

Understanding Maturational & Situational Losses...

What is a maturational loss?

There are two types of losses that occur in everyone's life. "Maturational loss" are losses that predictably occur during the life cycle. "Situational loss" are losses that are caused by unexpected or unusual circumstances. Children will likely experience both types during the preschool years, and will need adult support and recognition of these losses.

Event	Loss
Birth	Comfort and security of the womb
Walking	Security of being held
Talking	People anticipating and meeting your needs
Toilet Trained	Attention, physical contact from parent
Starting School	Constant care by parent
Becoming a teenager	Letting parents make decisions, child status, structure, security, protection of grade school
Leaving home as an adult	Financial and emotional support from family, school friends
Marriage/Coupling	Independence, name change
Birth of Children	Independence, energy, time, money
Middle Age	Youth, physical ability, lifestyle, dreams or plans not accomplished, parents
Retirement	Income, friends from work, productivity
Old Age	Health, spouse, friends, own life

What is a situational loss?

Children may experience these losses personally or may be affected by a parent's experience with these losses.

- Loss of health
- Loss of family member due to early death
- Loss of home through financial set back, disaster, or relocation
- Loss of ability to conceive or give birth to a child
- Loss of hope, "dreams" or innocence through sexual abuse
- Loss of normal developing child
- Loss of relationship due to death, divorce
- Loss of friends due to moving
- Loss of body function
- Loss of body image
- Loss of control
- Loss of freedom
- Loss of job, income
- Loss of role
- Loss of safety
- Loss of treasured object

