

Additional Resources on Sibling Death and Childhood Traumatic Grief

Resources for Caregivers

This list includes some of the many resources available to parents and caregivers of children who have lost a sibling.

Please note that all product descriptions are based on information provided by the publisher or manufacturer, and do not necessarily represent the opinions of the NCTSN.

Inclusion on this list is not an endorsement of any product by the NCTSN.

Books

Blanford, C., & Childers, P. (2008). *Something happened: A book for children and parents who have experienced pregnancy loss*. Western Springs, IL: Cathy Blanford Publishing. (Ages 2–6)

This paperback picture book is designed especially for children whose families have experienced a miscarriage, stillbirth, or neonatal death. The simple, clear story helps children to understand what has happened and to deal with their feelings and fears. It also reassures them that they are loved and secure.

Davies, B. (1998). *Shadows in the sun: The experiences of sibling bereavement in childhood*. New York: Routledge.

Provides a comprehensive model of sibling bereavement, including its immediate, short-term, long-term, and generational effects. Includes practical guidelines for those who seek to help grieving siblings, children, and families.

DeVita-Raeburn, E. (2007). *The empty room: Understanding sibling loss*. New York, NY: Scribner.

The author, a science journalist, uses powerful interviews with more than 200 sibling survivors to explore how difficult it can be, and how long it can take, to finally come to terms with the grief of losing a brother or sister.

Emswiler, M. A., & Emswiler, J. P. (2000). *Guiding your child through grief*. New York: Guilford.

Written by a husband and wife team, the authors rely on their experiences with grief to offer expert advice on helping children cope with the death of a parent or sibling.

Gryte, M., & McClendon, K. (1999). *No new baby: For siblings who have a brother or sister die before birth*. Omaha, NE: Centering Corporation. (Ages 9–12)

This paperback is a first-person account about the different feelings children may have when a sibling dies before birth. Answers children's most-asked questions and includes a section for parents and grandparents.

Linn-Gust, M. (2001). *Do they have bad days in heaven? Surviving the suicide loss of a sibling* (2nd ed.). Albuquerque, NM: Chellehead Works. (Teens and adults)

This paperback recounts the author's personal experience of losing her younger sister to suicide. Considered the first comprehensive resource for sibling suicide survivors, it offers a journey of hope. It includes available research and practical advice for survivors and those who care about them and want to help them. The author is the creator of Sibling Survivors (www.siblingsurvivors.com).

Munoz-Kiehne, M., & Dietrich, G. (2000). *Since my brother died: Desde que murio mi hermano*. Omaha, NE: Centering Corporation. (Ages 4–8)

In this bilingual Spanish-English paperback book for children, the young narrator talks about what it was like to lose his brother and how he learned to keep memories in his heart. The book includes a bilingual section for caregivers and teachers.

Old, W. C., & Friedman, J. (1994). *Stacy had a little sister*. Morton Grove IL: Albert Whitman & Company. (Ages 4–9)

Stacy is so jealous of her new little sister that she sometimes wishes the baby would "go away." When the baby dies of sudden infant death syndrome (SIDS), Stacy feels guilty and begins to fear that she too might die in her sleep. Her parents try to comfort and reassure her. The book includes information and resources about SIDS for parents.

Rothman, J. C., & Gish, L. (2001). *A birthday present for Daniel: A child's story of loss*. Amherst, NY: Prometheus Books. (Ages 7–12)

In this paperback, young Ellen shares what her brother Daniel's death means to her, and especially how she and her parents resolve the painful issue of how to acknowledge his birthday each year. Highly recommended by grief counselors and support groups, the book helps parents support their children as family members explore different ways of grieving and communicating their feelings about their loss.

Samuels, V. R., & Clemmons, N. (2006). *Always my twin*. Victoria, BC: Trafford Publishing. (Ages 7–12)

This illustrated paperback tells the story of a young girl who loses her twin sister shortly after their birth. Based on the experience of the author, who lost a twin daughter in infancy, it is a story of heartache, healing, and hope. The book includes interactive pages that readers can respond to by using pictures and describing feelings. It also lists support resources for families that have experienced the death of a baby, including a twin or other multiple siblings.

Schwiebert, P., & Bills, T. (2003). *We were gonna have a baby, but we had an angel instead*. Portland, OR: Grief Watch. (Ages 2–8)

This illustrated paperback helps children aged two to eight to confront and deal with their grief when a baby brother or sister dies before or shortly after birth. It includes practical suggestions for parents on how to help children cope and remember the baby who died.

White, P. G. (2006). *Sibling grief: Healing after the death of a sister or brother*. Lincoln, NE: IUniverse.

The author, a psychologist who specializes in sibling loss, draws on her own experience as well as her professional background to explain the grief work involved in sibling loss. Dr. White is also the creator of The Sibling Connection, a not-for-profit support organization and web site (<http://www.counselingstlouis.net>) for bereaved siblings.

Videos

Compassionate Friends. (1993). *This healing path*. Northbrook, IL: Film Ideas, Inc. (<http://www.compassionatefriends.org/resources/AudioandVideoAvailable.aspx>)

This 35-minute video addresses issues and concerns that affect those who are grieving the loss of a sibling. Includes an introduction by former Chicago Bear middle linebacker Mike Singletary—himself a bereaved sibling—and a discussion guide. The siblings interviewed share their pain, sadness, anger, and fear. They also discuss issues such as parental over protectiveness and their own hope for the future as they meet the challenge of their loss.