

Experts have determined that those in grief pass through four major emotions: Fear, Anger, Guilt and Sadness. It should be remembered that everyone who is touched by a death experiences these emotions to some degree – grandparents, friends, physicians, nurses and children. Each adult and child's reaction to death is individual in nature. Some common reactions are outlined in the adjacent column.

It is important to remember that all of the reactions outlined are normal expressions of grief in children. In the grieving process, time is an important factor. Experts have said that six months after a significant death in a child's life, normal routine should be resuming. If the child's reaction seems to be prolonged, seeking professional advice of those who are familiar with the child (e.g., teachers, pediatricians, clergy) may be helpful.

