



Growing Through Loss

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Growing Through Loss

Which of the following insights or qualities have been true for you and your grief experience?

- ☐ Changes in the ways you view or appreciate life,
- ☐ Making different choices than you might have made before the loss,
- ☐ Feeling more connected or closer to others,
- ☐ Having more understanding or empathy,
- ☐ Interacting with more generosity or compassion,
- ☐ Changes in life plans or directions, or
- ☐ Finding healthy or creative ways to cope and find meaning within or around the loss.
- ☐ Other



Our Hope Garden

What my child/I liked best about this activity:

Some ways I can support my child to keep the play going are:

I used The 4 Me's™ when:

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to focus on the skill you're most interested in exploring with your child. For example, you might practice **See Me** skills by thinking about what they're experiencing and noticing what has captured their attention.
2. Plant or invite your child to help you plant seeds or create paper flowers for a vase. As you plant a seed or create a flower, share or write down something you're hopeful for. For example, you might say something like, "I'm hopeful about connecting with friends," or, "I'm hopeful for a closer relationship with my child."

As you and your child create your **Hope Garden**, you **MIGHT**:

- » Talk to your growing baby, describing a place you find hopeful that you'd like to take them to after they're born,
- » Enjoy how your infant responds as you talk about colors of flowers that you draw, create, or show them pictures of,
- » Have back-and-forth conversations with your toddler about how a garden grows as you create paper flowers by tracing around your child's hands, then gluing the "handprint flowers" to paper or wooden craft sticks or pipe cleaner and putting them in a container or vase, or
- » Invite your child to plant and water seeds in recycled containers, and describe how sunlight and water will make the seeds sprout and grow.

