

Forget-Me-Not Bereavement Program

The staff at Lutheran Children's Hospital knows how unique and special each child is. In an effort to memorialize the children they were honored to care for, the staff created the Forget-Me-Not program for grieving parents and families.

Although no one can take away the pain and sorrow associated with the loss of a child, the Lutheran Children's Hospital staff hopes to provide support and resources to help parents through the grieving process. The staff stays in touch with parents throughout the coming year via mailings and phone calls. The program is voluntary, and parents may opt out at any time.

Lutheran Hospital holds a memorial service each year. Parents will be notified of the date, time and location of the event in case they would like to participate.

• **Forget-Me-Not Bereavement Program**

- Telling Children about a Death
- Coping with a Death
- Stages of Grief
- Should Children Attend Funerals?
- Memory-Making and Healing Activities
- Mourner's Bill of Rights
- Resources
- <http://www.lutheranchilrenshosp.com/forget-me-not-program>

Resources

Recommended Websites

- Center for Loss and Life Transition
- Compassionate Friends
- Erin's House

Bereavement Books

Books for Children

- "After the Funeral" by Jane Loretta Winsch
- "Am I Still a Sister?" by Alicia Sims
- "The Fall of Freddie the Leaf: A Story of Life for All Ages" by Leo Buscaglia
- "Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies" by Janis Silverman
- "How I Feel: A Coloring Book For Grieving Children" by Alan Wolfelt
- "I Had a Friend Named Peter: Talking to Children About the Death of a Friend" by Janice Cohn
- "I Know I Made it Happen: Children and Guilt" by Lynn Blackburn.
- "No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth" by Marilyn Gryte.
- "Liplap's Wish" by Jonathan London.
- "Molly's Mom Died: A Child's Book of Hope Through Grief" by Margaret Holmes
- "Rachel and the Upside Down Heart" by Eileen Douglas
- "Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing With Loss" by Michaelene Mundy
- "Sam's Dad Died: A Child's Book of Hope Through Grief" by Margaret Holmes
- "Tear Soup" by Pat Schwiebert

Books for Adolescents

- "I Will Remember You: What to do When Someone You Love Dies: A Guidebook Through Grief for Teens" by Laura Dower
- "When Death Walks In: For Teenagers Facing Grief" by Mark Scrivani
- "Healing Your Grieving Heart For Teens: 100 Practical Ideas" by Alan D. Wolfelt
- "Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love," by Earl A Grollman
- "The Grieving Teen: A Guide for Teenagers and Their Friends" by Helen Fitzgerald
- "Death is Hard to Live With: Teenagers Talk about How to Cope with Loss" by Janet Bode

Books for Adults

- "A Child's View of Grief: A Guide for Parents, Teachers and Counselors" by Alan D. Wolfelt
- "For Better Or Worse: A Handbook for Couples Whose Child has Died" by Maribeth Wilder Doerr
- "For Those Who Live: Helping Children Cope with the Death of a Brother or Sister" by Kathy LaTour
- "Grief in Children: A Handbook for Adults" by Atle Dyregrov
- "Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season" by Alan Wolfelt
- "I Have No Intention of Saying Goodbye: Parents Share Their Stories of Hope and Healing after a Child's Death" by Sandy Fox
- "Sibling Bereavement: Helping Children Cope with Loss" by Ann Farrant
- "Talking About Death: A Dialogue Between Parent and Child" by Earl A. Grollman
- "Unspoken Grief: Coping with Childhood Sibling Loss" by Helen Rosen

Perinatal/Infant Loss

- "A Grandparent's Sorrow" by Pat Schwiebert
- "A Guide For Fathers: When a Baby Dies" by Tim Nelson
- "An Empty Cradle, a Full Heart: Reflections for Mothers and Fathers after Miscarriage, Stillbirth or Infant Death" by Christine O'Keeffe Lafser
- "Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death" by Sherokee Ilse
- "Pregnancy After a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth or Infant Death" by Carol Cirulli Lanham
- "Strong and Tender" by Pat Schwiebert
- "We Were Gonna Have a Baby, but We Had an Angel Instead" by Pat Schwiebert
- "When a Baby Dies: The Experience of Late Miscarriage, Stillbirth and Neonatal Death" by Alix Henley and Nancy Kohner

JOURNAL TOPICS FOR BEREAVEMENT CART

- Something silly my loved one and I share...
- My loved one's least favorite thing is....
- My loved one really likes it when I
- My loved one was usually the one to
- At holidays my loved one would....
- My loved one's favorite ice-cream is...
- Something my loved one took care of that, I will now take care of is...
- Something my loved one and I liked to do together ...
- Something my loved one liked to do alone is...
- My loved one is really good at...
- I really enjoyed it when my loved one would...
- The thing I love most about my loved one is...
- The thing my loved one loved most about me is...
- My loved one's favorite outfit...
- My loved one's favorite place to be...
- My loved one did/did not have a pet...
- My loved one's worst chore is...
- My loved one's favorite chore is...
- The food my loved one dislike the most is...