

# Tips for Supporting Children who are Grieving

Children often grieve differently from adults. When a loved one dies, it is often a child's first experience with death. We hope you will find the contents of this document helpful as you support your grieving child(ren).

**1** There is no timeline for grief. Even children from the same family can grieve differently and for varied amounts of time.

**2** Reassure children that they will always have someone to take care of them.

**3** Children often fear that if they talk about the deceased they will make others sad. Talk openly about the person who died and share memories.

**4** Understand children may experience waves of grief and sadness. Be patient as children often don't know how to express or even understand their feelings.

**5** Listen without interrupting or trying to "fix" what they are feeling. Children want to know they have been heard.

**6** Be reassured that children are resilient and they will eventually settle into a "new normal" without the physical presence of the person who died.

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