

# *Changes*



Riverside University Health System Medical Center  
Patient & Family Services





We at Riverside University Health System want to help as much as possible to ease the grief you are feeling after the loss of your loved one.

In this book you will find resources for planning. Some of the information may or may not apply to you. Please take a moment to review:

**1. General Information**

This information will assist with making arrangements for your loved one. General grief information is provided.

**2. The Gift of Giving**

Please see enclosed information on body donation.

**3. Mortuary List**

The cost of the funeral arrangements vary depending on the type of services you have in mind and the mortuary. We recommend that you call at least three mortuaries to compare costs.

**4. National Cemetery**

Military personnel, veterans and their spouses may be entitled to burial at the National Cemetery.

**5. The Stages of Grief**

**6. What You Can Do to Help Someone Who is Grieving**

**7. The Grieving Child**

Suggestions are included to help the children in your family.

**8. The Death of an Infant or Child**

Please make arrangements with your mortuary to pick up your loved one within 48 hours. You may contact the Nursing Supervisor at (951) 486-4672 to provide additional information. If you are going to transfer your loved one out of the state the mortuary will assist you with arrangements and permits. If the transfer is out of the country, please contact your consulate before you contact the mortuary. They may offer financial assistance.

Patient & Family Services would like to offer our condolences to you and your family at this difficult time. If you have any questions please call our department at (951) 486-4350.

## General Information

Dear Family Member,

Please accept our condolences on the loss of your loved one. We realize this is a difficult time for you. To assist you during this difficult time, we have some information we hope will provide some guidance during this journey.

### **The first 48 hours:**

- Contact additional family members and close friends
- If you expect many phone calls, consider having a close friend or relative answer the phone for you.
- If you need to notify a number of people, consider having a close friend or relative help you make those phone calls.
- Select a funeral home and schedule an appointment to work out the details of the funeral. The funeral home will help you plan the services, including cemetery options if applicable to your loved one. The funeral home can also assist with transferring your loved one to another country, or state.
- Request proper documentation from the funeral home so that your loved one can be transferred to their facility. Please contact our Nursing Staffing Office by dialing 951-486-4672 if you have additional questions regarding transfer. The Nursing Staffing Office assists your family in seeing the transfer of your family member occurs without delay.
- If you are experiencing financial hardship and need guidance on ways to cover the services, please ask for the unit Social Worker. Also, consider asking a family or close friend to call the local funeral homes to inquire about general prices. The internet is a great resource.
- Contact your local clergyman (if you have one).
- Notify your loved one's employer.
- If you have minor children, contact their local schools.
- Contact your attorney to assist with any relevant legal matters.

### **Prior to funeral home appointment:**

- Consider taking the following information to your first funeral home appointment. We strongly encourage having a close friend or family member go with you.
- Full name of deceased and their date of birth.
- Place of birth and social security number if applicable.
- Occupation.
- Father's name and mother's maiden name.
- If veteran, proof of military service (DD214).
- List of relatives and relationship.
- List of church, professional organizations, clubs and/or other organizations in which membership was held.

- If you wish to have donations made to charity in memory of your loved one then have the name and address of such organization.
- Make a list of individuals whom might be available as pallbearers.
- You may also wish to bring the clothing your loved one will be buried in.
- You may be asked if you wish to provide information for an obituary in the local newspaper -this request is optional.

**After the funeral:**

Adjusting to life after the funeral and/or religious services may be difficult. It is not easy losing a loved one and you may feel uncomfortable in your new life circumstances. Grieving is natural. There is no right or wrong way to grieve, just know that there is help. Grief and Bereavement groups are helpful to some people. Individual grief counseling is another option. For a list of grief support groups, please contact Patient and Family Services at 951-486-4350.



## Body Donation

**Body donation** is a special kind of “*life giving*” that leaves a legacy of hope to future generations. **It is the donation of the whole body after death for medical research, education and training.** By donating one’s body or a loved one’s body, you are giving a learning opportunity to the medical field that may lead to more efficient and advanced life-saving surgical procedures as well as innovations. Your donation would also allow research institutions to discover new ways to fight serious disease/disorders such as cancer, dementia, Alzheimer’s, Parkinson’s, diabetes, arthritis, asthma, COPD, multiple sclerosis, spinal cord and orthopedic injuries.

