

HEALING A CHILD'S GRIEVING HEART

100 PRACTICAL IDEAS
FOR FAMILIES, FRIENDS
AND CAREGIVERS



ALAN D. WOLFELT, PH.D.

Healing A Childs Grieving Heart 100 Practical Ideas For Families Friends And Caregivers

Alan D. Wolfelt, Raelynn Maloney



Healing A Child's Grieving Heart 100 Practical Ideas For Families Friends And Caregivers:

Healing a Child's Grieving Heart Alan D. Wolfelt, 2001-04-01 A compassionate resource for friends parents relatives teachers volunteers and caregivers this series offers suggestions to help the grieving cope with the loss of a loved one Often people do not know what to say or what not to say to someone they know who is mourning this series teaches that the most important thing a person can do is listen have compassion be there for support and do something helpful This volume addresses what to expect from grieving young people and how to provide safe outlets for children to express emotion Included in each book are tested sensitive ideas for carpe diem actions that people can take right this minute while still remaining supportive and honoring the mourner's loss *Healing a Child's Heart After Divorce* Alan D. Wolfelt, Raelynn Maloney, 2011-04-01 Addressing the significant loss that divorce represents for children this caregiving companion makes it possible for adults to guide them through the natural grief that accompanies the experience Contending that children can continue to thrive if they are shown the way this sensitive guide provides 100 practical suggestions for supporting them Aimed at assisting a wide range of adults the methods presented are ideal not just for parents but for grandparents teachers day care workers counselors and even coaches who care for and about kids Enabling grownups with down to earth tips this handbook is essential for helping sons and daughters navigate the inevitable array of confusing thoughts and feelings

Healing the Grieving Child's Heart Alan D. Wolfelt, Dr Alan D Wolfelt, PhD, CT, 1999-10-01 When a child suffers the loss of someone loved family and friends often don't know what to say But they can do many helpful loving things to help Compassionate and eminently practical this friendly little book offers 100 fresh ideas for supporting grieving children Some of the ideas teach the principles of grief and mourning in simple easy to understand language The remainder offers practical here and now tips for helping bereaved children Each idea is followed by a brief explanation of how and why it might help Readers can turn to any page and help a child today right now right this minute *Healing the Grieving Heart* Alan Wolfelt, 1998 Compassionate and eminently practical this book provides 100 fresh ideas for supporting a grieving friend or family member *Healing a Teen's Grieving Heart* Alan D. Wolfelt, 2001-04-01 A compassionate resource for friends parents relatives teachers volunteers and caregivers this series offers suggestions to help the grieving cope with the loss of a loved one Often people do not know what to say or what not to say to someone they know who is mourning this series teaches that the most important thing a person can do is listen have compassion be there for support and do something helpful This volume addresses what to expect from grieving young people and how to provide safe outlets for teens to express emotion Included in each book are tested sensitive ideas for carpe diem actions that people can take right this minute while still remaining supportive and honoring the mourner's loss *Healing the Adult Child's Grieving Heart* Alan D. Wolfelt, 2002-09-01 Offering heartfelt and simple advice this book provides realistic suggestions and relief for an adult child whose parent has died Practical advice is presented in a one topic per page format that does not overwhelm with

