

With this global pandemic comes grief and loss

Our kids need us to acknowledge their loss and support them with empathy

This time of uncertainty has created many unforeseen changes in our world, including multiple losses of much-anticipated special events and significant rites of passage. This is especially true for our Senior Class of 2020 as many milestone events have been cancelled or postponed and they have been denied opportunities for celebrating their final moments of high school.

Compassion paves the way to helping children & teens navigate their feelings



- Let your child know what they're feeling is normal
- Have conversations at a time/place that is most comfortable for your child
- Invite your child to share their feelings
- Ask open-ended questions
- Ask your child what would help

Talk



- Be comfortable with the silence while they think
- Listen without 'buts' or judgement
- Sit in their pain with them without trying to fix it
- Listen to their behaviors not just their words - behavior is communication

Listen



- Children & teens have a right to feel sad, angry or even robbed
- Give them permission to feel what they feel
- Acknowledge the disappointment
- Avoid minimizing their feelings
- Avoid jumping to solutions
- Have empathy

Validate



- A loss for your child may be a loss for you too
- How you react models for your child how to grieve
- Reach out to give and receive support regularly
- Treat yourself and your child to a little fun

Model

GOOD READS

The Power of Listening

It's crucial to let them talk and to **listen to them without lecturing** or trying to somehow minimize their stress by comparing it to your own. [Read More...](#)

This Pandemic Grief

First, **it is normal and natural**. It is simply a part of your love and attachment. Second, **grief responds to awareness**, attention, and expression. **You will feel better if you mourn**. Mourning is being aware of your grief, giving it the attention it needs and deserves, and expressing it outside of yourself. [Read More...](#)

Dear High School Senior

This is supposed to be your year. The year for your senior prom, sporting events, graduation, cheer competitions, senior trips, clubs, and the rest of what your senior year has to offer. [Read More...](#)

You Can do it Wrong, But What is Doing it Right?

For students AND parents, life is continuing to get harder. Many of us are at our tipping point. **Explore do's and don'ts** for navigating these tough times together. [Read More...](#)

That Discomfort You're Feeling is Grief

It's a good time to **stock up on compassion**. Everyone will have different levels of fear and grief and it manifests in different ways. [Read More...](#)

For them, this is about **grieving the loss of a lot more than photo-ops and parties with friends**. [Read More...](#)