

Coloring My Way: **Learning About** **Grief and Loss**



Bradley Hospital

Lifespan. Delivering health with care.®

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About Bradley Hospital

Bradley Hospital opened in 1931 as the first children's psychiatric hospital in the United States and offers the most comprehensive array of children's behavioral health services in the country. Its mission is to provide a wide range of family-focused, high-quality mental health care to children and adolescents with significant psychiatric, behavioral and/or developmental disorders. Bradley Hospital is committed to excellence in training and research and to improving the health status of the community as part of a comprehensive, integrated and accessible health care system.

Bradley Hospital is a critical resource for families in southern New England, as well as for those who travel from across the country and internationally. It offers a robust continuum of care including outpatient, intensive outpatient, in-home, partial-hospital, and acute inpatient treatment, as well as residential and special education services.

A teaching and research affiliate of The Warren Alpert Medical School of Brown University, Bradley Hospital investigates the causes of children's mental health problems and develops effective therapies for improving their lives.



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“There are no goodbyes for us. Wherever you are,
you will always be in my heart.”

– Mahatma Gandhi

Grief is one of the most powerful emotions people experience, and children are especially sensitive. Death affects each of us in different ways.

The clinicians at Bradley Hospital developed this coloring book as a catalyst to empower children to open up to adults about their feelings of grief.

It is our hope that this resource will be a creative outlet for children as well as a tool for parents and caregivers as they help those who are most vulnerable navigate their feelings of loss, anger, and sadness.

As we seek to support our children in their grief, we need to remember that the impact on their life may be overwhelming. Having consistent routines, allowing for expressions of grief, providing opportunities to remember the person who has died, and offering reassurance all are ways to support a bereaved child.

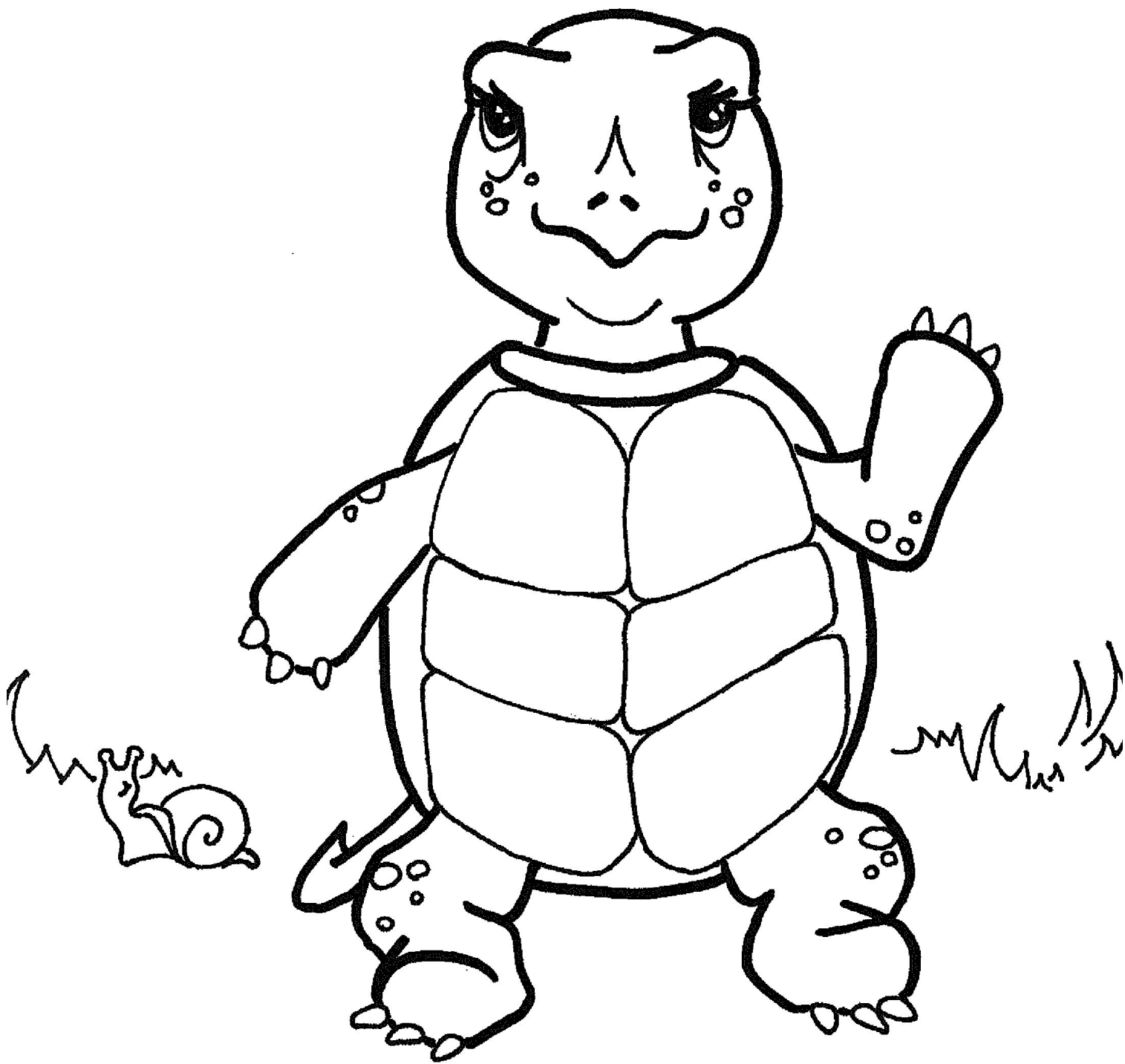
Parents and caregivers cannot protect a child from the pain of loss. However, creating a warm, safe, and accepting environment supports the grief experience and creates a foundation for healing.

We hope you find this coloring book to be a helpful aid.

