



## One step at a time: Mourning a Child

*Betty Madill*

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This book is aimed at helping bereaved parents, and anyone who would like to support them, in their time of grief, especially in the first few weeks and months following the death of their child, but do not know how. It is written by the author from personal experience of having to cope with the death of her young daughter.

The author explains how her Christian faith became the foundation of her journey through her own grief and how it continued to be for her a source of strength to rebuilding her shattered life. Although, she recognises that others struggle to identify with her faith, she believes they can still gain strength for their own 'journey' through her words.

In this 'worst of all deaths' that is of ones own child it can feel that no one can possibly understand what it feels like to live through such a tragic loss. This book aims to help bereaved parents begin to pick up the pieces of their lives and try to make a new, different, life without their beloved child.

The book doesn't offer quick solutions, just comfort from knowing that they do not have to cope alone and that there are other bereaved parents waiting and willing to 'walk' the path of grief with them, parents who fully understand, because they do know what the pain is like.

However, it is also a book which provides hope. It is not just about the pain endured, but suggests. It covers such things as; How to deal with a child's possessions; Reactions to the bereaved parents of family and friends; How to cope with strong emotions - such as anger and guilt, and ideas of how to deal with these. As well as a way of moving forward at a pace which is right for each individual - mothers, fathers, siblings and grandparents - each may need to find their own way to deal with their emotions.

It goes onto explain how the author applied these and other 'coping methods' to her own situation. Especially, how her Christian faith helped her. The author believes that it is possible to find a sense of happiness after the loss of ones child and this book provides the first few tentative steps on how to do this.

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