

Grief Support booklet for Children, Teens, and Parents who are grieving pregnancy and infant loss from the perspective of surviving siblings.



Written & Illustrated by Evelyn A. Rodriguez



Girl Scout Gold Award Project

Dedicated to all the surviving children who have lost their siblings. We are a part of an exclusive group with loved ones up above...

Dedicated to my baby Sister
Vivienne Isabella

"Sisters are angels who lift us up when our wings forget how to fly."

Thank you for watching over us.

Families come in ALL sizes and shapes



some with one kid



or two ...



or more ...

I have a sibling too, but not like most kids



my sibling never left
the hospital



but my family
keeps thier
memory alive



While people can't see them 3



and I can't play with them physically



my sibling interacts with me in other ways

Even though I've never met them

I still miss them...



and that is OK!



It's OK to wonder what your brother or sister could've been...



When I miss them, I talk to my parents



Or I write and draw



We talk about how even though we never got to have them in our arms

We hold love for them in our hearts everyday

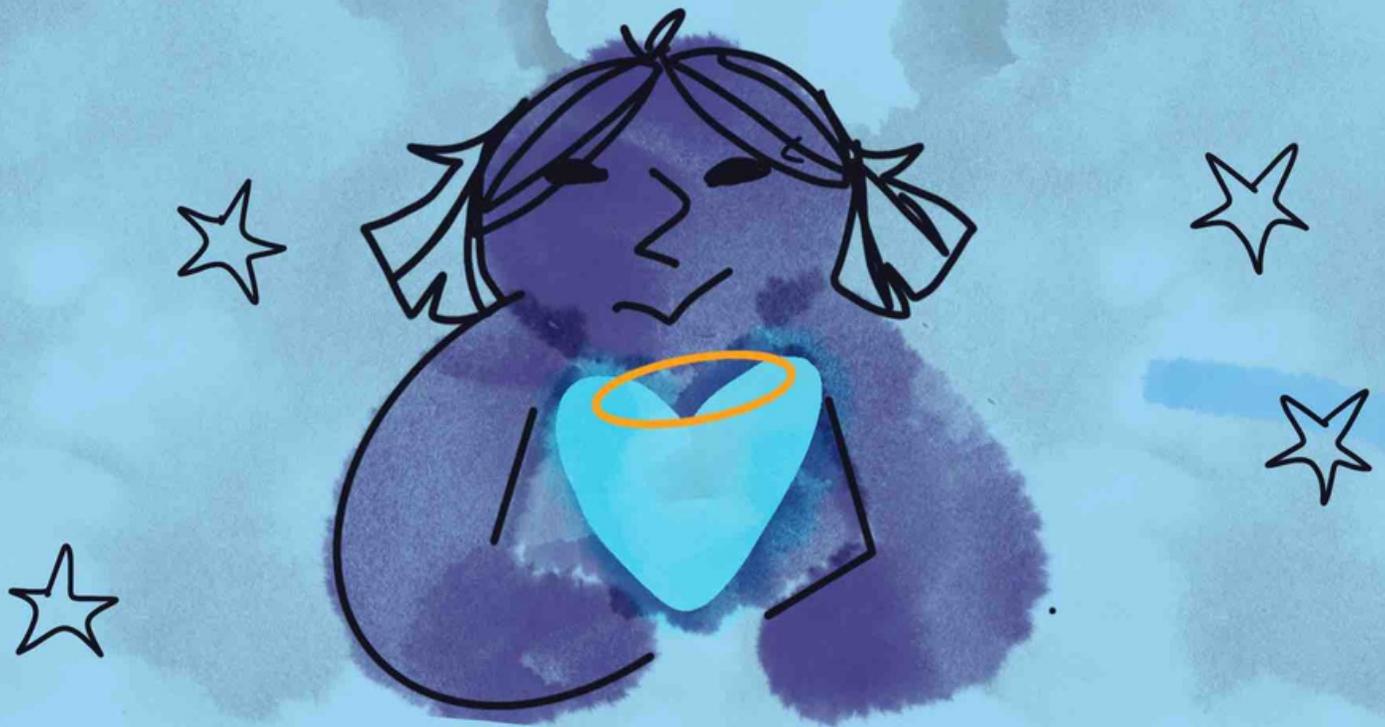


since they've passed, i've made new memories



even lost my last tooth!

I still miss them, and I wish I could
make these memories with them...



... but I know each new memory
has been shared with them as
they watch and send their love
from up above. 



GRIEF FACT SHEET

Everyone grieves in a different way, and it's okay!

Some will prefer to express their grief while others prefer to do so in silence. There is no right or wrong way, and all feelings are valid.

Grief is painful, but it can also be helpful. You will feel emotions such as sadness, anger, loneliness and other painful emotions. However, grieving can help you come to terms with loss and also cherish memories with your loved one.