Sincerely yours,

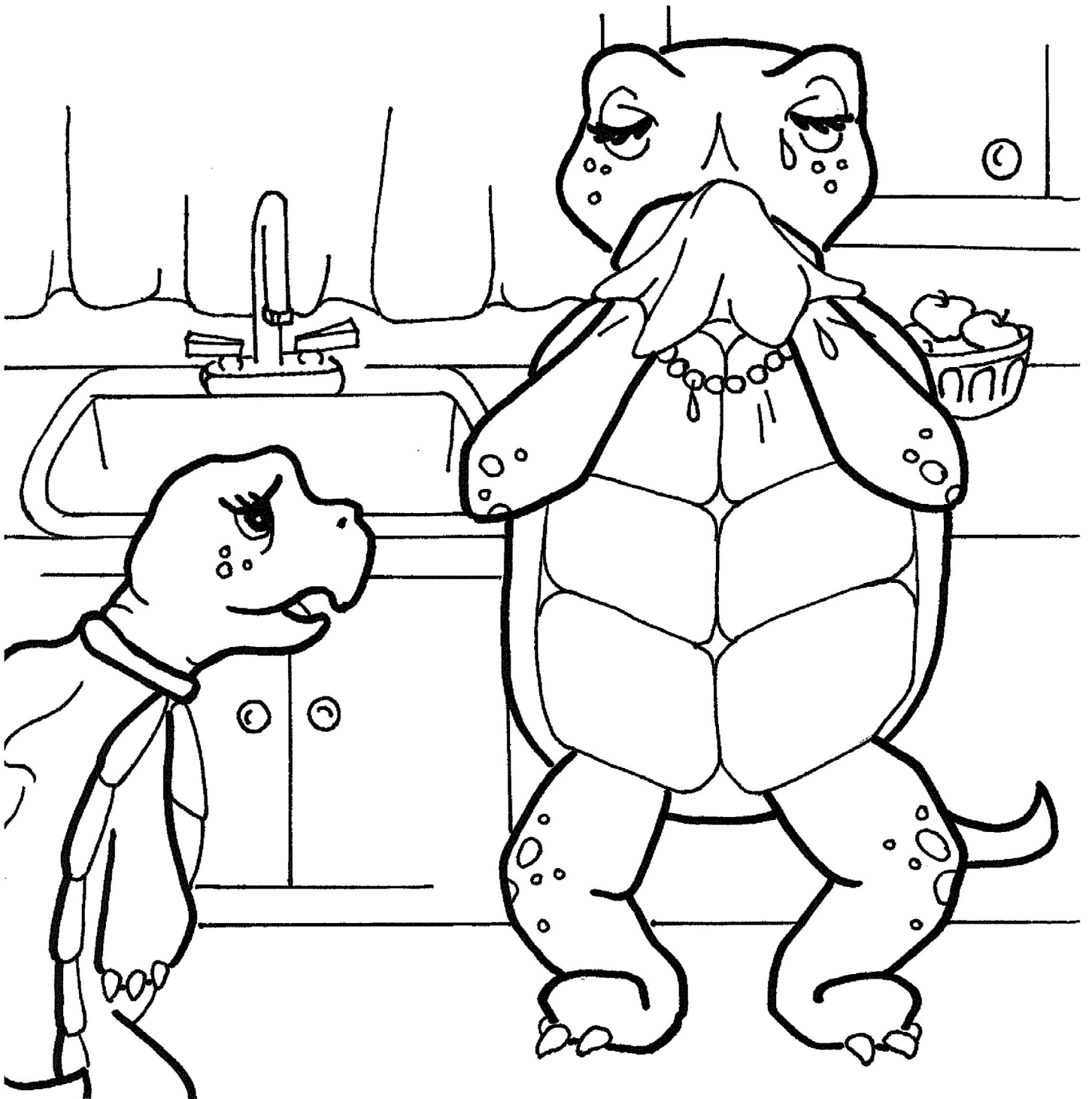
A handwritten signature in black ink, appearing to read 'H. Sachs III', written in a cursive style.

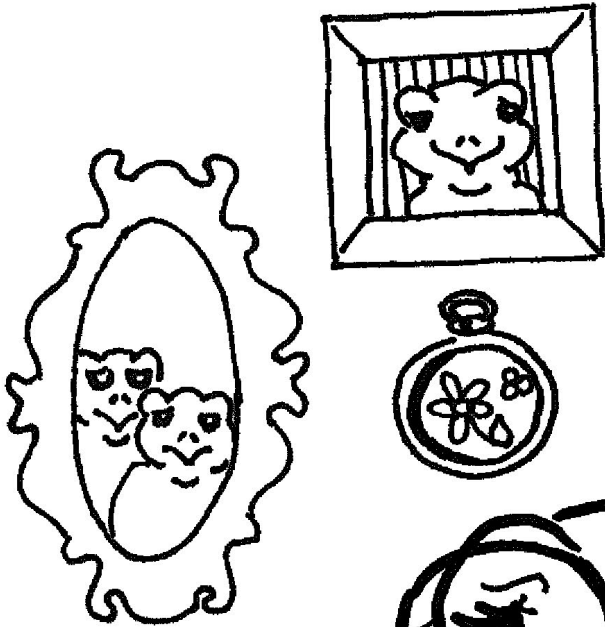
Henry T. Sachs III, MD
President, Bradley Hospital



Hi. My name is Torri. Torri Turtle to be exact.

I am feeling upset today. I walked into the kitchen and saw my mother crying. When I asked her why she was sad, she told me my grandmother is very sick.





I visit Grandma every Sunday.
We play checkers and bake
snail cookies together. I love
her a lot. I am worried my
grandmother is not feeling well.

