

Reflection Time:

Exploring childhood experiences with death

DATE _____

"Grief waits on welcome,
not on time"

DR. ALAN WOLFELT

TALKING TO CHILDREN
ABOUT DEATH IS ...

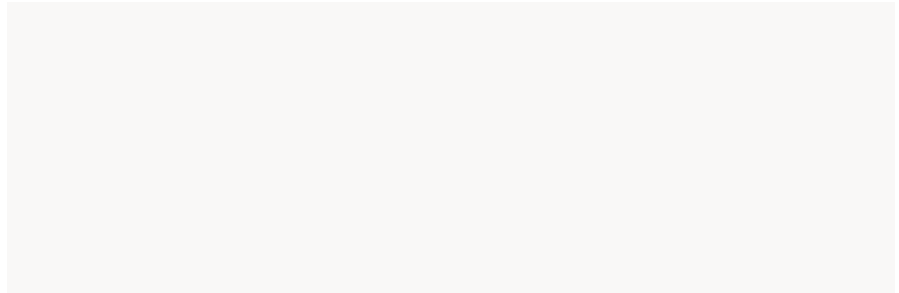
AS A SOCIETY, WE
TEACH CHILDREN THAT
DEATH IS ...

MY FIRST EXPERIENCE
WITH DEATH WAS ...

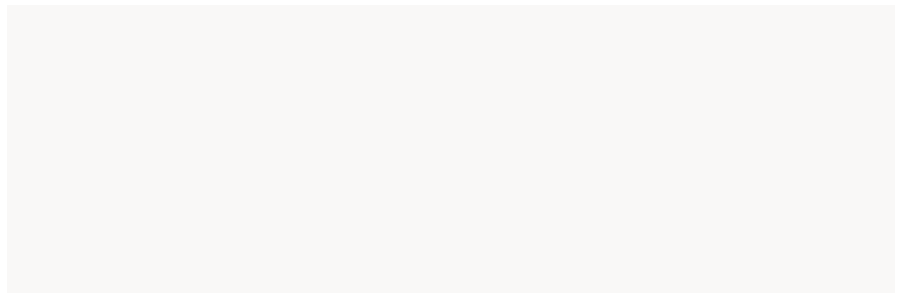
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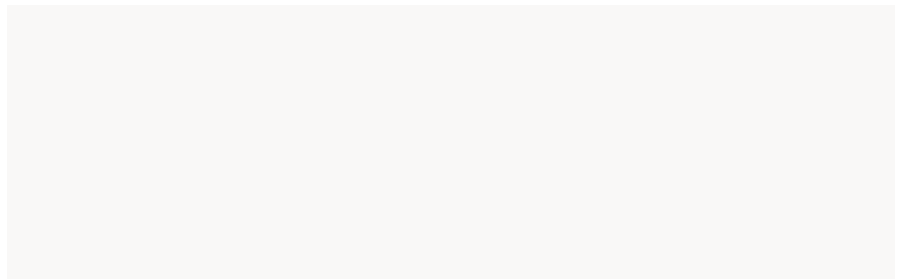
WHEN I THINK ABOUT
CHILDREN & FUNERALS, I ...



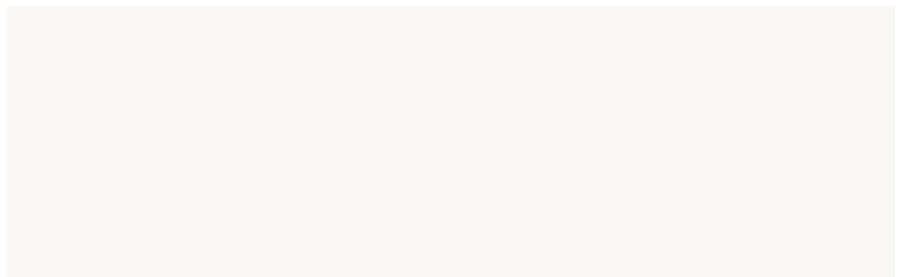
THE BIGGEST RULE MY
FAMILY HAD ABOUT
DEATH WAS ...



ONE HELPFUL STATEMENT
SOMEONE SAID TO ME
AFTER THE DEATH OF A
LOVED ONE ...



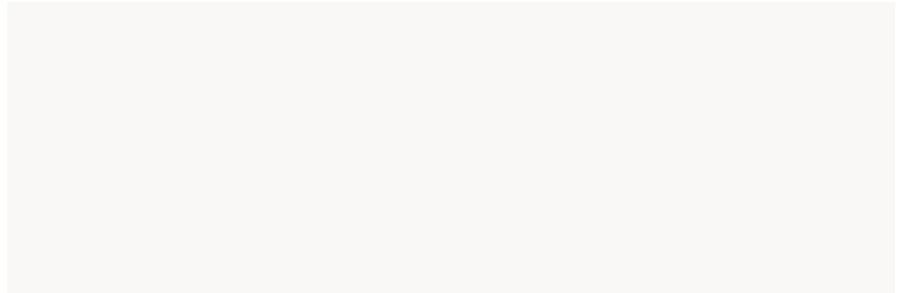
ONE HURTFUL
STATEMENT SOMEONE
SAID TO ME AFTER THE
DEATH OF A LOVED ONE ...



