

## **Grief Resources**

### **The following may be helpful as you talk with your child about death:**

- Tell the truth. Talk about death vs. “going to sleep.”
- Allow for your child to talk about feelings. If this is the first loss your child has experienced, your child may not know how to respond and will be looking for your guidance.
- Affirm all expressions. It’s okay to express feelings honestly. Tolerate the expressions rather than dismissing them or discouraging the expression of feelings.
- Encourage for written expressions such notes, letters, pictures to the family etc.
- Reaffirm that your child is safe and that your child is loved.
- Affirm that your child’s reaction is normal and you understand the way the child’s feels.
- Watch for signs of trouble such as aggression, withdrawal etc.
- Help the children return to as normal routine as possible.