Shepherd's Cove
Grief Support

Our Heart Sets Us Apart

BEREAVEMENT SUPPORT TEACHING GUIDE

HELPING KIDS MANAGE & EXPRESS THEIR FEELINGS (WWW.HOWARETHECHILDREN.ORG)

- Encourage children & teens to talk about their feelings.
- Help children & teens label their feelings.
- Define feelings.
- Educate children & teens that he/she has the right to feel their feeling(s)
- Encourage children & teens to take ownership for how he/she feels
- Discuss how you wished you'd handled things differently. "I'm sorry I yelled at you when you missed the bus. I was frustrated, but yelling doesn't solve anything. Tomorrow you need to set the alarm earlier so you get out the door on time."
- When you regulate your own responses to situations, you model feelings management.
- Instead of yelling, try to calm down before reacting to a situation. Feeling the emotion of anger is not negative. Our response to our feelings determines whether or not it is positive or negative. No harm to self or others by actions or words.
- It is not wrong to feel a less than "good" feeling such as the feeling of anger, but if we react to our feelings in a negative way such as hitting someone when we are angry then we are not managing our feelings and more likely to get in to trouble.

Other ways to stay out of trouble are to: talk with an adult.

ENCOURAGING CHILDREN TO GET ALONG (KIDSMATTER.EDU.AU)

- Teach by example – model positive behaviours by treating them and others fairly and respectfully.
- Develop their social and emotional skills – empathy, sharing, caring, listening and taking turns.
- Help them learn from their mistakes – use situations as 'teachable moments' to reinforce good values.
- Give them chances to practise good values – like volunteer work or charitable donations.
- Supervise external influences – media, internet, games and friends.

HELPING CHILDREN & TEENS IDENTIFY AND EXPRESS EMOTIONS (WWW.MSUE.ANR.MSU.EDU) HTTP://CSEFEL.VANDERBILT.EDU/MODULES/2006/FEELINGCHART.PDF

- Display feelings chart (Can be download from the site above)
- Assist children & teens label

TIPS FOR CHILDREN & TEENS TO HELP OTHERS WHEN THEY ARE SAD, LONELY OR SCARED

- Listen
- Go with a friend to talk to a trusted adult (parent, family member, teacher, school counselor, Sunday School teacher, other trusted adult)

HOW YOUR BODY IS YOUR OWN (WWW.CFCHILDREN.ORG)

Teach children "You are the boss of your body."

Let children know that they are in control of who touches their bodies and how. Model this for children: "I don't want you to jump up and down on me. Please stop." Likewise, immediately respect their wishes not to be touched in certain ways. "Looks like you don't want me to pick you up right now. Okay." As you supervise your children's interactions, make it clear that they need to stop tickling or roughhousing if a sibling says "Stop!"

In addition, do not insist that your children give or receive hugs or kisses from relatives if they don't wish to. This teaches children that it's okay to say no to touches from people in their family. Some relatives might expect a hug from your children every time they see them. Tell relatives that you're teaching your children to be the bosses of their bodies as part of teaching them safety about touching, so they're not offended by your children's behavior.

3 KINDS OF TOUCHES:

- **Safe touches. These are touches that keep children safe and are good for them, and that make children feel cared for and important. Safe touches can include hugging, pats on the back, and an arm around the shoulder. Safe touches can also include touches that might hurt, such as removing a splinter. Explain to children that when you remove a splinter, you're doing so to keep them healthy, which makes it a safe touch.**
- **Unsafe touches. These are touches that hurt children's bodies or feelings (for example, hitting, pushing, pinching, and kicking). Teach children that these kinds of touches are not okay.**
- **Unwanted touches. These are touches that might be safe but that a child doesn't want from that person or at that moment. It's okay for a child to say no to an unwanted touch, even if it's from a familiar person. Help your children practice saying no in a strong, yet polite voice. This will help them learn to set personal boundaries**

TEACH CHILDREN THE FOLLOWING SAFETY RULES:

- **It is not okay to touch someone else's private body parts.**
- **It is not okay for someone to touch his or her own private body parts in front of you.**
- **It is not okay for someone to ask you to touch his or her private body parts.**
- **It is not okay for someone to ask you to take your clothes off or to take pictures or videos of you with your clothes off.**
- **It is not okay for someone to show you photos or videos of people without their clothes on.**

ERIN MERRYN'S LAW.

