

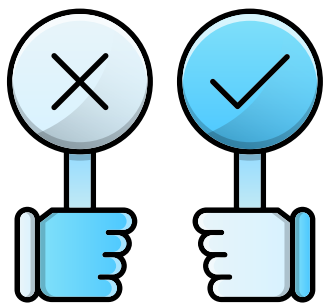
PARENT GUIDE:

TALKING ABOUT GRIEF AND LOSS

FROM THE ARCHDIOCESE OF SAN ANTONIO

LANGUAGE

USING SPECIFIC, REAL LANGUAGE HELPS WITH THE GRIEVING PROCESS. TIP: STEER AWAY FROM TALKING ABOUT DEATH SUCH AS GOING TO SLEEP OR GOING AWAY. THIS LEADS TO FEAR FROM CHILDREN AND LESS CRITICAL THINKING.



REMEMBRANCE

ALLOWING THE TIME AND SPACE FOR CHILDREN AND ADULTS TO REMEMBER THE LOST PERSON. THIS CREATES A HEALTHY WAY OF EXPRESSING GRIEF WITHOUT OVERWHELMING GUILT.

BOOKS:

IF NATHAN WERE HERE BY MARY BEHR
THE NEXT PLACE BY WARRREN HANSON
LIFETIMES BY BRYAN MELLONIE

TALKING ABOUT DEATH BY EARL GROLLMAN
WHAT DOES DEAD MEAN? BY LARRY LIBBY
WHEN SOMEONE YOU LOVE HAS CANCER BY ALARIC LEWIS

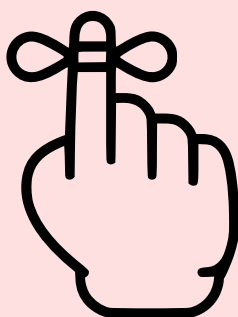
COMMUNICATION

PARENTS ARE ENCOURAGED TO BRING THE CONVERSATION FORWARD WITH STUDENTS. THIS ALLOWS FOR THE NARRATIVE TO BE CONDUCTED IN A WAY THAT THE CHILD WILL CONTINUE TO HAVE AT HOME AND CREATE CONNECTIONS WITH THE PARENTS AS AN OUTLET.



AWARENESS OF PAST GRIEF

IN TIMES OF A NEW DEATH, CHILDREN CAN RELATE BACK TO PREVIOUS DEATHS.



WITH THIS IN MIND, ALLOW THAT SPACE FOR CHILDREN TO GRIEVE PREVIOUS LOSSES.

COMMUNITY RESOURCES

- CHILDREN'S BEREAVEMENT CENTER
- CATHOLIC CHARITIES- GRACE COUNSELING
- THE ECUMENICAL CENTER



PRAYER RESOURCES

PSALM 62
PSALM 23
PSALM 103

CONTACT:

MARISOL RODRIGUEZ, MRODRIGUEZ@BLESSEDSCHOOL.COM
KATHERINE MCVAY, KMCVAY@BLESSEDSCHOOL.COM