



# Conewago Valley School District Counselors' Corner

December 2017

Grief and Loss

## What is grief and loss?

Grief is a response to loss. It is the emotional pain and distress one feels when someone or something they love is taken away. The more significant a loss is, the more intense grief an individual will feel. One may associate grief with the death of a loved one, but other losses may cause someone grief. This may include divorce/loss of a relationship, loss of health, loss of a job, miscarriage, loss of financial stability, loss of a pet, loss of friendship, loss of safety after traumatic event, or loss of a home.

## What to do to support your child:

- Allow children who are grieving an opportunity to tell you what happened and how they feel
- Help children put words to their emotions and encourage the child to say what they are thinking or feeling. Talk about your own feelings with your child.
- Make sure you are patient and give them adequate time to work through grief.
- Tell children the truth about a tragedy so they are able to understand events and begin healing.
- Encourage children to ask questions.
- Understand we all grieve differently and there is no wrong or right way.
- Encourage children to work through their grief with positive coping strategies.
- Talk to your child about what to expect at funerals.
- Continue to respond to your children's emotions with comfort and reassurance.
- As a parent or guardian who is also dealing with grief, be sure to take care of yourself as well.

## How to cope with grief and loss during the holidays:

Create a new tradition in memory of a loved one.

- Light a candle for them prior to a meal or celebration
- Share a favorite story about your loved one
- Share a funny story about your loved one
- Have a moment of silence for them
- Give your child the opportunity to have a role in tradition (i.e. reading a poem or song, or sharing photos of the loved one.)

## Resources:

Griefshare Groups (Calvary Bible Church- Wednesdays 6:30pm-8:00pm)  
Pathways Center for Grief & Loss- 717-391-2413\  
Bereavement Support Group- 1st Tuesday of the month at Gentiva Hospice Camp Hill  
Grief Support Group- AseraCare Hospice  
Grief Support Group- 2nd and 4th Wednesday in the Hanover Hospital Chapel- 717-316-6905

## Contact Information:

### Elementary:

Conewago Township Elementary  
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