



RECOVERING  
FROM THE  
LOSS  
— OF A —  
CHILD

Katherine Fair Donnelly

# Recovering From The Loss Of A Child

**Elizabeth B. Brown**



## **Recovering From The Loss Of A Child:**

**Recovering from the Loss of a Child** Katherine Fair Donnelly, 2015-05-26 An extremely well written compassionate guide for the millions of people who come face to face with a death in their own families The pain and shock when a child dies can seem unbearable But expert on grief Katherine Fair Donnelly who has suffered many personal losses has gained wisdom and strategies for emotional recovery By sharing understanding and accepting this tragic loss bereaved parents siblings and others can cope with this intense grief Intimate telling interviews with survivors present practical ways in which surviving family members can take the necessary steps toward recovering from their devastating loss **How to Survive**

**the Loss of a Child** Catherine Sanders, 2011-08-17 Thank you Catherine Sanders for giving us a book that few others could have written Every page speaks both the depth of your compassion and the breadth of your knowledge This book will be a wise companion on the difficult journey from loss to recovery Robert Kastenbaum Ph D author of The Psychology of Death How to Survive the Loss of a Child is a godsend to those in the field as well as to those of us in need of such a resource for our own mourning Eugene Knott Ph D University of Rhode Island Dr Sanders insights are profound and poignant Patricia Geiger M D pediatrician Boone North Carolina Thank you so much for all that you do for bereaved parents but especially for writing How to Survive the Loss of a Child I know that it has changed lives It changed mine Nancy Ulmer bereaved parent Kindermourn Charlotte North Carolina It is only through experiencing grief that bereaved parents ultimately heal Moving through the phases of grief the bereaved person works toward restoration Understanding these phases knowing what to expect and learning what they can do to help themselves give parents greater assurance and comfort In How to Survive the Loss of a Child Dr Sanders a bereaved parent herself offers grieving parents practical help and emotional support This book also helps family members friends and caregivers relate to grieving parents and aids them too in understanding the process of healing through grief **Tapestry Life after loss of a child** Daria Kathleen Sherman PhD, 2019-07-13 Tapestry Life after

Loss of a Child is a guide that will lead the bereaved out of darkness and into the light The author Daria Sherman dives deep leaving no stone unturned in discussing the collateral losses and beauty after the death of a loved one We are here for a given period of time and when we are done with our physical life experience we cross Even so many people are ill prepared for the tide of emotions that emerge after a loved one dies Each chapter is designed to take you deeper into resolving your own life after loss Direct channeled messages from the hereafter through Laura Lynn Brian Borell and Daria reveal that separation and death are illusions This book is a must read for anyone who has experienced any type of loss through the death of a loved one For anyone who has a family member or friend who is grieving loss this book will show you how to be the support they truly need **Life After Losing A Child** Antonette Smith, 2021-09-24 Life After Losing a Child is dedicated to my son Antonio Smith Scott May 23 1992 March 5 2013 and in honor of my mother Flora Scott August 25 1949 January 3 2020 who birthed eight children and lost six before her own death Life After Losing a Child is based on my own experiences

from a mother's perspective losing a child from a sibling's perspective losing brothers in early childhood how the death of my brothers affected my parents and our family I also share how losing my own son affected my family my four other children and their father Millions of parents lose a child every day and are left struggling trying to not be overtaken with grief for the rest of our lives We suffer from guilt shame hurt pain and sorrows until we allow Jesus to heal us Losing a child from a miscarriage stillbirth sickness deformities abortions accidents or homicides all these losses of a child carries the same hurts pains sorrows and grief The loss of these children leaves a void in all our lives as a family I pray by sharing my loss and grief process you will seek Jesus for healing for yourself and family That you will be empowered to live your best life after the loss of a child or sibling I pray you will live to the fullest capacity God has intended Jesus died to give you with the Holy Spirit guiding you a life of purpose not only for yourself and family but for the child that is gone but not forgotten *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

**Surviving the Loss of a Child** Elizabeth B. Brown, 2010-03 Revised and updated this tender book offers encouragement and hope to those who may think they will never be able to get on with life after losing a child

**When a Child Dies** Claire Aagaard, 2022 Parents who suffer the death of a child are overwhelmed often immobilized by the depth and scope of their grief When a Child Dies is written in a simple straightforward manner offering information comfort and hope for those who believe that none is possible Claire Aagaard has written this book from a unique perspective that of a professional grief counselor and as a parent with her own history of child loss It is an honest yet gentle guide offering the wisdom from her own personal journey as well as that of countless others

