BIBLIOGRAPHY FOR CHILDREN
COPING WITH A SERIOUS ILLNESS

*American Cancer Society. **Helping Children Understand.**
Written for adults and free from your local American Cancer Society (call 1-800-ACS-2345) This is one of the best booklets available. Divided into three parts, it addresses how to talk to children, how to evaluate the emotional climate in your home and suggests activities for the family to strengthen ties and encourage mutual support.

*Brack, Pat & Brack, Ben. **Moms Don’t Get Sick.**
Written by a mother and son about their experience with her diagnosis of cancer and the treatment that followed on through to remission.

Fine, Jodylaine. **Afraid To Ask, A Book For Families To Share About Cancer.**
An informative, easy to read introduction to cancer that demystifies the disease as well as explains it.

Harpham, Wendy. **When A Parent Has Cancer, A Guide On Caring For Your Children.**
Written for adults, this book is a sensitive and sensible guide that is useful and easy to understand. It includes a book for children ages 8-14 entitled Becky and the Worry Cup.

*Hazari, Sandra & McLaughlin, Miriam. **My Family Is Living With Cancer.**
This is a helpful resource for children and families about how to understand and cope with a serious illness. Accompanying workbook also available.

*Heegard, Marge Eaton. **When Someone Has a Very Serious Illness.**
With an emphasis on how to cope with illness, loss and change through expression of feelings, this is a practical workbook that teaches basic concepts.

*Heegard, Marge Eaton. **Beyond the Rainbow.**
Through creative and interactive drawing activities, this workbook is a helpful, non-threatening tool that helps children face the advanced stages of their serious illness.

*Jonah, Stephanie. **Transitions Along the Way – A Guide to the Dying Process for Children and Young Adults.**
Written from a faith perspective, this book promotes discussion and exploration of the emotional issues related to death and the dying experience.

*Kohlenberg, Sherry. **Sammy’s Mommy Has Cancer.**
A sensitive, straightforward story that will help young children understand the changes in their lives when a parent is diagnosed with a life-threatening illness.

*Levine, Jennifer. **Forever In My Heart.**
This workbook addresses the specific needs of children who have a terminally ill loved one. Encourages the expression of feelings and search for meaning and hope for children prior to the death.
A helpful book for children and parents that talks openly about the stress of having a parent with a serious illness.

*Martin, Carrie & Martin, Chia. The Rainbow Feelings of Cancer.*
A true story written by a mother and daughter about their thoughts, feelings and questions when a life-threatening illness touches a child’s parent.

*McNamara, Jill. My Mom is Dying.*
Written in a diary format, a child describes her feelings and begins to realize that they are all normal. A discussion section is included to help parents and children talk about death and grieving. Excellent book.

*Mellonie, Bryan and Ingpen, Robert. Lifetimes - The Beautiful Way to Explain Death to Children.*
Explains life and death in a very simple, practical way. Helps all ages to understand the natural cycle of life.

*Nystrom, Carolyn. Jenny & Grandpa.*
This is a beautiful story of a very special relationship. Explores realizations about growing old. Includes a faith perspective.

*Nystrom, Carolyn. Emma Says Goodbye.*
This is a gentle story that describes what is happening to Aunt Sue as her illness progresses and how Emma, her family and Aunt Sue react offering comfort and hope. Includes a faith perspective.

*O’Toole, Donna. Facing Change – Falling Apart and Coming Together Again In The Teen Years.*
Founded on the belief that young adults can make effective choices that can be healing, this little book has a lot of good information on helping teens face change/loss in a positive way.

*Parkinson, Carolyn Stearns. My Mommy Has Cancer.*
This book helps young children learn about cancer, its treatment and its emotional impact.

*Peterkin, Allan. What About Me? When Brothers and Sisters Get Sick.*
Through a poignant and well written story, this book address the many complicated feelings the well child experiences when a sibling is ill.

*Smith, Izetta. A Tiny Boat at Sea.*
Excellent resource for adults to help children in their adjustment to the cancer diagnosis of an adult family member.

Website: Cancer in My Family – [www.cancerinmyfamily.ca/#/landing-page](http://www.cancerinmyfamily.ca/#/landing-page)
(* Available in the PATHways Center for Grief & Loss Resource Library)