

Grief and Loss

Losing a loved one can be extremely hard for individuals of any age. Below are a few ways you as parents can support your children through this difficult time.

- Understand that children cope with death differently and may have a range of reactions (including emotional shock, regression, acting out and explosive emotions, and questioning) depending on their developmental level
- Answer your child's questions and help them understand what happened with truthful, developmentally appropriate responses
- Allow children to grieve and tell their story, listen and validate their feelings, and show extra love and care
- Understand that grief is a process and allow it to happen as the child needs
- Realize that as children move into new developmental stages, they begin to understand the loss in a new way and may need extra support
- Be aware of your own need to grieve as a parent; adults who get help working through their grief are much more able to help their child through the grieving process.