**Life After Child Loss** Peggy Green, 2020-06-18 Rebuild your life after child loss and dare to be happy again Losing a child is said to be the hardest of all pain You lose a part of yourself and sometimes it feels as if you'll never really be happy again The grief can be so strong that it keeps you from living your life and even from really being present for your family Moving on is one of those impossible things you know you need to do but as a mother you wonder if it's possible But there is hope It is possible to move through your grief You can soften the heartache establish a new norm and be alive and present again for your family Author Peggy Green has been through the loss of a child not just once but twice and in Life after Child Loss she shares her experience and insight so that you too can Go a day without feeling as if your world is upside down Find support when you feel alone Stop

feeling guilty for what happened Focus on and enjoy life with your remaining loved ones Discover your purpose to move forward Ease the grieving process and start living again If you are ready to take the next step in your healing journey join Peggy as she helps you to recover after the loss of your child      **How to Endure the Loss of a Child** Atlantic Publishing Group, Inc.,2015-10-30 It s been said time and time again there is nothing more difficult than enduring the loss of a child Parents are after all not meant to outlive their offspring It does happen however and if you find yourself facing such a misfortune knowing what to do next can seem insurmountable There is comfort in knowing you are not alone According to the Centers for Disease Control and Prevention s latest calculations more than 10 000 children die every year meaning there are tens of thousands of parents who understand what it is like to go through the loss you have experienced How to Endure the Loss of a Child A Parent s Guide to Mourning and Moving Forward will give you the tools you need to cope endure and continue living your life You will find a vast compilation of resources coping strategies outreach programs and suggestions for how to deal with the emotional trauma of losing a child You will grasp how to channel your sadness anger and grief into positive forces in your life through community involvement exercise outreach volunteering or a number of other outlets You will also learn how to find support whether it is from your family community members coworkers or members of your local church You will also discover how to help friends loved ones and family members cope with the loss of their children How to Endure the Loss of a Child will provide you with the tools you need to process and to interact with those around you You will learn ways to explain your loss to others how to accept condolences and assistance gracefully how to take time for yourself to complete the grieving process and how to support other families who have lost children The grief that follows the loss of a child might seem unbearable but experiencing grief is just one of the facets of the healing process This book takes a detailed look at the five stages of grief Denial and isolation anger bargaining depression and acceptance You will learn how to identify and deal with each of these stages as well as how to transition into the final stage of acceptance While you may never truly get over the loss of a child How to Endure the Loss of a Child serves as a useful tool for learning how to push forward despite one of life s most traumatizing events      The Unspeakable Loss Nisha Zenoff,2017-11-07 A guide to hope and healing after the death of a child from a grief counselor and psychotherapist who has been there Nisha Zenoff lost her son in a tragic accident when he was just seventeen years old Now with decades of experience as a grief counselor and psychotherapist she offers support and guidance from her own journey and from others who have experienced the death of a child The Unspeakable Loss helps those who mourn to face the urgent questions that accompany loss Will my tears ever stop Who am I now without my child How can I help my other children cope I lost my only child how do I live Will my marriage survive Will life ever feel worth living again No matter where you are in your grieving process The Unspeakable Loss provides a space to mourn in your own way and helps you understand how the death of a child affects siblings other family members and friends recognizing that we each grieve differently And while there is no one prescription for healing Zenoff provides tools to

