



HELPING A CHILD GRIEVE

- Be developmentally appropriate
- Remember, kids grieve differently—playing one minute, grieving the next
- Let the child know it is ok to express feelings
- Give them other ways to express the feelings besides verbally—art supplies, scrapbooks, books
- Be honest about the loss
- Don't use euphemisms—these can be confusing, especially for young children
- Discuss whether the child wants to attend the funeral—if they do, prepare them for the sights, smells, etc.
- Take care of yourself too!
- Follow their usual routines as much as possible
- Explain that the emotions of grief come and go
- Encourage spending time with friends and participation in usual activities like sports, dance, etc.
- Listen without distractions (i.e. phone, tv)
- Be patient with repetitive questions
- Remember grief is a process not an event
- If concerned about the child's behavior seek professional help.

If at any time there are suicide or suicidal thoughts If you or someone you know may act on suicidal feelings call 911 or local emergency number immediately
National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)
to reach a trained counselor.