



Embrace FARM
Farm Accident Support Network

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Embrace FARM is governed by a
voluntary board of directors.



Embrace FARM
Farm Accident Support Network

Grief within the Farm Family

Little by little
we learn to live
with loss



www.embracefarm.com | #WeRememberYou



Loss of a parent

No matter what age you are, you are always your parent's child. Whether or not your relationship was close or difficult, parents are a reference point – one of the ways in which we define our sense of self and our place in the world.

The death of a parent may also result in significant changes in your relationship with other family members.

- You may feel a greater sense of responsibility to support and care for your surviving parent – a responsibility that can be difficult to manage as you cope with your own grief. This can be a source of great stress and emotion.
- Your parent's death may mean having to reassess the past while dealing with the present.
- Family members may also feel pulled in different directions; everyone has had a different relationship with the person who has died. Expect arguments and differences of opinion within the family.

Siblings may also find the death of a parent brings up feelings of old jealousies and rivalries from childhood. These differences and stresses can be a source of conflict and can result in disputes over wills, property, and personal effects.



Loss of a sibling

Our siblings often share our family history and formative years. Their death can make you feel unsure about your place in the world.

The death of a sibling can be very hard to process. We're often told that our brothers and sisters will still be there when our parents are no longer with us. To have this taken away can be deeply unsettling.

Talking can really help

Talking to friends and family is important. Talking can help you make sense of how you're feeling.

Accommodating

Accommodating will slowly take place, there is no time frame on when, but it will come. Nothing can replace the person who has died. But gradually most people find they can continue with life, and start to feel happy at times, while remembering those who have died.

Embrace FARM works in collaboration with charities and organisations in supporting farm families and individuals in its network.

Please visit the 'Supports' page www.embracefarm.com for further details.