practice the important aspects of grieving that are easily forgotten self compassion and self care The Unspeakable Loss doesn't flinch from the reality or pain caused by the death of a child yet ultimately it is a book about the choice to embrace life love and joy again As Zenoff writes in the Preface Our relationships with our children do not end with their deaths Our relationships change they're transformed but our children will always be with us *After the Death of a Child* Ann K. Finkbeiner, 2012-12-11 For a parent losing a child is the most devastating event that can occur Most books on the subject focus on grieving and recovery but as most parents agree there is no recovery from such a loss This book examines the continued love parents feel for their child and the many poignant and ingenious ways they devise to preserve the bond Through detailed profiles of parents Ann Finkbeiner shows how new activities and changed relationships with their spouse friends and other children can all help parents preserve a bond with the lost child Based on extensive interviews and grief research Finkbeiner explains how parents have changed five to twenty five years after the deaths of their children The first half of the book discusses the short and long term effects of the child's death on the parent's relationships with the outside world that is with their spouses other children friends and relatives The second half of the book details the effect on the parents internal world their continuing sense of guilt their need to place the death in some larger context and their inability sometimes to consistently do so their new set of priorities the nature of their bond with the lost child and the subtle and creative ways they have of continuing that bond Finkbeiner's central point is not so much how parents grieve for their children but how they love them Refusing to fall back on pop jargon about recovery or to offer easy solutions or standardized timelines Finkbeiner's is a genuine and moving search to come to terms with loss Her complex profiles of parents resonate with the honesty and authenticity of uncomfortable emotions expressed and most importantly shared with others experiencing a similar loss Finally each profile exemplifies the many heroic ways parents learn to live with their pain and by so doing honor the lives their children should have lived **Out of the Darkness** Kimberly Amato, 2014-12-16 A book for parents who've had to say goodbye to their children those who love and support them and those who work with them in a professional capacity **Grief Recovery for Parents** Craig Asher, 2024-01-09 Are you a parent who just lost a child Or has it been long since you lost a loved one But you are still grieving and yet to recover from your loss Then you need to continue reading You are a grieving parent trying hard to come to terms with your loss Your heart aches so much that you think it will never heal Nothing makes sense to you in your grief because you feel life is unfair to you I understand how you feel I have been there and I have recovered from my grief You can also recover no matter how long you have been grieving It is not too late Recovering from the grief of child loss is not easy but it is much easier than you think once you know how to navigate the different stages of grieving and stop feeling guilty about your child's death There is no fixed time for grief recovery but you will not live in guilt forever and neither will you want your loss to affect every impact you are supposed to have on your society In the Grief Recovery for Parents Book you will discover Why it is important for you to cry while you grieve How long

does it take to recover The stages of missing your departed child How grief affects your health Triggers and how to cope How to block noise and have some quiet while you grieve Steps to forgiving yourself How your friends can help you during your grief Why it is important to talk about your loss And much more

**Lost But Found** Lauren Persons, 2020-12

**Lost But Found** A Boy's Story of Grief and Recovery deals with one of the toughest issues a parent may ever have to face explaining to a child that a loved one has died Often to protect them children are left out of the grieving process This book allows adults to travel with a young boy as he works to make sense of his loss and in turn their own I wrote this book to allow children to ask questions and talk about their fears and feelings What I have found is that often children have better insights on these hard life questions than the adults in the room The endearing simplicity and musicality of Lauren's words burst with unspoken emotion leaving room for every child's experience Noah's illustrations portray tender human contact comforting young readers and the families who love them Pegi Deitz Shea award winning children's book author **Lost But Found** is a sweet book with beautiful pictures that tackles grief at a developmental level for a very young child The ambiguous term to lose somebody is demystified as a young boy comes to understand what happened to his father and how their connection lives on

Laurie Zelinger PhD ABPP RPT S Board Certified Psychologist and author former Director of New York Association for Play Therapy **Lost But Found** is a brief story that faces a difficult and important topic the loss of a parent The story provides a two pronged approach a caregiver can use as a starting point to approach this delicate topic with a child a sense of perspective and hope for the future and the idea that we as children can find pieces of our parents around us and inside us I appreciate the incentive to reflect on and remember who the lost parent was and how he lives on through his child

Isabella Cassina MA TP S CAGS PhD Student Project Manager Trainer and Continuing Education Program Administrator CEPA INA International Academy for Play Therapy studies and PsychoSocial Projects The story of **Lost But Found** is written to help children understand the loss of a loved one It is never easy to talk with a child about this subject and the author provides a tender truthful and believable story It is written from the heart and will serve as a conversation starter in assisting a child's understanding of the grieving process In addition the beautiful illustrations provide the reader a sense that they are embraced and one with the story I highly recommend this book for children and adults

Linda Cohen Elementary School Principal At any age understanding death is confusing and complex It is especially so for children In **Lost But Found** author Lauren Persons gently removes some of the mystery around loss and invites children into a comforting conversation around lasting belonging and hope Illustrations by Noah Hrbek enrich this tender and much needed children's book

