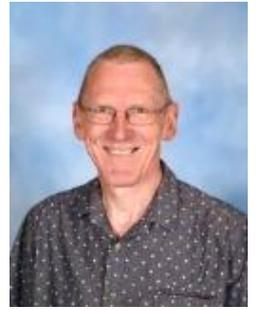


## Chaplain's Spot

### 12 Lessons Learned from Grieving Children

[Donna L. Schuurman, *Grief Matters: The Australian Journal of Grief and Bereavement* August 2002]



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As adults, we often complicate life more than it needs to be. Young people challenge us at times, with their simplified view of life, death, etc.

In advance of our Remember and Celebrate Day on Thursday 5 September, I am bringing this article about how to help children with grief.

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- 1] Children know and understand much more than we give them credit for.
- 2] One of the biggest impediments to children's healing after a death is...adults!
- 3] Grieving children don't need to be fixed.
- 4] Grieving children don't need to be "taught" how to grieve as much as be "allowed" to grieve, make their own meaning.
- 5] Children are resilient, but not in a vacuum.
- 6] Theories are great, but as Carl Jung said, "Learn your theories well, but lay them aside when you touch the reality of the living soul."
- 7] Labels work for cans, bottles and boxes, but aren't so good for children.
- 8] Expressions of grief assist in the healing process, but the form that expression takes varies greatly. What matters most is feeling understood.
- 9] We'd be better off reframing emotions as messages from our souls to be embraced rather than enemies to escape from.
- 10] Shakespeare got it partially right when he advocated to "give sorrow words..."
- 11] Children need, want, and deserve honesty, truth, and choices.
- 12] The best thing adults – family, counsellors, teachers, neighbours – can do for grieving children is to listen.

**Quote of the week:** "No one ever told me that grief felt so like fear." [C.S. Lewis, *A Grief Observed*]

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**Alan Silverwood – Chaplain** - Pastoral care for our community, Tuesday Thursday Friday. [[silverwood.alan.l@edumail.vic.gov.au](mailto:silverwood.alan.l@edumail.vic.gov.au)] **Supporting the School community in emotional, social, spiritual and practical wellbeing.** The Chaplaincy program is funded through Federal Government & Community support including; "Inspire! School Chaplaincy Network", CCCVaT, Great Ryrie Primary School Council and local private and community donations.

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**Our next event is the FREE Meat Tasting event, details as follows:**

**Date: Thursday 12 September 2019**  
**1 hour Sessions: 5pm, 6pm, 7pm**

**Venue: Great Ryrie PS Library, Great Ryrie St, Heathmont**

**We will offer an activity with children in a separate room if required.**

**Contact: Alan Silverwood - silverwood.alan.l@edumail.vic.gov.au**

**Please book using either of these links:**

**<https://www.trybooking.com/BEPiR> OR <https://www.trybooking.com/537645>**

**ALSO, don't forget on Thurs 5 Sept: Remember & Celebrate Day,**

**8.30-11am in the Library – students and parents welcome to come and reflect on those who have passed away. Come and create some special memories, look at grief resources, books, posters etc. Otherwise feel free to contact the Chaplain for a time to meet.**