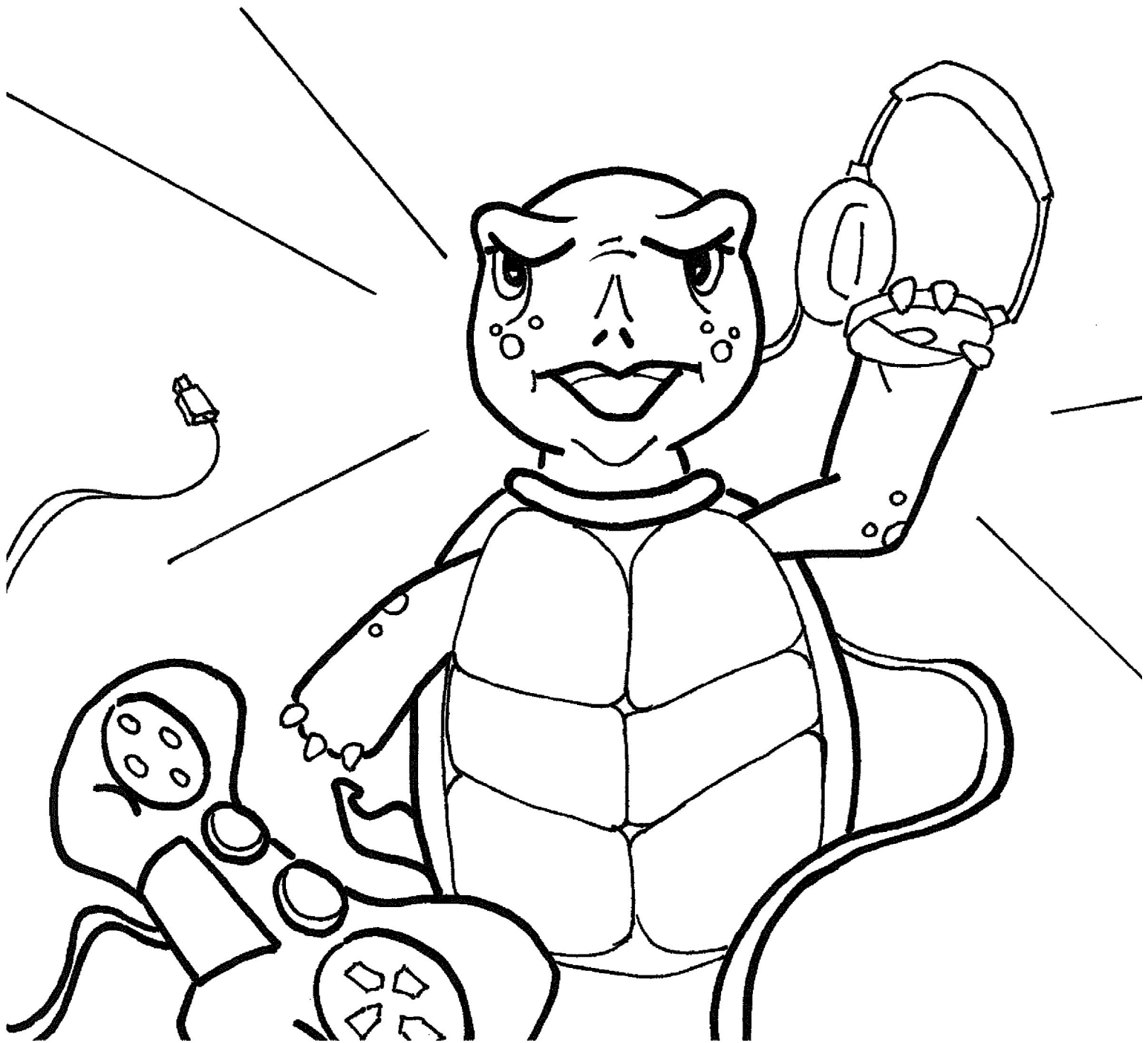




I think she might have a bad cold. I spoke to her on the phone and told her to rest and wear warm socks.