Holli Kenley author of **Power Down Parent Up** and **Pilates For Parenting** Knowing Lauren Persons for over 20 years and happily counting this children's book reflects a genuine heart full of emotion and love If all people faced with difficulties had the courage and the dignity and the grace that Lauren Persons has our world would be a better place for our children to live

John Mascia elementary school teacher With simple accessible words and drawings **Lost But Found** perfectly captures the experience of

loss and the power of memory and love Amy N Ship From Loving Healing Press www LHPress com **Healing After Loss**

Madeline Holden,2021-11-10 Grief is one of those emotions that touches each of us in life We all experience the pain emotional and physical effects stresses and anxiety it brings in one way or another but incredibly each experience is unique and personal Whether you are mourning the loss of a partner friend child parent or a much loved pet your experience is yours alone and your coping and healing journey is equally personal Inside the pages of this book you will gain a new understanding of the stages of grief and how your recovery will improve with each passing phase dealing with the real issues that must be faced each day and finding workable solutions to every problem Not just a book that centres on helping you to mentally survive the pain of death or loss this is also a practical guide which offers advice on supporting others in their grief dealing with the inevitable financial implications that accompany it as well as overcoming the difficult memories and anniversaries you will face without a loved one Through daily reflection spiritual wisdom meditation mindfulness and a host of other proven tools you can deal with the grief that threatens your happiness and emerge as a more self confident and assured person ready to be happy once more With courage and self love you can truly achieve anything If that sounds like something you and your loved ones would benefit from this book is the answer to your questions Loss, Survive, Thrive

Meryl Hershey Beck,2019-11-22 No one is prepared for the loss of a child No one It feels completely unnatural for children to predecease their parents Although it is not widely known each year there are over 135 000 under 40 year old deaths in the U S alone And according to one study 19% of parents outlive their children often carrying the weight of horrendous grief to their own graves Isolated and alone is how parents often describe the grief process Well meaning friends and family members usually rush to their side in the beginning Once the floral arrangements have wilted and the dinners from caring friends diminish there isn t really much that can be said to bring comfort to a suffering parent especially if those friends haven t experienced it themselves Unfortunately when these caring friends do bring up the loss quite often they say the wrong things Loss Survive Thrive offers a lifeline of hope Each chapter is an inspirational story written by a parent who also experienced the agony of losing a child reclaimed his her vitality and is now living a fulfilling life Every story is authentic and heartfelt designed to uplift and inspire The collective authors reach out through the pages to virtually hold hands with those who are suffering We the contributors have all been there We know their pain and we know about survival And now through our stories we offer comfort and support in helping them get through the toughest time of their lives Bereaved parents share an unspeakable bond And Loss Survive Thrive imparts insight from what s likely the only voices that grieving parents can hear others who have walked in their shoes This book is a giant step toward healing the grieving heart What Now?:

Finding Renewed Life in Christ After Loss Kaitlyn Odom Fiedler,2023-04-04 How do you find hope after loss Kaitlyn Odom Fiedler was eight years old when she woke up alone in a hospital room the victim of a horrible car accident that had claimed the lives of six of her family members as they traveled on their way to vacation at the beach Left with only one living brother