The measure would require schools to make a change to their existing curriculum for child abduction to include child sexual abuse prevention. This alteration would give critically important information to victims – many of whom do not know there is a way out of their horrific situation. As a child, Merryn was abused by both a neighbor and a family member. She says she stayed silent due to a combination of threats from her abusers, and the lack of knowledge about available help.

Children should be taught the correct terminology for their body as nicknames can be confusing and delay a disclosure.

THE FOLLOWING ARE SOME TIPS THAT ARE OFTEN OVERLOOKED:

1. When someone tickles a child, if the child says No, all tickling should cease. Children need to know that their words have power and No means No.

2. Teach children that it is OK to say No to an adult. Without permission from you, many children may be reluctant to do so even if the adult is doing something that makes them feel uncomfortable.

3. Teach children that all of these lessons apply to other children as well. If another child is touching your child in a way that makes him or her uncomfortable, teach your child to say No, get away and tell someone.

4. Be careful with the language you use when speaking with children. Avoid saying things such as "Have a good day and do everything your teacher tells you to do." Children are very literal and need to be told that they should not listen to someone who is telling them to do something that might be harmful to them or to someone else.

5. Let your child decide how they want to express affection. If they do not want to hug or kiss Grandpa goodbye or sit on Santa's lap, do not force them. You take away their power over their own body if you force them to be demonstrative in their affection. Children need to be taught their body belongs to them.

6. Teach children to respect the privacy of others. They should learn to knock on doors that are shut before opening them and close the door to the bathroom when they are using it. If they learn to respect the privacy of others, they may be more likely to recognize that an invasion of their privacy could be a red flag meaning danger.

7. Use your poker face. Encourage your child to come you if they have questions about anything. Avoid looking shocked or embarrassed by the question. Children who sense their parents' discomfort will be less inclined to approach the parent next time he or she has a question.

ANGER MANAGEMENT FOR KIDS & TEENS (MICHELEBORBA.COM)

DEVELOP A FEELING VOCABULARY
Many kids display aggression such as kicking, screaming, hitting, biting because they simply don't know how to express their frustrations any other way. They need an emotional vocabulary to express how they feel, and you can help your kid develop one.

Here are a few words to start with: angry, upset, mad, frustrated, agitated, furious, apprehensive, tense, nervous, anxious, irritated, furious, ticked off, irate. Once your child learns emotion words, encourage him to "talk out his anger."

Beware: Your child might yell, "I'm really angry!" Or blurt out: "You make me so mad." Do not discipline him. It's exactly what you want him to do so he learns to express his anger instead of lashing out or holding the anger in.

USE SELF-TALK
Teach a simple, positive message your child can say to himself in stressful situations. For example: "Stop and calm down," "Stay in control," "I can handle this."

POUND IT OUT
Pound clay, hit a pillow, shoot baskets, punch a punching bag, throw rocks at a wall (away from people), hit a wall with a foam bat.

GO TO A CALM SPOT
(Adult response) Assist with creating a calm spot.
(Children or teen response) Ask an adult to allow you to be dismissed to a calm space.

TEAR YOUR ANGER INTO LITTLE PIECES
Draw or write what is upsetting on a piece of paper. Then tear it into little pieces and "throw the anger away."

TEACH: "STOP AND BREATHE"
Show your child how to inhale slowly to a count of five, pause for two counts, and then slowly breathe out the same way, again counting to five. Repeating the sequence creates maximum relaxation and reduces stress that can turn into anger.

TEACH "1 + 3 + 10"

Explain the formula: "As soon as you feel your body sending you a warning sign that says you're losing control, do three things. First, stop and say: 'Be calm.' That's 1. Now take three deep, slow breaths from your tummy. That's 3. Finally, count slowly to ten inside your head. That's 10. Put them all together and you have 1 + 3 + 10, and doing it helps you calm down and get back in control." (Teach a younger child use DRAGON BREATHS. Blow your anger out just like a dragon!)

Imagine a calm place
Examples: the beach, his bed, grandpa's backyard, a tree house.

Draw it!
Write it!