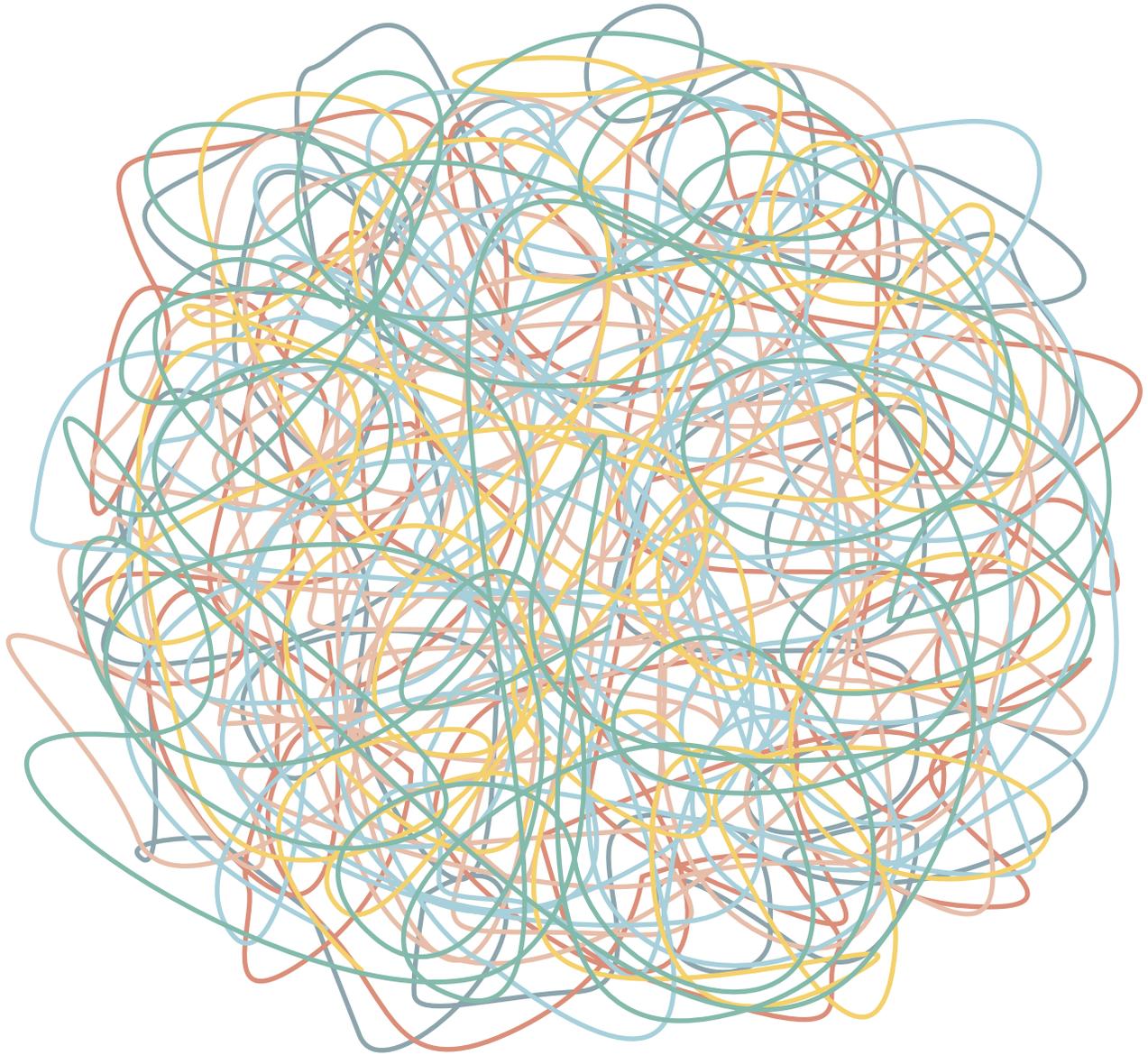
Grief does not have a set time frame. While grief can last a few weeks for some, it can take months or even years for others. It may come and go during certain dates of the year, but generally lessens in intensity over time.

It's okay to seek help. Remember, your feelings are valid and it's okay to not be okay! You can seek support from your family, friends when grief seems like too much. Therapy can also be beneficial.

Moving on doesn't mean forgetting. You can continue to live your life! Grieving doesn't mean you'll forget, it means figuring out how you will like to remember, moving forward.

Not everyone experiences grief in a high distress level. We are all different! Feeling resilient or relief doesn't mean you don't care or love that person.

THE TANGLED BALL OF GRIEF



Sadness



Shock



Denial



Anger



Loneliness



Guilt

My Grief Support System

WE ALL NEED SOMEONE TO RELY ON IN DIFFICULT TIMES. USE THIS PAGE TO IDENTIFY THOSE PEOPLE AND EXPRESS GRATITUDE FOR THEM.

*WHO CAN I CALL ON IN
TIMES OF NEED?*

*WAYS IN WHICH THEY
SUPPORT ME:*

THEY ADD VALUE TO MY LIFE BY...

I ADD VALUE TO THEIR LIFE BY...

WHY I AM GRATEFUL FOR MY SUPPORT SYSTEM:



GRIEF HOUSE

Billboard: Who are those people that support you?

Roof:
People/things that protect you

In what ways do you "blow off steam"?

Chimney

List or draw positive things that help you through your grief

List things that have come from your grief journey

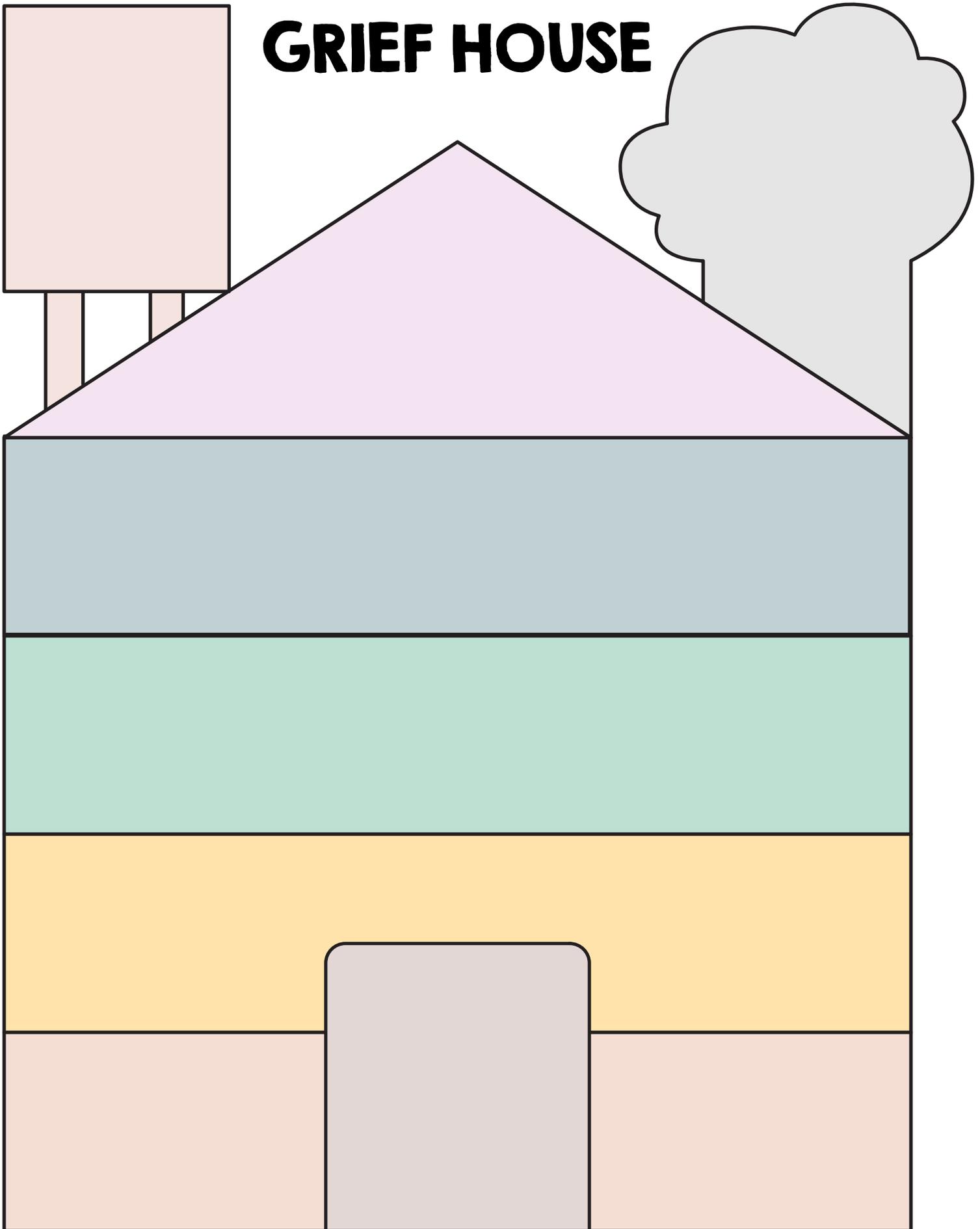
What has your grief journey been like so far?

