

Not Such Little Losses: The Grief & Loss Experiences of Children in Child Welfare
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QUIZ

A. Check for each question whether it is mostly true or mostly false:

<i>True</i>	<i>False</i>	
		1. Grief can be expressed in thoughts, emotions, behaviors, and physical sensations
		2. If a child does not immediately display grief over a loss, he/she is fine and will not have symptoms later
		3. Connections to siblings can help provide an emotional or psychological buffer to the effects of losses felt by children entering foster care
		4. How children experience loss is personal and idiosyncratic
		5. Any child who is mature enough to love is mature enough to grieve
		6. A change in a child's eating pattern might be a sign of unresolved grief
		7. Children grieve differently at different developmental stages
		8. Irritability is never a sign of depression or a symptom of loss
		9. A child in foster care may never have had his/her need for stability and consistency met
		10. For foster children, personal items can serve as 'memory keepers'

B. Briefly answer the following:

1. What are two examples of losses a child would experience when placed in foster care?

2. What is a societal myth around grieving?

3. List two signs of disabling grief.



4. What are two factors that impact loss?

5. What is an example of a healing intervention?

C. What additional information on this topic would be helpful?



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