

There are excellent online and printed resources that are available. Knowing where to begin looking can be a challenge.

Below are some suggestions that may be helpful.

www.griefwords.com

www.virtualhospice.ca

www.dougy.org

**In the Letting Go: Words to Heal the Heart
on the Death of a Mother**
by J. Lazear

How to Survive the Loss of a Parent
by F. Lois

**Nobody's Child Anymore: Grieving, Caring and
Comforting when Parents Die**
by D. Bartocci

**Losing a Parent: Practical Help for You and other
Family Members**
by F. Marshall

When Parents Die
by E. Myers

**Healing the Adult Children's Grieving Heart:
100 Practical Ideas after your Parent Dies**
by A. Wolfelt

**The Girls in the Front Row: Exploring the Impact of
Losing a Mother Young**
by L. Ross

**The Empty Chair: Handling Grief on Holidays and
Special Occasions**
by S. Zonnebelt-Smeenge & R. De Vries

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

5917 Main Street
Niagara Falls, ON L2G 5Z7
Phone (905) 356-3550
Facsimile (905) 356-9916
www.morseandson.com

Morgan Funeral Home

415 Regent Street
Niagara-on-the-Lake, ON L0S 1J07
Phone (905) 468-3255
Facsimile (905) 356-9916
www.morganfuneral.com

For Adult Children

Our minds may understand that biology
and other natural factors contribute
toward the end of a life...

but our hearts most often do not

After the Death of a Parent

When we experience the death of a parent,
no matter their age or ours, it forces us
into a place we have never been before.

A place where we must sift through and
experience many physical, emotional and
spiritual concerns.

This may be a very busy time when you
may have to sort through many of their
papers or belongings, contact many people,
tend to financial and other matters.

In all the busy-ness, don't forget to make
time for you. Take the necessary time
to grieve.



Parents

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

You may have given much of yourself in the way of emotional, physical, financial and other support over days, weeks, months or years. You may have watched your parent experience the loss of physical or mental abilities over time and wished for them to find peace.

You have found yourself acting as a caregiver for your parent. There may be a sense of relief and peace that you experience along with many other feelings of sorrow, etc.



These are normal grief responses. It does not mean that you do not love or care for them. It means that your body and mind have already come to the realization that, while you may miss them terribly, you do not want them to be in a state of discomfort anymore.

Some families are separated by divorce or distance or are unable, for other reasons, to be together in the final stages of a parent's life. There may be a sense of guilt or regret experienced after the parent dies. This, too, is a normal response.

Having the ability to be with someone in their final days or hours of life is not necessarily a reflection of how deeply they are loved.

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 with your parent. 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.

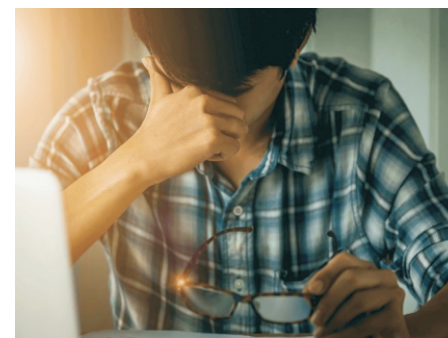
Sorrow, Anger, guilt, relief.... it's all part of the very messy mix of emotions that comes with being part of a family. Remember there are no perfect families.

Adult siblings born or raised with the same parents will each have their own pathway of grief. Their way of mourning may look and feel vastly different from your own. Do the best that you can to respect each other's differences and know that you are all hurting in different ways.

Self Care. Remember to take your prescribed medications, eat regular meals and drink plenty of water. These may seem simple to do, but are easily forgotten during highly emotional periods when many demands may be placed on you. 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 to your extended family well over time.

When someone offers to help, let them. Keep a list of tasks nearby that you can easily refer too. Pet care, grocery shopping, laundry, phone calls, transportation etc. This is how many people will choose to show you that they care.



Children & Teens. If you are a young widow(er) and have children in the home, try to normalize their routine as soon as possible and according to the specific needs of each child. It's ok to let them see your hurt, your anger, your confusion. This frees them to grieve in their own way.

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.

Please ask us for additional resources for children and teens experiencing a death.