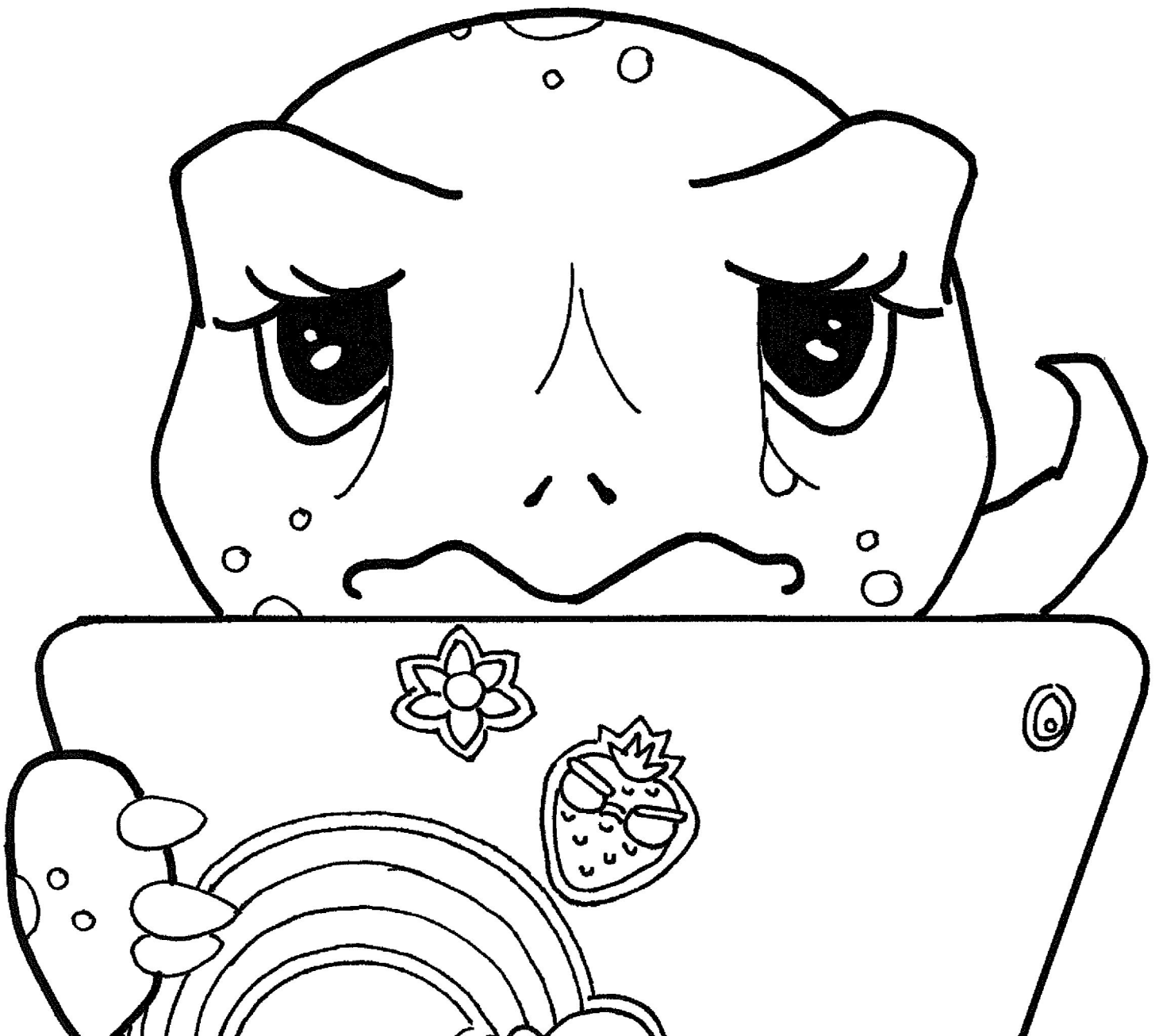


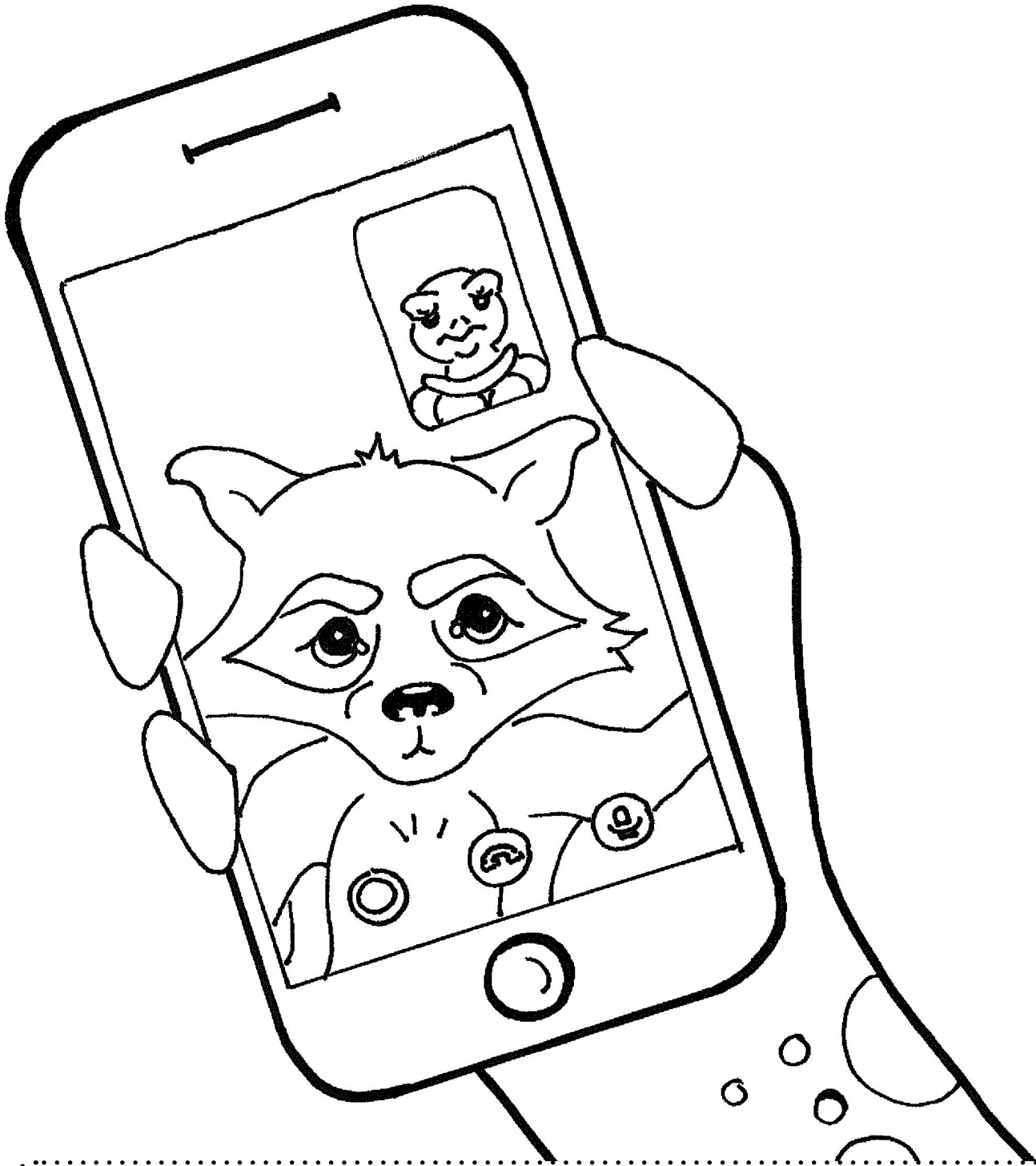
Things are not going well. Grandma got sicker and had to go to the hospital last night. She is going to stay there for a few days. I am scared, but I have a plan. I sent her a get-well card I made. I promise to do my homework every night. I will not watch any TV or play video games until my homework is all done! If I do that, I think my Grandma will get better.



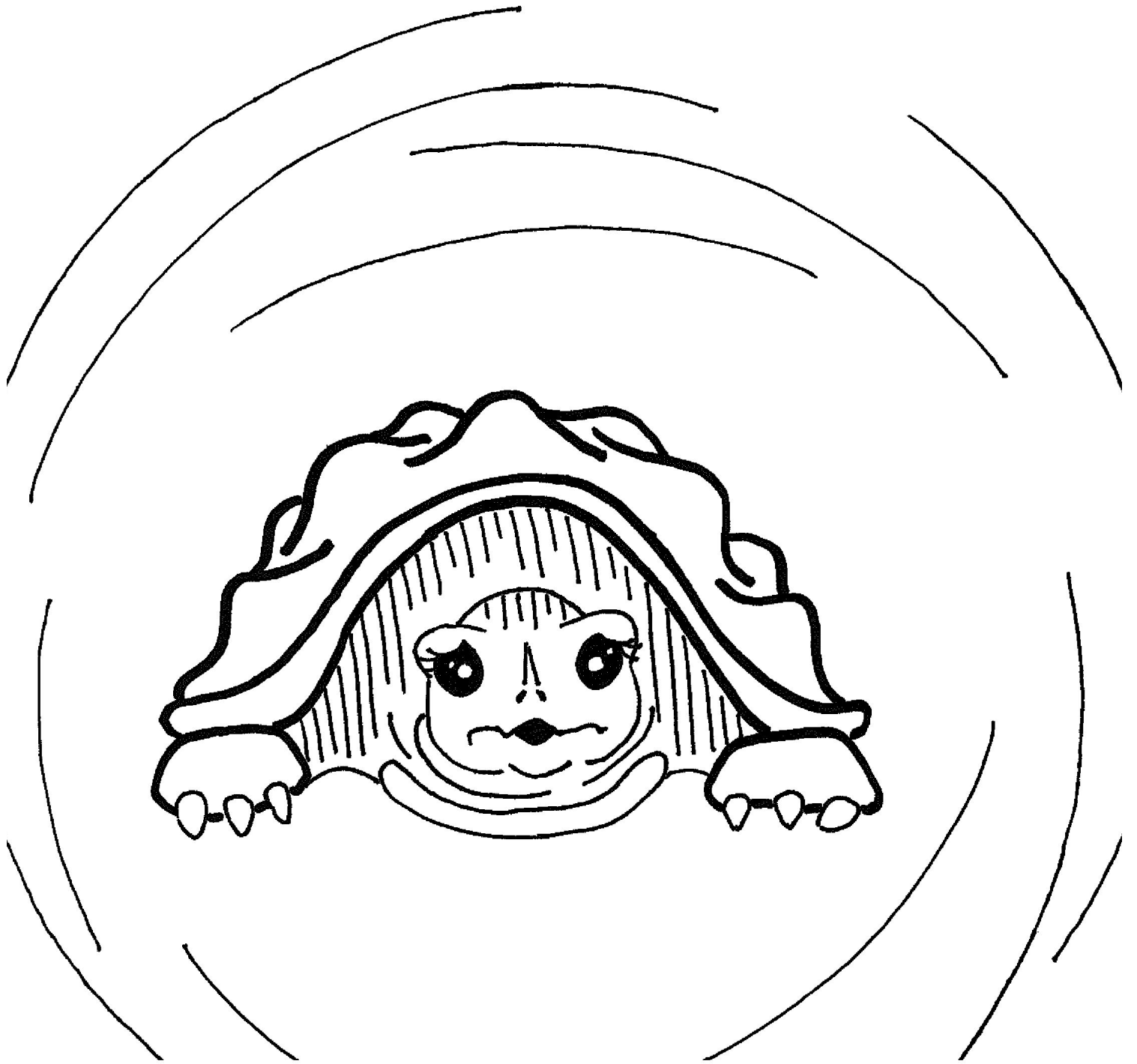
Grandma is not any better. I am so angry! I have been doing my homework and it has not made a difference. I am mad my plan did not work. I thought this would help Grandma get better.