**The following institutions/facilities in California accept body donations:**

### **Loma Linda**

Loma Linda University  
Bodies for Science Program  
Division of Human Anatomy  
24760 Stewart Street  
Loma Linda, CA 92350  
909-558-4301  
<http://www.llu.edu/medicine/anatomy/willed.page>

### **Sacramento**

University of California, Davis  
UC Davis, Body Donation Program  
4800 Broadway, Suite 100  
Sacramento, CA 95820  
916-734-9560 Informational line  
916-734-9563 Fax  
[dbpinfo@ucdavis.edu](mailto:dbpinfo@ucdavis.edu)

### **Stanford**

Stanford University School of Medicine  
Division of Anatomy  
CCSR Building, Room 0135  
269 Campus Drive  
Stanford, CA 94305-5140  
650-723-2404  
<http://med.stanford.edu/anatomy/donate/>

### **UCLA**

David Geffen School of Medicine at UCLA  
924 Westwood Blvd., Suite 335  
Los Angeles, CA 90095-7340  
Telephone: (310) 794-0372  
Fax: (310) 794-0334  
Email: [DBPinfo@mednet.ucla.edu](mailto:DBPinfo@mednet.ucla.edu)

### **UCSD**

University of California, San Diego  
Body Donation Program  
9500 Gilman Drive  
La Jolla, CA 92093-0627  
858-534-4536  
<http://bodydonation.ucsd.edu>

### **UC Irvine**

University of California, Irvine  
Willed Body Program  
252 Irvine Hall  
Irvine, California 92697-3950  
Phone: (949) 824-6061  
<http://www.som.uci.edu/willedbody/index.asp>

### **UC San Francisco**

University of California, San Francisco  
Willed Body Program  
Department of Anatomy, AC-14  
San Francisco, CA 94143-0902  
Phone: 415-476-1981  
Fax: 415-502-1460

### **USC**

University of Southern California  
Darby Brakke  
Program Manager  
USC Willed Body Program  
1333 San Pablo Street, MMR 108  
Los Angeles, CA 90033  
Phone: 323-442-1191  
Fax: 323-442-3145  
Email: [brakke@usc.edu](mailto:brakke@usc.edu)



## Body Donation

Los Angeles College of Chiropractic Medicine  
Department of Anatomy  
6200 East Amber Valley Drive  
Whittier, CA 90609-1166  
231-947-8755 X252

Western University of Health Sciences  
College of Osteopathic Medicine of the Pacific  
Nina McCoy  
Body Donation Program Director  
309 E. 2nd Street  
Pomona, California 91766-1854  
Phone: (909) 469-5431  
Email: nmccoy@westernu.edu

Also, if you or your loved one is considering cremation as an alternative to a traditional funeral, you may want to consider an anatomical gift. **The following will provide free cremation for a full body donation. Please call for further information:**

Life Quest Anatomical – (866) 799-2300  
Life Science Anatomical – (866) 998-0167  
Life Legacy – (888) 774-4438  
Gen-Life Institute – (877) 738-6111  
Bio-Gift – (866) 670-1799

Your selfless donation will benefit society and will make a difference in the lives of many ... ***your gift of giving is a gift of love.***



