



## Resilient Parenting

FOR BEREAVED FAMILIES

# Online Resilient Parenting for Bereaved Families Program (eRPBF)



Parenting your children while you are grieving can be incredibly difficult. The online Resilient Parenting for Bereaved Families program is specifically designed to provide parents and other caregivers the tools needed to successfully meet this challenge. These tools are based on 30 years of research and experience with children whose parent has died.

You will learn practical tools to help you:

- » Tend to your own grief, find comfort, and pursue your own personal goals
- » Build strong family bonds to help your children feel more secure
- » Become a good listener so your children share more with you and feel understood
- » Set effective rules to reduce misbehavior and provide your children the structure they need
- » Assist your children in coping with their grief



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## What can you expect from the program?

This program was designed to be completed online and can be done at your own pace. The program consists of 10 units that teach simple and practical tools. Each unit takes about 30 minutes to complete. You can complete one unit a week, or you can take longer if needed. After each unit, you practice using the tools at home and learn how to make them work well in your family.



## Who should use this program?

The program is for parents and other caregivers of children who have experienced the death of a parent from any cause. It is best to wait at least 3 months after the loss to start the program. This program is suitable for families with children of all ages, although many program activities work best with children and adolescents between the ages of 3 and 18. This program also offers tips on how to use the tools with children of different ages to help you find the best way to use them in your family.

**We are offering parents and caregivers of children 6 - 17 years whose parent has died to receive the online Resilient Parenting for Bereaved Families program for free as part of their participation in the program evaluation project. For more information visit: <https://bereavedparenting.org/erpbf.html>**

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