What are your values in life?

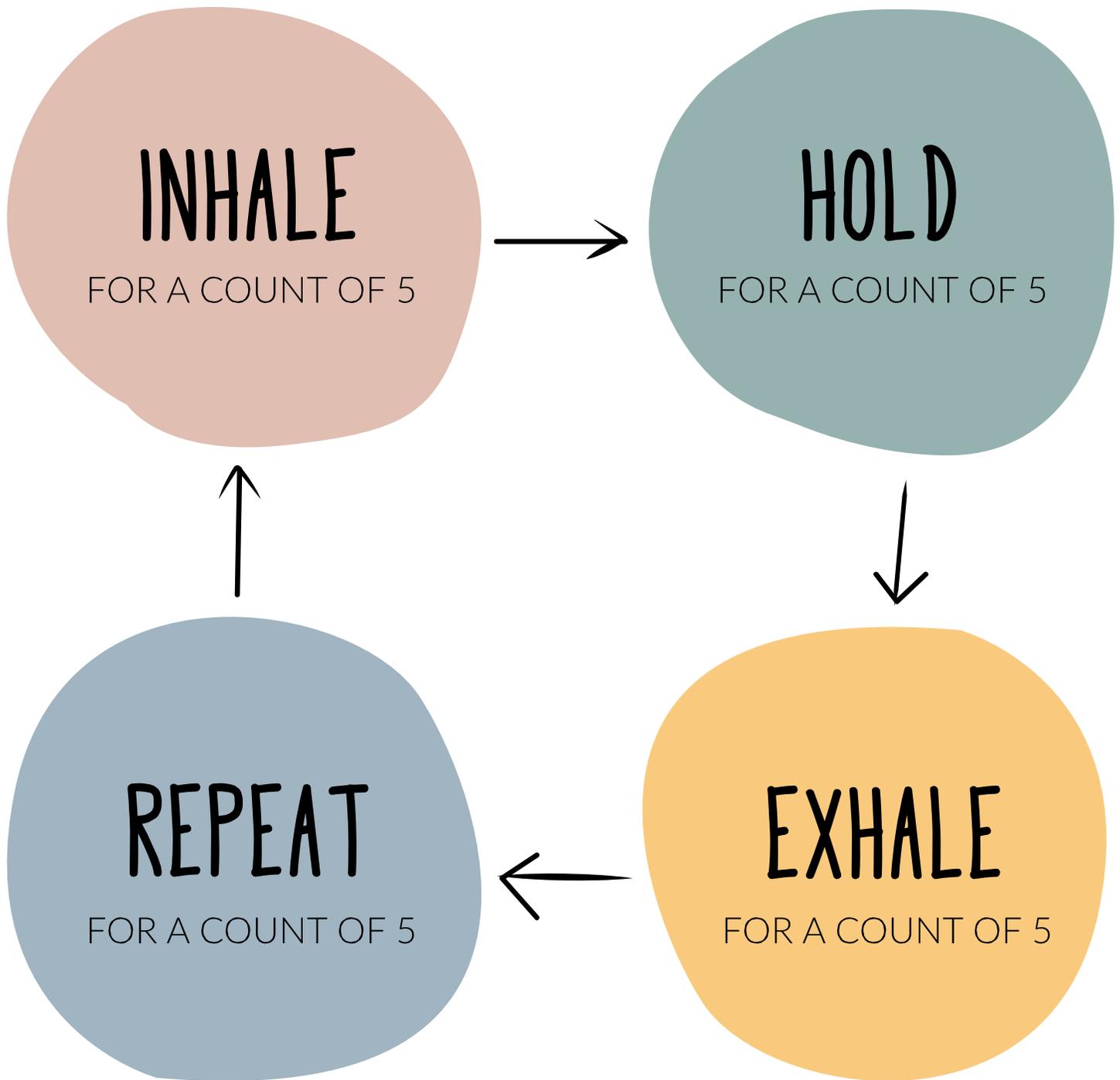
List or draw emotions you usually experience

List or draw coping skills you usually use when grieving

GRIEF HOUSE



MINDFUL BREATHING



HELPFUL WAYS TO COPE

Grief can be hard and there are times when we might feel grief more intensely, which might occur on certain dates such as birthdays, festive days and anniversaries.

When those times come, it can be more challenging to feel okay, and that's valid! As such, it's important to have different coping tools to get through the day.

