

Parenting through Illness & Grief

When somebody in a child's life is sick, dying, or has died, it is natural to worry about their thoughts and feelings.



At any moment during this experience, you may be concerned about things like:



You or your child getting upset talking about illness or death...



How your child is feeling, whether they understand, and how they are behaving...



Your child being afraid of other people getting sick or dying...



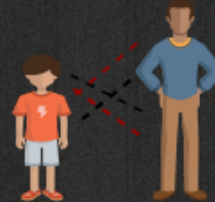
Your child having a hard time being apart from you or other caregivers...



Parenting getting more difficult...



Your own grief and how it is affecting your child...



The impact this may have on your relationship with your child...



...and what the future holds for you and for them.

This is totally natural and you are not alone.

In our study of **71 caregivers** raising **125 children & teenagers**, many were concerned about all of these things, to different degrees, in different ways, and at different times.

To read more about this study or learn what our team has to say about these concerns, please visit:
www.drjaychildrensgriefcentre.ca/resources



Here are some things caregivers have described as helpful:



Spending time with your children, family, and friends...



Practical help with childcare and household duties...



Getting away and doing activities you and your children enjoy...



... useful information and strategies, and a warm listening ear.

To find support near you, visit:



www.childrenandyouthgriefnetwork.com
www.canadianvirtualhospice.com



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www.drjaychildrensgriefcentre.ca
www.nannyangelnetwork.com

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