## Mortuary List - Funeral Services

### **INDIGENT BURIAL PROGRAM**

#### ***Riverside County Coroner's Office***

800 S. Redlands Ave., Perris, CA 92570  
(951)443-2300

#### **Banning**

##### ***Wiefels & Son Mortuary***

50 E. Nicolet Street  
Banning, CA 92220  
(951) 849-4527  
FAX (951) 849-1932

#### **Beaumont**

##### ***Weaver Mortuary***

1177 Beaumont Avenue  
Beaumont, CA 92223  
(951) 845-1141  
FAX (951) 845-2097

#### **Blythe**

##### ***Frye Chapel***

633 N. 7<sup>th</sup> Street  
Blythe, CA 92225  
(760) 922-4171  
FAX (760) 398-7017

#### **Coachella**

##### ***Casillas Family Funeral Home***

85891 Grapefruit Blvd.  
Coachella, CA 92236  
(760) 398-1536  
FAX (760) 398-9730

#### **Colton**

##### ***Inland Memorial Inc.***

900 N. Meridian Ave.,  
Colton, CA 92324  
(909) 254-4100

#### **Corona/Norco**

##### ***Thomas Miller Mortuary***

1118 E. 6<sup>th</sup> Street  
Corona, CA 91719  
(951) 737-3244  
FAX (951) 737-3271

##### ***Grimes-Akes Family Funeral Home***

500 W. Seventh St.  
Corona, CA 92882  
(951) 737-3771

#### **Desert Hot Springs**

##### ***Desert Mortuary***

66272 Pierson Boulevard  
Desert Hot Springs, CA 92240  
(760) 329-8737  
FAX (760) 327-5669

#### **Hemet**

##### ***Cremation Society of Riverside County***

1503 W. Florida Avenue  
Hemet, CA 92543  
(951) 658-5441  
FAX (951) 658-9341

##### ***Inland Memorial Harford Chapel***

120 N. Buena Vista St.  
Hemet, CA 92543  
(951) 658-3288

##### ***Hemet Valley Mortuary***

403 N. San Jacinto St.  
Hemet, CA 92543  
(951) 658-4433

##### ***McWane Family Funeral Home***

350 N. San Jacinto St.  
Hemet, CA 92543  
(951) 658-9497





***Miller-Jones***

***Mortuary & Crematory, Inc.***

1501 W. Florida Ave.  
Hemet, CA 92543  
(951) 658-3161  
FAX (951) 652-5826

**Jurupa**

***Metropolitan Mortuary***

2902 Rubidoux Blvd., Ste. A  
Jurupa Valley, CA 92509  
(951)683-5400

**Lake Elsinore**

***Evans Brown Mortuary***

126 E. Graham Avenue  
Lake Elsinore, CA 92530  
(951) 674-3141  
FAX (951) 674-3142

***Lakepointe Cremation and Burial***

601 Crane St., Ste "D" Lake Elsinore, CA 92530  
(951) 674-3703  
FAX (951) 674-3706

**Murrieta**

***Murrieta Valley Funeral Home***

24651 Washington Ave.  
Murrieta, CA 92562  
(951) 696-0626

***Inland Memorial***

38820 Sky Canyon Dr. Ste. A  
Murrieta, CA 92563  
(951) 345-4655

**Moreno Valley**

***Miller Jones Mortuary***

23618 Sunnymead Blvd.  
Moreno Valley, CA 92553  
(951) 485-4542  
FAX (951) 485-4545

## Mortuary List - Funeral Services

***Rest Assured***

22639 County Crest Dr.  
Moreno Valley, CA 92557  
(951) 924-4796

**Norco**

***Norco Family Funeral Home***

2645 Hammer Ave  
Norco, CA 92860  
(951) 898-1013

**Palm Springs/Cathedral City**

***Palm Springs Mortuary***

69855 East Ramon Road  
Cathedral City, CA 92234  
(760) 321-0994  
FAX (760) 324-1715

**Palm Desert**

***FitzHenry-Wiefels Palm Desert Mortuary***

44-700 San Pablo  
Palm Desert, CA 92260  
(760) 568-9481

**Perris**

***Evans Brown Mortuary***

385 West 4<sup>th</sup> Street  
Perris, CA 92570  
(951) 657-5178  
FAX (951) 657-5179

***Funerales Santana***

425 W. Rider St. Ste A5  
Perris, CA 92571  
(951) 657-0272

***Miller-Jones***

Mortuary & Crematory, Inc.  
1835 N. Perris Blvd.  
Perris, CA 92570  
(951) 943-8313  
FAX (951) 943-8314



## Mortuary List - Funeral Services

### ***Bayview Crematory and Burial Services***

192 Commerce Dr.  
Perris, CA 92571  
(951) 940-1777

### ***Glen Valley Mortuary***

#### ***"Capilla San Ramon"***

20932 Hunter Street  
Perris, CA 92570  
(951) 657-4210 FAX (951) 657-2580

### **Riverside**

#### ***Acheson & Graham***

#### ***Garden of Prayer Mortuary***

7944 Magnolia Avenue  
Riverside, CA 92503  
(951) 688-1221  
FAX (951) 688-7535

#### ***Akes Family***

9695 Magnolia Avenue  
Riverside, CA 92503  
(951) 785-4071  
FAX (951) 785-4293

#### ***Arlington Mortuary***

9645 Magnolia Ave.  
Riverside, Ca 92503  
(951)689-1011 or (800) 275-4648

#### ***California Cremation Center***

3773 Tibbetts, Ste E  
Riverside, CA 92506  
800-466-6110  
FAX 800-461-0480

#### ***Arlington Cremation and Casket Warehouse***

7001 Indiana Avenue #8A  
Riverside, CA 92506  
(951) 686-0501 (951) 687-7963  
FAX (951) 328-1655

#### ***Inland Memorial***

4922 Arlington Ave  
Riverside, CA 92504  
(951) 248-2299  
FAX (951) 248-2295

#### ***Pierce Brothers Mortuary***

11500 Arlington Avenue  
Riverside, CA 92505  
(951) 689-1441  
FAX (951) 734-7368

#### ***Preston & Simons Mortuary***

3358 Mission Inn Avenue  
Riverside, CA 92501  
(951) 683-7410

#### ***Rubidoux-Jurupa Valley Mortuary***

6091 Mission Boulevard  
Riverside, CA 92509  
(951) 683-2215

#### ***Sierra Memorial Chapel Mortuary***

4933 La Sierra Avenue  
P.O. Box 8188  
Riverside, CA 92515  
(951) 687-0551

#### ***Tillman Riverside Mortuary***

2874 10<sup>th</sup> St.  
Riverside, CA 92507  
951-682-6433

#### ***National Cremation Services***

5955 Brockton Ave.  
Riverside, CA 92506  
951-684-4077

#### **Romoland**

#### ***Miller-Jones Mortuary***

26245 Palomar Road  
Romoland, CA 92585  
(951) 928-5105



**Sun City**

***Evans Brown Mortuary***

27010 Encanto Road  
Sun City, CA 92585  
(951) 679-1114 or 656-3138  
FAX (951) 672-8359

***Miller-Jones***

Mortuary & Crematory, Inc.  
26770 Murrieta Rd.  
Sun City, CA 92585  
(951) 672-0777  
FAX (951) 672-7869

