

Using Books to Help Kids Cope

Childhood is a wonderful time. A child embraces the joy of each day. Sometimes though, sadness, fear, illness and loss enter a child's life. If you knew a child who had to make such a journey, would you know how to help?

One way is to use children's books to help them deal with difficult issues. Using literature as a springboard for conversations will give children the chance to express their feelings and tell their own stories.

It is also important that children have access to a variety of books that show a broad range of emotions and feelings. This helps kids see that they can act independently, assume responsibility for their actions, tolerate frustration, approach new challenges with enthusiasm, and be proud of their accomplishments. The following recommendations are a part of **Bobby's Books**:

- Use books that help children feel good about themselves.
- Use a book and conversation to help a child deal with a change in routine or the death of a pet
- Use everyday happenings to build a child's coping skills

"Was Bobby a real little boy?" Yes, Bobby Krenzke was very real. Bobby loved words, ideas, laughing and learning. He was born on August 6, 1985 and died on May 16, 1995. "**Bobby's Books**" was created in his memory and to fulfill his wish of making a difference in the world. "**Bobby's Books**" helps children and their families cope with change, loss and grief.



Bobby's Books

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Bobby's Books



**"Make a
Difference
in the World"**

Using Books to
Help Build a
Child's Coping
Skills



History of Bobby's Books

Imagine finding out that your child was terminally ill. Imagine feeling helpless with no idea how to comfort him/her. **Bobby's Books** was created and developed by Pam Krenzke. It was the loss of her two sons, Bobby and Eric, due to a genetic disorder that fueled her compassion and her fire to improve one's journey through life.

There is nothing more comforting than a good book. A good book has the power to connect two people and form a bond that cannot be broken. This is the gift that Pam developed. By reading to a child, you have the ability to give him/her a sense of compassion, understanding and love. These gifts will help children learn to believe in themselves, trust in their feelings and know how to handle daily challenges.

"There are only two lasting bequests we can hope to give our children. One is roots; the other, wings."

Hodding Carter

What is Bobby's Books?

Bobby's Books is a growing program that has been piloted in early childhood classrooms, elementary, middle and high schools, hospice grief support programs, churches, and other community agencies. It seeks to improve the situations of children coping with loss by expanding the knowledge, skills and tools of those adults working with them.

Bobby's Books is affiliated with the Midwest Center for Home, Hospice & Palliative Care Education, a 501(c)(3) non-profit organization.

The core of the Bobby's Books program consists of:

Bobby's Books Educational Seminars

"Don't Flush the Goldfish"- designed to teach adults, both professional and personal, how to use small losses as "teachable moments" to enhance children's coping abilities. Trainings provide continuing education units for counselors, social workers, nurses and funeral directors.

Bobby's Books Bundle

Activity guides and lesson plans designed to accompany 20 of some of the most classic children's books written.

Bobby's Books Read-Aloud Guide

Instructional guidebook which identifies "discussion starters" for over 70 children's books based on themes.

Bobby's Books Bibliography Resources

Resource listing for children's books divided into different categories of loss including aging and illness, separation/divorce/blended families, coping/continuity of life, change and/or difficult times, and self-esteem.

"You cannot teach a man anything; you can only help him find it within himself."

Galileo

Who Benefits?

EVERYONE!!!! Parent/child, doctor/child, minister/child, counselor/child. This tool is designed to foster those "teachable moments" and create a relationship with the child based on communication and trust.

How do you benefit?

The value of this program is that it is based on the simple philosophy of education. As adults, we learn how to be able to help our children. For children, we learn the importance of reading, self-awareness and healing.

"While we try to teach our children all about life, our children teach us what life is."

Angela Schwindt

