

Tips for Supporting Grieving Children on Special Days & Holidays

There are all sorts of special days and holidays that may affect grieving children. Anticipating and acknowledging these days with children can be a way to promote sharing and communication at this difficult time.

1

Talk about and make a plan for special days in advance to help manage the feelings they may trigger.

2

Remind children that it's okay to be excited about the holiday and sad about the death at the same time.

3

Create a new tradition in honor of the person who died.

4

Share memories of past holidays/ special days spent with the person who died. Prepare and eat their favorite food in their memory.

5

Create a special holiday ornament/ decoration or light a candle in memory of the person who died.

6

Volunteer for a charity walk/run to honor the person who died.

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