

WHEN YOUR CHILD IS HURTING

From Helpless to Healing

A guidebook from one who has been there.

A Companion Journal



AMANDA-LEE PITZER
SMART LIVING IN SMALL BITES

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This book is written by the author to share her life experience with the sole purpose of providing insight, encouragement, and hope. The information provided in this book is for informational purposes only and is not intended to substitute professional counseling or treatment.





"Every day, in a hundred small ways, our children ask, 'Do you see me? Do you hear me? Do I matter?'"

—L. R. Knost



"Being able to feel safe with other people is probably the single most important aspect of mental health."

—Bessel van der Kolk



"Children learn how to regulate their emotions not by being told what to do but by experiencing co-regulation with a caring adult."

—Dr. Bruce Perry



"And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm, and steadfast."

—1 Peter 5:10



"Nurturing relationships are the most powerful protective factor in helping children overcome trauma."

—Dr. Vincent Felitti



"When we recognize that childhood adversity is the root cause of so many lifelong struggles, we can intervene early with relationships that heal."

—Dr. Vincent Felitti

ABOUT THE AUTHOR



Amanda-Lee Pitzer, Ed.D., is a self-proclaimed “master of starting over” who holds fast to the belief that restoration is always possible—even when it comes in unexpected forms.

Widowed at 36, she found herself navigating grief while raising her two boys alone. In time, God answered the prayers she had carried for years, bringing her the love of her life and his daughter, forming a new family and a powerful

picture of healing and hope.

Out of her personal journey, Amanda-Lee discovered a renewed sense of calling. She earned her doctorate in educational psychology with a focus on trauma studies and has since dedicated her career to supporting children, families, educators, and communities impacted by trauma. Today, she is an author, speaker, professor, and advocate who combines research with storytelling to help others find restoration and purpose in the face of hardship.

Amanda-Lee has written multiple books, including *The Relieved Widow* and *When Children Are Hurting*, and her upcoming textbook, *Classroom Strategies for Trauma-Informed Teaching*, equips educators with tools to restore trust, connection, and hope for students. She also leads the Hamptons

Roads Chapter of Angels of America's Fallen, a nonprofit supporting children of fallen military and first responders.

You can find Amanda-Lee at:

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<https://www.amandaleepitzer.com/therelievedwidow>
www.gritandgracelife.com

IS YOUR CHILD REELING FROM A PAINFUL EXPERIENCE?

You've detected a shift in their energy, marked by behavioral changes, withdrawal, and emotional turbulence. How do you begin to help them heal? Do you wish you could talk to someone who's been in your shoes and can offer what you need to help your child recover?

In this guidebook, you will find that woman. You'll also have the chance to:

- *Read her story—a story like yours.*
- *Discover the problems she faced and the steps she took.*
- *Find courage through her confidence and hope.*
- *Pen your own story and struggles on the pages provided.*
- *Take comfort in realizing you don't have to walk alone.*

Your child is burdened by the pain of a past experience or a life-altering change. As they grapple with its impact, you notice worrying changes: their relationships, education, emotional regulation are suffering. More than anything, you want to help them heal.

In *When Your Child Is Hurting*, author Amanda-Lee Pitzer, Ed.D., recounts how her sons struggled to cope in the aftermath of their father's verbal abuse and sudden suicide. Citing research studies and her own background in educational psychology, Amanda-Lee unpacks her boys' uncharacteristic behaviors following their father's passing and the structure she implemented to stabilize their world while they healed.

Another guidebook in the Smart Living in Small Bites Series.



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