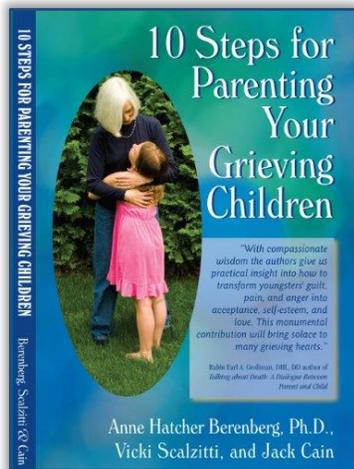


10 Steps for Parenting Your Grieving Children

By Anne Hatcher Barenberg PhD,

Vickie Scalzitti and Jack Cain

Book Review by Jean Johnson



It's tough to try to guide our living children through the grief process, when our own heart is shattered with the pain of loss. The siblings left behind deeply miss their brother or sister, but may not show it.

A child's grief looks much different from an adult's grief, and often they need help to process their feelings.

This book was born out of two of the author's experiencing tragic losses, and years of working with other grieving mothers and their children. Ms. Barenberg, Ms. Scalzitti, and Mr. Cain have given us an excellent resource to navigate our children through the winding path of grief. They provide situation-specific solutions,

complete with an explanation of how a particular age group sees death.

Here is a great example: For children between about 5 and 8...

- Somewhere between ages 5 and 8, most children will be able to conceptualize and understand death as the end of biological functioning—life. You talk in the simple, concrete terms mentioned above, but they start to “get it” in a way their younger siblings cannot (or they could not when they were younger).
- **Be ready to answer questions.** Get as much information as you need to tell your child what actually happened in this particular death and why it happened at this particular time.

u For example: “Her heart wasn't working right. It stopped beating. The doctors couldn't get it started again. People can't live if their hearts don't beat.”

After going through this book, I see the value of understanding the stages of growth, and using the correct words to assist children in processing the pain of loss. I highly recommend this book for all parents with children behind who are wondering why their sibling is gone forever.

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Jean Johnson – Jean's grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.