



# Through the Lens of Loss and Grief

## Foundations of Caregiver Support

### Course Description

This course is designed to give participants a better understanding of the concepts of loss and grief, the personal experience of loss and grief and the types of losses experienced when children and youth come into care. It will also cover the impact of loss and grief on a child or youth's family. It will examine what grief might look like in children and youth, what caregivers can do to assist the infant, child or youth in the loss and grief experience and how caregivers are also impacted by loss and grief.

This 'Through the Lens of Loss & Grief' is one of the five introductory trainings within the Foundations of Caregiver Support 101 Training Series. The five trainings include:

- Colonization, Historic Trauma and Healing Training.
- Childhood Trauma, Stress and the Developing Brain.
- Core Story of Brain Development.
- Child Development and Wellbeing.
- Through the Lens of Loss & Grief.

### Learning Objectives

At the end of this training, participants will have a better understanding of:

- The concepts of "Loss" and "Grief".
- The personal experience of loss and grief.
- The types of losses experienced when children come into care.
- The impact of loss and grief on children's families.
- What grief might look like.
- What caregivers can do to assist the infant, child or youth in the loss and grief process.
- How caregivers are also impacted by loss and grief.

### Key Messages

- Loss and Grief is individual.
- Infants, children, youth, parents and caregivers are reminded of what they have lost daily.
- The Grief process is not a straightforward linear process.
- Grief responses can be sudden and unexpected.
- Grief responses can be triggered for years following a loss.

## Resources

A look at loss and grief for children in care.

Link: <http://www.cyc-net.org/pdf/Loss-andGrief-FINAL-web.pdf>

National alliance for grieving children.

Link: <https://childrengrieve.org/>

Elmo learns about death.

Link: <https://www.sesamestreet.org/toolkits/grief>

Traditional Cree philosophy: Death, bereavement and healing

Link: <http://www.sicc.sk.ca/archive/saskindian/a89mar11.htm>

What loss & grief looks like for children and youth in care.

Link: <http://www.cycnet.org/pdf/Loss-and-Grief-FINAL-web.pdf>