Talk to someone about it. It's important to speak out, express your feelings with someone you trust.

Do something that makes you feel connected to them. For example listening to their favorite music or eating their favorite food.

Write down your feelings, you can even write down a letter to that special someone. Tell them how you feel and what you've been up to.

Do something that makes you feel happy, safe and calm in order to distract yourself and get you through your grief.

GRIEF WORKSHEET

The person I lost was my _____

I am feeling _____

I feel most sad when _____

What I miss most about the person I lost is _____

If your person was here, what would you do together?

What do you imagine your person would be like?

One last thing I'd say to that person is _____

COMPLETE THE SENTENCES

Right now I'm feeling _____

I feel the saddest when _____

Since the loss, things have been different because _____

My family feels _____

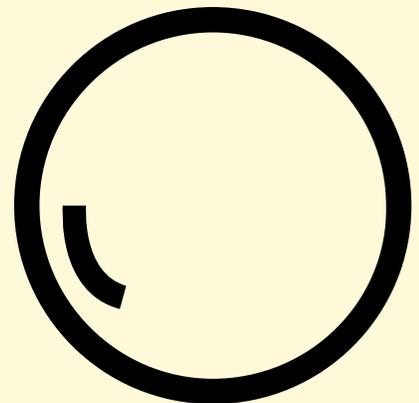
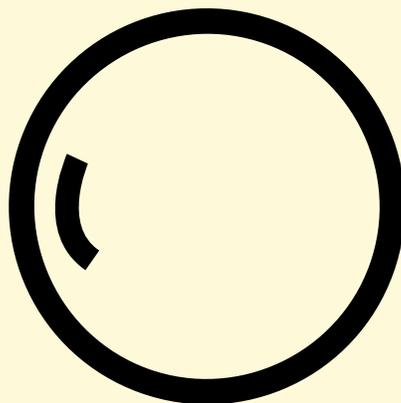
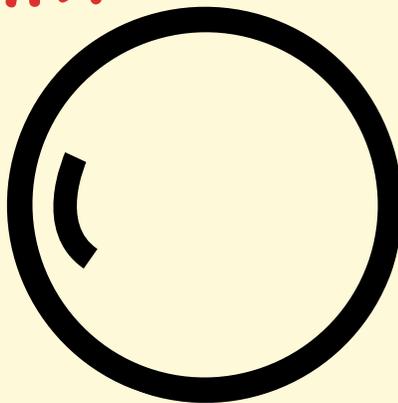
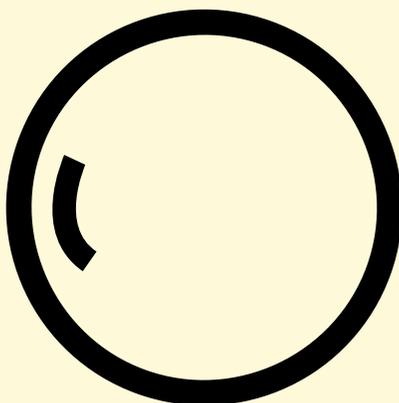
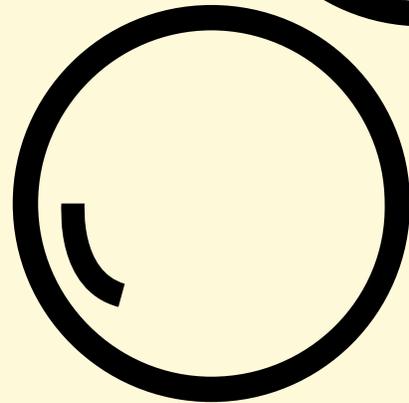
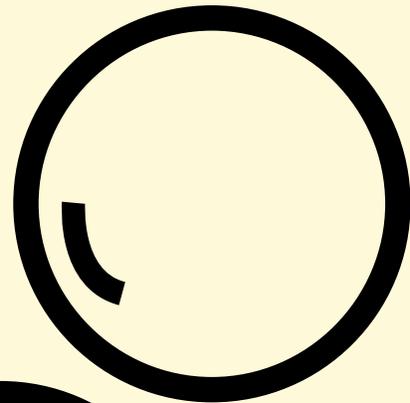
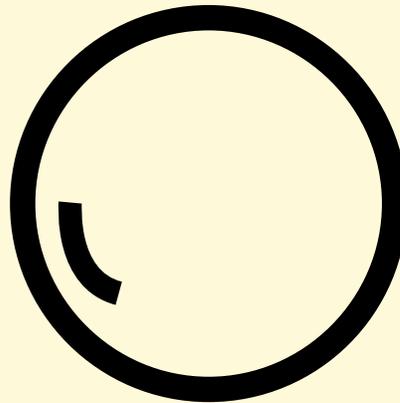
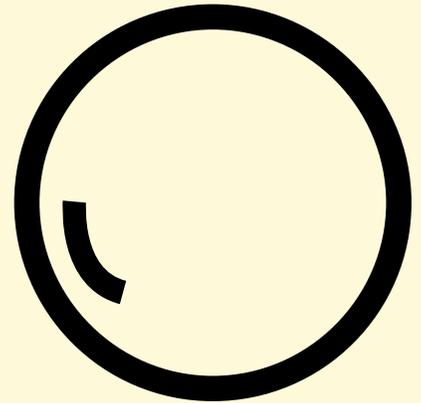
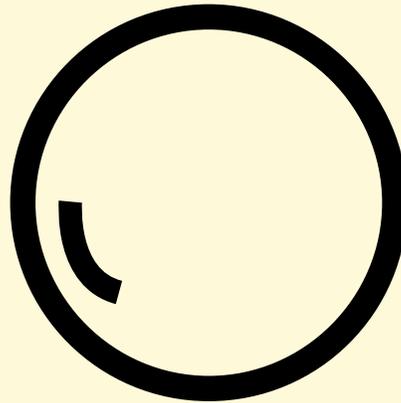
One thing I learned from the person I lost is _____

GOOD BYE WORRY BUBBLES

WORK TOGETHER
WRITE DOWN ALL THE
THOSE BIG FEELINGS
THAT MAKE YOU FEEL
SAD, WORRIED, SCARED
FRUSTRATED, ANXIOUS,
AND ANGRY ETC...

