."* Kimberly, 17

While many theories and models of the grieving process provide a helpful framework, the path itself is an individual one, and often lonely. No book or grief therapist can predict or prescribe exactly what a teen will or should go through on the grief journey. Adults can best assist grieving teenagers by accompanying them on their journey in the role of listener and learner, and by allowing the teen to function as a teacher.

**3. There are no "right" and "wrong" ways to grieve.** Sometimes adults express strong opinions about "right" or "wrong" ways to grieve. But there is no correct way to grieve. Coping with a death does not follow a simple pattern or set of rules nor is it a course to be evaluated or graded.

There are, however, "helpful" and "unhelpful" choices and behaviors associated with the grieving process. Some behaviors are constructive and encourage facing grief, such as talking with trusted friends, journaling, creating art, and expressing emotion rather than holding it inside. Other grief responses are destructive and may cause long-term complications and consequences. For example, some teens attempt to escape their pain through many of the same escape routes adults choose: alcohol and substance abuse, reckless sexual activity, antisocial behaviors, withdrawal from social activities, excessive sleeping, high risk-taking behaviors, and other methods that temporarily numb the pain of their loss.

*"My friend went crazy into drugs, sex, and skipping school after her boyfriend got killed in a skiing accident. She stopped talking about him. Now she's kicked out of school and is pregnant by a guy she hates. Since my boyfriend's car accident, I know what can happen if I make wrong choices like her."* Sara, 18

**4. Every death is unique and is experienced differently.** The way teens grieve differs according to personality and the particular relationship they had with the deceased. They typically react in different ways to the death of a parent, sibling, grandparent, child, or friend. For many teens, peer relationships are primary. The death or loss of a boyfriend or girlfriend may seem to affect them more than the death of a sibling or grandparent.

*"Expect the unexpected. Emily actually danced and sang after I told her that her mother died. I was shocked. Later I realized the relief we both felt. The relationship had been filled with her alcoholism, lies and illness."* Father of Emily, 17

Within a family each person may mourn differently at different times. One may be talkative, another may tend to cry often, and a third might withdraw. This can generate a great deal of tension and misunderstanding within the already stressed family. Each person's responses to death should be honored as his or her way of coping in that moment. Keep in mind that responses may change from day to day or even from hour to hour.

5. **The grieving process is influenced by many issues.** The impact of a death on a teen relates to a combination of factors including:

- \* Social support systems available for the teen (family, friends and/or community)
- \* Circumstances of the death - how, where and when the person died
- \* Whether or not the young person unexpectedly found the body
- \* The nature of the relationship with the person who died - harmonious, abusive, conflictual, unfinished, communicative
- \* The teen's level of involvement in the dying process
- \* The emotional and developmental age of the teen
- \* The teen's previous experiences with death

6. **Grief is ongoing.** Grief never ends, but it does change in character and intensity. Many griever have compared their grieving to the constantly shifting tides of the ocean; ranging from calm, low tides to raging high tides that change with the seasons and the years.

*"I've had people say that you've got to go on, you've got to get over this. I just want to shout, 'You're wrong! Grief never ends.' I don't care what they say." Philip, 13*

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**SERVICES**

Our goal is to get kids back to what they do best: being kids!

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Lessons from Lions

Books

Helping a Child After Death

A Parent's Guide to Dealing with Grief

**Grief Websites**

Counseling

PalCare

At Home at ACH

Grief Articles

**Grief and End-of-Life Websites**

**AARP** [www.aarp.org/family/lifeafterloss](http://www.aarp.org/family/lifeafterloss)  
 601 E Street N.W.  
 Washington, DC 20049  
 888-687-2277  
 TTY: 877-434-7598  
 Spanish: 877-627-3350  
 International Calls: 202-434-3525  
 Provides practical information for legal matters such as estate planning and power of attorney as well as grief support articles and resources especially related to concerns for older adults.

**American Association of Suicidology**  
[www.suicidology.org](http://www.suicidology.org)  
 5221 Wisconsin Avenue, NW  
 Washington, DC 20015  
 202-237-2280  
 Excellent information and links to suicide related topics.