young Kaitlyn was left with the question What now How do you find hope after loss Twenty years later Kaitlyn has found her hope and wants to encourage others as they struggle with their own trials What Now Finding Renewed Life in Christ After Loss brings a refreshing perspective of hope and will help answer the questions of how to move forward not just move on when it seems there is nothing left on which to cling Readers will discover how Kaitlyn moved from questioning to trusting God in times of sorrow and they will find hope and healing in their own grief journey along the way Endorsements In What Now Kaitlyn shares her pain struggle and personal wrestling with grief love and hope with courageous vulnerability Although her story is her own she invites us to find our own stories in it and by doing so we find hope outside of ourselves Kaitlyn writes as if she is introducing us to her family her home and her hope She has found Christ sustaining patient and present and introduces Him as one friend introduces another Lee Anne Cavin Grace Church Campus Support Staff Kaitlyn opens the door to her grief and invites you in Asking the question What now she gently places your hand in the hand of Jesus and walks with you into the light of healing and hope Hers is a story honestly told laying her suffering open welcoming you to share with her God s living and sufficient grace Georgia Tanner Author of Genesis Small Stories of a Big God What Now challenged me to see God s goodness amid insurmountable suffering Kaitlyn s use of storytelling kept me engaged and inspired With vulnerability and boldness Kaitlyn shares her experience of unimaginable loss and brings hope to hurting people This book will support people who have encountered trauma suffering or loss and What Now will guide the rest of us as we journey with them Peter Hyatt Campus Minister Clemson Baptist Collegiate Ministry In her book What Now Kaitlyn did a phenomenal job of addressing an extremely painful topic and shared openly and honestly about her journey through her own grief What she revealed depicts a process that can make or break a person Kaitlyn genuinely is a wounded healer who can understand another s pain and also know that there is light that can come out of darkness Vickey Maclin Psy D Associate Professor at Gordon Conwell Theological Seminary Charlotte and Psychological Associate In What Now Kaitlyn shares her story with raw vulnerability and I felt immediately connected to her Throughout her story you will be inspired by her strength and amazed at the faithfulness of our great God This book is a survival guide for anyone who needs a reminder that God is good and our strength in times of hardship Grace Valentine Author of four best selling books and host of Water Into Wine podcast In his book The Wounded Healer Henri Nouwen wrote that The great illusion of leadership is to think that man can be led out of the desert by someone who has never been there Kaitlyn has been in the desert of great pain and loss And she s emerged as a wounded healer able to speak with both awareness and hope for those who find themselves in the throes of grief Chrystie Cole Author of Redeeming Sexuality and A Woman s Words     **A Butterfly's Journey** Barbara J Hopkinson, 2013-04-18 A Butterfly s Journey offers a unique approach to enduring the loss of a child with the authors diverse perspective as a multiple bereaved parent and support group facilitator In this gripping memoir that commences with the day she got the call alerting her that her 21 year old son had been seriously injured in a motorcycle accident Hopkinson bares her soul in moving

through a journey of grief that changed her life forever She also gives families a reason to believe in their child's continued spiritual existence With great skill Hopkinson's approach helps bereaved parents and families understand the variety of ways grief can be felt expressed and supported For example genders grieve differently and infant loss can be as traumatic as the death of an older or adult child She gently reminds us to be tolerant we all grieve in our own way and on our own schedule Courageously sharing the impact of grief in her own life Hopkinson reveals that her 30 year marriage did not survive the untimely death of her adult son Additionally while going through a divorce that dramatically altered her lifestyle her remaining son flunked out of college as a result of the loss of his brother Like many bereaved parents Hopkinson briefly contemplated suicide after these and other unexpected events In *A Butterfly's Journey* she details finding an inner strength she now believes has prepared her to handle any life challenge with greater ease She also models how she found love hope and happiness again by turning outward and helping others Finding Life After Losing One Nikki King, Alice

Rampton, 2016 The pain of losing a child to death is real Friends family and parents of children of all ages who have passed on will find an empathetic voice in this book full of real life advice from parents who've been there Learn what to do as a parent what not to say as a friend and how to preserve precious memories during times of mourning and moving forward

*Recovery from Anger Addiction* Verryl V. Fosnight, 2016-03-29 This Book Presents a Paradigm Shift About Toxic Anger Anger Is An Addiction Using the wisdoms of John Bradshaw Pia Mellody Claudia Black Alice Miller and many other recovery giants Verryl grew to understand himself in the context of his past traumas He was finally able to apply all the theories of these authors to heal his anger and rage This expansion of theory to the emotion of toxic anger results in a revolutionary new concept of anger as an addiction This paradigm shift empowers a person to recover from rage as an ill person seeking to be well as opposed to a bad person trying to act better Telling yourself you are a bad person is a self defeating message to your inner self but an ill person can get well He presents this new simple and enlightened treatment for anger in easy to follow language Ultimately these conclusions are illustrated as a set of simple diagrams that outline the full path of anger's development starting from the core emotion of pain from early losses through raging behavior that is life damaging Using the revolutionary model of anger as an addiction he demonstrates that anger can be healed There is no need to rationally manage toxic anger while remaining a bad person Toxic anger practically evaporates as an emotional impulse as the underlying pain is resolved in the good but ill person Included Research survey paper on Anger Management classes by Desiree Harris M C

Eventually, you will no question discover a further experience and skill by spending more cash. yet when? attain you give a positive response that you require to acquire those every needs later than having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more approximately the globe, experience, some places, taking into consideration history, amusement, and a lot more?

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## Recovering From The Loss Of A Child Introduction

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