WRITE THEM DOWN
INSIDE THE BUBBLES

THEN...
BLOW THEM AWAY!



POSITIVE SELF-TALK

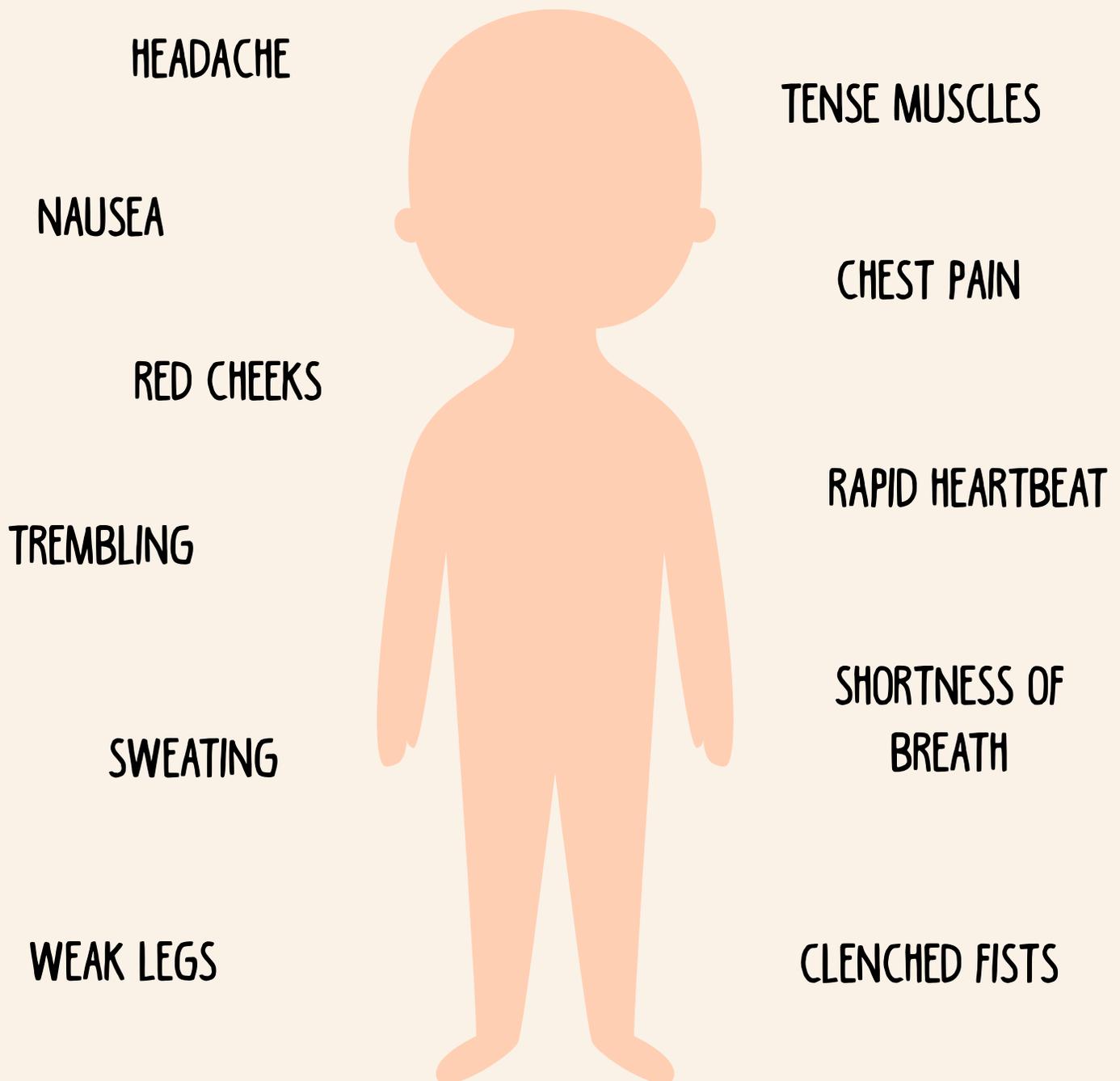
Challenging negative thoughts

Positive self-talk can be a powerful tool for to cope and recover by helping them focus on their good qualities and abilities. By practicing positive self-talk, it can make changes that will benefit your life. Add your positive thoughts...

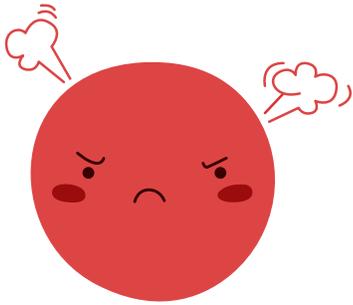


GRIEF & MY BODY

What happens to your body when you are grieving? Everybody's body will respond differently to grief, but some might be more common than others. Can you circle any of the symptoms below? You can also write it down if you can't find it.



how are you
FEELING?



ANGRY



EXCITED



SHY



HAPPY



WORRIED



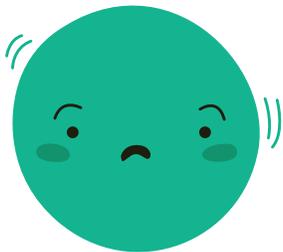
JEALOUS



CONFUSED



BRAVE



SCARED



DISAPPOINTED



SAD



EMBARRASSED



SILLY



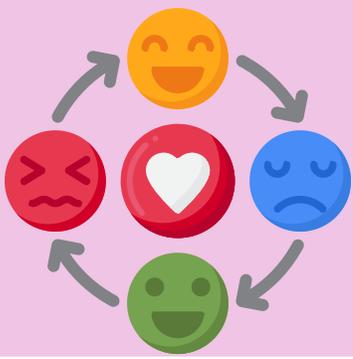
FRUSTRATED



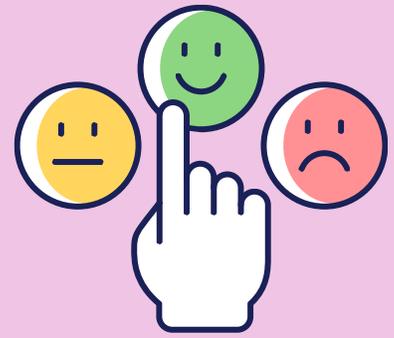
TIRED



PROUD



EXPLORE YOUR EMOTIONS



How do you feel about the world around you?

