

## Losses in Difficult Transitions

Possible losses	Move to a different town	Parent becomes ill or disabled	Parents' divorce	Parent loses job	Parent gets job
<b>Material loss</b>	Loss of familiar house, school, play areas, and possibly possessions.	May result in fewer toys or activities because of less income and more expenses; may lose home or other possessions that have to be sold or repossessed.	Possible loss of home, school, neighborhood or church; loss of access to toys, pets, and personal possessions when staying with other parent.	Loss of money for toys, activities, and possibly even food and clothing; possible loss of home or other possessions.	Loss of time at home because parent is not there to supervise.
<b>Relationship loss</b>	Loss of friends, teachers, caregivers, neighbors, and possible loss of time with extended family members.	Change of relationship with ill parent; may lose other relationships as parent may not be able to take child to and from activities with friends.	Loss of time with one or both parents, possible loss of grandparents and friends, especially if child moves or when in the other parents' home.	Loss of relationships with parents' former co-workers and their families.	Loss of time with working parent.
<b>Loss of self-image</b>	Loss of feelings of self-confidence because surroundings, people and routines are different.	May lose feelings of security in having a parent who can provide for child's needs; may fear for own health or fear death of parent.	Loss of sense of being a complete family; may feel responsible for the divorce and feel that something is wrong with him or her.	Loss of security because of fears about the present and future and whether needs will be met.	Loss of being the center of parent's thoughts and activities as work takes center stage.
<b>Role loss</b>	Loss of identity at school, at church, or in other community groups; become the new kid in town.	Loss of child role, may become caretaker for parent instead; loss of being the center of family's attention.	May lose role of child and become parent to the parent, assuming roles of the missing parent.	Possible loss of identity as member of middle-class family or dual earner family.	Loss of carefree child role as the child may have to assume more duties at home.
<b>Loss of familiar system</b>	Loss of school, church, and other community groups of which child was a part.	Loss of the parent in the familiar parent role because of illness; medical system becomes part of family.	Loss of parents as a unit; possible loss of grandparents, cousins, and some family friends.	Loss of parent's job system	Loss of familiar family system with parent at home and easily accessible

Source: Golden, M., and McDermott, D. (2000). "Families Coping With Unexpected Transitions." In Comeau, J. (Ed.) Family Information Services Professional Resource Materials. September 2000, Minneapolis, MN: Family Information Services.