**American Foundation for Suicide Prevention**  
[www.afsp.org](http://www.afsp.org)  
 120 Wall Street, 22nd Floor  
 New York, NY 10005  
 888-333-AFSP (2377)  
 Especially good information for survivors of suicide including a link for a webcast for the Annual National Survivors of Suicide Day teleconference. Sponsors "Out of the Darkness" community walks to remember those who have died by suicide. Arkansas has a local chapter of the AFSP.

**Association for Death Education and Counseling**  
[www.adec.org](http://www.adec.org)  
 111 Deer Lake Road, Suite 100  
 Deerfield, IL 60015 USA  
 847-509-0403  
 A multidisciplinary membership organization offering excellent educational programs and materials including an outstanding annual conference, a membership newsletter and online subscriptions to *Death Studies* and *Omega: The Journal of Death and Dying*.

**Association for Pet Loss and Bereavement**  
[www.aplb.org](http://www.aplb.org)  
 PO Box 106  
 Brooklyn, NY 11230  
 718-382-0690  
 Provides opportunities for support and education regarding pet loss. The site includes links, chat rooms, and helpful articles for grieving pet owners.

**Contact Us**  
 Arkansas Children's Hospital  
 1 Children's Way  
 Little Rock, AR 72202-3591  
 Call: 501-364-1100

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**Bereaved Parents of the USA**

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

P.O. Box 95  
Park Forest, IL 60466  
708-748-7672

A national non-profit organization established to reach out to bereaved parents and siblings. BP/USA and its chapters offer support to parents regardless of their race, creed, economic status or cause of death. Web site information available in Spanish. There are three BP/USA chapters in central Arkansas-see Grief Support Groups in Arkansas for details. The 2010 BP/USA Gathering will be in Little Rock, AR on July 9-10.

**Caring Connections**

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

800-658-8898

877-658-8896-multilingual helpline

Caring Connections, a program of the National Hospice and Palliative Care Organization, provides free resources and information to help people make decisions about end-of-life care and services before a crisis. Materials available in Spanish and Mandarin Chinese.

**Center to Advance Palliative Care**

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

1255 Fifth Avenue, Suite C-2  
New York, NY 10029  
212.201.2670

A great resource for health-care professionals for training, resources and advocacy regarding palliative care. There is also a link to CAPC web site, [www.getpalliativecare.org](http://www.getpalliativecare.org), which explains palliative care and provides related resources for patients and families.

**Centering Corporation and Grief Digest Magazine**

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

7230 Maple Street  
Omaha, Nebraska 68134  
Toll-Free Number  
866-218-0101

An exceptional resource, for inexpensive brochures, publications, and workshops. Resources available in Spanish. *Grief Digest Magazine* is a quarterly publication available by subscription and has published *Mourning News* essays in the past.

**Channing L. Bete Co., Inc.**

[www.channing-bete.com](http://www.channing-bete.com)

One Community Place  
South Deerfield, MA 01373-0200  
800-477-4776

Publishers of several "Scriptographic" pamphlets including *About Grief*, *About Dying*, *Sad Hug*, *Mad Hug*, *Happy Hug* and *When Someone you Love Dies*. Its publication, *Working Through Grief*, is used in the Good Mourning Grief Support Groups for adults.

**Children's Hospice International**

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

1101 King Street, Suite 360  
Alexandria, VA 22314  
800-24-CHILD

International multidisciplinary membership organization. Offers a newsletter, annual conference, and publications.

**Compassion Books**

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

7036 State Hwy 80 South  
Burnsville, NC 28714  
800-970-4220

An excellent mail order resource for books on loss and grief for children and adults. Resources available in Spanish.



**Compassionate Friends**[www.compassionatefriends.org](http://www.compassionatefriends.org)

P.O. Box 3696

Oak Brook, IL 60522

877-969-0010

Offers local self-help groups for parents grieving the death of a child and has both written and video resources. Web site information available in Spanish. Check phone book or web site for local chapters.

**Dougy Center**[www.dougy.org](http://www.dougy.org)

P.O. Box 86852

Portland, OR 97286

503-775-5683

A model center for grieving children and families. Resources include week long training institutes, training manuals, videotapes and publications.

**Funeral Consumers Alliance**[www.funerals.org](http://www.funerals.org)

Self-described as a "Consumer Reports" for the funeral business, this organization provides information to help families understand and take advantage of all the various options relating to what to do after someone dies—from traditional funerals and burials to cremation to home burials. Web site information available in Spanish.

