

# Bereavement across the life span

Psychology



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BUSTER**

## BEREAVEMENT ACROSS THE LIFE SPAN The reaction short vignette Mode of Counseling Babies (Bereavement reactions by age group, 2013)

1. They look for the dead person.
2. They are irritable.
3. They become anxious, jumpy, and less attentive.

A baby having not seen the mother or father who is probably dead becomes less attentive worried about where they might be. At some point losing the taste for things around her/him, she becomes easily provoked.

1. Cuddling and holding them more.
2. Speak to them in a calm manner.
3. Provide comfort objects such as toys.
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### Preschoolers (Bereavement reactions by age group, 2013)

1. They have trouble in sleeping.
2. They look for the person who has died.
3. There is change in their eating habits.
4. They become irritable.

Distrusted by the absence of a loved one the preschooler becomes less interested in sleep and food. Driven with the urge of finding them they look around but having not found them, they become easily upset.

1. Assure them that you know of their being sad.
2. Offer them comfort objects.
3. Being in their company at all time

### Primary school goers (Bereavement reactions by age group, 2013)

1. They blame themselves for the death.

2. They experience increased fears example fear of darkness.
3. There are changes in their sleeping and eating habits.
4. They become irritable and they become clingy.

Considering themselves old-enough to have saved a loved one, they perceive themselves as being worthless for doing less to save them. Consequently, they become easily provoked and more afraid.

1. Inform them that they will be safe.
2. Allow them to help in funeral plans.
3. Encourage games to keep them happy.

Older children (age ten to twelve)

(Kail & Cavanaugh, 2015)

1. They become worried about their family's safety.
2. They desire to take on adult responsibilities.
3. They feel embarrassed therefore they are likely to conceal their loss
4. Become more focused on the happenings and ask numerous questions.

Having lost a loved one, they feel their family is no longer safe. They become afraid of the future therefore they fear talking about it. However, at some point they ask questions about how their future might be. In them usually grows the desire to take on their family roles.

1. Provide regular encouragement.
2. Tell them you know of their loss.
3. Regular reassurance like hugs and many more.

Teenagers (How to Help a Grieving Teen, 2014) (Bereavement reactions by age group, 2013)

1. They become forgetful and feel distracted.
2. They have questions concerning death.

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3. They become irritable and they seclude themselves from the rest.
4. They experience changes in their sleeping and eating habits.

The result of the sudden death of the loved one is received as a shock. Consequently, this makes them full of thoughts about the future of their family. As a result, they become forgetful and irritable.

1. Be honest to the bereaved and by telling them you know what is happening.
2. Speak calmly to the bereaved.

Adults (Kail & Cavanaugh, 2015) (Bereavement reactions by age group, 2013)

1. They become irritable.
2. There is sudden change in their sleeping and eating habits.
3. They keep the routines around them going.

Being under this category one is considered as being old enough. Even though they are saddened by the sudden occurrence, they keep the routine around them going.

1. Provide constant reassurance.
2. Speak calmly to them.
3. Allow them to aid in the planning.

## References

Bereavement reactions by age group. (2013, 27). Retrieved January 16, 2015, from Kids Health : <http://www.kidshealth.org.nz/bereavement-reactions-age-group>

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