

FOR IMMEDIATE RELEASE

“WHY DID DADDY DIE?”

5 Ways to Help a Child Deal with the Loss of a Parent



(Charleston, SC) – Children’s feelings are often silenced after a parent passes away. As a result, children may carry feelings of anger, guilt, or loneliness with them into adulthood. Left unresolved, these emotions can negatively impact every aspect of their lives. But it doesn’t have to be like this.

“Grief is an on-going journey,” says **Phyllis Glowatsky**, author of *The Light of Stars*. “While it never really ends, there are things you can do to help children cope more effectively with the loss.”

With over 20 years of experience, Phyllis has helped hundreds of people learn how to effectively deal with issues related to loss, abuse, neglect and marital problems. She holds a masters degree in social work and, as a therapist, worked extensively with children and families. Helping children with the grieving process is especially dear to her heart, because her own father died when she was two years old.

While there are no right or wrong rules for grieving, Phyllis shares five helpful things you can do to help a child deal with their feelings:

1. **Tell the child about the death in a straightforward way.** Use the words “death” and “dead”, explaining for younger children that the body has stopped working.
2. **Be present and listen.** Reassure children they are loved and not to blame. Let the child express feelings.
3. **Answer questions directly and honestly.** It’s okay to say you don’t know.
4. **Invite the child to participate in the mourning process, funeral /memorial service, viewing of the body.** Discuss in detail what the child can expect.
5. **Provide continuity and consistency.** Upholding family rules and routines gives a sense of safety and security.

“Above all, be patient,” says Phyllis. “Children often grieve differently than adults and need time to work through the complex range of emotions that accompany the grieving process.”

Get the FREE special report “7 Ways to Provide Support in a Time of Grief” at www.LightofStars.com.

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Phyllis Glowatsky, MSW, has helped facilitate change in hundreds of people. With over 20 years of experience, Phyllis holds a masters degree in social work from Boston University and, as a therapist, worked extensively with children and families.

Helping children with the grieving process is especially dear to her heart, because her own father died when she was two years old. She has always believed that he is with her. *The Light of Stars* was inspired by that belief and was written to comfort and sustain children and adults during grief. Recently, Phyllis teamed up with The Tragedy Assistance Program for Survivors (TAPS), a national non-profit organization that provides service to those who have lost loved ones while serving in the Armed Forces, to provide copies of *The Light of Stars* to families of each and every American soldier who falls while serving in Iraq.

The Light of Stars; Coastal Publishing, Inc.; 2003; ISBN: 1-931650-18-7; \$19.95; www.LightofStars.com