



three little birds
PREGNANCY & INFANT LOSS SUPPORT

ADVOCACY RESEARCH SUPPORT VALIDATION

SERVING THE PHILADELPHIA & SOUTHERN NEW JERSEY METRO REGION

SUPPORTING GRANDPARENTS

GRANDPARENTS GRIEVE TWICE...

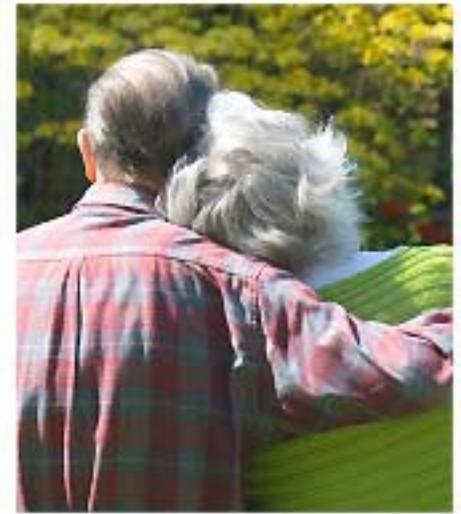
From: *Hope Bereaved Handbook, Adapted from Alliance of Grandparents, A Support in Tragedy, 2004*

No one expects to outlive their own children, much less experience the loss of a much-loved, much-wanted grandchild. It is so difficult to raise a family, see your children do the same and see the cycle broken in this out-of-order way. NO one is prepared for the grief that follows. As a grandparent, you have double grief. You grieve your grandchild who has died, as well as for your own child who is now a bereaved parent. You not only feel your own pain and sadness, but also feel helpless and frustrated at not being able to help your bereaved child.

It helps to remember that there is no timetable for grief. Don't expect too much of your child, his or her spouse or yourself. At first, no one believes it. When the reality hits, everyone feels even more devastated. It is important to consider your needs as well as those of your bereaved child.

Acknowledging and working with your grief will help you and indirectly, your grieving child.

Don't be surprised if at first you can't reach out to your grieving child. Remember that you are grieving. Be patient with yourself. Eventually, you may be able to talk, listen and help. IF you find that you can't help specifically with the grief you can send cards, tell them you love them, etc. Explain that you wish that you could be of more help but you don't know what to do.



SUGGESTIONS FOR HELPING YOURSELF AND YOUR GRIEVING CHILD

- Read about grief. It is important to understand what you and your child are experiencing.
- It helps to be open and share your feelings. Your openness sets a good example for your child. Share the good memories and the good days as well as the pain of grief and the bad days.
- Talk about your deceased grandchild. Mention his or her name.
- Find someone with whom you can talk freely - a friend, support group member, clergy or counselor.
- Be available to LISTEN frequent to your child. Respect your child's way of handling the pain and expressing the grief. Don't tell your child how he or she should react.
- At special times (anniversary of their passing, holidays, etc.) write and/or call your bereaved child. Mention you know what day it is. You are calling to say you love them and you wish you could take their pain away.
- When adults are grieving, the child's siblings often feel neglected - plus they don't understand the grief that they themselves are experiencing. Try to spend extra time with your other bereaved grandchildren, offering to listen and reminding them that they are very important and much loved.
- If possible, offer to take surviving grandchildren for an afternoon or a day; help with practical matters, such as preparing food, doing laundry, shopping, spend time alone with your child.
- Most of us need hugs, even if we don't recognize that we do. It helps to hug and hold your child if you both are comfortable doing so.
- Allow yourself and encourage your child to cry when needed. Crying offers relief.
- Hold on to hope that eventually you all will enjoy life again. Offer Hope to your grieving child and family.

Three Little Birds Perinatal & Palliative Care Advocacy & Support Center is a non-profit, fiscally sponsored by Federation of Neighborhood Centers (FNC) Philly. Our organization provides all of our social services at no cost to the family. We also do not directly solicit for support to the families we serve, however, we greatly appreciate the support of our families with whom choose to give back to us after we have walked their journey. Our volunteer-based non-profit depends on the support of the local community to continue to keep our services for free to everyone. Thank you for your on-going support, kindness and sharing of our information and resources! [Donations can be made via check \(payable to: Federation of Neighborhood Centers/Memo: Three Little Birds\) or via the PayPal link on our website.](#)

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