

Caring for Grieving Kids

Heartlight Center 2024 Signature Series

November 5, 2024

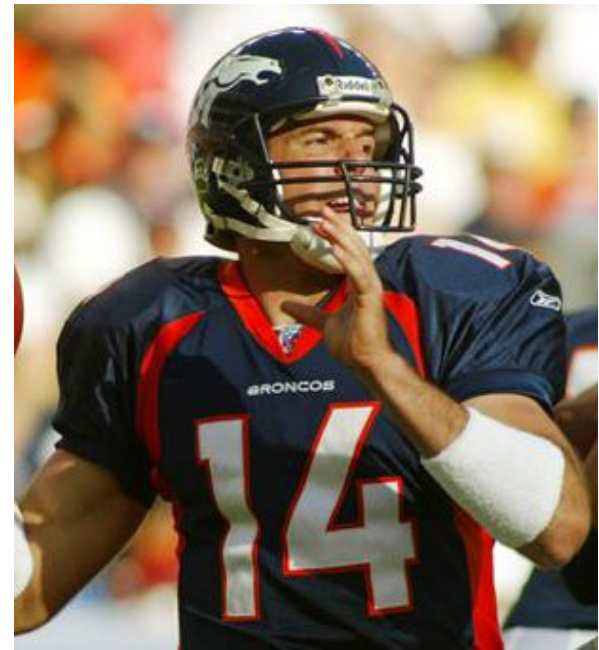
Micki Burns, PhD



Grief can be hard

- Take breaks as needed
- “I Pass” Rule
- Respect
- Reach out for support





Judi's House





JEDI Statement

Judi's House/JAG Institute centers justice, equity, diversity, and inclusion. We strive to welcome, respect, value, and support our clients, staff, board of directors, and volunteers. Grief is a universal experience. Yet, we know that there are significant barriers that prevent some from accessing grief care. Therefore, we are taking active steps to engage in ongoing learning, reflect the families in our community, respond to the cultural needs of our clients, and address discrimination and inequity.

Caring for Grieving Kids

What is grief?

All the thoughts, feelings and reactions we have after someone important in our lives dies



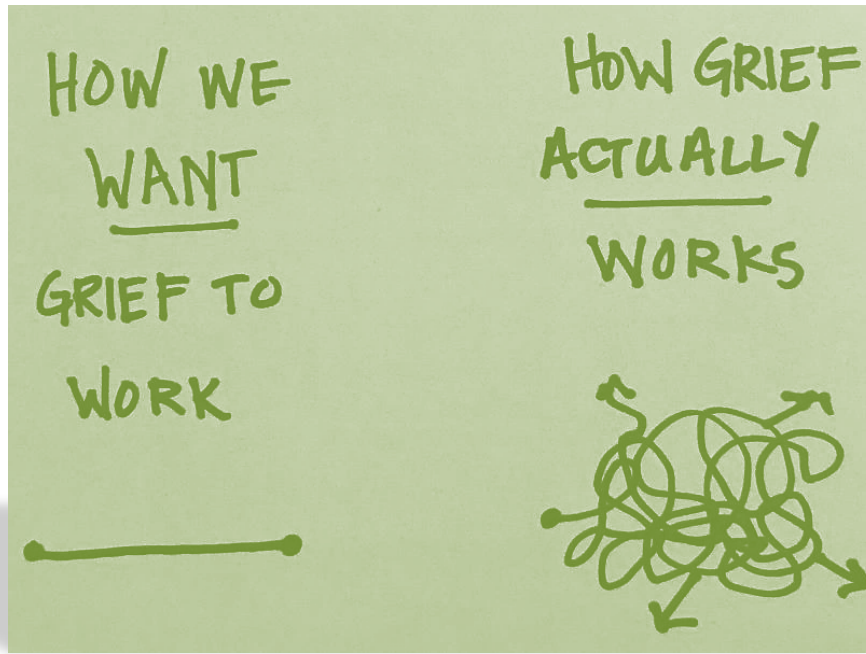
Caring for Grieving Kids

What is mourning?

How we display our grief to others
and to the world.



