

Why Did You Die?



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When a loved one dies, children are faced with a kaleidoscope of feelings, thoughts, myths, and questions. The situation can also lead to anxiety and other psychological problems. These issues can in particular manifest themselves at school: ten percent find that their school grades drop. Other problems can include difficulty falling asleep, fatigue and mood swings, shortened attention spans and a fear of separation. First section of this book is for parents and describes children's grief process. Using an art therapy approach, the activities described then move children through the issues they must eventually confront. In a direct, yet non-threatening manner, this workbook will help children learn, grow, and continue to thrive.

作者介绍:

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