

Chapter 1 : How to Love Someone Who is Grieving Their Child - Emily R. Long

*When a Child You Love Is Grieving, 2nd Edition [Harold Ivan Smith] on calendrierdelascience.com *FREE* shipping on qualifying offers. Acts of caring and compassion can make all the difference in a grieving child's life.*

Weight loss or weight gain Aches and pains Insomnia Seek support for grief and loss The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself. Turn to friends and family members. Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. They may feel unsure about how to comfort you and end up saying or doing the wrong things. Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. Join a support group. Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.

How to Choose Talk to a therapist or grief counselor. If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. As well as allowing you to impart practical information, such as funeral plans, these pages allow friends and loved ones to post their own tributes or condolences. Reading such messages can often provide comfort for those grieving the loss. Of course, posting sensitive content on social media has its risks. Memorial pages are often open to anyone with a Facebook account. This may encourage people who hardly knew the deceased to post well-meaning but inappropriate comments or advice. Worse, memorial pages can also attract Internet trolls. There have been many well-publicized cases of strangers posting cruel or abusive messages on memorial pages. To gain some protection, you can opt to create a closed group on Facebook rather than a public page, which means people have to be approved by a group member before they can access the memorial. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems. Express your feelings in a tangible or creative way. Write about your loss in a journal. Try to maintain your hobbies and interests.

How to Start Exercising and Stick to It: Making Exercise Enjoyable Look after your physical health. The mind and body are connected. Combat stress and fatigue by getting enough sleep, eating right, and exercising. For help facing up to and managing distressing emotions like grief These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships. Symptoms of complicated grief include: But with the right guidance, you can make healing changes and move on with your life. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. With depression, on the other hand, the feelings of emptiness and despair are constant. **Depression Symptoms and Warning Signs: Recognizing Depression and Getting Help** Other symptoms that suggest depression, not just grief, include: As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process. Instead, there are other steps you can take to deal with depression and regain your sense of joy in life. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But

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treatment can help you get better. Contact a grief counselor or professional therapist if you: In the UK, call 90 90 In Australia, call 13 11 Or visit IASP to find a helpline in your country. Recommended reading Grief and Loss:

Chapter 2 : When A Child You Love is Grieving - For Your Marriage

This new and revised edition of When a Child You Love is Grieving will help ensure that the child is receiving the healthy and necessary outlets during the loss of a loved one. Author Bio Harold Ivan Smith is a popular speaker and grief educator.

They are engulfed in a sea of unbearable pain and grief and sorrow while you may be struggling to stand beside them, wondering what to say, what to do, and what they need. Maybe you feel helpless. Maybe you want to love them through this, but no one taught you how to do that. This is how you can help me. Trying to articulate what they need and what kind of support they want probably feels next to impossible. Show Up First and foremost, show up. Show up at their door. Run errands for them. Lay on the bed and hold them while they cry. Continue to show up for months or years – this is a lifetime loss and they will need you for a lifetime. Help them plan birthday parties and holiday remembrances and show up for death anniversaries. You will likely say or do the wrong thing at some point. Be Patient Grief is not short lived. Nor is it linear or simple or logical. Grieving a child takes a lifetime. We love our children for a lifetime and we will grieve them for a lifetime. Your friend or family member will grieve far longer than you will want to hear about it or be around for it. This is where they will need you to be patient and understanding. Those who grieve their children will eventually find a way to live with that grief and that aching hole in their life, but they will never stop missing their child or longing to hold them. Birthdays and holidays and anniversary dates may be painful and challenging for the rest of their life. This is when they need you most to keep showing up. Let those you love simply talk with you and be heard without judgment or false optimism. Listen and when you want to object to something they are saying, or inject your own thoughts, stay silent and listen even more. Listen and then simply tell them that you love them and you are here. Get to Know Them However long you may have known your loved one or how well you might have known them, be prepared to get to know them all over again. The loss of a child changes us in irrevocable ways. Grief has forged them into someone new. Grief will change and morph them into someone new – and even that will change and morph again over time. They may not be the person you knew, but you might really love the person they have and are becoming. Take time to get to know the new post-loss them. Remember Finally, if you do nothing else, remember with them. Help them remember their child through the years and comfort them with the knowledge that their child has not and will not be forgotten. Share memories with them. Read articles like this one and discuss it with your friend or family member. Give your loved one the gift of remembering their child. And above all else, love them. They need you and they need that love.

Chapter 3 : When a Child You Love Is Grieving by Harold Ivan Smith (, Paperback) | eBay

We will still need you six months, a year, even two years or more after our child dies. Time passes differently for the bereaved parent. Six months can pass like a sigh, and it still feels as if our child died yesterday.