I do not believe it! Mom told me that Grandma is going to be in hospice care. This means that Grandma will not be getting better, but the doctors and nurses are going to make sure she is comfortable and not in pain. I just want to pretend this is not happening. I video chatted with her today. I tried not to cry when I was talking to her, but I think some tears might have escaped. It was hard to keep them in.



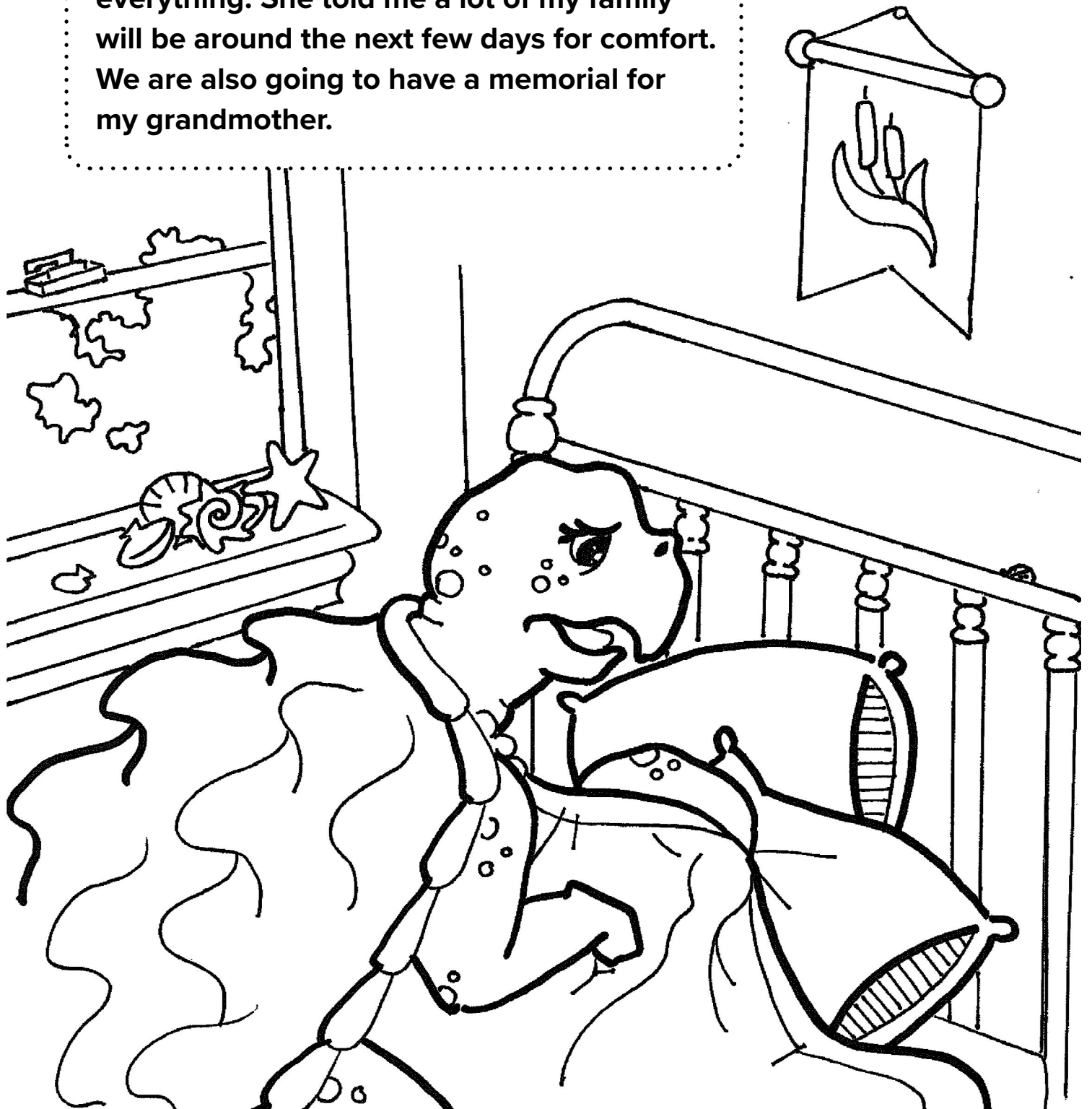


I talked to my friend Rizzo Raccoon today. I mentioned I have been having so many strong feelings since Grandma got sick. Rizzo felt like that when he had to move from his old neighborhood and had to go to a different school. We agreed big changes are a lot to deal with, especially when we do not understand everything that is happening.