• TRUSTWORTHY • RELIABLE • DEPENDABLE • COMMITTED • ANSWERABLE • ACCOUNTABILITY •

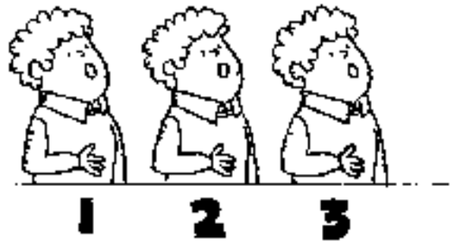
STAYING CALM

1+3+10=Calm

1 ***Tell yourself: "Be calm!"***

+

3 ***Slowly take 3 deep breaths.***



10 ***Count slowly to 10.***

I can act responsibly by staying calm.

• DEPENDABLE • COMMITTED • ANSWERABLE • ACCOUNTABILITY •

BULLYING: HOW TO HANDLE IT

So now you know that bullying is a big problem that affects a lot of kids, but what do you do if someone is bullying you? Our advice falls into two categories: preventing a run-in with the bully, and what to do if you end up face-to-face with the bully.

PREVENTING A RUN-IN WITH A BULLY

DON'T GIVE THE BULLY A CHANCE.
As much as you can, avoid the bully. You can't go into hiding or skip class, of course. But if you can take a different route and avoid the mean kid, do so.

STAND TALL AND BE BRAVE.
When you're scared of another person, you're probably not feeling your bravest. But sometimes just acting brave is enough to stop a bully. How does a brave person look and act? Stand tall and you'll send the message: "Don't mess with me." It's easier to feel brave when you feel good about yourself. See the next tip!

FEEL GOOD ABOUT YOU.
Nobody's perfect, but what can you do to look and feel your best? Maybe you'd like to be more fit. If so, maybe you'll decide to get more exercise, watch less TV, and eat healthier snacks. Or maybe you feel you look best when you shower in the morning before school. If so, you could decide to get up a little earlier so you can be clean and refreshed for the school day.

GET A BUDDY (AND BE A BUDDY).
Two is better than one if you're trying to avoid being bullied. Make a plan to walk with a friend or two on the way to school, recess, lunch, or wherever you think you might meet the bully. Offer to do the same if a friend is having bully trouble. Get involved if you see bullying going on in your school — tell an adult, stick up for the kid being bullied, and tell the bully to stop.

IF THE BULLY SAYS OR DOES SOMETHING TO YOU

IGNORE THE BULLY.
If you can, try your best to ignore the bully's threats. Pretend you don't hear them and walk away quickly to a place of safety. Bullies want a big reaction to their teasing and meanness. Acting as if you don't notice and don't care is like giving no reaction at all, and this just might stop a bully's behavior.

STAND UP FOR YOURSELF.
Pretend to feel really brave and confident. Tell the bully "No! Stop it!" in a loud voice. Then walk away, or run if you have to. Kids also can stand up for each other by telling a bully to stop teasing or scaring someone else, and then walking away together. If a bully wants you to do something that you don't want to do, say "no!" and walk away. If you do what a bully says to do, the mean kid is more likely to keep bullying you. Bullies tend to pick on kids who don't stick up for themselves.

DON'T BULLY BACK.
Don't hit, kick, or push back to deal with someone bullying you or your friends. Fighting back just satisfies a bully and it's dangerous, too, because someone could get hurt. You're also likely to get in trouble. It's best to stay with others, stay safe, and get help from an adult.
Don't show your feelings. Plan ahead. How can you stop yourself from getting angry or showing you're upset? Try distracting yourself (counting backwards from 100, spelling the word 'turtle' backwards, etc.) to keep your mind occupied until you are out of the situation and somewhere safe where you can show your feelings.

TELL AN ADULT.
If you are being bullied, it's very important to tell an adult. Find someone you trust and talk about what is happening to you. Teachers, principals, parents, and lunchroom helpers at school can all help to stop bullying. Sometimes bullies stop as soon as a teacher finds out because they're afraid that they will be punished by parents. This is not tattling on someone who has done something small — bullying is wrong and it helps if everyone who gets bullied or sees someone being bullied speaks up.

WHAT HAPPENS TO BULLIES?