**Riverside National Cemetery**

***Veteran's Cemetery***

22495 Van Buren Blvd.  
Riverside, CA  
1-800-275-4648 or (951) 653-8417

**San Bernardino**

***San Bernardino Mission Chapel***

1798 N. D St.  
San Bernardino, CA 92405  
(909) 886-9911  
FAX (909)886-6211

**Mortuary List - Funeral Services**

**San Diego**

***GREENWOOD MEMORIAL PARK AND MORTUARY***

4300 Imperial Ave  
San Diego, CA 92113-1900  
(619) 264-3131

**Upland**

***Inland Memorial***

219 N. Euclid Ave.  
Upland, CA 91756  
(909) 608-7799

**Orange County**

***Eternity Cremation and Burial***

438 East Katella Ave., #G  
Orange, CA 92863  
714-771-5900  
FAX – 714-771-5530



## National Cemeteries in California

### **Bakersfield National Cemetery**

30338 East Bear Mountain Boulevard  
Arvin, CA 93203  
Phone: (661) 867-2250  
Phone: (866) 632-1845  
Fax: (661) 867-2253

### **Dixon: Sacramento Valley National Cemetery**

5810 Midway Road  
Dixon, CA 95620  
Phone: (707) 693-2460  
Fax: (707) 693-2479

### **Los Angeles: Los Angeles National Cemetery**

950 South Sepulveda Blvd  
Los Angeles, CA 90049  
Phone: (310) 268-4675 or 4494  
FAX: (310) 268-3257

### **Riverside: Riverside National Cemetery**

22495 Van Buren Boulevard  
Riverside, CA 92518  
Phone: (951) 653-8417  
FAX: 653-5233

### **Santa Nella: San Joaquin Valley National Cemetery**

32053 West McCabe Road  
Santa Nella, CA 95322  
Phone: (209) 854-1040  
FAX: (209) 854-3944

### **San Bruno: Golden Gate National Cemetery**

1300 Sneath Lane  
San Bruno, CA 94066  
Phone: (650) 589-7737  
FAX: (650) 873- 6578

### **San Diego: Fort Rosecrans National Cemetery**

Cabrillo Memorial Drive  
P.O. Box 6237  
San Diego, CA 92166  
Phone: (619) 553-2084  
FAX: (619) 553-6593

### **San Francisco: San Francisco National Cemetery**

1 Lincoln Blvd., Presidio of San Francisco  
San Francisco, CA 94129  
Phone: (650) 589-7737 or 1646  
FAX: (650) 873- 6578

## THE STAGES OF GRIEF

The work of grief cannot be hurried. It takes a great deal of time, usually a year or more. It may be the purest pain you have ever known. The following are stages of grief that are commonly experienced after a loss. You may not experience all of these, and you may not experience them in this order. It is important to realize, however, that what you are feeling is natural and that, with time, you will heal.

### **Shock**

Some people experience shock after a loss, saying things like “I feel numb” and displaying no tears or emotions. Sometimes there is denial. Gradually the bereaved become aware of what has happened, and they are able to express their emotions. Other people never go through a prolonged stage of shock. They are able to express emotions immediately.

### **Emotional Release**

At some point a person begins to feel and to hurt. It is very important not to suppress your feelings. Suppressed feelings often surface at a later time in unhealthy ways. Shared feelings are a gift, and bring closeness to all involved.

### **Preoccupation with the Deceased or the Crisis**

Despite efforts to think of other things, a grieving person may find it difficult to shift his/her mind from thoughts about the deceased person. This is not unusual and, with time, should not be a problem.

### **Symptoms of Some Physical and Emotional Distress**

These distresses may come in waves. The most common physical distresses are:

- Sleeplessness
- Tightness in the throat
- A choking feeling
- Shortness of breath
- Deep sighing
- An empty hollow feeling in the stomach
- Lack of muscular power (“It’s almost impossible to climb stairs” or “everything I lift seems heavy”)
- Digestive symptoms and poor appetite

Closely associated with the physical distresses may be certain emotional alternations, the most common of which are:

- A slight sense of unreality
- Feelings of emotional distance from people - that no one really cares or understands
- Sometimes people appear shadowy or very small
- Sometimes there are feelings of panic, thoughts of self-destruction, or the desire to run away or “chuck it all”

26520 Cactus Avenue, Moreno Valley, California 92555

Phone: 951-486-4350 • FAX: 951-486-4695 • TDD: 951-486-4397

## THE STAGES OF GRIEF

These emotional disturbances can cause many people to feel they are approaching insanity, but these feelings are actually quite normal.

