

Four stages

Some symptoms

Denial, Anger, Sadness, Acknowledgement and Acceptance.

Anxiety, stress, depression leading to mood swings, insomnia, fatigue, more coughs and colds.

Treat feelings seriously

Give explanations

A child's feelings are significant and their emotions matter as much as yours.

Tell your child what is happening, do not keep them in the dark. Level explanations age-appropriate.

Be honest

Let your child speak

Give your child honest answers to questions. If you mislead them, you will only have to tell the truth later. Be careful, however, not to give inappropriate details.

Your child needs the opportunity to voice their feelings, even if you may be uncomfortable with what they say.

Look to the future

Talk

No matter how bleak you and your child might feel, the emotional pain will pass; by supporting each other your sense of loss will ease.

Encourage the family to talk about the dead person and happy times.



Technique to replace  
good thoughts...

Explain that there are other ways to remember the bereaved, ways that will allow them to get in touch with all the good things about them. Ask your child to think of someone (it might be a dog or a guinea-pig) who is no longer around, but when you think of them it makes you feel good.

...Continued...

Ask them to notice and remember how they see this person in their mind's eye; the direction, distance, size, colour, and the feelings that go along with this image. Now ask them to remember the person they lost.

...Continued.

Get them to gently move this image over to where they keep the idea of the person they remember with affection. Get into exactly the same place, size etc. Ask "How good does that feel now? (Pause for reply) And are they there for you now?"

Massage  
Aromatherapy

A massage will alleviate some symptoms and give a feeling of wellbeing and security. Lavender is good for children and for relaxing; you can use in baths or burners.



**Nutrition**

Balance blood sugar levels by avoiding all sugary, refined or processed foods, drinks and caffeine. Encourage a hearty breakfast. Aim for regular meals and snacks throughout the day. Combine starchy foods, protein and good fats (oily fish, nuts and seeds) if possible at each meal and snack.

**Nutrition**

Have plenty of protein foods and fresh vegetables and fruit to support the immune system. Try to eat seated and relaxed, and chew thoroughly to help digestion. Keep well hydrated with water, diluted fruit juices. 1-2 litres of water a day.

**Supplements**

B complex and vitamin C - to support the adrenal glands, increase energy and mood.  
Magnesium - which calms physically and mentally - may help insomnia and increase energy.  
Selenium, zinc, and anti-oxidant complex to help boost immunity.  
Fish oils to lift mood.

**Herbs and teas**

Valerian, chamomile and hops helps relaxation.  
Milk and chamomile tea.



# The Clover House Solution

260F – Jennifer, Aged 9

**Bereavement – Sibling Resentment**



## The Problem

Jennifer came to us with her Granddad. Her mother had died two years earlier after an Asthma attack, leaving Granddad to bring up Jennifer and her little sister. He was finding it hard to cope, as both girls were still traumatized by their mother's death; Jennifer was cruel to her sister, kept trying to sleep in Granddad's room and lacked confidence.

## Our Solution

**Nutrition:** Granddad saw our nutritionist first – she saw he was at his wits end and gave him a chance to offload his troubles. She helped him draw up a star chart to encourage Jennifer to eat more vegetables and recommended some supplements: vitamin B for stress, magnesium to help her sleep.

**Creative Imagery:** Jennifer was helped to do a 'rewind' of her mother's death, to help her control her feelings about it. She was also encouraged to imagine her little sister as a little puppy; i.e. someone who needed kindness and to be included. Granddad was also worried about Jennifer reaching puberty soon and was encouraged to ask a female relative to help, reducing the stress on him.

**Aromatherapy:** Granddad was shown how to do a simple foot massage on Jennifer. She found it very relaxing and it helped the two of them become closer by increasing the bond between them.

## The Results

In just three weeks, we saw a real change in both Jennifer and Granddad; one therapist said **“In came a very happy smiling child and a calmer brighter Granddad.”** Jennifer was happier, was trying new foods (including cockles!) and was getting on better with her sister. She was also sleeping better and stayed in her own bed.

**The Clover House Solution – Natural Healing for Children**

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