



## What can you do when a Child is Grieving?

- Provide information that is simple, honest, and concrete.
- The child may not want to talk about the death, in this case simply being present and available can feel very supportive.
- Let go of your own expectations about how you think the child should be grieving. We all grieve differently. Children tend to want to go out and play even if a death has occurred. This is normal.
- Ask for help from a professional (such as a therapist or doctor) if you need it.
- Grief is a process that spans a lifetime. Assure children that it is normal to re-experience a loss especially at important passages in their lives.
- Keep life's routines as normal as possible. Kids like routine as it provides security even through hard times.
- Let the child's teacher and school counselor know about the death. These staff members can provide additional support during the school day.
- Be aware that grief can manifest itself behaviorally and physically. Listen and respond in a non-judgmental way.
- Give your child a creative outlet to express feelings. This can be done through drawing, writing, doing crafts, listening to music or playing games.
- The child may need to express anger about the death. Work together to brainstorm some ways of expressing angry feelings safely.
- Remember that children are incredibly resilient. With your help they will be able to move through the healing process feeling understood and supported.

For questions or referrals, please call YoloCares: (530) 758-5566