



## When Your Child Dies; Tools for Mending Parents' Broken Hearts

By Randie Clark M.A., CCC and Avril Nagel

A new release from New Horizon Press provides grief-stricken parents with the tools to navigate the grieving process and addresses the challenges of the trauma of child death, dealing with the media, the justice system, the medical system and coroners. Besides providing a comprehensive list of resources and reading for ongoing support, there is practical advice for grieving parents on how to:

- Identify and address issues that linger and cause psychological, spiritual and emotional pain.
- Differentiate complicated grief, trauma responses and PTSD.
- Reduce anxiety and depression and promote healthy mourning, self-care and self-soothing
- Incorporate the loss into one's life in healthy ways
- Develop self-care strategies, mourning rituals and reach out for help
- Manage the impact of the death on partnerships, siblings, extended family systems and social relationships
- Foster a continued loving relationship with the absent child

**FOR CARE PROVIDERS:** This book provides a concise and descriptive perspective of what grieving parents face following the death of a child. A very useful tool from which therapists, grief counselors, clergy, medical professionals, emergency responders, funeral directors, friends and family can benefit in their effort to provide helpful and effective interventions and support. The first of its kind, *When Your Child Dies* is comprehensive, accessible guide that addresses the impact of trauma, and complicated grief and includes checklists, resources and strategies to help parents move through their grief and mourning in healthy ways.

*At last! A masterfully crafted, theoretically solid, user-friendly grief book for parents who have lost their child . I have long searched for a resource that was organized from the frame of reference of a bereaved parent and included accurate information about the differences between trauma reactions and healthy grieving. Individuals with child loss can use this book in a variety of ways for support as well as helpful resource at all of the critical milestones of their grief journey. The sensitive and gentle language of the authors is further evidence that they know this journey first hand. This work is a written tribute to the basic paradigm that loss and grieving do not diminish one but rather when engaged in are a deeply transformative life process.*

*Kathleen Kukowski MPH, MA, LMHC*

*Former Hospice Administrator, Director Evergreen Grief and Bereavement Service, Consultant to the Eastside Compassionate Friends, Kirkland Washington.*

*This is an important and long overdue contribution to the literature! The thoughtful and easily grasped concepts of traumatic loss are developed in a way that will help many people who experience the trauma of the sudden and unanticipated death of a child. The echoes of this type of loss extend to many people beyond the immediate parents and this book will be important to the extended family, friends and neighbors of parents who experience this life altering event.*

*D. Daniel Hunt, MD*

*Senior Director of Accreditation Services at the Association of American Medical Colleges and Secretary for the Liaison Committee for Medical Education  
Former professor of Psychiatry at the University Of Washington School of Medicine and the Northern Ontario School of Medicine*

*There are so many reasons why I think this book is necessary. As a neonatal nurse, and as an educator for new nurses, I see how this book could be a good support for new nurses for whom death, dying, palliative care and bereavement are very challenging personal and professional issues. This book can provide answers to the very important questions:*

*How do you fully support a family during this time and even promote health? Where does the responsibility of your care end? Philosophically, it doesn't end with the death of the child. This is a very comprehensive book written in a supportive spirit. I look forward to offering it to the patients I work with once it is available on the shelves.*

*Katherine Logue MA Nursing*

*Nursing Professional Development Educator -  
Neonatal Intensive Care, Montreal, Quebec*

### **About The Authors**

**AVRIL NAGEL** has a professional specialization in emergency management. As a project manager and planner she has researched, written and edited numerous publications for the government and not-for-profit sectors. She graduated from McGill University, Montreal. Avril and her husband lost their son Alden when his heart stopped suddenly during birth. She lives in Victoria, BC, with her husband and two young children. [www.avrilynagel.com](http://www.avrilynagel.com)

**RANDIE CLARK, MA, CCC**, is a therapist/counsellor and an on-call Emergency Mental Health Response worker for a Community Services Agency. She also leads workshops for first responders, professionals and community members in intervention assessment and treatment approaches for victims of trauma, sudden and traumatic loss and individuals experiencing mental health crises. She maintains a private practice working with individuals and couples. She holds a M.A Psychology with a focus on post-traumatic stress syndrome and traumatic loss and grief from Antioch University, Seattle, Washington. Randie's twenty-six-year-old son David was stabbed to death in a street robbery. She and her husband reside on Salt Spring Island, BC. [www.randieclark.com](http://www.randieclark.com)

[www.facebook.com/WhenYourChildDies](https://www.facebook.com/WhenYourChildDies)

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