

# Supporting Parenting through Illness & Grief

When somebody in a child's life is sick, dying, or has died, it is natural for caregivers to worry about their thoughts and feelings.



At any moment during their experience, your clients may be concerned about things like:



Getting upset or making their child upset when talking about illness or death...



How their child is feeling, whether they understand, and how they are behaving...



Their child being afraid of other people getting sick or dying...



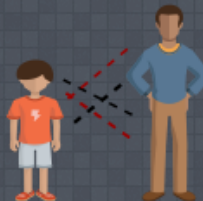
Their child having a hard time being apart from caregivers...



Parenting getting more difficult...



Their own grief and how it is affecting their child...



The impact this may have on their relationship with their child...



...and what the future holds for them and their families.

These are all totally natural responses.

In fact, in our study of **71 caregivers** raising **125 children & teenagers**, many were concerned about all of these things, to different degrees, in different ways, and at different times. However, these concerns did not differ according to the child's age, gender, who in the life was ill or dying, or how long it had been since someone had died.

To read more about this study or learn what our team has to say about these concerns, please visit:  
[www.drjaychildrensgriefcentre.ca/resources](http://www.drjaychildrensgriefcentre.ca/resources)



Here are some things caregivers have described as helpful:



Spending time with their children, family, and friends...



Practical help with childcare and household duties...



Getting away and doing activities they and their children enjoy...



... useful information and strategies, and a warm listening ear.

If a client would like extra support, visit:



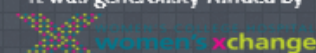
[www.childrenandyouthgriefnetwork.com](http://www.childrenandyouthgriefnetwork.com)  
[www.canadianvirtualhospice.com](http://www.canadianvirtualhospice.com)



This research project was conducted as a collaboration between Dr. Jay Children's Grief Centre & The Nanny Angel Network.

[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)  
[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)

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