psychological language but provides small immediate ways to understand and reconcile grief Some of the action oriented tips include writing down memories completing a task or goal left unfinished by your deceased parent or honoring the parent s birthday In addition the common challenges that face grieving adult children such as helping the surviving parent resolving sibling conflicts and legal and financial issues are addressed clearly and concisely *Healing Your Traumatized Heart* Alan D. Wolfelt,2002-09-01 Dealing with grief in a practical manner this guide offers compassionate tips for those affected by a traumatic death Included are topics such as coping with family stress expressing feelings of hurt and anger dealing with hurtful comments and exploring feelings of guilt Each of the 100 suggestions is aimed at reducing the confusion anxiety and huge personal void in order to help survivors begin their lives again Some of the tips include understanding the special characteristics of trauma grief planting a tree in memory of the person who died and making connections with others affected by a similar death *The Healing Your Grieving Heart Journal for Teens* Alan D. Wolfelt,2002-09-01 In light of how difficult it is just to survive the teenage years the grieving process can be especially difficult and overwhelming for teenagers This journal affirms the grieving teen s journey and offers gentle healing guidance In order to sort through their confusing feelings and thoughts teens are prompted to explore simple open ended questions Teens are encouraged to write what they miss about the person who died the specific feelings that have been most difficult since the death or the things they wish they had said to the person before they died **Healing a Friend's Grieving Heart** Alan D. Wolfelt,2001-04-01 A compassionate resource for friends parents relatives teachers volunteers and caregivers this series offers suggestions to help the grieving cope with the loss of a loved one Often people do not know what to say or what not to say to someone they know who is mourning this series teaches that the most important thing a person can do is listen have compassion be there for support and do something helpful This volume provides the fundamental principles of being a true companion from committing to contact the friend regularly to being mindful of the anniversary of the death Included in each book are tested sensitive ideas for carpe diem actions that people can take right this minute while still remaining supportive and honoring the mourner s loss **Healing Your Grieving Heart for Kids** Alan D. Wolfelt,2001-04-01 With sensitivity and insight this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally Acknowledging that death is a painful ongoing part of life they explain how people need to slow down turn inward embrace their feelings of loss and seek and accept support when a loved one dies Each book geared for mourning adults teens or children provides ideas and action oriented tips that teach the basic principles of grief and healing These ideas and activities are aimed at reducing the confusion anxiety and huge personal void so that the living can begin their lives again Included in the books for teens and kids are age appropriate activities that teach younger people that their thoughts are not only normal but necessary **Healing a Parent's Grieving Heart** Alan D. Wolfelt,2002-04-01 Presenting simple yet highly effective methods for coping and healing this book provides answers and relief to parents trying to deal with the loss of a child It

offers 100 practical action oriented tips for embracing grief such as writing a letter to the child who has died spending time with others who will listen to stories of grief creating a memory book box or Web site and remembering others who may still be struggling with the death The guide also addresses common problems for grieving parents including dealing with marital stress helping surviving siblings dealing with hurtful advice and exploring feelings of guilt This compassionate resource will aid parents who have been through the death of a child whether the passing happened recently or many years ago whether the child was young or an adult

Healing Your Grieving Heart for Teens Alan D. Wolfelt, 2001-04-01 With sensitivity and insight this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally Acknowledging that death is a painful ongoing part of life they explain how people need to slow down turn inward embrace their feelings of loss and seek and accept support when a loved one dies Each book geared for mourning adults teens or children provides ideas and action oriented tips that teach the basic principles of grief and healing These ideas and activities are aimed at reducing the confusion anxiety and huge personal void so that the living can begin their lives again Included in the books for teens and kids are age appropriate activities that teach younger people that their thoughts are not only normal but necessary

Healing Your Grieving Heart When Someone You Care About Has Alzheimer's Alan D.

Wolfelt, Kirby Duvall, 2011-11-01 Navigating the challenging journey that families and friends of Alzheimer's patients must endure this heartfelt guide reveals how their struggle is as complex and drawn out as the illness itself Confronting their natural but difficult process of grieving and mourning the study covers the inevitable feelings of shock sadness anger guilt and relief illustrating the initial reactions people commonly feel from the moment of the dementia's onset Healthy and productive ways to acknowledge and express these feelings are suggested along with 100 tips and activities that fulfill the emotional spiritual cognitive physical and social needs of those who care about someone afflicted with this debilitating disease Special consideration is also shown for caregivers whose grief is often complicated by the demanding physical attention that patients require

