

HOW TO HELP KIDS GRIEVE

Children begin grieving when they experience
not when they hear about it.

1 Answer their questions honestly:



- Avoid the use of euphemisms.

2 Stop talking about the loss if the child:



- Becomes agitated.
- Is fidgety.
- Refuses to make eye contact.

3 Children are concrete thinkers. Help your believe the truth.



- "Grandma died at the hospital, but hospitals help many people feel better."
- "Grandpa died in his sleep, but you don't need to worry that you'll die in your sleep tonight."

4 Eradicate confusion by answering questions repeatedly.



- Repetitive questions are part of a child's grief work.
- Exercise patience while your child processes his emotions.

5 Watch their body language:



- Children communicate with their body.
- Consider reflecting their play style verbally to support their communication.

To learn more about how you can help kids grieve in a healthy way, please contact us.



The Center For Family Unity
www.TheCenterForFamilyUnity.com
619.884.0601