



What Children Need When They Grieve: The Four Essentials: Routine, Love, Honesty, and Security

Julia Wilcox Rathkey

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GIVE YOUR CHILDREN WHAT THEY NEED MOST

When Julia Wilcox Rathkey lost her husband, her three children lost their father. Within hours, it became sharply clear that each child--a twelve-year-old daughter and twin ten-year-old sons--would grieve the loss in a radically different way. While one harbored anger, another experienced denial, and the third was gripped with fear. Rathkey quickly determined that each youngster would require a different response from the adults in their lives, particularly from her. But despite the array of emotions and reactions, Rathkey arrived at four essentials that each child would need: routine, love, honesty, and security. These four concepts, however simple, are crucial for those who want to successfully guide their children through one of the most difficult passages they may face in life: the loss of a loved one.

What Children Need When They Grieve explores:

- The scope of a child's reactions to death, including grief and fear
- Advice on how to talk with your child, and how to recognize their need for privacy
- What other adults can do to help, and what they should refrain from doing
- Concise and to-the-point advice about your child's daily routine, at home and at school

Written with compassion and the knowledge that comes from the experience of loss, designed not to overwhelm with too much information, and with an introduction by an expert in childhood bereavement, **What Children Need When They Grieve** offers strategies, support, and comfort for grieving families.

From the Trade Paperback edition.

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