Institute for Hope and Healing	公公公
Understanding Children's Grief	*
Vicki Jay CEO, National Alliance for Grieving Children	公
Robert Arrington President, Arrington Funeral Directors 2017-2018 Chair, Funeral Service Foundation	公公
Moderator Kenneth Doka , PhD, MDiv Professor of Gerontology, The College of New Rochelle	公公
August 7, 2018 Presented by Boeing BUEIND	公



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Types of loss

- Parental loss
- Sibling loss
- Grandparent loss
- Suicide
- Military
- Other close losses (pets, more distant relatives, teachers)









Leading	causes	οf	death
Leading	Causes	O.	ucau

Youth

Ages 1-25 Years #1 Unintentional Accidents

#2 Homicide

#3 Suicide

#4 Cancer

#5 Heart Disease

Adults Ages 26-55

#1 Cancer

#2 Heart Disease

#3 Unintentional Accidents

#4 Suicide

#5 Liver Disease

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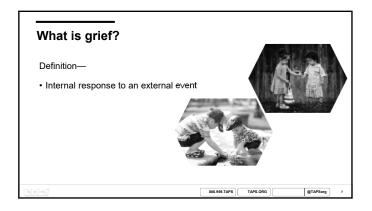
What is grief?

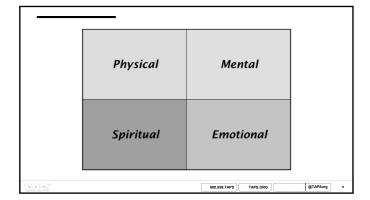
Grief is...

- Universal
- Unique
- Lifelong



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Five to eight years

- Want to understand death in concrete way, but that it will not happen to them
- Denial, anger, sorrow
- General distress, disoriented, confused
- May behave as if nothing has happened
- Desires to conform with peers
- · May ask questions repeatedly
- May need physical activity on regular basis
- Fear of losing remaining caregiver
- Clinging/separation/anxious behaviors

Concept of Death

- "Magical thinking"
- May believe they "caused it"
- Fear of separation or abandonment

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Nine to eleven years • Shock, denial, anxiety, distress Concept of Death • Facade of coping See death as • Finality of death understood final • Phobic behavior, morbid curiosity Interested in • May need physical activity on regular basis biological • Fear of losing remaining caregiver processes, burial & • Clinging/Separation/Anxious behaviors cremation 800.959.TAPS TAPS.ORG

Shock, denial, anxiety, distress Exhaustion – Puberty Easily distracted "Re-Grief" Phenomenon (Transitional lisestages) Peer conformity	Concept of Death • Understand that death impacts their family and social relationships	
EAS"	800.959.TAPS TAPS.ORG @TAPSorg 11	

Adolescence Shock, disbelief, distress, confusion Depression/sadness Withdrawal, detachment Anxiety, panic, anger, aggression (internal/external) "Re-Grief" Phenomenon (Transitional life stages) Conflicting needs to socialize and "hide" from others Confusion as to source of emotions (grief or hormones) MOSESTAPS TAPS ORD STAPS 12

What are factors that impact grief?

- Other life stressors and previous losses
- Relationship to the ill person or deceased
- Cause of death or illness
- Religious and cultural differences
- Family dynamics and ability to cope
- Age, gender
- Opportunity to say goodbye, how they found out
- Disenfranchisement

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Military loss

- Military culture
- Traumatic death
- Non-Traumatic death
- Suicide death
- System of support



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Needs include-

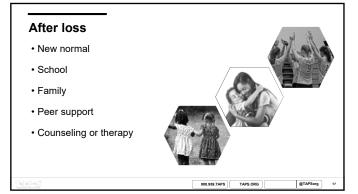
- Honesty
- Appropriate language
- Time
- Naturalness
- Tools



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What do children & teens need? • To be acknowledged • To have permission • To express emotions • To go on living We all have the capacity to heal and grow . . . even in our grief



What to say... What not to say... Comforting phrases that can be used – "Do's" • Phrases to avoid – "Don'ts" · It's best this way • I'm sorry • Everything happens for a reason • I wish things could have ended • It could be worse differently • I don't know what to say • They are in a better place • I feel sad · Time will heal • I am sad for you · Count your blessings • Do you have any questions? • Personal religious beliefs • We can talk again later 800.959.TAPS TAPS.ORG

How do we help?

