



Helping Kids and Teens Cope with Grief

- Be available
- Face your own feelings of grief
- Listen with your ears, eyes and heart
- Encourage their expression of grief - sports, art, dance, music
- Touch. This often says more than words.
- Do NOT isolate or insulate kids/teens from grief. Grief is a normal and natural reaction to death.
- Acknowledge that grief is messy and hurts.
- Respect your kids/teen grief and how they grieve
- Acknowledge that everyone in the family does this thing called grief differently and in their own way and own timing. -
- Concentration may be an issue for the kid/teen as well as yourself
- Set realistic expectations and goals for your kids/teen concerning their behavior, school, homework.
- Daily routines are extremely helpful for the kid/teen as well as for yourself. The continuity of school, tasks, chores, schedule will help give the kids/teen some stability.
- Provide resources for self and your kids/teen.
- Kids/teens will continue to deal with the death/changes they experience as they grow and mature. They will not get over the death, but can learn and grow through grief and discover that love NEVER goes away.