### **Hostile Reactions**

You may catch yourself responding with a great deal of anger to situations that previously would not have bothered you. The feelings can be surprising and very uncomfortable. They often make people feel that they are going crazy. Anger can be directed at the doctor, the nurse, God, sometimes even at your loved one who died.

Often, there may be feelings of hurt or hostility toward family members who do not or, for various reasons cannot, provide the emotional support the grieving person may have expected from them. Anger and hostility are normal. Do not suppress your anger. However, it is important that you understand and direct your anger towards what you are really angry at, namely the loss of someone you loved.

### **Guilt**

There is almost always some sense of guilt in grief. The bereaved think of the many things they felt they could have done, but didn't. They accuse themselves of negligence. These hurts pop up in grief. Guilt is normal and should pass with time.

### **Depression**

Many grieving people feel total despair, unbearable loneliness and hopelessness; nothing seems worthwhile. These feelings may be even more intense for those who live alone or who have little family. These feelings are normal and should also pass with time.

### **Withdrawal**

The grieving person often tends to withdraw from social relationships. Their daily routines are often disrupted as well. Life seems like a bad dream. This is normal and will take some effort to overcome, but the rewards are worthwhile.

### **Resolution and Readjustment**

This comes gradually. The memories are still there, the love is still there, but the wound begins to heal. You begin to get on with life. It's hard to believe now, but you will feel better. By experiencing deep emotion and accepting it, you will grow warmth, depth, understanding and wisdom.

## WHAT YOU CAN DO TO HELP SOMEONE WHO IS GRIEVING

- Encourage expression of thoughts and feelings
  - “Do you feel like talking?”
  - “I don’t know what to say, but I care.”
  - “Please don’t worry if you cry in front of me.”
- Help create rituals
- Help recall good times
- Help put regrets into perspective
- Urge person to look to their faith community and/or a grief professional
- Encourage person to consider a support group
- Plan for difficult times/dates (anniversaries, birthdays, holidays, and mealtimes)
- Help clean out loved one’s things and use time to reminisce
- Suggest writing a letter to the loved one, or keeping a journal
- Don’t be afraid to have a good time or to laugh
- Share favorite quotations, words of encouragement
- Encourage person to take care of their health
- Help shop, cook, and write thank you notes
- Be patient. Grief takes time. Avoid saying things like “you should be getting on with your life.”
- Just sit

## Grief in Children and Teens\*

### Six Basic Principles about Children and Grief

- Grief is a natural reaction to loss
- Each person's experience is unique
- There are no "right" and "wrong" ways to grieve
- Every death is different, and will be experienced in differing ways
- The grieving process is influenced by a multitude of issues
- Grief never ends. It is something you never get "over"

### How Children Grieve

- Children tend to go in and out of grief
- Not all children talk about their grief
- Some children don't seem to be affected at all
- Play is one way children make sense of their world
- It's not unusual for children to experience physical reactions
- It's not unusual for children to experience difficulties thinking or concentrating
- The child or teen's developmental age will influence his or her reactions to the death
- It is not unusual or uncommon for children to believe they have seen or heard the deceased person
- Children are repetitive in their grief and may tend to ask questions repeatedly as they search for understanding
- Children grieve cyclically and tend to revisit grief as they mature and enter new stages of development

### Three Tasks for Grieving Children

**First task:** To understand that the person is dead

**Second task:** To feel the feelings about the person dying

**Third task:** To go on living and loving after the person has died

*\* Information compiled with permission from the Dougy Center; The National Center for Grieving Children & Families*



## 35 Ways to Help a Grieving Child\*

*from the Dougy Center  
The National Center for Grieving Children & Families*

1. Listen. *Children often want to share their stories.*
2. Listen some more. *Some children may take a while to open up.*
3. Be honest. Never lie to a child. *Children often know more than we think and gain information from other sources that needs clarification.*
4. Answer the questions they ask. Even the hard ones. *Kids learn by asking questions and usually ask about what they are curious or concerned about. Let them know all questions are okay to ask.*
5. Give the child choices whenever possible. *This allows children to grieve in a way that's right for them and regain some of the sense of control lost after the death.*
6. Encourage consistency and routines. *This can help rebuild a sense of stability.*
7. Talk about and remember the person who died. *Talking and remembering are part of the healing process.*
8. Make a child's world safe for grieving. *Having comfortable places and people where expressing grief is encouraged is important.*
9. Expect and allow all kinds of emotions. *A wide range of emotions are expected and can be encouraged to be expressed in a safe manner.*
10. Forget about the "grief stages". *Grief experiences do not always follow the same sequence. There is no official end to grief. It may seem like a series of waves, some stormy and some calm.*
11. Respect differences in grieving styles. *Each person grieves in his or her own way.*
12. Get out the crayons, pens, pencils, paint, and chalk. *Artwork, poetry, or journaling can provide creative outlets for emotions that are difficult to express.*
13. Run! Jump! Play! (Or find other ways to release energy and emotions.) *Exercise and physical play can help release energy and emotions.*
14. Be a model of good grief. *Children look to adults to learn how they are "supposed" to grieve. Knowing that adults grieve help them know it's okay to cry, feel angry, or grieve.*
15. Hug with permission. *This will help to reestablish a sense of security after loss for those children who are comforted by hugs.*
16. Practice patience. *Just as with grieving adults, there will be days when it is hard for children to function.*
17. Support children even when they are in a bad mood. *Children may slip into bad moods while grieving. Validating feelings and encouraging good choices may provide support.*
18. Expect some kids to act younger than their age. *Some children will lapse into behavior of younger children while feeling anxious and insecure about the death. More appropriate behavior should return when child is coping better with grief.*