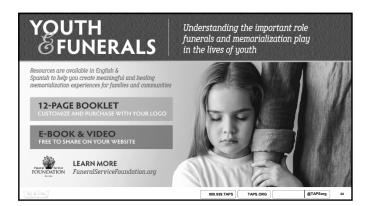
- Listen with attention
- Do not try to fix it
- · Sit quietly
- Allow for the expression of all feelings and validates them
- Keep the focus on the person in pain

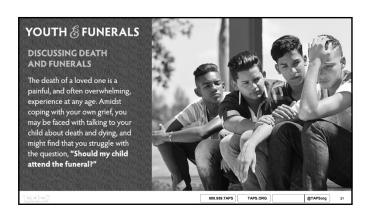


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YOUTH & FUNERAL	S	0.104		
FUNERALS AND	RITUALS HELP US			
	e reality of death	-		
Remember the Receive supply	ne person who died port from others			
Act on feeling	gs that otherwise may be repressed			
	eaning and fill the empty void of loss and recount the past with gratitude			
	e positive outcomes	-		
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		354(352)(3)		
YOUTH & FUNERAL	S	(C. 1)		
DEBUNKING CO		0,10		
Exclusion from the i	memorialization process may lead a child	to:		
• Create fear-bas				
• Miss out on red	ceiving comfort and support			
YES, it is ap	opropriate for youth to attend a funeral.			
		-		
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YOUTH & FUNERALS				

DISCUSSING DEATH AND FUNERALS

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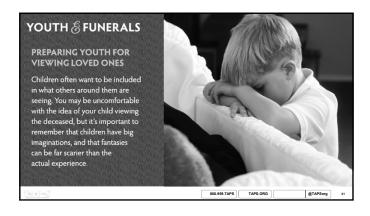
DeathFuneralsBurialCremation

YOUTH & FUNERALS		
DISCUSSING DEATH AND FUNERALS		
Traditions, beliefs and customs		
Memorialization options		
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YOUTH & FUNERALS	Oxer T	
YOUTH INVOLVEMENT IN MEMORIALIZATION		MA SU
Simply attending the funeral will help your child begin processing his or her grief. But whenever possible, consider including youth of all ages in the planning of the funeral/memorial service to help them feel connected and involved.		
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YOUTH & FUNERALS	
PREPARING YOUTH FOR FUNERAL ATTENDANCE	
	-
Explain who and what youth might see Talk about emotions and how people might be feeling	
Explain the order of the day	
Point out personal touches	
YOUTH & FUNERALS	
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YOUTH & FUNERALS	
PREPARING YOUTH FOR FUNERAL ATTENDANCE	
Give youth choices and control	
Normalize the experience	-
Encourage questionsWhen youth choose not to attend a funeral	
When youth choose not to attend a function	
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YOUT	TH & FUNERALS	
	PREPARING YOUTH FOR VIEWING LOVED ONES Offer clear and honest information about:	
	 Open or closed casket How the loved one's body may look and feel When the body isn't present 	
	Reach out to a funeral service professional for guidance.	
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YOUTH & FUNERALS		
CONTINUE TO CONNECT		
 Continue to offer comfort Encourage questions Continue old traditions or begin new ones Participate in community memorial events 		
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Questions?	
Vicki Jay Robert Arrington	
CEO, National Alliance for Grieving President, Arrington Funeral Directors Children 2017-2018 Chair, Funeral Service	
Foundation	
Grieving Children Rational Allance for Foundation Froundation	
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About the TARS Institute for Hone and Healing	
About the TAPS Institute for Hope and Healing	
The TAPS Institute for Hope and Healing, through an alliance with HFA, serves as	
a resource and training center, providing programs for both professionals working in the field of grief and loss and the public. The TAPS Institute for Hope and	
Healing was launched in March 2018.	
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Institute for Hope and Healing	-
Presented by Boeing	
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Upcoming TAPS Institute programs	
All programs will be live webinars and will take place from 12:00-1:30 p.m. ET. To	
learn more and register for these programs, visit https://www.taps.org/institute.	
August 21 — #grief: Social Media and Mourning*†	
Presenters: Kelly Rossetto, PhD, Assistant Professor, Boise State University and Michelle Post, MA, LMFT, CTBS, Manager of Donor Family Aftercare, OneLegacy	
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August 23 — Coping with Grief, Reaching Out for Support	
 Presenters: Heidi Horsley, PSYD, LMSW, MS, Co-founder, Open to Hope and Debbie Rambis, Executive Director, The Compassionate Friends 	
Moderator: Gloria Horsley, PhD, MS, CNS, Co-founder, Open to Hope	
* Continuing Education Available	
† Program in partnership with Hospice Foundation of America	
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