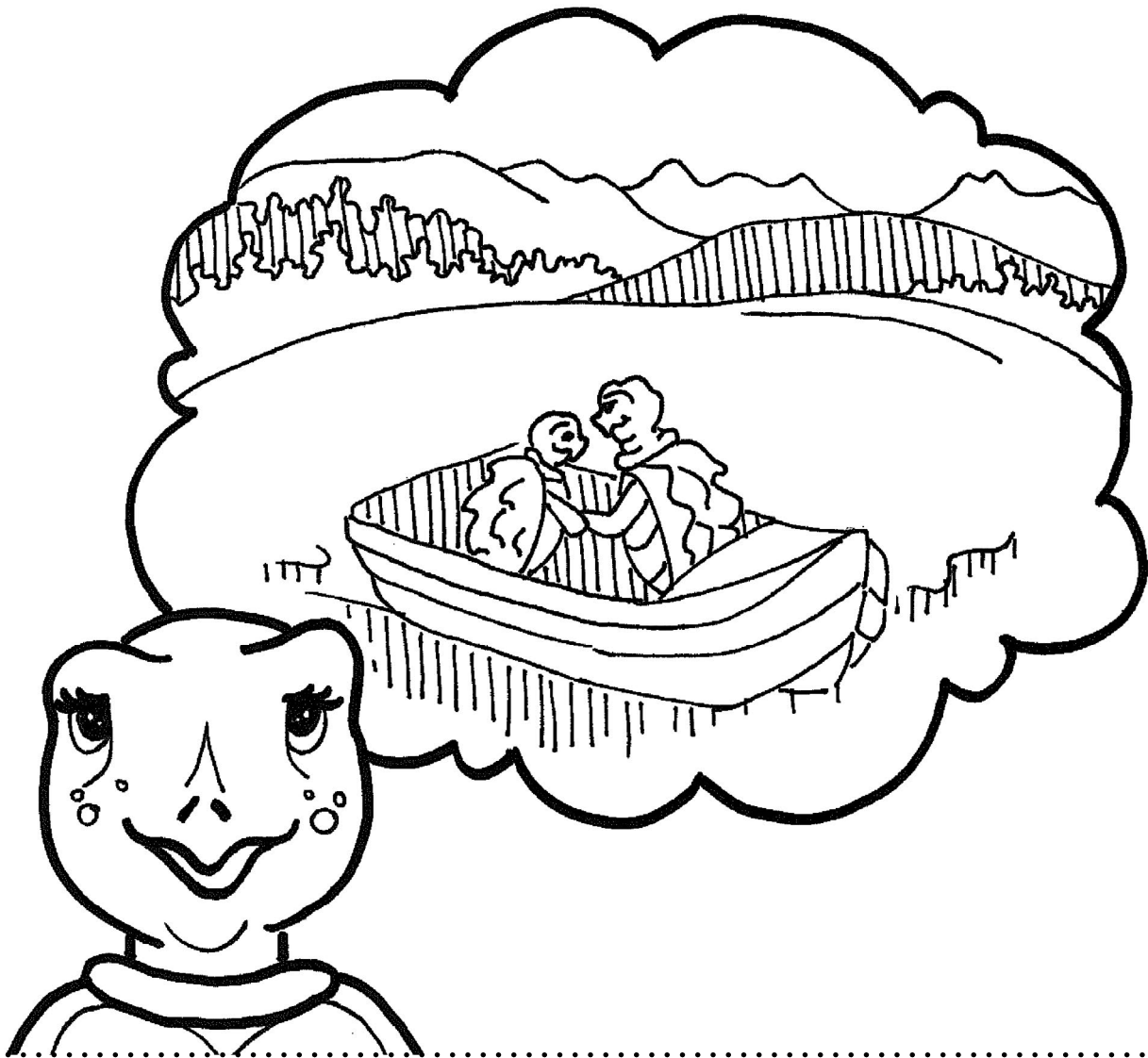


This is the worst day of my life. Grandma died last night.

My mother told me this morning. I was still in bed and wanted to hide under the covers forever! Later I talked to my mother about everything. She told me a lot of my family will be around the next few days for comfort. We are also going to have a memorial for my grandmother.

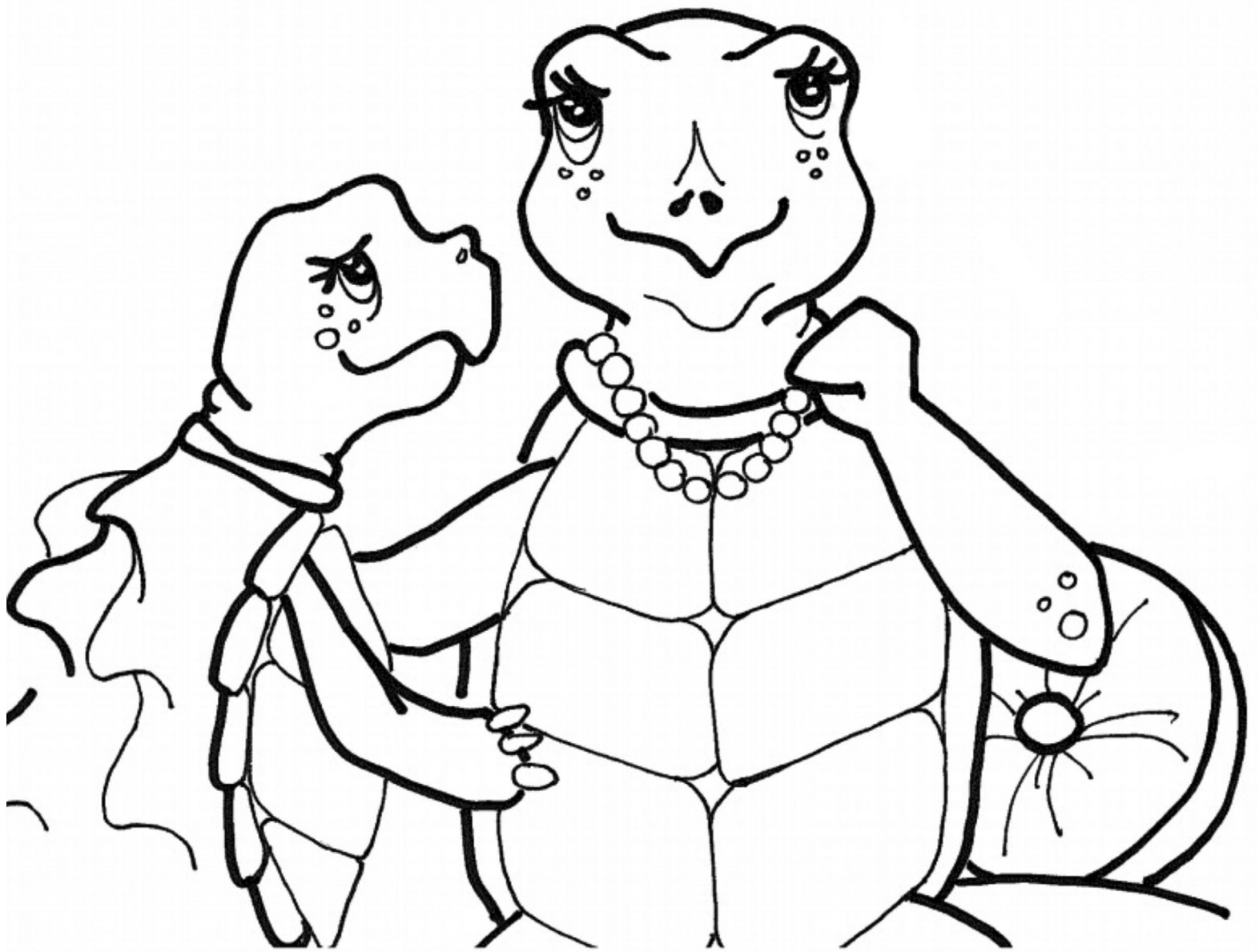


I asked my teacher about the memorial. He said there are different kinds of ceremonies, and they are to celebrate the life that the person lived. Some people will be sharing stories about Grandma and others may be crying because they are sad.

