



Center for
Grieving Children

Volume 12, Issue 2

Center for Grieving Children

March and April 2018

CGC offers peer support for youth, ages 3-18, and their families who have experienced the death of a loved one.

March

	TUESDAY				
		13			
		27			

Family Night

On the second and fourth Tuesday
6 to 8 pm.
at the Boys & Girls Club Fox Valley
160 S. Badger, Appleton



Family Night begins with therapy dogs to greet you before sitting down to a meal here at the BGClub. Join your small group for kids activities, stories and conversation about you and your loved one. Adults have groups of their own.
Gym and Closing circle.

	TUESDAY				
		10			
		24			

April

For new participants...
The only requirement to attend is an orientation session with the Director.
idamerow@bgclubfoxvalley.org
920-750-5839



Did you know our Family Nights has a specialize group at every session for parents who are grieving the death of

Parents can talk with other parents about the loss of new born, toddler, or child of any age, up to 18 years. The loss can be recent or many years ago. There is comfort in knowing that you are not alone in this complex loss experience. You do not need to bring other children in order to attend.



**Center for Grieving Children
Boys and Girls Clubs of the Fox Valley**

Loris Damerow, Director
160 S. Badger Ave
920-750-5839
ldamerow@bgclubfoxvalley.org
www.cgcfoxvalley.org

**Youth and Family Counseling
Boys & Girls Club Fox Valley, services at no charge**

Did you know that counseling is available at the Boys & Girls Clubs of the Fox Valley? It is offered at no cost, confidential and available to any youth, 6 to 18, who may need counseling help with grief, anxiety, anger, behaviors, family issues, etc.
Contact: **Carlyn Andrew at 920-750-5838**

The Three C's of Parenting Grieving Kids

Comfort

- Comfort comes in many forms. As you spend time with your child, remind them that they are loved and that you are there for them.
- Fill your own comfort bucket by identifying what brings you comfort and make sure that you have time and opportunity to replenish.
- Some children love hugs and cuddling, others may feel comforted just by spending time with you, having fun, or talking. Play a game together, read a story, do something physical with your child.
- Experiment with different ways to feel comforted, supported, and soothed for yourself.



Consistency

- Sticking to regular routines as much as possible provides a structure and sense of security.
- Routines such as balanced meals, regular bed times, and maintaining relationships with others, helps to regulate daily rhythms and stay in 'sync' as a family.
- Remember to do this for yourself as well.
- Grieving children do well when they have a healthy adult supporting them.

Clear Expectations

- Children gain a sense of confidence when they know what is expected of them.
- Continue to expect responsible behavior and to provide appropriate consequences.
- While it is important to acknowledge grief, it is also important to hold them accountable for their choices and behaviors.
- Setting limits takes energy but it is helpful in the long run.
- Seek support if parenting becomes too overwhelming.

Sleep Schedule