## 35 Ways to Help a Grieving Child

19. Expect some kids to become little adults. *Some children become “hyper-responsible” and work very hard to not be a problem or burden to surviving relatives.*
20. Encourage kids to eat right and drink lots of water. *Unhealthy eating patterns can compound difficult emotions and low energy following a death.*
21. Help the child at bedtimes. Sleep may come hard for grieving children. *Having consistent bedtime rituals (stories, prayers, etc.) or staying with children as they fall asleep may help with nighttime fears, separation anxiety, difficulty falling or staying asleep, or nightmares.*
22. Inform the child’s teacher about the death. *Children spend a lot of time at school and may have difficulty during these times.*
23. Resist being overprotective. *Children may want a break from normal activities or may find comfort in them.*
24. Don’t force kids to talk. *Invite and be open to a discussion while still accepting a child’s choice to not talk. A child who chooses not to talk may still be grieving.*
25. Take a break. *Children grieve in cycles and tend to need times to take a break from grieving. They may be inclined to play or divert their attention away from the death even at times when adult grief is intense.*
26. Remember: “Playing” is “grieving.” *Play is the natural means of expression for children. Often emotions which are difficult to talk about will come out in play.*
27. Seek additional help for the child if needed. *Mild depression, anxiety, and behavioral problems are common. If they are persistent, ongoing, or disrupt daily functioning, they should be addressed by a medical professional or counselor.*
28. Attend to the physical aspects of grief. *Sometimes children’s grief will include physical pain.*
29. Help children know they are not alone in their grief. *Children may feel isolated from others and may feel different from their peers. They often benefit from knowing others their age who have experienced a death.*
30. Understand that grief looks different at different ages. *Children of different ages experience grief differently and revisit grief as they mature.*
31. Set limits and rules, and enforce them. *This can help restore a sense of order and structure.*
32. Remember special days that impact the child. *Holidays, anniversaries, and birthdays can be especially difficult.*
33. Plan family times together. *Although it’s difficult, resuming family gatherings can be valuable.*
34. Be available for children when they need you. *Children need to be assured that you will be there for them and understand they may need more of your time.*
35. Take care of yourself, and do your own grieving. *Children take cues from the adults around them.*

## Infant Grief

### Developmental Concepts of Death

- No understanding of death
- Reacts to separation and loved ones' emotions

### Age Appropriate Grief Responses

- More crying
- Thumb or finger sucking
- Anxiety, sorrow
- Changes in sleeping, eating patterns
- Clinging
- Irritability

### How to Help

- Keep to baby's schedule
- Keep baby in own home with few visitors
- Talk to infant as you hold him or her



## Preschooler Grief (3-5 Years Old)

### Developmental Concepts of Grief

- Death is reversible
- Belief that dead body continues to function
- Believes in magical powers
- May feel some responsibility for death
- May see death as a punishment
- Curious about life and death

### Age Appropriate Responses

- Bedwetting is common
- Unable to verbalize feelings
- May ask questions
- Plays “death”
- Reverts to baby talk
- May want bottle and diapers
- Often understand more than adults realize
- Young children may be repetitive in their questions
- Learn about death through asking questions and getting answers
- After a death, a common fear of children is that others will die

### How to Help

- Provide clear, honest explanations (Tell child why person died)
- Use words such as “*dead*” and “*died*”
- Figurative expressions such as “*passed away*”, “*gone to heaven*”, “*is asleep*” are difficult to understand
- Answer questions, knowing questions may not come right away
- Explain what death is
- Explain feelings related to grief: “*It’s okay to cry and be sad. Even big people will cry.*”
  - *It’s okay to play, too.*”
- Ensure child knows he or she did not cause the death
- Involve child in funeral planning
- Let child know someone will be there to offer comfort and support during days ahead

## School-Aged Child Grief

### Developmental Concepts of Death

- Beginning to understand that death is final
- Confusion over permanence of death may still be an issue in early school-aged children
- May ask for details and biological explanation of death – older children curious about death
- May be concerned about security issues
- Comprehend that they can die too
- May begin to fear death
- Often believe they somehow caused the death

