Grief/Loss:

Tips for Parents

- Tell the child immediately when someone in the family has died in order to prevent her from hearing it from someone else
- Have someone close to the child tell them
- Give an as honest explanation as possible (within your child's limits of understanding)
- Children take things literally so avoid euphemisms (like lost or asleep)
- Let the child know she may feel sad or upset
- Give affection and security
- Explain to the child what to expect at the wake, funeral, and in general
- Help your child express their emotions, let them know you really want to understand what they are feeling or what they need
- Model appropriate responses
- The child may not be able to remember a loved one in their absence, pictures around the home help and retelling good memories
- Children may understand, process, and cope differently from other children
- Be Patient and allow time for the child to grieve in a way that works for them
- Encourage the child to ask questions about loss and death.
- Be aware of your own need to grieve and work through the pain of grief
- Let your child's teacher know what happened

Websites for Parents

- http://www.nasponline.org/resources/crisis_safety/griefwar.pdf
- http://kidshealth.org/parent/emotions/feelings/death.html
- http://www.aboutourkids.org/articles/children_grief_what_they_know_how_they_feel_how_help
- http://www.pdhealth.mil/wot/downloads/helping%20a%20child%20cope%20with%20loss%20and%20grief.pdf

Books for Parents

- *Why did you Die? Activities to help children cope with grief and loss* By Erica Leeuwenburg
- *A Healing Place: Help your child find hope and happiness after the loss of a Loved One* By Kate Atwood and John Kelly
- *Guiding your Child Through Grief* By Mary Ann Emswiler and John P. Emswiler
- *Ways to Help Children Cope with the Death of a Parent or a Loved One* By Philip J. Swift

- *It's Okay to Cry: A Parent's Guide to Helping Children Through the Losses of Life* By H Norman Wright
- *When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses* By John W. James and Russell Friedman
- *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One* By Phyllis R. Silverman and Madelyn Kelly

Books for Kids

- *The Kid's Book about Death: Helping Children to Understand Death, Grief and Loss* By James Carrie
- *Children also Grieve: Talking about Death and Healing*
- *I Miss you: A First Look at Death* By Pat Thomas
- *I Wish I could Hold Your Hand: A child's guide to grief and loss* By Pat Palmer
- *Sad Isn't Bad: A Good-grief guide book for kids dealing with loss* By Mechaelene Mundy
- *Saying Goodbye to your pet: Children can learn to cope with pet loss* Marge Eaton Heegaard
- *Gentle Willow: A story for children about Dying* Joyce C. Mills
- *Someone I love Died* By Christine Harder Hangvald
- *The Broken Egg: A Story to help children cope with the loss of a younger sibling* By Joe Sutherland
- *My Grandma Died: A Child's Story about Death and Loss* By Lory Britain