

There are excellent online and printed resources that are available. Knowing where to begin looking is often a challenge. Below are some suggestions that you might find helpful.

[www.griefwords.com](http://www.griefwords.com)

(an easy to use online library for anyone touched by grief)

[www.virtualhospice.ca](http://www.virtualhospice.ca)

[www.dougy.org](http://www.dougy.org)

Grieving after the Death of your Baby  
by N. Kohner

After the Death of a Child: Living with Loss  
through the Years  
by A. Finkbeiner

On Children and Death: How Children and their  
Parents can and do Cope with Death  
by E. Kubler-Ross

After the Darkest Hour  
by E. Mehren

My Teen Angel  
by S. Silagy

Grandma's Tears: Comfort for Grieving Grandparents  
by J. Kolf

Facing the Ultimate Loss  
by R. Marx and S. Wengerhoff

Caring for each other in the community

If you would like additional suggestions,  
would like to simply chat,  
or need assistance finding additional  
resources in the larger community,  
please feel free to call or email.



**Morse & Son Funeral Home**

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**Morgan Funeral Home**

415 Regent Street  
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## For Parents and Grandparents of all Ages

Inside this brochure you will find information  
which may be helpful in relation to:

## Death of an Infant or Child

Our minds might understand that  
science, biology and other natural  
factors contribute towards the end of  
a life...

but our hearts most often do not.

When we experience the death of a child,  
it can feel as if our entire world has  
been turned upside down, and we wrestle  
with countless physical, emotional and  
spiritual concerns.

We may struggle to understand and  
find peace not only within ourselves,  
but with other family, friends and  
community members who may also be  
grieving in their own unique way.



# Death of an Infant, Child

Experiencing the death of a child at any stage of life is one of life's hardest work. Perhaps there is no more difficult task for a parent of any age.

This is a time when it is especially important to care for yourself. Proper nutrition, exercise and surrounding yourself with supportive individuals will not take away your pain, but will most certainly help as you journey through these most difficult times.

A few gentle notes that may help you in the days and weeks ahead:

- Remembering to take prescription medications, eat regular meals and drink plenty of water may seem simple to do, but are easily forgotten during highly emotional and stressful periods of mourning. Keeping track on a calendar, notepad or electronic device may be helpful.
- Try to avoid the use of alcohol, overuse of prescription, or non-prescription drugs. Any relief that may be experienced with their use will be temporary at best and will likely not serve you or your extended family well over time.
- When someone offers to help, keep a list of tasks nearby that you that can easily refer to. Dog walking, grocery shopping, laundry, phone calls, transportation, etc.
- If you have other children in the home, try to normalize their routine as soon as possible and according to the specific needs of each child.

- A return to school, sports, etc. can help children to adjust and cope better in some, but not all, circumstances. Be sure to inform teachers and coaches of what has happened. They may be a valuable helping resource for your child.

- Most importantly... Give yourself permission to grieve. **There is no right or wrong way to feel.** What you are experiencing is unique to you based on the relationship that you shared, or that you had hoped to share, with your child.



No two people experience life in identical ways. Similarly, no two people will grieve the death of a loved one in the same way.

There are differences in a person's grief journey that are influenced by many factors, including the age, life stage, circumstances surrounding a death, along with cultural and spiritual beliefs.

Sorrow, anger, guilt, relief, questions... it's all part of the very messy mix of emotions that comes with having loved someone, for a short time or a very long time.

At a time when you may have been dealing with numerous health or emergency response professionals, and find yourself feeling perhaps quite exhausted, you may have heard comments from family, friends or other community members that sounded less than compassionate and caring.

Some people will mistakenly try to take away your hurt by pointing to a future possibility of other children or reminding you of other children that you may already have. We are so very sorry if this has happened to you, knowing that every single child's life is special.

Your relationship with your child does not end, though it surely changes in form. Take the necessary time to grieve not only his/her death but the loss of any dreams that you may have had for this child in the future.

It's okay to remember and cry, it's okay to remember and to laugh... it's okay to keep on living even though it may feel like part of you has died.

Returning to work, to school, to a faith community, to social activities... any number of daily activities may stir in you unexpected feelings of loss or other feelings. It's okay. Your mind, body and soul will slowly learn how to adapt to a new state of being. It takes time and energy. Grieving is hard work.

Be gentle with yourself.