

# The multi-generational impact of childhood loss

Bereavement often affects the family dynamic and parenting approach.

**In the New York Life Foundation's new national survey on bereavement,** many adults who had experienced the death of a parent growing up attested to the enduring impact of the loss—describing serious effects on their family dynamics, their surviving parent, and parenting approach.

## More resources needed for grieving parents:



**69%** of those who lost a parent growing up wish that there had been more resources available to help their surviving parent cope with his/her grief

## The surviving parent's needs often affect the child:

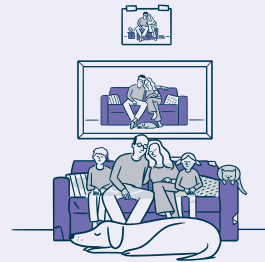


**68%** worried a lot that something might happen to their surviving parent



**62%** of those who lost a parent growing up say it was hard to balance the needs of their surviving parent with their own grief process

## Loss has an intergenerational impact:



**71%** feel the loss affected or affects the way they parent their own child(ren)



**72%** say the loss helped them become a better parent overall

**85%**

of those who lost a parent growing up wish they could talk to their deceased parent about their life as an adult



\*The New York Life Foundation's 2017 Bereavement Survey, the latest in the Foundation's series of polling initiatives on grieving children and their families, was conducted by Pollara Strategic Insights from September 11-24, 2017. The survey polled 1,004 Americans (with a margin of error of  $\pm 3.1\%$ , 19 times out of 20) and 587 Millennials/Gen Xers who had lost a parent before age 20 (with a margin of error of  $\pm 4.0\%$ , 19 times out of 20).

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