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HALIFAX HEALTH
CONTINUING CARE



BeginAgain
CHILDREN'S GRIEF CENTER
A Program of Halifax Health - Hospice

Fall 2020

Quarterly Grief Newsletter



Program Updates

>>Video telehealth now available for individual and family sessions! Please call your local BeginAgain Counselor to set up your next appointment. Contact info listed below.

>>BeginAgain groups are still suspended but are hopefully returning in 2021!

>> Stay Tuned: We're hoping to hold a virtual holiday event!

National Grief Dates:

9/25 - National Day of Remembrance for Traumatic Losses

10/13 - Sibling loss day

11/21 - Survivors of Suicide Loss

11/19 - Children's Grief Awareness Day

Coping through Covid

Supporting Children During a Pandemic

Here at the BeginAgain Children's Grief Center, we are privileged to support children and families through difficult times. As the country continues to experience the covid-19 crisis, we'd like to share some helpful tips on calming fears, managing stress and keeping safe.

Tip #1: Calm Fears

Research shows that an age-appropriate level of transparency with children and adolescents is necessary in times of stress, change, and uncertainty. In fact, not talking about something can actually make kids worry more! These conversations provide children with an opportunity to ask questions which lessen anxiety. When providing the information, take into consideration the child's age, development, and maturity.

Tip #2: Manage Stress

Stick to a schedule! Routines that are consistent and structured are calming during times of stress, as they provide a sense of control, predictability and well-being. Like all humans, when children are stressed, their bodies respond by activating their stress response systems.

To help children manage these reactions, it is important to both validate their feelings and encourage them to engage in activities that help them self-regulate. Activities such as deep breathing, mindfulness, and gratitude exercises evoke calmness.

Tip #3: Keep Safe

Children feel empowered when they know what to do to keep themselves safe. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves and others by washing their hands with soap and water for 20 seconds. The CDC also recommends wearing face masks when in public and maintaining social distancing.



Grief in Pop Culture

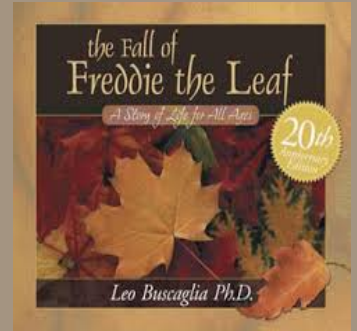


Movie: Coco

Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.

Book: The Fall of Freddie the Leaf

Appropriate for all ages--from toddlers to adults--and featuring beautiful nature photographs throughout, this poignant, thought-provoking story follows Freddie and his companions as their leaves change with the passing seasons and the coming of winter, finally falling to the ground with winter's snow.



An inspiring allegory that illustrates the delicate balance between life and death, *The Fall of Freddie the Leaf* has helped a generation of readers navigate death and dying, grief and bereavement, the passage of time, and loss of a loved one.



Online Resources

We realize that throughout the pandemic, families are utilizing online resources more than ever, so we wanted to share some of our favorite online resources. They are full of great articles, activity ideas, and information for all ages.

www.dougy.org

www.childrengrieve.org

www.whatsyourgrief.com

www.halifaxhealth.org/hospice

Ask a Grief Counselor

Question : We couldn't hold a ceremony for my loved one due to COVID-19 restrictions. Any suggestions on something small we could do with our family to honor our loved one?

Answer: Because of COVID-19 health concerns and government mandates, many families are experiencing the absence of important traditions that formally honor the deceased. This has certainly shown an impact on grief as there may not be an opportunity to gather with loved ones, greet and hug others as usual comforts, or have much control over other aspects of funerals/celebrations of life/memorials. Technology may be able to assist families in honoring their loved one's memory. Families can live stream private services so friends and family can participate virtually in real time. Others are opting to wait to hold a bigger ceremony at a later date. In the time being, families could collect written remarks from loved ones via email, or utilize memorialization pages on social media and funeral home websites that allow folks to share tributes and memories of the deceased. Additionally, families can take part in an activity that has significance to them and their loved one, such as planting flowers or a tree or preparing a favorite meal, in memory of them.

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