



THE CONSORTIUM ON TRAUMA,  
ILLNESS, AND GRIEF IN SCHOOLS

## **Serious Illness in the Family**

# 1 million U.S. children are caregivers

More than 1 million children take care of sick or disabled relatives and have some responsible for shopping, feeding, dressing, changing and medicating

# Common Stressors

- Loss of parental attention
- Loss of family routines
- Changes due to financial stress
- Loss of sibling companionship
- Redefined role in family
- Favoritism of ill child
- Loss of privacy
- Caretaking
- Pressure to “be good”
- Physical, cognitive or personality changes in family member due to illness, treatment or medications

**Envy & Jealousy**

**Frustration & Helplessness**

**Fear**



**Sad**

**Guilt**

**Shock & Denial**



**Embarrassment**

**Anger**

# Video & Discussion

What about me? Kids & Grief

# Discussion

- What made the greatest impression on you?
- How did developmental age influence the expression of grief and loss?
- What needs did these children have?
- In what ways could school personnel help?

# “Can do” List

- Make pictures to decorate sib’s room
- Make an audio/video tape (books, jokes, school info)
- Put together photo album/collage
- Pick out favorite music and videos to send to hospital
- Be Creative!