### Age Appropriate Responses

- May not have ways to express their complex and confused feelings and thoughts
- May express grief as anger, frustration, or irritability – increase in “acting out”
- Younger children tend to have magical thinking
- May struggle with being different than age-mates because of the death
- Respond well when feel emotions and thoughts are accepted
- May be tired, irritable because of sleeplessness, nightmares, night terrors, staying up late
- May not want to sleep alone
- Plays “death” and “funeral”
- Shyness may increase
- Grades may suffer
- School may become safe haven

### How to Help Younger School-aged Children

- Ask what child already understands
- Work from child’s questions
- Be honest
- Explain what death is. Use words such as “dead” and “died”. Expressions such as “passed away” are hard to understand.
- Explain what feelings may come and that other children the same age have similar feelings
- Answer questions
- Ensure child knows he or she did not cause the death
- Talk about any fears child may have
- Involve child as much as possible in funeral planning
- Let child know what will happen in days ahead and when things will occur

### Older School-Aged Children

- Be honest
- Give as many details about the death as the child needs and wants
- Answer questions
- Explain what feelings may come
- Provide a journal for writing down feelings, thoughts, and letters to the person who died
- Offer love, understanding, and support
- Involve as much as possible in planning the service



### Developmental Concepts of Death

- Psychological and religious beliefs are explored
- Aware of death's finality
- Aware of impact a death may have on the family
- Able to think abstractly
- Understand implications of death
- Have feelings of immortality

### Age Appropriate Responses

- Anger is normal
- Feelings of things not being fair
- Acting out occurs
- Philosophical talk with friends
- Search for spirituality
- Risky behavior not uncommon

### How to Help

- Be honest
- Tell about the death and give details
- Explain feelings related to grief
- Encourage teen to talk to a teacher, coach, or favorite relative if it's difficult to talk with parents
- Say what you feel
- Say what you need
- Touch, pat, hug. Give love and understanding
- Say it's okay for teen to cry and for others as well
- Express your appreciation of teen
- Respect teen's need for private time
- Talk openly about feelings
- Encourage journaling or drawing
- Create rituals of memory
- Tell them what you need
- Let them tell you what they need



## The Funeral or Memorial Service

*“There is nothing a funeral director does that cannot be lovingly and gently explained to a child.”*

- Janice Roberts, *Thank You for Coming to Say Goodbye*

### Explaining the Funeral

- Consider your child’s wishes in determining attendance at the service
- Children can be encouraged to attend and participate
- Before taking a child to a funeral home, explain what a funeral is
- Describe what child will see at the funeral or memorial service
- Describe family traditions and beliefs
- Listen to child’s concerns
- Provide answers for questions

### Ways Children Can Participate

- Attend funeral or memorial service
- Draw pictures to put into the casket
- Write poems and letters for the deceased person
- Choose to put something personal into the casket
- Help select casket and clothes the person wears
- Help choose music
- Write something to be read at the service

Based on *Children Grieve, Too: Helping Children Cope With Grief* by Joy and Dr. Marvin Johnson



## Grief Resources

### **Books**

#### **For Younger Children**

- Brown, L.K. & M., When Dinosaurs Die: A Guide to Understanding Death, Little Brown & Co., 1996
- Mundy, Michaelene and Alley, R.W., Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss (Elf-Help Books for Kids), Abbey Press, 1998
- Old, W., Stacy Had a Little Sister, Albert Whitman & Co., 1995
- Sanford, D., It Must Hurt A Lot: A Child's Book About Death, Multnomah Press, 1986
- Virginia, J., Saying Goodbye to Daddy, Albert Whitman & Co., 1991

#### **For Older Children**

- Buscaglia, Leo, The Fall of Freddie the Leaf, New York, New York: Henry Holt, 1982.
- Clifton, Lucille, Everett Anderson's Goodbye, Holt, Rinehart and Winston, 1988
- Cohen, J., I Had a Friend Named Peter: Talking to Children About the Death of a Friend, William Morrow and Co., 1987
- Douglas, E., Rachael and Upside Down Heart, Price, Stern and Sloan, 1990
- Fine, J.C., The Boy and the Dolphin, Downeast Graphics, 1990
- Romaine, Trevor and Verdick, Elizabeth, What on Earth Do You Do When Someone Dies? Free Spirit Publishing, 1999
- Sims, A., Am I Still a Sister?, Starline Printing, 1992

#### **For Teens**

- Canfield, Jack and Hansen, Mark Victor, Chicken Soup for the Grieving Soul, Health Communications, Inc., 2003
- Canfield, Jack and others, Chicken Soup for the Teenage Soul on Tough Stuff – Stories of Tough Times and Lessons Learned, Health Communications, Inc. 2001
- (*sections on suicide, death and dying, abuse*)

