



Children's Reaction To Loss

Denial - "I'll just pretend it didn't happen."

Bodily Distress - "My stomach hurts. I have a headache."

Anger at the one that left - "If he loved me, he would still be here."

Guilt - "I made him leave because I acted ugly."

Anger towards others - "It's your fault he isn't here anymore."

Assumed Mannerisms - "Do I look like Dad?"

Idealization - "Don't you say anything bad about my dad, he was perfect."

Anxiety - "I can't sleep. I can't breathe."

Panic - "Who is going to take care of me now? What if something happens to mommy?"

What Children Need

Security

Adult Protection

Structure, Consistency, Routines

Physical nurturing and attention

Calm, peaceful environment

Someone to listen... allow children to express ALL feelings

Reassurance they will be kept safe