



Helping Children Deal With Loss

Educational Study Group For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses

There are many **Myths** about dealing with sad emotions that confuse children: **Time heals all wounds... Replace the loss... Cry alone... Be strong for others... Bury your feelings... Don't feel bad, have a cookie, you'll feel better...**

In this 6-week Program you will learn how to replace these myths with practical guidance for your children. Helping Children Deal With Loss is conducted by a Certified Grief Recovery Specialist®. To find a Specialist in your area click on the Specialist Finder located on the Programs page.

In the Meantime:

- **Listen with your heart, not your head.** Allow all emotions to be expressed, without judgement, criticism, or analysis.
- **Recognize that grief is emotional, not intellectual.** Avoid the trap of asking your child what is wrong, for he or she will automatically say, "Nothing."
- **Adults – Go first.** Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.
- **Remember that each of your children is unique** and each has a unique relationship to the loss event.
- **Be patient.** Don't force your child to talk.
- **Never Say "Don't feel sad" or "Don't feel scared."** Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

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