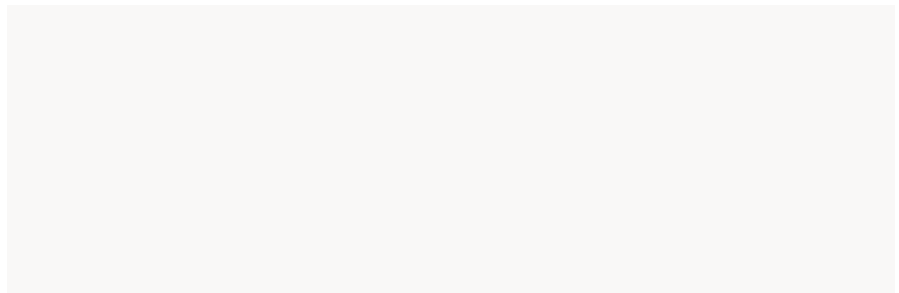
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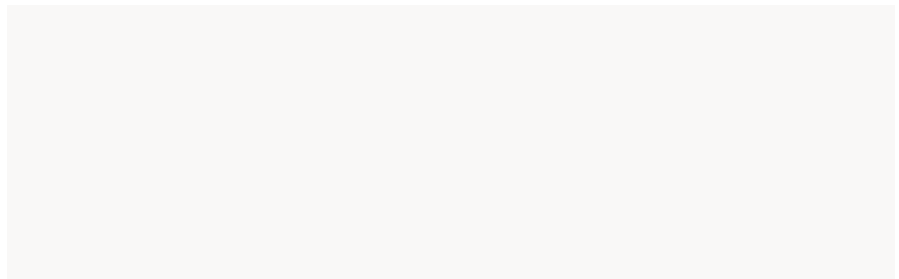
RIGHT AFTER MY FIRST
DEATH EXPERIENCE, I FELT ...



WHEN I THINK ABOUT MY
CHILDHOOD EXPERIENCES
WITH DEATH, I
REMEMBER SAYING ...



WHEN I THINK ABOUT MY
CHILDHOOD EXPERIENCES
WITH DEATH, I REMEMBER
DOING ...



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MY PRIMARY SOURCE OF
EMOTIONAL SUPPORT
DURING CHILDHOOD WAS ...

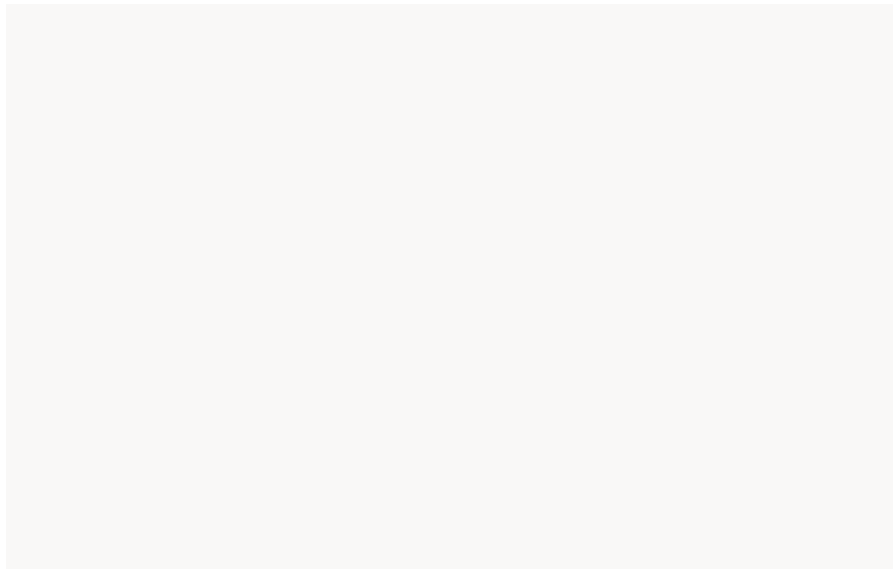
WHEN DEATH OCCURRED
IN MY FAMILY, MY
PARENTS (CAREGIVERS) ...

AS A CHILD, THE NEEDS I
HAD WHEN SOMEONE (OR
SOMETHING) CLOSE TO
ME DIED WERE ...

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WHEN I THINK ABOUT MY
OWN CHILDHOOD
EXPERIENCE WITH DEATH,
WHAT WILL I DO DIFFERENT
FOR THE CHILDREN I
COMPANION ...



“TO COMPANION GRIEVING CHILDREN MEANS TO BE AN ACTIVE PARTICIPANT IN THEIR HEALING. WHEN YOU AS A CAREGIVER COMPANION GRIEVING CHILDREN, YOU ALLOW YOURSELF TO LEARN FROM THEIR UNIQUE EXPERIENCES. YOU LET THEM TEACH YOU INSTEAD OF THE OTHER WAY AROUND. YOU MAKE THE COMMITMENT TO WALK WITH THEM AS THEY JOURNEY THROUGH GRIEF.”

DR. ALAN WOLFELT “COMPANIONING THE GRIEVING CHILD: A SOULFUL GUIDE FOR CAREGIVERS