Healing Your Grieving Heart Alan D. Wolfelt, 2001-04-01 With sensitivity and insight this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally Acknowledging that death is a painful ongoing part of life it explains how people need to slow down turn inward embrace their feelings of loss and seek and accept support when a loved one dies Each book geared for mourning adults teens or children provides ideas and action oriented tips that teach the basic principles of grief and healing These ideas and activities are aimed at reducing the confusion anxiety and huge personal void so that living their lives can begin again

Understanding Your Suicide Grief Alan D. Wolfelt, 2009-08-01 For anyone who has experienced the suicide of a loved one coworker neighbor or acquaintance and is seeking information about coping with such a profound loss this compassionate guide explores the unique responses inherent to their grief Using the metaphor of the wilderness the book introduces 10 touchstones to assist the survivor in this naturally complicated and particularly painful journey The touchstones include

opening to the presence of loss embracing the uniqueness of grief understanding the six needs of mourning reaching out for help and seeking reconciliation over resolution Learning to identify and rely on each of these touchstones will bring about hope and healing

Transcending Divorce Alan D. Wolfelt, 2008-06-01 With empathy and wisdom this resource provides 10 essential touchstones for hope and healing when enduring a divorce while simultaneously dispelling common misconceptions associated with divorce Stressing the importance of the need to fully mourn the loss of a relationship before moving on this compassionate guide written with a warm direct tone will help divorcees reconcile and discover a happy healthy life An appendix with useful meeting plans for group sessions is also included

The Transcending Divorce Journal Alan D. Wolfelt, 2008-09-01 An aide for the challenging emotional process that follows a divorce this companion journal to Transcending Divorce explores the 10 crucial touchstones for finding hope and healing the mourning heart including dispelling misconceptions about divorce seeking reconciliation and appreciating the transformation Highlights from the companion book are provided throughout as well as corresponding questions regarding the grief journey Private and independent this compassionate journal provides ample space to unburden the heart and soul

Creating Meaningful Funeral Ceremonies Alan Wolfelt, 2013-11-19 More and more people are considering a career in nursing or healthcare but the thought of undertaking an academic degree at university can be intimidating Whether you are moving straight from school or college or have been away from education for some time Getting Ready for your Nursing Degree is essential preparation for anyone considering becoming or about to become a nursing student It looks at all aspects of university work in a straightforward way and provides advice examples and activities designed to help you get the most out of classes research and assessments from your first lecture right through to sitting exams and learning on placement Designed with nursing students in mind this small but perfectly formed guide is tailored to help you develop the skills you will need not only for your course but for your career and lifelong learning as a registered healthcare practitioner

Death, Loss, and Grief in Literature for Youth Alice Crosetto, Rajinder Garcha, 2012-11-21 All human beings encounter loss and death as well as the grief associated with these experiences It is therefore important for children and adolescents to understand that such events are inevitable and to learn how to accept loss and cope with their emotions In order to help children through their pain parents and caregivers need access to the proper resources that will help them discuss these topics and educational professionals need reliable resources for creating courses of study on these subjects In Death Loss and Grief in Literature for Youth Alice Crosetto and Rajinder Garcha identify hundreds of resources that will help educators professionals parents siblings guardians and students learn about coping with the loss of a loved one and the grief process These resources include books Internet sites and media titles aimed at students and those helping them through the grieving process Chapters in this volume include fiction and non fiction titles about the loss of a family member a friend and a pet as well as general reference resources curricular resources and websites Annotations provide complete bibliographical descriptions of the entries and

each entry is identified with the grade levels for which it is best suited Reviews from recognized publications are also included wherever possible Anyone interested in locating helpful resources regarding death and grieving will find much of value in this essential tool **Healing Your Grieving Body** Alan D. Wolfelt, Kirby J. Duvall, 2009-12-01 Acknowledging the unique set of symptoms that accompanies a period of mourning this guide is the ideal companion to weathering the storm of physical distress From muscle aches and pains to problems with eating and sleeping this handbook addresses how the body responds to the impact of profound loss Low energy headaches and other conditions are also taken into account With 100 ways to help soothe the body and calm the mind this compassionate study is an excellent resource in understanding the connection between the two

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