

SOME COMMON EXPRESSIONS OF A CHILD'S GRIEF

Shock

The child may not believe the death really happened and will act as though it did not. This is usually because the thought of death is too overwhelming.

Physical Symptoms

The child may have various complaints such as headaches or a stomachache and fear that he, too, will die.

Anger

Being mostly concerned with his own needs, the child may be angry at the person who died because he feels he has been left "all alone" or that God didn't "make the person well."

Guilt

The child may think that he caused the death by having been angry with the person who died, or he may feel responsible for having not been "better" in some way.

Anxiety and Fear

The child may wonder who will take care of him now or fear that some other person he loves will die. He may cling to his parents or ask other people who play an important role in his life if "they love him."

Regression

The child may revert to behaviors he had previously outgrown, such as bed wetting or thumb sucking.

Sadness

The child may show a decrease in activity – being "too quiet."

*Article condensed from original. Reprinted
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