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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Grieving Children

By Rexanne Mancini

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While it is my belief that death is just one more experience to seek growth and soul development in our current physical forms, losing a loved one is never easy. Our family has experienced its fair share of grief in the past few years. We've lost my sister-in-law (my daughters' aunt), a beloved uncle and a cherished pet, to name just a few.

I try to reassure my daughters that a loved one who has moved on is safe and happy, however, we still need to grieve and accept the inevitable feelings of loss and sadness. Loved ones will be missed. Opportunities to share life and experiences will have been cut short. They know that it's OK to feel sad and to cry. As soon as possible after the initial shock and sadness over losing a cherished one has passed, I try to bring happy memories of the person back into our lives. It's important to remember the love and lessons we've learned from them with joy in our hearts and with respect for the time we've had to share our lives in their company.

I tell my daughters that they can talk to the person who has passed on any time they feel like it. That person will now always be available to listen. We will still feel love for our missed relative or pet and we include the departed soul in our prayers until it feels right to let them go. We ask that they are well taken care of and loved as much as we love them. This helps ease their anxiety of the unknown and allows them to feel that their loved one is in some way protected from whatever they might imagine exists "out there."

I'm sure, among our readers, religious and spiritual beliefs are many and varied. It is our responsibility to help our children understand that the unknown is not a scary place and to feel secure in life's mysteries. Even if you feel there is "nothing" after this life, children will benefit by assurances that they and their loved ones have a purpose for being.

As parents, we will be challenged to guide our kids through a myriad of life's ups and downs. If we respect their limited understanding of the issues and guide their thoughts with a loving heart and acceptance of each aspect of life, no matter how difficult, we've done the best we can under sometimes-extreme circumstances.

Rexanne Mancini is the mother of two daughters. She maintains an extensive yet informal parenting and family web site, Rexanne.com - <http://www.rexanne.com> – Visit her site for good advice, award-winning Internet holiday pages and some humor to help you cope. Subscribe to her free newsletter, Rexanne's Web Review, for a monthly dose of Rexanne: <http://www.rexanne.com/rwr-archives.html>

Children and Divorce

By Karen Zastudil

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You and your spouse have decided to end your marriage. Although this has been a difficult decision for you and your spouse, it can be a very complicated one for your children. Divorce in many ways is like facing a death in the family, and a grieving process takes place for everyone involved.

Often times after a divorce, you need to rediscover who you are, overcome your own fears and determine how to begin making a new life for you and your children. Once the grieving process has taken place, don't assume things will suddenly go smoothly — especially when you start dating again. It may be hard for your children to adjust to the "new you" and patience is key. The process of adapting may take longer than what you would like and your children's emotions may be like a roller coaster ride. You have spent years parenting your children and devoting your life to them. Now that you are focusing more time on yourself, your children may become disheartened and insecure. It's extremely important that at this time you strive to attain a balance in your life and enter this new phase of your life gradually. Your children will need you more than ever for support, comfort and reassurance. Many times children become unsure of themselves and aren't sure where they fit into your life, but rest assured that eventually they will come around.

As you begin uncovering the new you, it's not wrong to make time for yourself, but when it seems appropriate, include your children. You are a mom first, and you would not want to sacrifice the needs of your children. Maintain moments of "single" freeness to time with your friends and not in front of your children. As you begin dating again, feeling silly, giddy and young, do it in a way that doesn't affect them. Introducing a lot of casual dates into your children's lives can cause anxiety and confusion.

Reassure them that your date is not a replacement for "dad" or them. You would not want your children to feel they are being abandoned.

Your children still need to know that you are the parent and that they can depend on you to provide the love and emotional stability they need.

Karen Zastudil is a retired financial analyst with a BA in Economics and Marketing – as the parent, Karen is an advocate for others who are interested in parenting and womens issues. Karen shares her wisdom and her resources at <http://www.womenatthesummit.com>



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