



# **It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life**

*H. Norman Wright*

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# It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life

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**It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life** H. Norman Wright  
Restoring Your Child to Emotional Health

When something unexpected, disappointing, or traumatic occurs, children feel a very real sense of loss. Parents or others who care need to tell them,

*It's Okay to Cry.*

Children may respond to loss with fear or with anger. Most likely they are confused. They have questions they want and need answered. This workbook, with excerpts from the book *It's Okay to Cry*, gives parents a hands-on, interactive tool for dealing with various losses in their children's lives.

The workbook includes exercises, charts, and illustrations to assist children in identifying feelings and grieving properly. Separate sections of the workbook are suitable for younger children, elementary-age children, and pre-teens. Drawing pages, reflective exercises, and other aids help children process loss and move toward full emotional healing and recovery.

This loss recovery workbook will help anyone helping a child apply the practical advice from well-known and respected author H. Norman Wright. His sympathetic and reassuring approach gives parents and children the comfort and hope they seek.

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