Mom lived on as winter turned to spring, and my daughter and son-in-law arranged to visit her while my husband and I would also be visiting Mom in the week following Easter Sunday. Mom had not recognized any of us children for a few years and rarely spoke, so visiting meant reading or playing the piano for her, or quietly keeping her company. Except at night and for naps, she spent the day in a reclining wheelchair. Mom was in her chair in a community room with my husband and me when Maggie arrived to meet her great-grandmother for the first time. Yes, my mother spoke to my granddaughter! And Maggie talked to her great-grandmother for a half hour or so. Two months later my mother died and we traveled back to Iowa for the funeral rites. Maggie and her mother came too, and my daughter served as a pall bearer. However, my husband and I were with Maggie a good deal during the funeral and my daughter shared some things later, so I can connect our experience with the book *When A Child You Love Is Grieving*. This book has two parts. Before adults can help a grieving child, they have to acknowledge and manage personal feelings about grief expression, suspend judgments about the meaning of loss to a particular child, and deal with their own personal losses. Adults must also understand childhood development and how it affects grieving. Author Harold Ivan Smith says adults should have three main goals: Most of these helpful chapters run one or two pages, none longer than four pages. Each chapter opens with an illuminating quotation, offers topical information and advice, and closes with words to use in a hypothetical situation. These sixty-one chapters are arranged A-to-Z, which made a few headings seem a bit forced, but that is a small quibble given the wealth of tips. Some of the anecdotes pertain to recognizable figures. Drawings enable the child to express something meaningful and can open up conversation with an adult. After Maggie was home again, she created a picture from her imagination of herself and her great-grandmother. Include children in rituals of grieving. Smith believes that children are harmed by being kept away from rites of passage. My daughter took Maggie to the funeral home, the funeral Mass, and the committal at the cemetery. Let this child still be a child. On this final point, I have a longer anecdote to share, one that may sound amusing in hindsight but which at the time was frightening for our four-year-old grandchild. Our daughter carried her out and dried her tears. About the Reviewer Mary Ann Paulukonis is a wife, mother, and grandmother whose life also includes artistic pursuits, writing, speaking, and ministry consulting. Book reviews do not imply and are not to be used as official endorsement by the USCCB of the work or those associated with the work. Book reviews are solely intended as a resource regarding publications that might be of interest to For Your Marriage visitors.

Chapter 4 : Coping with Grief and Loss: Dealing with the Grieving Process and Learning to Heal

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

To order a copy of the book, visit our online bookstore or contact The Dougy Center, Answer the questions they ask. Even the hard ones. Kids learn by asking questions. As an adult, a couple of the most important things you can do for children is to let them know that all questions are okay to ask, and to answer questions truthfully. Be sensitive to their age and the language they use. Often the hardest time to be direct is right after a death. Give the child choices whenever possible. Children appreciate having choices as much as adults do. They have opinions, and feel valued when allowed to choose. For example, it is a meaningful and important experience for children to have the opportunity to say goodbye to the person who died in a way that feels right to them. They can be included in the selection of a casket, clothing, flowers and the service itself. Some children may also want to speak or write something to be included in the service, or participate in some other way. After a death, having choices allows children to grieve a death in the way that is right for them. Sometimes children in the same family will choose differently. For example, one child may want pictures and memorabilia of the person who died, while another may feel uncomfortable with too many reminders around. If you are a parent, ask your child what feels right to them. Talk about and remember the person who died. He danced with me. He read to me. One way to remember is simply to talk about the person who died. Sharing a memory has a similar effect. Children also like to have keepsakes of the person who died, such as objects which hold an emotional or relational significance. Although they were old, worn out and too big for his feet, they served as a memory of all the times his father had taken him to the construction site where he worked. Now Tom wears it when he goes fishing. Recognizing that each person grieves in his own way is essential to the healing process for a family. Listen to children talk about their feelings and watch their behavior, and you will help clarify and affirm these natural differences. Some children want to talk about the death, while others want to be left alone. Some like to stay busy and others withdraw from all activities and stay home. Younger children may be clingy, whereas teens may prefer to spend time on their own or with peers. Recognizing and respecting that each child grieves in his or her own way is essential to the healing process for a family. Listen without Judgment One of the most helpful and healing things we can do for a child is to listen to his or her experiences without jumping into judge, evaluate or fix. This is just one way we can validate their experiences and emotions, helping them regain a sense of safety, balance and control. Hold a Memorial Service and Allow for Saying Goodbye Allowing children and teens to say goodbye to the person who died is important in beginning the grieving process. A service enables children and teens to see how valued and important the person was to others and know that grieving the loss is okay. Children who are prepared with this information are able to make the choice about attending the funeral. Should they choose not to participate, invite them to create their own commemorative ritual or activity for saying goodbye—planting a flower or tree, holding a candle-lighting ceremony. Take a Break Children grieve in cycles. For example, they may be more inclined to play and divert their focus from the death when the death is recent and parents are grieving intensely. More than adults, children need time to take a break from grief. Having fun or laughing is not disrespectful to the person who died; this is a vital part of grieving, too.

Chapter 5 : When a Child You Love Is Grieving, 2nd Edition | Harold Ivan Smith | | NetGalley

This cannot wait if the child is experiencing a grief "burst." Do not say, "There, there" to a child. Intersectors do not attempt to distract the grieving child by offering ice cream, candy, a book, or a trip to the playground or mall.

Chapter 6 : 10 Best & Worst Things to Say to Someone in Grief

Widely recognized grief specialist Harold Ivan Smith gives practical steps that can be taken to insure that a grieving child receives the necessary, healthy outlets needed during the loss of a loved one.

Chapter 7 : When a Child You Love Is Grieving

When a Child You Love is Grieving, 2nd Edition by Harold Ivan Smith Acts of caring and compassion can make all the difference in a grieving child's life. Adults can often worry about saying and doing the right thing, and too often giving children quick answers instead of the support they really need.

Chapter 8 : Parenting While Grieving - What's Your Grief

Acts of caring and compassion can make all the difference in a grieving child's life. Adults can often worry about saying and doing the right thing, too often giving children quick answers instead of the support they really need.

Chapter 9 : When a Child You Love Is Grieving by Harold Ivan Smith

Comforting a person who is grieving is never an easy task. When that person is a child the task becomes all the more difficult. As adults we worry about saying and doing the right thing, and too often we give the child quick answers instead of the support they really need. calendrierdelascience.com a Child You Love Is.