Grief is Complex



Caring for Grieving Kids

Grief Reactions

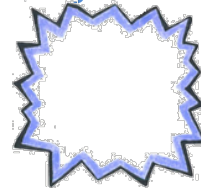


Grief Reactions

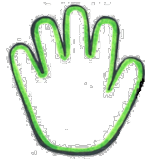
Emotional



Physical



Behavioral



Cognitive



Caring for Grieving Kids

Grief Across the Lifespan



Grief Across the Lifespan



Birth to 2 years old



3 to 5 years old



6 to 9 years old



10 to 12 years old



13 years old +



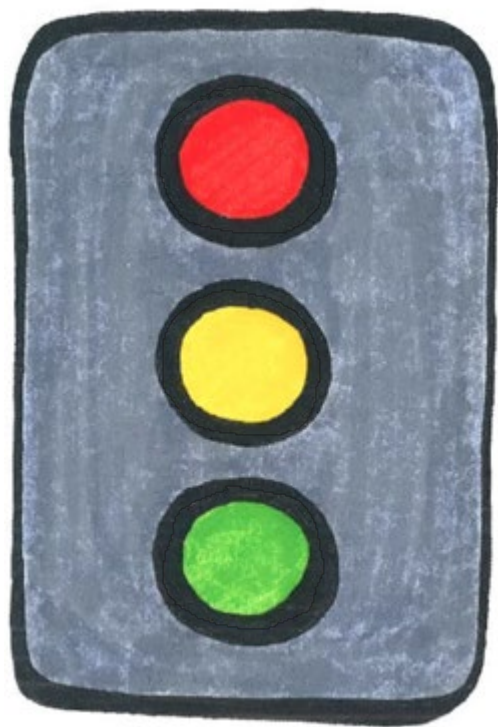
Young Adults



Caring for Grieving Kids

Brain and Behavior





Stop

Slow Down

Go



Coping Tools



Lessons Learned from Grieving Youth



Questions?

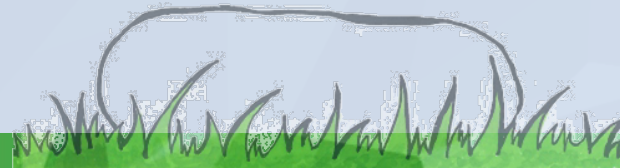


Caring for Grieving Kids

Caregiving Skills



Self-care



Reflective Listening

- You don't have to have the right answers
- Seek understanding
- Practice getting comfortable with discomfort
- Your child feels heard



Disciplining a Grieving Child

- Child questions safety of the world
- Tests limits/boundaries
- Needs warmth and consistent discipline
- You can try using ACT



Discipline a Grieving Child

Acknowledge the feeling or desire

Communicate the limit

Target acceptable alternatives by providing one or more choices



Grow Your Relationship Through Praise

- Acknowledge your child “being a kid”
- Focus on positive activities or accomplishments
- Celebrate their effort



Create Consistent Routines

- May feel easier to let things slide
- Consistency is key
- Daily and weekly routines can have lifelong impact
- Keep it simple!



Take a Time Out

- Increased meltdowns and tantrums are normal
- Notice when you are getting caught in a power struggle
- Develop a catch phrase



Support Healthy Boundaries

- Child vs. Adult size worries
- You can “handle” their stressors and emotions
- Show your emotions to your kids
- Take responsibility and find outlets for those emotions



Increase Positive Communication

- Highlight your kids' strengths
- Remove the screens when possible
- Tune into the chatter



Create New Family Memories

- Share memories about the person who died
- Play! Reconnect with what it's like to be a kid
- Let your child take the lead



Before we wrap up...

**Your responses to this survey are
very helpful to us! Thank you!**



Putting it all together






- You are the experts on your children, your family, and the culture you create.
- Never apologize for caring for and loving your child.
- Ask for help when you need it!



Children's Grief Awareness Month/Day



It all starts with LOVE

-  Love yourself and your loved ones fiercely and unconditionally. Prepare to be an advocate.
-  Let yourself and your loved ones have space to grieve openly and honestly.
-  Listen carefully to what you tell yourself and what you hear/see from your loved ones. Speak less. Listen more.
-  Learn that even though you cannot fix grief, you can get the support you need to gain the skills necessary to navigate grief reactions and live a happy, healthy life.
-  Lean into your community. Relying on others and asking for support may not come naturally, but this is a time to take people up on “let me know how I can help.”

Questions?



Supporting the work of Judi's House

Thank you for attending our Caring for Grieving Kids workshop and feeling empowered to make a difference in your community!

<https://shorturl.at/EqiBH>



Resources

Judi's House

- www.judishouse.org

National Suicide Prevention Hotline

- Call 800.273.8255
- Text 741741
- Chat <https://suicidepreventionlifeline.org/chat/>

National Alliance for Children's Grief

- <https://childrengrieve.org/>

New York Life Foundation

- <https://www.newyorklife.com/foundation/bereavement-support>

Eluna Foundation

- <https://elunanetwork.org/national-bereavement-resource-guide/resources/>

Tragedy Assistance Program for Survivors (military)

- <https://www.taps.org/>



Thank you!

judi's house JAG Institute
For Grieving Children and Families

CBEM
CHILDHOOD BEHAVIOR ESTIMATION MODEL