How do you feel at home?

How do you feel at school?

How do you feel with friends?

Affirmations

I WILL GET THROUGH THIS
IN MY SADNESS, I STILL LOVE MYSELF
MY GRIEF MATTERS
THE PAIN I FEEL RIGHT NOW WILL EASE OVER TIME
I WILL TAKE AS MUCH TIME AS I NEED TO PROCESS THIS
I HONOR THE LOVE FOR THEM MORE THAN THE LOSS
I AM LOVED
I GIVE MYSELF PERMISSION TO FEEL MY FEELINGS
I WILL HEAL FROM THIS
I CAN ENJOY MOMENTS IN LIFE WHILE STILL GRIEVING
I WILL LEARN TO ACCEPT THINGS THAT I CANNOT CHANGE
I WILL FEEL LIKE "ME" AGAIN
I HAVE SO MANY MEMORIES TO TREASURE
I WILL TREAT MYSELF WITH COMPASSION
I WILL BE PATIENT WITH MYSELF
I AM SURROUNDED BY LOVE
THERE IS NO "CORRECT" WAY TO GRIEVE
DEATH WILL NOT BREAK THE BOND OF LOVE
I CAN ACCEPT HELP THAT IS OFFERED TO ME
HEALING IS NOT LINEAR
I WILL CARRY THEIR LOVE WITH ME
I CAN ACCEPT CHANGE
I CAN HEAL
I CAN CREATE BOUNDARIES WHILE HEALING
I HAVE MADE IT THROUGH 100% OF MY BAD DAYS
I AM HURTING BUT I AM NOT BROKEN
I WILL ALLOW MYSELF TO MISS THEM
THERE IS NO TIME LIMIT TO GRIEF
I AM SO GRATEFUL FOR THE TIME I SPENT WITH THEM
GRIEF SUCKS, AND THAT'S OK
I AM NOT AFRAID TO KEEP LIVING
I WILL HONOR MY PHYSICAL AND EMOTIONAL NEEDS
I CAN ALLOW MYSELF TO GRIEVE
I DISCOVER STRENGTHS WITHIN MYSELF EVERY DAY
I WILL FIND HAPPINESS IN THE FUTURE
EVEN ON MY TOUGHEST DAYS, I CONTINUE TO MOVE FORWARD
IT'S OK TO CRY
I CAN STILL FIND MANY THINGS TO BE GRATEFUL FOR
EVERYTHING WILL BE OK
I HAVE EVERYTHING I NEED WITHIN ME TO GET THROUGH THIS
I WILL WELCOME BRIGHTER DAYS
I AM MOVING TOWARDS ACCEPTANCE
I WILL RELEASE ANY FEELINGS OF SHAME OR GUILT
THINGS WILL BE DIFFERENT AND THAT'S OK
I AM GRATEFUL FOR THE SUPPORT THAT I HAVE AROUND ME
I AM MORE THAN CAPABLE OF RESTORING MYSELF FULLY
I WILL ALLOW MYSELF TO REST WHEN I NEED TO
I AM FOCUSED ON HEALING
I AM ALLOWED TO SAY NO TO ANYTHING THAT DOESN'T SERVE ME RIGHT
NOW
I WILL BE PROUD OF EVERY STEP I TAKE
I CAN TAKE TIME SO SAY GOODBYE



GRATITUDE JAR

Sometimes when we are going through a difficult time, we become negative, we see everything in it's worst possible way. in times like these, it can be helpful to remember what we are grateful for.

Write down what you are grateful for in the jar below. Or use a real jar and write your gratitude's on pieces of paper (MAKE COPIES and use the slips in this booklet to get you started). To develop an attitude of gratitude start each day with gratitude.



GRATITUDE JAR

Gratitude Jars are a fun, artistic, and hands-on way to practice gratitude. In this activity, you will create a special jar where they save gratitude statements at the end of the day. Please make Copies.

MATERIALS

- Clear Jar (glass or plastic)
- Art Supplies (ribbons, stickers, magazine cutouts, etc.)
- Gratitude Slips (blank strips of paper, or slips with gratitude prompts)



INSTRUCTIONS

- Begin by personalizing your jar with decorations. Use ribbons, stickers, magazine cut-outs, items found in nature, or anything else you can imagine.
- After decorating the jars, it's time to add the first three gratitude statements. A gratitude statement acknowledges something that a person appreciates or is thankful for. Participants can use the prompts on the slips provided, or they can write their own gratitudes on blank slips. Here are some examples:
 - "I am grateful for my cat because she makes me laugh."
 - "I am thankful for the dinner I had tonight. It was my favorite: pizza!" "I appreciate my grandma because she visited me when I was sick."
- Once you have written down three gratitude statements—one per slip of paper—spend a moment discussing each one. Finally, fold the gratitude statements, and add them to the jar.
- Make the gratitude jar part of their daily routine, including a brief discussion about each of your gratitudes.

GRATITUDE JAR

Cut strips, write, fold & place in jar.

Please make copies.

SOMETHING I ACCOMPLISHED TODAY...

TODAY WAS SPECIAL BECAUSE...

I APPRECIATE (PERSON), BECAUSE...

SOMETHING I'M LOOKING FORWARD TO...

SOMETHING I AM THANKFUL FOR...

GRATITUDE JAR

Cut strips, write, fold & place in jar.

Please make copies.

SOMETHING I LIKE ABOUT MY FAMILY...

THREE PEOPLE WHO MAKE ME HAPPY ARE...

I FELT HAPPY TODAY WHEN...

SOMETHING LITTLE THAT MAKES ME SMILE...

TODAY I HAD FUN WHEN...

GRATITUDE JAR

Cut strips, write, fold & place in jar.

Please make copies.

SOMETHING ABOUT TODAY THAT I'LL ALWAYS WANT TO REMEMBER...

