

TAPS
Institute for Hope and Healing

***Grieving Styles and Family Dynamics -
Communicating with Children and Teens***



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How does your child feel most comfortable being in the world?



Personality

Preferences

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What is your grief like?
How do you grieve?

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Knowledge is Power

When you know better, you do better.
-Maya Angelou



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NURTURE

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The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.

-The Center on the Developing Child
Harvard University

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What is Nurturing Behavior?

Validate Your Child's Feelings	Keep Your Voice Level Down
Build Trust	Promote Mutual Respect
Demonstrate Healthy Problem Solving	Encourage Your Child's Talents and Celebrate Their Successes
Love Unconditionally	Do Not Expect Perfection in Your Child or Yourself

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Benefits of Nurturing Parenting to Your Child

Healthy Brain Development	Greater Empathy and Compassion for Others
A More Positive Self-Image	Healthier Attachments and Conflict Resolution

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Tell and show your kids often that...

You are glad they are in the world

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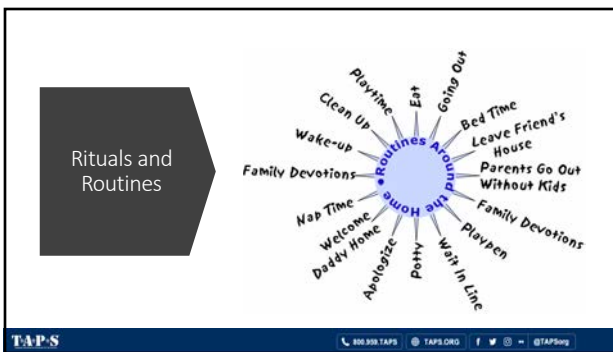
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Environment and Atmosphere



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Expectations and Values



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Parent – Child Adaptive Tasks

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Reestablishing Security and Safety

- Who will take care of me?
- What if you die too?
- What if I die?

Awareness, Reassurance, Consistency

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Restoring Routines

Evaluate Changes, Predictability

- Daily Choices
- Pace of Life
- Family Priorities

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Affirming and Maintaining Boundaries

- Lack of expectations
- Unenforced consequences
- Inconsistency

Acknowledge Grief, Hold Accountable

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Adapting to New Roles and Responsibilities

- Finding your place
- Absence of a vital person
- Changing roles

Evaluation of the Needs within the Family

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Upcoming TAPS Institute Programs

April 20 **The Helper's Journey: Empathy, Compassion, and the Challenge of Caring in a Challenging Time**
Live Webinar, Noon-1:30 p.m. ET (1.5 CEs Available)
 Dale Larson, PhD, Santa Clara University

April 27 **Coping with Special Days: Finding Comfort in Remembering**
Live Webinar, Noon-1:00 p.m. ET
 Patti Anewalt, PhD, LPC, FT, Director, Pathways Center for Grief & Loss

Visit taps.org/institute to learn more and RSVP!

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Upcoming TAPS Institute Programs

May 20 **Grief Leadership: Examples from the Life and Service of Captain America**
Live Webinar, Noon-1:30 p.m. ET (1.5 CEs Available)
David F. Carey, MS, BS, LTC, U.S. Army (Ret.), Combat-Veteran (OIF/OEF)
Stephen J. Cozza, MD, DFAACAP, DFAPA, COL, U.S. Army (Ret.)
Jill Harrington-LaMorie, DSW, LCSW, author/editor, *Superhero Grief*

June 29 **EMDR Demystified**
Live Webinar, Noon-1:30 p.m. ET (1.5 CEs Available)
Howard Lipke, PhD, editorial board member, *EMDR Journal of Practice and Research*


Visit taps.org/institute to learn more and RSVP!


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About the TAPS Institute for Hope and Healing®


Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).



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