- Ficher, E., Losing Someone You Love: When A Brother or Sister Dies, GP Putnam's & Sons, 1986
- Fitzgerald, Helen, The Grieving Teen: A Guide for Teenagers and Their Friends, Simon and Schuster, 2000
- Fry, V., A Part of Me Died, Too, Dutton Children's Books, 1995
- Hipp, Earl, Help for the Hard Times: Getting Through Loss, Hazelden, 1995
- Kelly, Lynne, "Don't Ask for the Dead Man's Golf Clubs" – What to Do and Say (and What Not to) When a Friend Loses a Loved One, Workman Publishing, 2000
- O'Toole, D., Facing Change: Falling Apart and Coming Together in the Teen Years, Mountain Rainbow Press, 1995

#### ***For Parents/Adults***

- Canfield, Jack and Hansen, Mark Victor, Chicken Soup for the Grieving Soul, Health Communications, Inc., 2003
- Friedman, James, John, and Russell, When Children Grieve – For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses, Quill, 2002
- Huntley, Theresa, When Your Child Dies, Augsburg Fortress, 2001
- Huntley, Theresa, When Your Child Loses a Loved One, Augsburg Fortress, 2001
- Kubler-Ross, Elizabeth, On Children and Death, New York, New York: MacMillan, 1983
- Mehren, Elizabeth, After the Darkest Hour, the Sun Will Shine Again – A Parents' Guide to Coping with the Loss of a Child, Simon & Schuster, New York, NY, 1977
- Wolfelt, Alan D., Healing a Teen's Grieving Heart—100 Practical Ideas For Families, Friends, and Caregivers, Companion Press, 2001

#### ***Journals***

- Mruzek, Ellie, Checker and Dotty: Saying Goodbye (for young children)
- Traisman, Enid Samuel, A Child Remembers ( write-in journal for ages 9-12)
- Bruce, Hank, Family Caregiver's Journal (for caregivers)
- Traisman, Enid Samuel, Fire in My Heart, Ice in My Veins (for teens)

- Silverman, Janis, Help Me Say Goodbye (for Kindergarten through 5<sup>th</sup> grade children)
- Dennison, Amy, Allie, and David, My Life Changed – A Journal for Coping with Loss & Grief (for pre-teens)
- Dennison, Amy, Allie, and David, Our Dad Died (for pre-teens)
- Ferguson, Dorothy, Little Footprints (for parents who have experienced a stillborn or newborn death)
- Mosely, J. and Deliberato, M., A Year of Special Days (for adults)

**To order contact:**

Compassion Books, Inc.  
7036 Hwy 80 South  
Burnsville, NC 28714

Phone: (800) 970-4220  
Fax: (800) 970-3350  
Website: [www.compassionbooks.com](http://www.compassionbooks.com)

**Internet Links**

Center for Grief, Loss, Transition  
<http://www.griefloss.org>

Focus Adolescent Services – includes a list of books and other resources  
<http://www.focusas.com/Grief.html>

Grief and Bereavement (E-mail support groups)  
(May be a helpful site for teens)  
<http://www.psycom.net/depression.central.grief.html>

**For Caregivers**

Tips for those who are caring for grieving children  
<http://www.notmykid.org/parentArticles/Grief/default.htm>

“Helping Children Cope With Grief and Loss”  
University of Virginia Health System – Bereavement Services  
<http://www.notmykid.org/parentArticles/Grief/default.htm>

WebMD

Articles on children and grief

[http://aolsvc.health.webmd.aol.com/search/search\\_results?query=grief+children&filter=aol\\_library\\_filter&go.x=22&go.y=8](http://aolsvc.health.webmd.aol.com/search/search_results?query=grief+children&filter=aol_library_filter&go.x=22&go.y=8)

### ***Internet Resources***

Books Available by Author and/or Subject

<http://www.amazon.com/exec/obidos/>

Bereavement Publishing

<http://www.bereavementmag.com/>

Books Dealing with Children's Mental Health

<http://www.baltimorepsych.com/books.htm>

Compassion Books -- Professionally reviewed books on grief

<http://www.compassionbooks.com>

## ***You Have the Right***

- ✓ *You have the right to experience your own unique grief.*
- ✓ *You have the right to talk about your grief.*
- ✓ *You have the right to feel a multitude of emotions.*
- ✓ *You have the right to be tolerant of your physical and emotional limits.*
- ✓ *You have the right to experience “griefbursts” (sudden, powerful surges of grief).*
- ✓ *You have the right to make use of healing rituals, including the funeral.*
- ✓ *You have the right to embrace your spirituality.*
- ✓ *You have the right to search for meaning in life and death.*
- ✓ *You have the right to treasure your memories.*
- ✓ *You have the right to move toward your grief and heal.*

*(Publications about Grief, Fort Collins, Colorado, 1996 Alan D. Wolfelt)*