In the end, most bullies wind up in trouble. If they keep acting mean and hurtful, sooner or later they may have only a few friends left — usually other kids who are just like them. The power they wanted slips away fast. Other kids move on and leave bullies behind.

Luis lived in fear of Brian — every day he would give his lunch money to Brian, but Brian still beat him up. He said that if Luis ever told anyone, he would beat him up in front of all the other kids in his class. Luis was embarrassed and felt so bad about himself and about school. Finally, Brian got caught threatening Luis and they were both sent to the school counselor. Brian got in a lot of trouble at home. Over time, Brian learned how to make friends and ask his parents for lunch money. Luis never wanted to be friends with Brian, but he did learn to act strong and more confident around him.

Some kids who bully blame others. But every kid has a choice about how to act. Some kids who bully realize that they don't get the respect they want by threatening others. They may have thought that bullying would make them popular, but they soon find out that other kids just think of them as trouble-making losers.

The good news is that kids who are bullies can learn to change their behavior. Teachers, counselors, and parents can help. So can watching kids who treat others fairly and with respect. Bullies can change if they learn to use their power in positive ways. In the end, whether bullies decide to change their ways is up to them. Some bullies turn into great kids. Others never learn.

But no one needs to put up with a bully's behavior. If you or someone you know is bothered by a bully, talk to someone you trust. Everyone has the right to feel safe, and being bullied makes people feel unsafe. Tell someone about it and keep telling until something is done.

LEARN TO LOVE YOURSELF AND IDENTIFY WHAT YOUR GOOD AT

List what your good at. What are you the best at? Example: What is the easiest for you? Math? Science? Playing sports? Music?

What do you love about yourself?

What do others compliment you on?

Shepherd's Cove Hospice

Our Heart Sets Us Apart

We're here for YOU!

You can call us anytime at 256-891-7724 to discuss your needs.

You are not alone!

It is the mission of Shepherd's Cove Hospice, a non-profit agency, to provide, with a servant's heart, exceptional individualized care for those coping with end-of-life issues.

Information in this packet is from the **Center For Loss & Life Transition.** Visit ***www.centerforloss.com*** to find helpful books and tools for coping with grief. Email ***info@centerforloss.com*** **or call (970) 226-6050.**

CONNECT WITH US!

BLOG

ATTENTION: If you do not speak English, language assistance services are available free of charge. Call 256-891-7724.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 256.891.7724.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 256.891.7724 번으로 전화해 주십시오.

Grief Support Groups

Each person's grief reaction to the death of a loved one is unique and individualized. Shepherd's Cove Hospice provides a safe environment for expression and resolution of grief.

All Grief Support Groups at Shepherd's Cove Hospice are offered as a community service to those who have suffered a loss and are FREE to anyone in our service area, even those who have not had a family member under our care.

Some topics addressed in the group setting include: Feelings of Grief, Coping with Change, Remembrance, Identifying Support Systems and How to Cope with Anger and Guilt Related to the Death of a Loved One.

PRE-REGISTRATION IS REQUIRED.

Contact the Bereavement Department of Shepherd's Cove Hospice or Stacey Johnson, LBSW, directly at *sjohnson@shepherdscove.org* or by phone at 256-891-7724 or toll free 1-888-334-9336.

GRIEF SUPPORT GROUPS FOR ADULTS
Services for adults. For your convenience the groups may be offered both in the mornings and evenings.

GRIEF SUPPORT FOR KIDS
Services designed for children ages 4-11.

GRIEF SUPPORT FOR TEENS
Services designed for youth ages 12-18.

HOLIDAY SUPPORT GROUP
Designed to help the bereaved cope with the holiday season. Meeting date to be announced.

FAMILY GRIEF SUPPORT SERVICES
Available by appointment only.

INDIVIDUAL GRIEF SUPPORT
Available by appointment only.

BEREAVEMENT EDUCATION & TRAINING
Includes "Grief In The Workplace". Available for church groups, clubs, businesses, and other organizations upon request.

SCHOOL BEREAVEMENT SERVICES
Services provided to school age children in the school setting. Referrals must be made by school personnel.

CAMP HOPE
Services provided to school age children 5-19 in partnership with Chalakee Ranch.

PHONE SUPPORT SERVICES
Call to inquire.