



for grieving children, teens, & families

Family Newsletter

November 2017

Children and the News

Every time the news is on you hear of another story of distress. We are bombarded with stressful scenarios very often in this world. As if the scenarios were not already hard enough to understand, sometimes it can also stir up past stories of grief, anxiety, and trauma. If these scenarios are hard for adults to comprehend and cope with, how do you think your children are feeling? Below are a few ways your child may be feeling and how you can help them through stressful events going on in the world.

Children are all on different developmental levels and therefore there are large differences in what they comprehend during stressful events. This can cause children to imagine the event or disaster to be even worse than it actually was or will be in real life; creating even more anxiety in your child's emotions. One of the ways you can help minimize this issue is to allow your children to ask questions about what is going on. You are not required to give them all the details; however, speaking in age-appropriate truth is highly encouraged. It is also beneficial to focus on the good in each scenario. For example, all the people who volunteer to help after these scenarios, what the community has planned to ensure safety, and all the helping professionals like police, firefighters, doctors, etc. If you feel like you need help in explaining these things to your child ask one of our staff members here at Suncoast Kid's Place for direction.

Like in most things, all children are different. Do not expect one child to respond and feel the same as another. They all will experience different emotions when it comes to stressful events that have been recently seen or heard. One of the best things you can do is be present for your child, answer their questions in the most appropriate ways you can, and ensure them you are devoted to protecting and loving them.

Some suggestions of ways to alleviate the anxiety in your children during stressful events:

- Limiting the amount of exposure to the news (especially after the event, since more graphic images are often shown).
- Keep family routines as consistent as possible.
- Ask children questions about how they feel about the different events.
- Reassure your child that you're doing everything you can to keep them safe.
- Acknowledge if you're scared or anxious about the scenario and don't try to hide those feelings from your child (they will pick up on it).
- Be patient with your children if normal behavior is a bit changed. They may be acting out based on the anxiety of what is happening or it may have triggered past anxieties from grief or other traumas.
- Spend as much time with your child as possible.

Camp Erin Tampa Bay 2018

Suncoast Kid's Place will be hosting Camp Erin Tampa Bay which is a transformational weekend camp specifically designed for kids and teens, ages 6-17, who have

experienced the death of a significant person. Camp Erin combines traditional, fun camp activities with grief education and emotional support, and is free of charge for all families. Led by grief professionals and trained volunteers, Camp Erin provides a unique opportunity for youth to increase levels of hope, enhance self-esteem, and most importantly to learn that they are not alone.




Camper and Volunteer applications are now available!

More information and applications can be found at:
www.suncoastkidsplace.org/camperin

November 2017

Group Color Key:
Lutz Location Groups
Satellite Location Groups
Adult Only Groups

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 K-2nd (W) 6:30-8:00 HALOS Group: Healing After a Loved One's Suicide 7:00-8:30	2 3rd-5th (R) 6:30-8:00 Teen Boys (MS & HS) 6:30-8:00 Brandon 6:30-8:00 (All age groups)	3	4
5	6 Healing After Heartache: Adult Grief Support Group 7:00-8:30	7 3rd-5th (T) 6:30-8:00 Middle School Girls 6:30-8:00	8 3rd-5th (W) 6:30-8:00	9	10 Veteran's Day No School	11 Good Grief Fest 2017 2 pm – 6 pm @ The NoiseBox 1310 John Moore Rd, Brandon, FL 33511
12	13 Littles (3-5 y/o) 5:30-6:30	14 K-2nd (T) 6:30-8:00 High School Girls 6:30-8:00	15 K-2nd (W) 6:30-8:00 HALOS Group: Healing After a Loved One's Suicide 7:00-8:30	16 3rd-5th (R) 6:30-8:00 Teen Boys (MS & HS) 6:30-8:00 Brandon 6:30-8:00 (All age groups)	17  children's Grief Awareness Day	18
19	20 Fall Break No School Healing After Heartache: Adult Grief Support Group 7:00-8:30	21 Fall Break No Groups	22 Fall Break No Groups	23 Fall Break No School	24 Fall Break No School	25
26	27 Littles (3-5 y/o) 5:30-6:30	28 K-2nd (T) 6:30-8:00 High School Girls 6:30-8:00	29 5th Wednesday No Groups	30 5th Thursday No Groups		