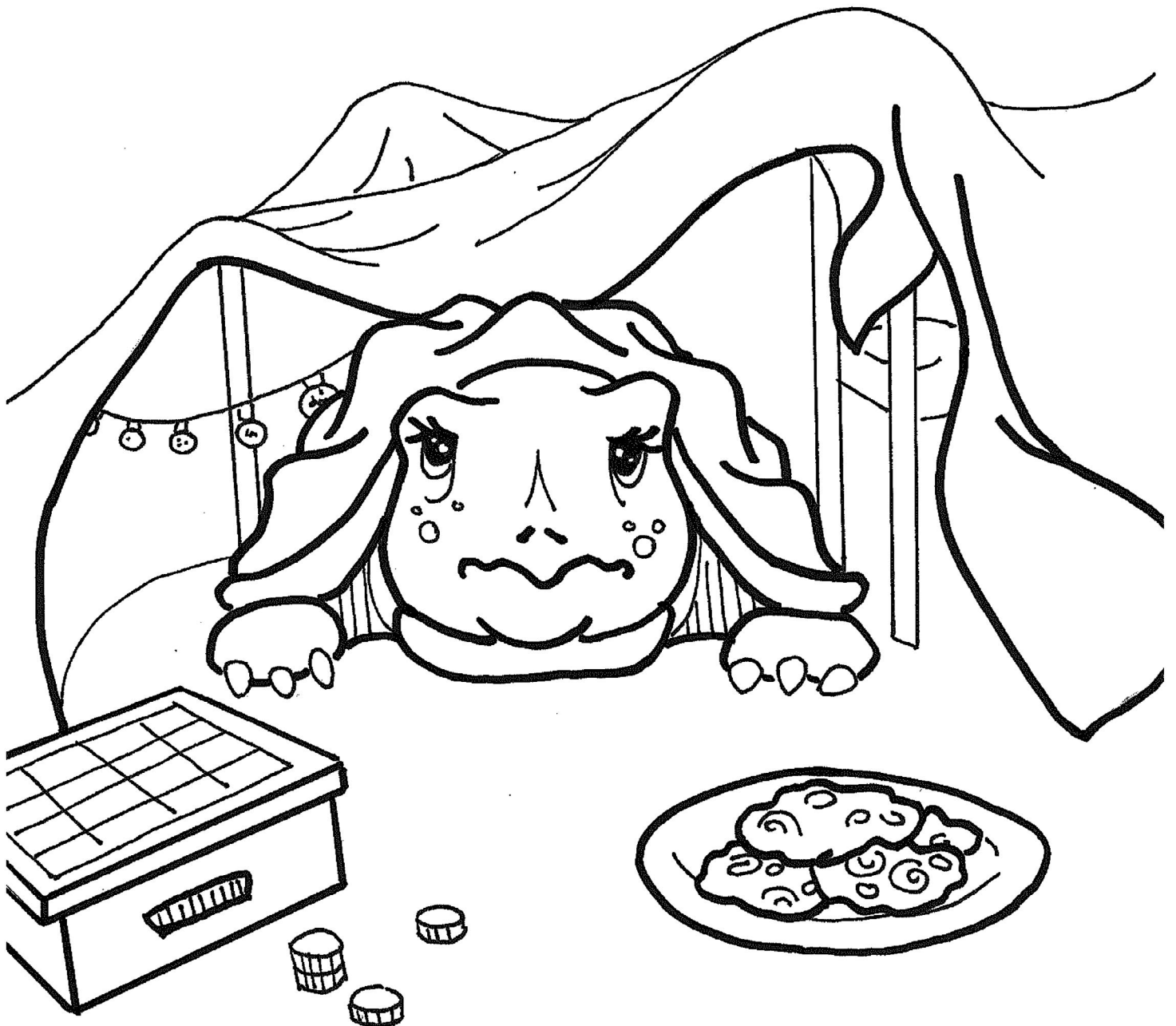


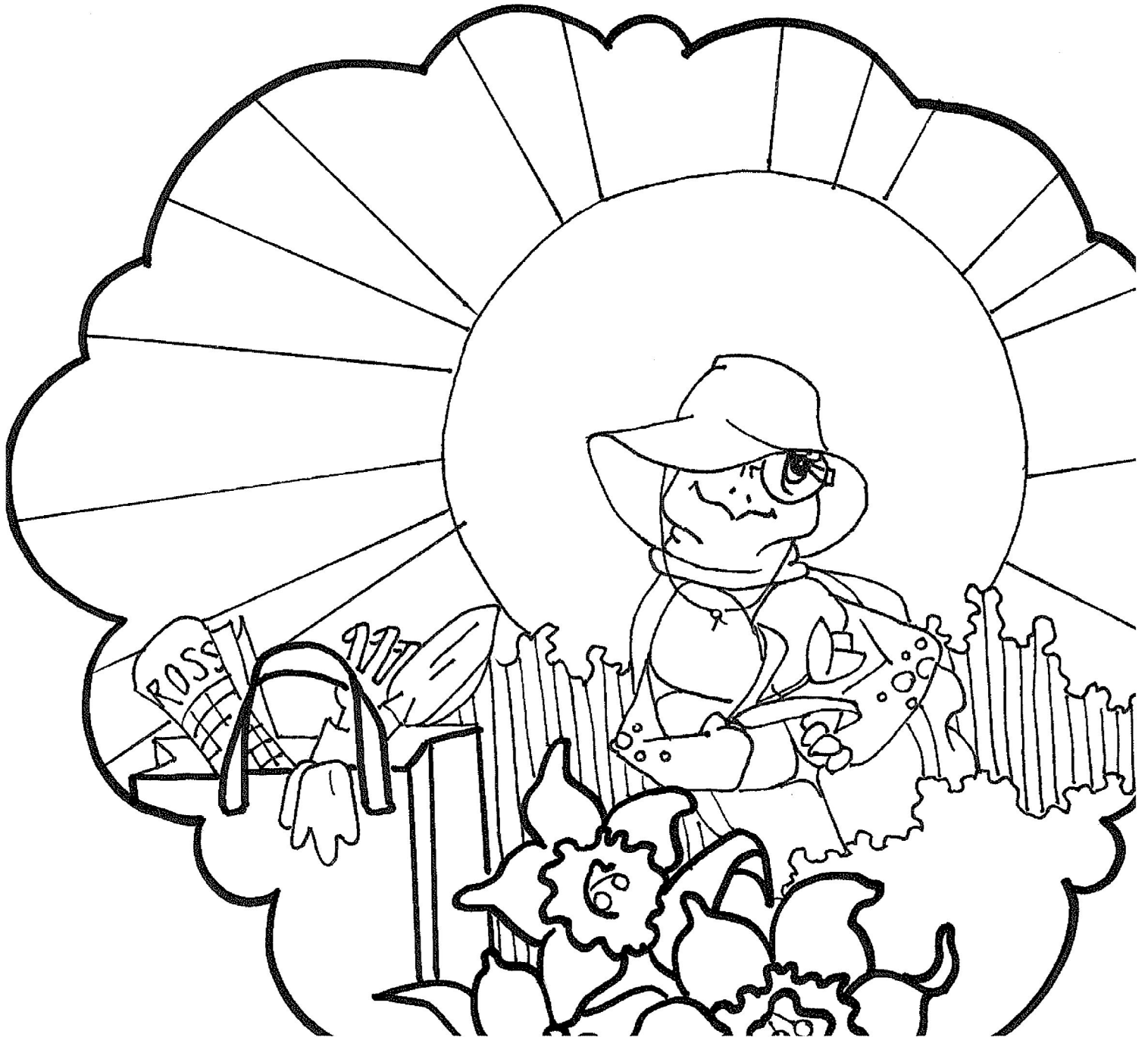
My teacher told me that some people believe that the person's spirit stays alive in our thoughts. He asked me to remember one of my favorite times. I thought about when Mom and I went on a boat ride last summer. I told him all about it. The sunshine on the water, the waves against the boat, my Mom holding my hand when we stepped onto the wobbly dock. My teacher called it a 'Memory Visit' and said that when I miss my Grandma, I can visit her in my memory.

