

remembering a  
**life**

## GRIEVING ALONE AND TOGETHER BOOKLET

Home / COVID-19 / Grief During The Pandemic / Grieving Alone And Together Booklet

MORE ON GRIEF DURING THE PANDEMIC

remembering a  
**life**





## **Pandemic" by Sara Murphy, PhD, CT.**

**\*Yes, please send me:**

☐ English    ☐ Spanish

**First Name**

**Last Name**

**Street 1**

**Street 2**

**City**

**State**

**Postal Code**

**Country**

# remembering a life

## Grieving Alone & Together Booklet

### CHILDREN AND GRIEF

Acknowledging children's grief after the loss of a loved one is always important. Each child grieves uniquely, just as adults do, and children deserve open and honest communication about the death of someone they cared about so they can make sense of the loss and begin their own mourning process. The coronavirus pandemic has already created an unstable world for all of us, including children, who have experienced losses of social interaction with friends and classmates and the challenges of distance learning and media exposure.



#### COMMUNICATE HONESTLY AND REPEATEDLY ABOUT THE LOSS AND THEIR LOVED ONE

In talking to children about a death, we can't expect them to be able to process the loss in one conversation. Involving children in honest conversations about the loss and how their loved one died, as well as sharing memories of the deceased, will help them to recognize that the death has occurred, that death is permanent, and that they have a right to their feelings about it. Sharing our feelings with children and asking about their feelings teaches children that we all have our own individual emotions and that we can feel, and mourn, differently but together.

#### USE CLEAR AND APPROPRIATE LANGUAGE

The language we use in communicating with children should be accurate and developmentally appropriate. There are no means of death that children cannot understand if given clear and simple language. Avoid phrases that cloud a child's understanding of what death is, such as "went to sleep," "passed," and "went away." If your loved one died of complications of COVID-19, explain to children what the terms "coronavirus" and "pandemic" mean, especially since they have heard these words so frequently and menacingly throughout this health crisis.

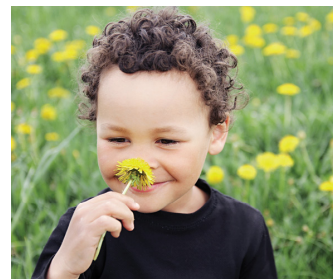
#### RECOGNIZE THAT CHILDREN WILL GUIDE YOU IN SUPPORTING THEM

Children often need time to process the information they receive about a loss before wanting more information. Assure them that you are always there to answer any questions they have and will answer them honestly. When children know they can come to you to ask questions, express their emotions, or simply receive a hug, they will do so. Often, younger children may engage in magical thinking and believe that something they did or didn't do caused a loved one to die. Older children may feel shame or regret for interactions they had in the past with the deceased. Reassure children of all ages that what happened was not their fault and remind them of the love felt by the deceased for them and from them.



#### INCLUDE CHILDREN IN MEMORIALIZATION

If physical distancing guidelines prevent children from being part of a viewing or funeral service, or if you are planning a memorial service to take place when the pandemic has ended, create other opportunities to memorialize your loved one that include children. Children often work through their grief by using play and creativity. Doing art and crafting projects together that memorialize the deceased, creating collages or scrapbooks of pictures or drawings of them with the deceased, and giving them "feeling journals" to write in as they work through their emotions can all help children come to terms with their loss.



### IF YOU WERE SEPARATED FROM YOUR LOVED ONE AT THE TIME OF THEIR DEATH

If you were unable to be with your loved one while they were sick or could not be with them when they died, you may feel robbed or cheated of time with them in their end-of-life moments. You may feel angry that the coronavirus pandemic required protocols that kept you from being at their side, and you may feel disoriented in beginning to mourn while wrestling with these circumstances. All of these feelings are justified and nothing about your experience was deserved.

There are no words possible to erase the pain you may be feeling at not being with your loved one during

their death, but it can be helpful to remember that a life is far more than its endpoint. The life of your loved one was made up of millions of moments, including moments of laughter, happiness, and joy, many of which you shared with them. Remembering these shared moments might help remind you that you carry your whole relationship with your loved one with you as you move forward with your grief.

While dying is essentially a process that each of us does on our own, it is natural to want to be with someone meaningful to us when they are dying. Being present in their final days and

hours allows us to prepare for the loss we will experience and also to provide comfort to them. Right now, you may feel upset on behalf of your loved one because they had to die without the benefits of family and friends at their side. That feeling is understandable. Know, though, that they did not die alone. Their death was witnessed and felt by compassionate nurses, doctors, and other healthcare professionals who sought to surround them with care and comfort. And, importantly, they died while wrapped in the love they felt for you and from you throughout their life.



- ☐ I would like to receive future communications about honoring the lives of loved ones, planning a meaningful service, grief, and other topics from Remembering A Life.

**How did you learn about the availability of this booklet?**

- ☐ RememberingALife.com
- ☐ Other website
- ☐ Funeral Service Foundation
- ☐ Social media
- ☐ A funeral director
- ☐ Friend or family member
- ☐ News story or article

**Please share with us the reason for your request. (Optional)**

- ☐ I've experienced the death of a loved one during the pandemic.
- ☐ I'd like to support others who have experienced the death of a loved one during the pandemic.
- ☐ I'd like to gain general knowledge about grief during the pandemic.
- ☐ Other

SUBMIT

*\*Printed copies of this booklet are available to residents of US and Canada only.*

remembering a  
**life**



## CONTACT US

13625 Bishop's Drive  
Brookfield, WI 53005

**Phone:** 800-228-6332

**Email:** [info@rememberingalife.com](mailto:info@rememberingalife.com)

- > **About NFDA**
- > **Funeral Service Terms**
- > **Have the Talk of a Lifetime**
- > **Careers in Funeral Service**

## FIND AN NFDA FUNERAL HOME

## STAY CONNECTED

Copyright 2020 by National Funeral Directors Association All Rights Reserved

[Privacy](#) | [Terms & Conditions](#) | [Back to Top](#)

