

KIDS' FACTS

What Children Need To Know

- Let them know they are not alone at this time, with their feelings
- It's okay to ask for help
- It's okay to ask all kinds of questions, even if they sound silly
- It's normal to feel afraid, to cry, and to feel alone
- It's okay to not want to be an adult, to just be a child
- It's okay to feel that life is unfair, and you and your family didn't deserve this
- Let them know that they are loved as much now as before this death
- Let them know that you're there to listen and help
- There are other children in the world that are probably going through the same thing as you
- Going through this is a family affair

What Adults Need To Know

- Children grieve, play, ask questions, and grieve again
- Crying and questions are healthy
- Adults don't need to have all the answers
- The child needs to feel security at all times, especially now
- Adults can and may need to seek help
- Parents don't have to fix anything
- Children grieve in short spaces
- They need normal structure (as normal as possible)
- They should not be afraid of your tears
- Help the teachers or caregivers understand what your child is going through
- Children are people too, they need to know the truth
- Relate to them in bits and pieces when they are ready

NEW RESOURCES AT THE BFO LIBRARY

Thanks to the support from Dr. Rachel Navaneelan

Healing Your Grieving Heart for Teens – Simple tips for understanding and expressing your grief...Alan D. Wolfelt, PH.D.

Helping Children Grieve When Someone They Love Dies – A guide to children's grief will help you listen to children, answer their questions, and guide them in coping with their feelings....Theresa M. Huntley.

Where's Jess? – A young child experiences a variety of feelings after the death of a sibling ...Centering Corporation Resource.

After the Funeral– Offers some help to parents, teachers, and other caring adults in dealing with the complex reactions that children have to a loss...Jane Loretta Winsch.

When Your Grandparent Dies– Explaining what happens from a child's-eye view, the little elves in this book depict the difficult days before, after, and beyond a grandparent's death...Victoria Ryan.

REMEMBERING OUR LOVED ONES



Edouard Marleau - November 11, 2008
We Remember

Louise Milot - November 28, 2010
We Remember

Lionel Primeau – December 16, 2006
We Remember

Betty Sarch – December 26, 2009
We Remember

Addyson Gordon-Gauthier - January 6, 2010
We Remember

Roger Danis – November 2, 2010

Peter Lavender – November 5, 2010

Julie St. Jean – November 11, 2010

Thomas Baker – November 29, 2010

Joan Kuhn – December 26, 2010

Israel Lanoue – January 1, 2010

Irene Periard – May 21, 1916 – August 4, 2009
Remembered fondly with love, your son Luc

Roger Periard – June 15, 1920 – Nov. 9, 1997
Remembered fondly by your son Luc

Kevin Terry
September 13, 1983 – March 24, 2002
*To where you are – Love and Miss you,
Mom and Dad*

Bruce MacDonald
September 4, 1957 – October 27, 2008
Forever with me - Nancy



If you would like your loved one remembered in this section of the newsletter, please fill out this form or call 613-936-1455

Name of loved one _____
Date of Birth _____
Date of Death _____
Optional Verse _____
Remembered by _____