

# Children

## Resources

[Kids Grief](#)

[Helping Children Deal With Grief](#)

[Grief Heroes](#)

[Virtual Hospice](#)

[Virtual Hospice Resources](#)

## Legacy Activities to do with Children

### The Hug Scarf

This is where you trace your arm span on a piece of fabric and draw/write little messages for your child on it. When little ones are really missing their parent (especially immediately after death), this is a nice thing for them to wrap around them

### A special bear gift

A special mommy stuffed animal. The option here is to record a message to your little ones. Build a Bear has this option.

### Voice recording reading your child's favourite book

The other parent can then play this at night before bed when "reading" the story

### Beautiful finger print jewelry

### Scrap book/photo book with words in child's language

"We loved going to the beach together. Here is a picture of one of my favourite times."

### Make a pillow out of her shirt

### Make something together

(that your child MAY remember doing) – paint a special picture frame with jewels on it it, etc.

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## Books

Ida, Always  
by Carol Levis

The Invisible String  
by Patricia Karst

The Next Place  
by Warren Hanson

Life is Like the Wind  
by Shona Innes and Irisz Agocs