

Signals for Attention From a Grieving Child

Marked change in school performance.

Poor grades despite trying very hard.

A lot of worry or anxiety manifested by refusing to go to school, go to sleep, or take part in age appropriate activities.

Not talking about the person or the death. Physically avoiding mention of the deceased.

Frequent angry outbursts or anger expressed in destructive ways.

Hyperactive activities; fidgeting, constant movement beyond regular playing.

Persistent anxiety or phobias.

Accident prone which might be self-punishment or a call for attention.

Persistent nightmares or sleeping disorders.

Stealing, promiscuity, vandalism, illegal behavior.

Persistent disobedience or aggression (longer than six months) and violation of the rights of others.

Opposition to authority figures.

Frequent unexplainable temper tantrums.

Social withdrawal.

Alcohol or other drug abuse.

Inability to cope with problems and daily activities.

Many complaints of physical ailments.

Persistent depression accompanied by poor appetite, sleep difficulties, and thoughts of death.

Long term absence of emotion.

Frequent panic attacks.

Persistent symptoms of the deceased.

*From: William Worden, Ph.D.
Keynote Address at 1991 ADEC Annual Meeting, Duluth, MN
and Infochange, No. 55, August 1989 (publication of AHEAD)
and J. Monahan, Hospice of Central Florida*