Tips for Supporting a Child When Someone Far Away Dies

Sometimes when a relative or friend who lives far away has died, we don’t allow our grief process to be visible. Children need to feel a connection to the person who has died and be given opportunities to share their grief.

1. Share memories with your child about the person who died. Plant a tree or release a balloon in their memory.

2. Attend a community memorial ceremony (like Hospice Caring’s Tree of Love) to join others in remembering loved ones.

3. Write a letter to the person who died to say goodbye.

4. Hold a celebration of life with friends and family, sharing stories, memories and pictures of the person who died.

5. Participate in a charity walk/run or dedicate something in memory of the person who died.

6. Lean on your cultural and/or religious communities and traditions. Include your child in your practice.

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