I AM PROUD OF (PERSON), BECAUSE...

SOMETHING I APPRECIATE ABOUT MY PAST...

SOMETHING GOOD THAT HAPPENED TODAY...

I WAS PROUD OF MYSELF TODAY BECAUSE...

GRATITUDE JAR

Cut strips, write, fold & place in jar.

Please make copies

SOMETHING I LIKE ABOUT MYSELF...

SOMETHING I LIKE ABOUT MYSELF...

SOMETHING FUNNY THAT HAPPENED TODAY...

SOMETHING SPECIAL ABOUT MY FAMILY...

SOMETHING INTERESTING THAT I RECENTLY SAW...

GRATITUDE JAR

Cut strips, write, fold & place in jar.

Please make copies.

A SPECIAL MEMORY I HAVE OF MY FAMILY...

THREE FRIENDS WHO I APPRECIATE...

SOMETHING I AM GRATEFUL FOR...

MY FAVORITE PART OF TODAY...

MY FAVORITE FAMILY TRADITION...

COPING SKILLS

Cut & carry me with you wherever you are

Please make copies



Stop & Listen

Spend a few minutes just listening to the sounds around you.
What sounds do you hear?
Are they loud or soft?
Pay special attention to interesting sounds you have never noticed before.



Take Deep Breaths

Breathe in slowly through your nose and hold the air in your lungs.
When you are ready to release the air, put your lips together and pretend like you are blowing through a straw.
Do this 20 times.



Favorite Place

Think of a place where you feel calm, comfortable, and happy.
It may be a beach, a forest, your bedroom, or somewhere else.
Imagine what this place looks and sounds like and imagine how good you feel when you are there.



Write a Happy ending

Usually when you worry, you imagine things ending badly. Try writing about your worry, but make the ending positive. Write about how you solve a problem, relax, start feeling better, or handle your worry.

COPING SKILLS

Cut & carry me with you wherever you are.

Please make copies



Listen to Music

Enjoying your favorite music can take your mind off what's worrying you. Focus your attention on the instruments, lyrics, and voices in the song.



Get Moving

Get your energy out by being active. Play a sport, ride your bike, dance, swim, go for a walk, or run around until you're tired.



Think about what it is

When you worry, you probably think of bad things that could happen. Instead, try thinking of what actually happens most of the time. For example, instead of thinking, "I'm worried I will miss my school bus", try thinking "I've never missed my bus before."



Talk about it

Talking about your feelings is one of the most powerful ways to control them.

Tell a trusted person, like a parent, friend, teacher, or counselor what you're worried about.

Try using this sentence to get started: "I feel worried when _____."

Promises to my Sibling

**I will
carry
their love
with me**

**I will
treasure
them and
myself**

**It's ok to
take time
to heal**

**my grief
matters**

**I can take
as much
time as I
need**

**I can
accept
help**

**I can still feel
joy while
grieving...**

**They
are
loved**

**I will be
patient
with
myself**

**it's ok to
cry...**



We live with their memory

*IN TIME, IT WILL BE POSSIBLE TO CARRY ON LIVING IN THEIR MEMORY.
SPREADING KINDNESS, EXPERIENCING LIFE AND REACHING GOALS, ALL WHILE
HOLDING THEIR MEMORY AND VALUES CLOSE TO YOUR HEART*

MY FUTURE BUCKET LIST:

MY FUTURE LIFE GOALS:

HOW WILL I HELP OTHERS:

ACTS OF KINDNESS:



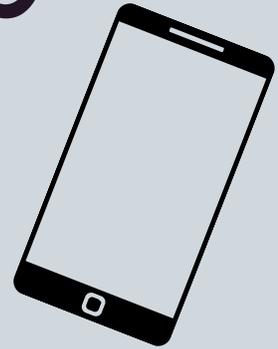
Don't forget Self Care while Grieving



**START
JOURNALING**



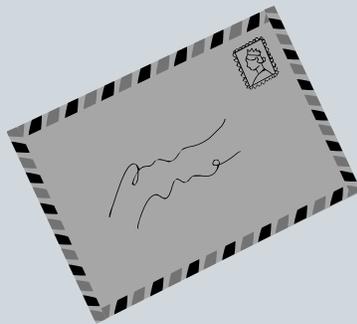
**EXPRESS
YOURSELF**



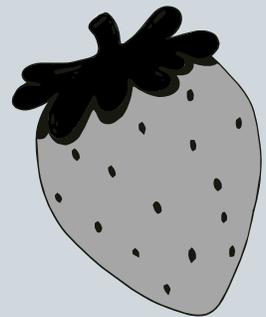
**SOCIAL MEDIA
BREAK**



**REACH
OUT**



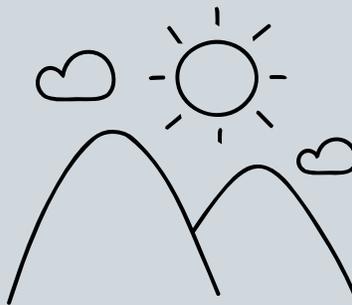
**WRITE A
LETTER
TO THEM**



**NOURISH
YOURSELF**



**CRY IT
OUT**



**SPEND TIME
OUTSIDE**



**MEDITATION
OR PRAYER**

IF GRIEF IS OVERWHELMING AND DEPRESSIVE THOUGHTS CREEP IN, BE SURE TO REACH OUT TO THOSE AROUND YOU AND SEEK PROFESSIONAL HELP IF NECESSARY. Additional resources are at the end of this booklet.





