

**Supporting NSW communities,
families and individuals
experiencing loss and grief.**

www.nalag.org.au



NALAG
National Association for
Loss and Grief (NSW) Inc

Helping someone who is grieving

When someone has experienced a loss, there will be big and small adjustments needed to be made in their lives. These could bring uncertainty, frustration, fear, sadness and change as each new day comes along. Grief is about adapting to change in life, thoughts, hopes, beliefs and the future.

Be a good listener

Grieving people need to talk about their loss and acknowledge that they have been through a difficult experience. You can't fix their grief, but you can be there to hear their story and share their journey.

Be a shoulder to cry on

Allow the person to cry with you. Crying helps the release of emotions and improves the healing process.

Be in touch with them

Visit the person or call them. Let them know you've been thinking of them. Write a letter, send an email, remember their special days like birthdays and anniversaries.

Be a friend

Often just being there is all that is needed to support someone who is grieving. Everyone's journey through grief is different and can last a long or short time. Don't be afraid to speak up if you think your friends needs help.

(Adapted from the writings of Doris Zagdanski)

For more information
& referral, please contact:

02 6882 9222

info@nalag.org.au

www.nalag.org.au

PO Box 379
DUBBO NSW 2830

NALAG BRANCHES:

MUDGEES

BELLINGEN/NAMBUCCA

HUNTER

GRIEF SUPPORT

GREATER SYDNEY

Explaining Death to Children

www.nalag.org.au

BRC029.3.100519

Children, Loss and Grief

It is difficult enough for adults to deal with the loss and grief, be it death, miscarriage, separation or divorce. We at least know what death, separation, and divorce is and have our beliefs as to what follows and our knowledge as to what causes it. Children, particularly younger ones, don't have this understanding. They must try to understand the facts of the situation and the reactions of those around them while having a very limited understanding of the consequences. Children grieve too. They need the same understanding and compassion as given to parents. Unfortunately, they are often overlooked by others and even sent away to be "entertained" after a loss has occurred. To deal with the loss children need security, the reassurance of their relationship with their parents and clear explanations that suit their age and comprehension level.

If your child's behaviour changes from what you are used to, you may need to consider that they need some assistance in dealing with the loss and its consequences.

Behaviour changes may include:

- Withdrawal from parents, friends, and teachers.
- Fighting, hitting, irritability, argumentativeness, moodiness, temper tantrums.
- Whingeing/whining.
- Refusal to go to school or day-care.
- Fear at being separated from parents.
- Going back to doing things you thought they had outgrown.
- Bedwetting.
- Sleep disturbances, "bad dreams".
- Appetite changes.
- Refusal to talk/baby talk.
- Becoming fearful of many things.

- Loss of interest in things/loss of concentration.

Explaining Death to Children

Explaining death to children is a very difficult, very personal and very private thing. You, as parents or family know your children the best and what will be the most effective way to help them cope with the situation. Choose the time and place that feels right for you and the child preferably so that you will not feel rushed or embarrassed. There are a few things to remember when explaining death.

Make sure your explanation is clear and tailored to suit the child's age, understanding of death and his/her need for detail.

Use the words "death" or "dead" rather than words like "lost" or "asleep" which can lead to children developing fears of ordinary events.

Take your time to explain. Speak slowly and let the child take in what you have said. Pause at times to gauge the child's reactions. Let children share pictures and other mementos.

Be guided by the children's reactions and questions. Children's play and drawings may also give you some indication of what they understand about what has happened.

Be prepared to repeat your explanations and give more detail if and as often as the child needs it. Their questions and the need to have the story retold can arise, hours, days, weeks, even years later as the child thinks about the death and develops intellectually and emotionally.

Constantly check what the child has understood about what death is, what has happened and what caused the death. Children often misinterpret what has been said or take things said out of context. Asking them questions about what you have said can help you check their understanding and correct any misconceptions.

Before explaining the death to children, be sure of what you believe has happened and what will happen now. Tell children what you honestly believe as misunderstandings will be less likely to occur. If the family has no religious beliefs, now is not the time to introduce the concepts of heaven and an afterlife. Children will need more explanation in such cases.

Remember that if you feel you have made a mistake in explaining the death to a child, this can be corrected through honest discussion with him or her.

Parenting under difficult circumstances

As parents who have experienced death you may have enough difficulty coping with your own emotions. It is often difficult to also cope with the grief of your children as well as their ordinary everyday demands. This is particularly true if your children's grief shows itself in behaviour that is new and difficult to cope with.

It is not surprising that at times you may become short tempered with, or withdrawn from your children. Later you may feel guilty for not being there for your children at such a difficult time for them.

Be gentle with yourself. Accept that this is grief and forgive yourself. Above all, be honest with your children. If you have yelled or smacked unfairly, admit your mistake and say you're sorry. Explain to them your feelings. You'd be surprised what children can understand and how accepting they can be. Above all, let them know you love them because knowing this will help them overlook some of your more inconsistent behaviour.

*Adapted from An Ache in their Hearts
Resource Package © 1993*