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When a family member dies, children react differently from adults. Preschool children usually see death as temporary and reversible - a belief reinforced by cartoon characters who “die” and “come to life” again. Children between five and nine begin to think more like adults about death, yet they still believe it will never happen to them or anyone they know.

Adding to a child’s shock and confusion at the death of a brother, sister or parent is the unavailability of other family members who may be so shaken by grief that they are not able to cope with the normal responsibility of child care.

It is normal during the weeks following the death for some children to feel immediate grief while some will persist in the belief that the family member is still alive. The long-term denial of the death can later surface in more severe problems.

A child who is frightened about attending a funeral should not be forced to go; however, some service or observance is recommended, such as lighting a candle, saying a prayer or visiting a grave site.

Once children accept the death they are likely to display their feelings of sadness on and off over a long period of time. Make it clear that the child has permission to show his or her feelings openly or freely.

Anger is a natural reaction. The anger may be revealed in boisterous play, nightmares, irritability or a variety of other behaviors. Often the child will show anger towards the surviving family members.

After a parent dies, many children will act younger. The child may temporarily become more infantile, demanding food, attention cuddling, and talking “baby talk.”

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If you are concerned about discussing death with your children, you’re not alone. Many of us hesitate to talk about death, particularly with youngsters. But death is an inescapable fact of life. We must deal with it and so must our children; if we are to help them, we must let them know it is okay to talk about it.

By talking to our children about death, we discover what they know and do not know - if they have misconceptions, fears, or worries. We can then help them by providing needed information, comfort, and understanding. Talk does not solve all problems, but without talk we are even more limited in our ability to help.

**VICTIM SERVICES**



Victim Services Society  
4601 – 44 Avenue  
Stony Plain, Alberta, Canada  
T7Z 1W9

Phone : (780) 968-7272

Website : <http://stonyplainandsprucegrovesu.com>

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**VICTIM SERVICES**



# BEREAVEMENT CHILDREN AND GRIEF



## SIGNALS FOR ATTENTION FROM A GRIEVING CHILD

- Marked change in school performance
- Refusing to go to school, sleep, or take part in age appropriate activities
- Not talking about the person; physically avoiding mention of the deceased
- Frequent angry outbursts or anger expressed in destructive ways
- Hyperactive activities, fidgeting, constant movement beyond regular playing
- Accident prone, possibly self-punishment or a call for attention
- Persistent nightmares or sleeping disorders
- Stealing, promiscuity, vandalism, illegal behavior
- Persistent disobedience or aggression (longer than six months)
- Opposition to authority figures
- Social withdrawal
- Alcohol or other drug abuse
- Inability to cope with problems and daily activities
- Many complaints of physical ailments
- Persistent depression; poor appetite, sleep difficulties, and thoughts of death
- Long term absence of emotion
- Frequent panic attacks
- Persistent symptoms of the deceased

## CHARACTERISTICS OF AGE GROUPS

*(to be used only as a general guide)*

### Infants - 2 Years Old:

- Will sense a loss

- Will pick up on grief of a parent or caretaker
- May change eating, sleeping, toilet habits

### 2 - 6 Years Old:

- Family is center of child's world
- Confident family will care for her needs
- Functions on a day-to-day basis
- No understanding of time or death
- Picks up on nonverbal communication
- Thinks dead people continue to do things (eat, drink, go to the bathroom), but only in the sky
- Thinks if you walk on the grave the person feels it
- Magical thinking
- You wish it, it happens (bring the dead back or wishing someone was dead)
- Death brings confusion, guilt (magically thought someone dead)

### 6 - 9 Years Old:

- Personifies death: A person, monster who takes you away
- Sometimes a violent thing
- Still has magical thinking, yet begins to see death as final
- Fails to accept that death will happen to them - or to anyone (although begins to suspect that it will)
- Confusion of wording (soul/sole, dead body, live soul)
- Develops an interest in the causes of death (violence, old age, sickness)

### 9 - 12 Year Old:

- May see death as punishment for poor behavior

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- Develops morality - strong sense of good and bad behavior
- Still some magical thinking
- Needs reassurance that wishes do not kill
- Begins an interest in biological factors of death
- Theorizes: People die to make room for new people
- Asks more about "what happened"
- Concerns about ritual, burying
- Questions relationship changes caused by death, life changes
- Worries about who provides and cares for them
- Interested in spiritual aspects of death
- Concerns about ritual, burying
- Questions relationship changes caused by death, life changes
- Worries about who provides and cares for them
- May regress to an earlier stage
- Interested in spiritual aspects of death

### Teenagers:

- Views death as inevitable, universal, irreversible
- Thinks like an adult
- Questions meaning of life if it ends in death
- Sees aging process leading to death
- Sees self as invincible - it will not happen to me
- Need for adult guidance (grief process, coping skills)
- Needs someone to listen; to talk with
- May feel guilt, anger, even some responsibility for death that occurred
- Not sure how to handle own emotions (public and private)