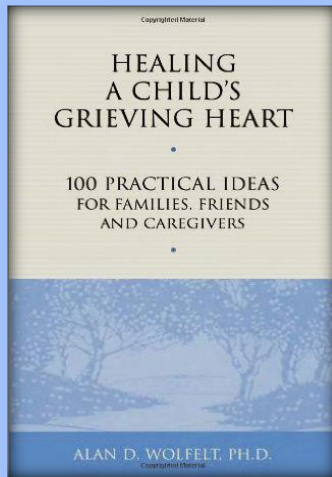


Healing a Child's Grieving Heart: 100 Practical Ideas for Families, Friends and Caregivers

(Healing a Grieving Heart series) by Alan D. Wolfelt PhD

Review by Jean Johnson



I sometimes liken grieving kids to flowers. Like a flower after a hard spring rain, grieving children often feel fragile and battered at first. To grow, the flower needs the sun and gentle tending of the gardener. The kids need love and the help from adults like you. When they get what they need, they open wide and soak up the sunshine of life. Alan Wolfelt

Last month we focused on offering practical tips to help parents in their own grief journey. This month we spotlight book #2 in the “Healing a Grieving Heart” series.

This book teaches parents the behaviors of a grieving child and suggests proactive activities to guide them through the grieving process. It contains many practical ideas and a *Carpe Diem* at the end of each chapter.

A great example of a *Carpe Diem*: The next time your child cries, resist the natural urge to encourage him to stop crying. Instead, hold him gently, and let him cry as long and as hard (and as often) as he wants to.

I encourage you as a parent or caregiver of a grieving child, to add this wonderful book to your box of grief tools to navigate through this strange new world of loss.

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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.