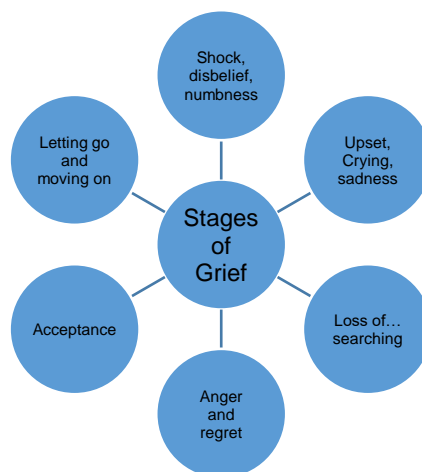


Responses to bereavement and the grieving process

Research indicates that the grief process is much the same for adults and children/ young people, although children and young people usually experience a shorter intense period, but may take longer to complete the process. The usual stages of grief are:

- . shock, disbelief, numbness
- . upset, crying sadness
- . loss of appetite, sleep, interests
- . searching
- . anger, regret, guilt
- . acceptance
- . moving on

It is important to acknowledge that this is not a neat, linear process and it is likely that the person may move to and fro between stages during the process. Hence we often illustrate it in a non-linear manner as events can trigger a different stage even when the bereaved person seems to have been moving on.



Over the subsequent months these features fade and become less frequent so that by 18 months most will have effectively addressed their feelings and stopped grieving. Very few young people go on to have problems in adult life as a result of bereavement and the strongest determinate of whether this will occur is a quality of child care offered in the aftermath of the bereavement

If there are signs of being unprepared to grieve, a refusal to accept the loss, uncertainty as to the death, mixed feelings toward those experiencing the loss or where other factors interfere with the grieving process (such as social customs or unfinished business) then additional support may be necessary.