

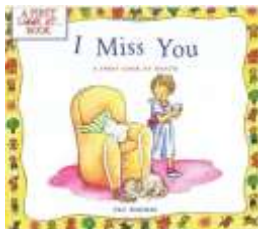
# Grief Resources for Parents

## WORKBOOKS

### The Invisible String



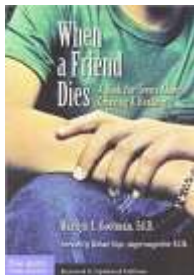
### I miss you: A first look at death



### The Memory Book



### When a friend dies: a book for teens



### Lifelines



## RECOMMENDED APPS

### Smiles and Tears (Nelson's Journey\_

- Provides an interactive tool to record memories, send gifts and write thoughts, feelings and emotions
- Tips on how to manage emotions such as anger, confusion, guilt and loneliness

### A Part of Me

- Allows children to curate memories of their loved ones in a beautiful and engaging way.
- Users are introduced to an island where they are introduced to quizzes and puzzles that help them process their emotions.

### Grief

- Information about bereavement, grief, feelings and how to help yourself
- Read others' stories and watch short films written and made by bereaved young people

## WEB RESOURCES

- Grief Speaks
- ChildrenGrieve.org

## OTHER HELPFUL INFO

- Give your child choices whenever possible
- Talk about and remember the person who died
- Respect differences in grieving styles
- Listen without judgement
- Help kids express whatever emotions they are feeling
- Regular exercise is good for physical & emotional health. Aim for 45min per day. Get outside in the SUNLIGHT for at least 20 minutes per day.
- Consistency in daily routines
- **Consistent bedtimes and routines** for bedtime – aim for at least 7-10hr of sleep per night. Limit bedtime routines to no more than 20min. Ex: bath, brush teeth, 5 min yoga, story, prayers, lights out.
- Try aromatherapy such as lavender, ylang ylang, bergamot orange, clary sage
- As the child moves through the grieving process, try to find a counselor that the child can build a relationship with and express emotions and partner through this grief process.