PROTECTIVE Self-Talk



**Emotional
Awareness**

**Building
resilience**

**Positive
self-esteem**

Trust



**Coping
Skills**

**Safe
Space**

**Emotional
support**

**Positive
friendships**

**Supportive
parent (s)/ caregivers**



MY PROTECTIVE SHIELD

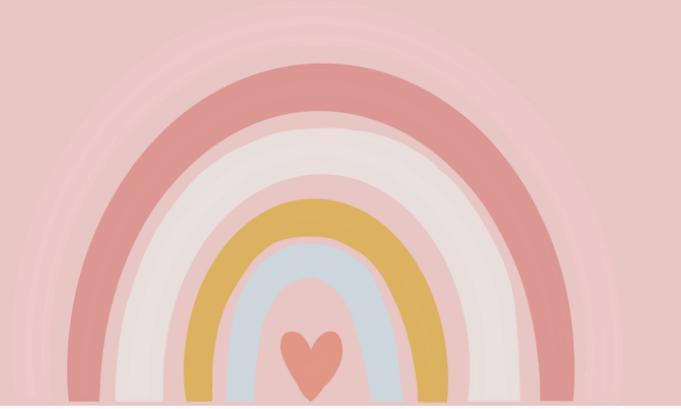


Create your own protective shield.

Write down all your protective factors, it can also be your own strengths.



A LIFE FILLED WITH MEANING



Things I am grateful for:

People who love me

What am I Proud of?

My Future Goals & Dreams

THINGS TO REMEMBER WHEN GRIEVING TOGETHER

DEATH OF A SIBLING

It is very unexpected when children die, whether by accident or due to illness. One of the hardest less spoken of is through pregnancy or infant loss, stillbirth, or in the first few days/months of life. In young children such a loss often brings up questions from the surviving child of whether they are also in danger of death. Parents who suffer the loss of a child are likely to be inconsolable themselves, but it is important to reassure your children that they are safe and you will be there for them. Let them ask questions and know that they may go in and out of grief for many months while you as the parent are more likely to feel it continuously. Do not hesitate to bring in additional adult caregivers, such as a grandparent, aunt or friend for support.

[HTTPS://CHILD MIND.ORG/GUIDE/HELPING-CHILDREN-COPE-WITH-GRIEF/](https://childmind.org/guide/helping-children-cope-with-grief/)

CHILDREN NEED HONESTY

In general, children find ways to cope with sad news. Lying or dismissing the topic, leaves too much to a child's imagination. Unhealthy explanations can also create fear, doubt, or anger. Remember, children think literally.

Using phrases like "we lost the baby" or "the baby is sleeping" can be confusing because of the literal meaning of the phrases.

Using a phrase like "The baby died". That means her heart stopped beating and her body doesn't work anymore. She is not with us like she used to be, but we will always remember and love her very much" explains literally what happened and how you feel about it. Young children especially need simple, honest explanations.

800-821-6819

NATIONALSHARE.ORG

SHARE YOUR FEELINGS

Children will observe their parent's response to the death of their sibling very closely.

While they may not have the same language skills as an adult and may not be able to identify their own emotions, it is important to share your feelings. Tell the child or teenager that you feel confused, sad, angry, guilty or share any range of other feelings that you may be experiencing as a result of the death of your child.

[HTTPS://HEALTH.CHOC.ORG/HELPING-A-CHILD-GRIEVE-THE-DEATH-OF-THEIR-SIBLING/](https://health.choc.org/helping-a-child-grieve-the-death-of-their-sibling/)



RESOURCES INSIDE BOOKLET

- **GRIEF WORKSHEETS, GRIEF JOURNEY JOURNAL, DEPRESSION WORKSHEETS, ANXIETY WORKSHEETS, KIDS FEELINGS, SOCIAL-EMOTIONAL LEARNING, GRIEF, AND LOSS REFERENCES:**
 - **LIGHTANDSALTDDESIGNCO-TATIANA URBINA**
 - **THERAPY WITH CT HEAD.HEARTS.HANDS-CHARLOTTE TINNIION**
 - **SAYYESSELF CARE-LAURA A.**
 - **GREIF JOURNAL JOURNEY-COUNSELLOR KRISTI CRONAN**
- **NATIONAL RESOURCES:**
 - **PREGNANCY & INFANT LOSS SUPPORT: THE ORGANIZATION PROVIDES FREE GRIEF SUPPORT PACKETS FOR FAMILIES.**
 - **FOR MORE INFORMATION AND ADDITIONAL RESOURCES, VISIT THEIR WEBSITE: [HTTPS://NATIONALSHARE.ORG](https://nationalshare.org)**
 - **EVERYONE GRIEVES DIFFERENTLY: WE CAN HELP YOU FIND THE SUPPORT UNIQUE TO YOUR NEEDS. WHETHER YOUR LOSS WAS RECENT OR IN YEARS PAST, WE ARE HERE FOR YOU. IF YOU NEED SOMEONE TO TALK TO, PLEASE CALL US AT 1-800-821-6819.**
 - **[HTTPS://CHILDMIND.ORG/GUIDE/HELPING-CHILDREN-COPE-WITH-GRIEF/](https://childmind.org/guide/helping-children-cope-with-grief/)**
- **LOCAL RESOURCES:**
 - **FOOTHILL FAMILY: COVINA FAMILY CENTER 530 W. BADILLO ST. COVINA, CA 91722-3762**
 - **MENTAL HEALTH CARE AT FOOTHILL FAMILY INCLUDES INDIVIDUALIZED TREATMENT PLANS TO HELP CHILDREN AND ADULTS: INDIVIDUALS AND FAMILIES RECEIVE THE SUPPORT THEY NEED: GRIEF, FAMILY, AND MARRIAGE COUNSELING.**
 - **LA PUENTE LIBRARY: 15920 E CENTRAL AVE, LA PUENTE, CA 91744 LIBRARY MANAGER: JEANETTE FREELS-HARD COPIES OF THE BOOKLET**
 - **THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH (LACDMH) SUPPORTS THE WELLBEING OF OUR COUNTY RESIDENTS AND COMMUNITIES DURING TIMES OF GRIEF AND BEREAVEMENT. PLEASE TAKE THE TIME TO CARE FOR YOUR OWN PHYSICAL AND MENTAL HEALTH, AND PLEASE REACH OUT TO OTHERS IN KINDNESS AND COMPASSION WHILE MOURNING THE LOSS OF A LOVED ONE.**
 - **COLLECTION OF GRIEF-RELATED MENTAL HEALTH RESOURCES: LACDMH'S 24/7 HELP LINE AT (800) 854-7771 IS AVAILABLE TO PROVIDE MENTAL HEALTH SUPPORT, RESOURCES, AND REFERRALS.**





thank you