



GRANDPARENTS SUGGESTIONS FOR HELPING YOURSELF

- Read about grief (Hope for Bereaved Handbook, The Bereaved Parent, Living When A Loved One Has Died). It is important to understand what you and your child are experiencing.
- It helps to be open and share your feelings. Your openness sets a good example for your child. Share the good memories and good days, as well as the pain of grief and the bad days.
- Talk about the dead grandchild. Mention his/her name.
- Find someone with whom you can talk freely – a friend, support group member, clergy or counselor.
- Be available to LISTEN frequently to your child. Respect your child's way of handling the pain and expressing grief. Don't tell your child how he or she should react.
- At special times (anniversary of death, birthday, holidays) write and/or call your bereaved child (and their spouse). Mention that you realize what day it is. You are calling to say you love them and you wish that you could take some of their pain away.
- When adults are grieving, remaining siblings often feel neglected...plus they don't understand the grief that they are experiencing. Try to spend extra time with your other bereaved grandchild(ren), offering to listen and reminding them that they are very important and much loved.
- If possible, offer to take surviving grandchild(ren) for an afternoon or a day, help with practical matters, such as preparing food, doing laundry, shopping, and spend time alone with your child.
- Most of us need hugs even if we don't recognize that we do. It helps to hug and hold your child if you both are comfortable doing so.
- Allow yourself and encourage your child to cry when needed. Crying offers relief.
- Let the family know that you care, that you love them.
- Hold onto HOPE that eventually you/they will enjoy life again. Offer HOPE to your grieving child and family.

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