I asked my Mom about memory visits. She showed me her necklace, which she wears every day. I did not know it used to belong to her favorite aunt. My mother says when she sees it, she takes a memory visit. My next-door neighbor wears his son's watch and I wonder if he goes on visits by remembering, too.

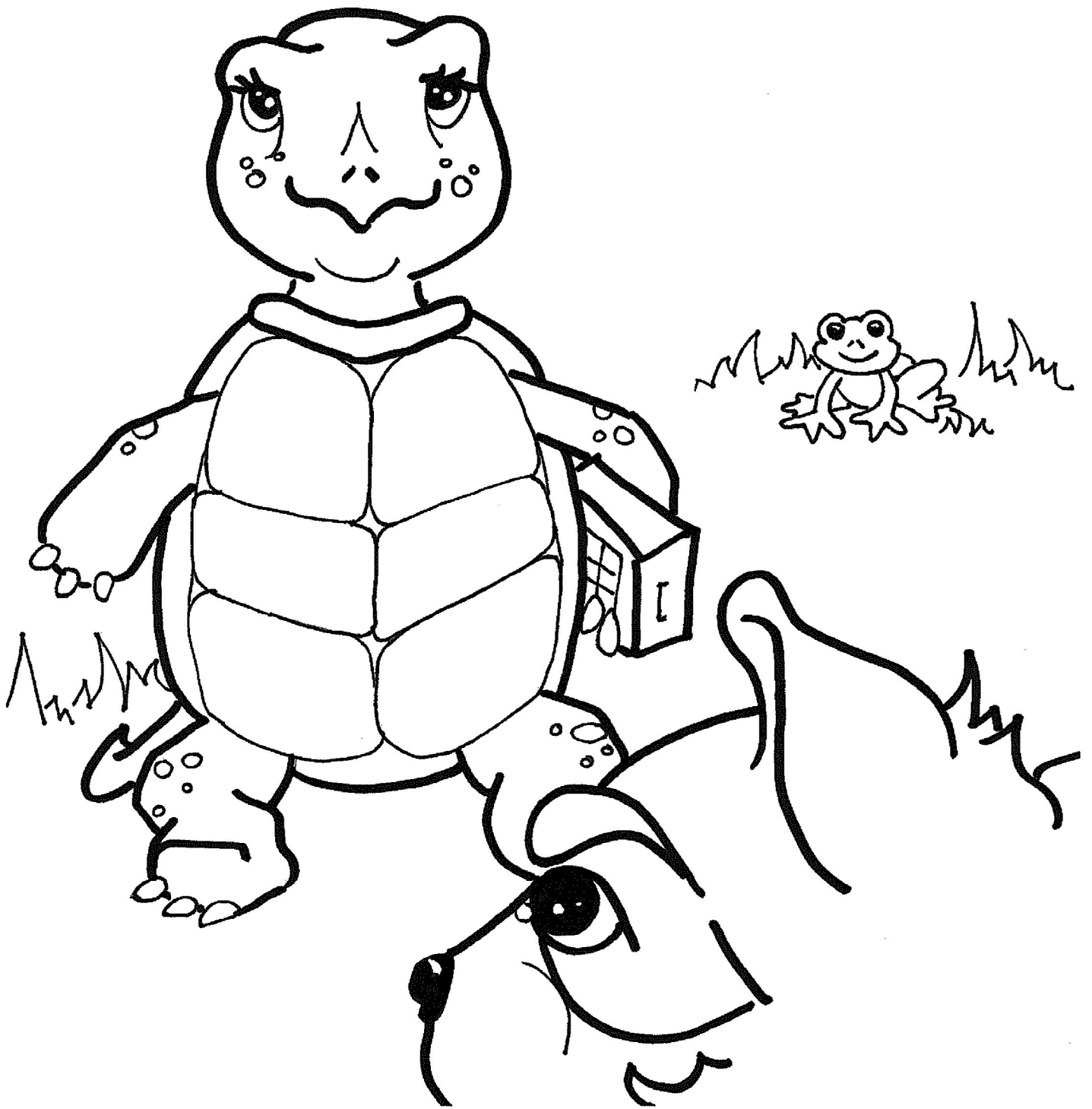


I have been crying a lot and looking at a photo of Grandma. It is hard to believe I will not be seeing her on Sunday afternoons anymore. I already miss her so much. I have taken Memory Visits to remember times with Grandma. It is not the same as being with her, and sometimes I just want to forget my sadness and play a game instead. Both things are helping me right now.





I wonder what Grandma is doing. I hope she is doing her favorite things: gardening, crosswords, and baking snail cookies. My mother told me that no matter what Grandma is doing, I will always feel her love for me.



I think I might go visit Rizzo Raccoon. I will bring my game with me. I know Grandma would like it if I was still playing checkers.

RESOURCES

Behavioral Health – Rhode Island

For support for a child or adolescent Rhode Island resident, contact your primary care physician or Kids' Link RI™ emotional crisis hotline at 1-855-543-5465.

For adult Rhode Island residents, contact your primary care physician or BH Link at bhlink.org or 401-414-LINK (5465).

For parents and caregivers who need support and would like to make an appointment, please call our Lifespan Adult Psychiatry and Behavioral Health Access Center at 401-606-0606.

Behavioral Health – National

You can speak to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746.

You can also contact your physician, your State Department of Health, or your health insurance company for additional information or support.

GRIEF SERVICES

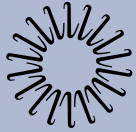
For reliable and current information:

Dougy Center/The National Children's Bereavement Center
www.dougy.org

National Alliance for Grieving Children
www.childrengrieve.org

FRIENDS WAY
www.friendsway.org

American Academy of Pediatrics
American Academy of Child and Adolescent Psychiatry
American Psychological Association
National Child Traumatic Stress Network



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