

Nurturing Resilience

EMPOWERING CAREGIVERS IN GUIDING CHILDREN WHO ARE GRIEVING



GRIEF FRAMEWORK THAT WORKS

Dual Process Model Stroebe (Stroebe and Schut) shares the ongoing oscillation between Grief-Oriented space and the Restorative-oriented space. The movement between these two areas is ongoing and lifelong. It debunks the misconception that grief follows a linear process and that there is an ending. This means you can give yourself and your child permission to let go of expectations and allow your grief to move with you as you and your child grow. You don't "get over it."

WHAT KIDS WANT YOU TO KNOW...

- "I grieve through my play" - this is how they process and understand the world and death.
- "Even when I look fine, I am grieving." - remember to check in on all children and family members even when they look like they are "doing okay."
- "My grief looks different because my relationship was different." - Avoid comparing grief experiences even when grieving the same person.
- "Please be honest with me" - be age-appropriate and truthful. Honesty is healthy to the grieving process
- "My understanding of death is different and will continue to change as I grow" - as a child grows they regrieve because their understanding of the death and grief will change

PARENT-CHILD ADAPTIVE TASK

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Reestablish security & safety

Restore routine

Affirm & maintain boundaries

Adapt to new roles and responsibilities

Parent/Caregiver Reminder:
Adaptive tasks are meant to be done as a family! It's important to process these steps for yourself, your child, and as a family.