**Grief Watch**[www.griefwatch.com](http://www.griefwatch.com)

2116 N.E. 18th Ave.

Portland, OR 97212

503-284-7426

Resources for pregnancy loss and support for general loss. Web site includes a relative links index, message boards, and related grief topics. Also includes information regarding The Remembering Heart, The Certificate of Life, the great book *Tear Soup: A Recipe for Healing After Loss*, personal bereavement cards and a free online newsletter.

**GriefNet**[www.griefnet.org](http://www.griefnet.org)

PO Box 3272

Ann Arbor, MI 48106-3272

An internet community of persons dealing with grief, death, and major loss. They have almost 50 email support groups covering a great variety of losses and two web sites. This site also has a very broad annotated book list for a variety of losses and grief topics.

**Growth House**[www.growthhouse.org](http://www.growthhouse.org)

2215-R Market Street, #199

San Francisco, California, 94114

415-863-3045

A very informative and helpful web site dedicated to improving care for the dying that includes "best of the net" resources on most grief categories and palliative care. Highly recommended.

**Hospice Foundation of America**[www.hospicefoundation.org](http://www.hospicefoundation.org)

1621 Connecticut Ave., NW

Suite 300

Washington, DC 20009

800-854-3402

This organization sponsors an annual national Living with Grief teleconference and has some very good grief-related publications, newsletters and resources. The Center for Good Mourning is a host site for the annual spring Living with Grief teleconference.

**Initiative for Pediatric Palliative Care**[www.ipcweb.org](http://www.ipcweb.org)

Initiative for Pediatric Palliative Care (IPPC)



Center for Applied Ethics and Professional Practice (CAEPP)  
Education Development Center, Inc.  
55 Chapel Street  
Newton MA, 02458-1060  
617-618-2454

A project to improve care given to children with life-threatening conditions and their families. Excellent education modules are available for free on the web site and regional training's are also offered. IPPC curricula is used for training at Arkansas Children's Hospital.

#### Kids Said

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

A web site operated by GriefNet (see site description above). It provides a safe place for children to share and help each other deal with grief about any of their losses. Opportunities to share feelings, show art work, and meet peers online are provided. Parent permission is necessary to participate.

#### MISS Foundation

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

PO Box 5333  
Peoria, AZ 85385-5333  
888-455-MISS

An online support site for those who have experienced the death of a child with an award-winning newsletter, articles and poems. Web site information available in Spanish.

#### National Alliance for Grieving Children

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

A membership alliance of organizations and individuals dedicated to providing and improving support for grieving children. Hosts an annual national symposium on children's grief support.

#### National SHARE Office

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

402 Jackson Street  
St. Charles, MO 63301  
800-821-6819

A national organization offering support for parents who have experienced a pregnancy loss. Web site includes a national directory of support groups and special sections for parents and for professionals.

#### National Sudden Infant Death Resource Center

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

Georgetown University  
Box 571272  
Washington, DC 20057-1272  
866-866-7437

Serves as a central source of information on sudden infant death, promoting healthy outcomes for infants and grieving a sudden infant death. Web site information in Spanish is available. A bilingual First Candle crisis counseling line is provided 24 hours a day, seven days a week at 1-800-221-7427.

#### Parents of Murdered Children

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

100 East Eighth Street, Suite 202  
Cincinnati, Ohio 45202  
888-818-POMC

A national organization for parents and other co-victims of homicide providing support services and groups, legal information and advocacy.

#### Suicide Prevention Resources Center

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

Excellent information regarding suicide prevention including a suicide prevention crisis line for a person or friend of person in suicidal crisis at 1-800-273-TALK (8255).



**TAPS**

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

1777 F Street, NW, 6th Floor  
Washington, DC 20006  
800-959-TAPS (8277)

Provides a wide variety of support services to families experiencing the death of someone serving in the military. Survivor Seminars, Good Grief Camps and a 24-hour hotline, 1-800-959-TAPS (8277), are among the services available.

For more information contact:

Greg Adams  
501-364-7000  
[goodmourning@archildrens.org](mailto:goodmourning@archildrens.org)



Call Us: 501-364-1100 or TDD 501-364-1184

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