

# 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.

**CaringMatters, Inc.**

518 South Frederick Ave., Gaithersburg, MD 20877  
301-869-HOPE (4673) [www.CaringMatters.org](http://www.CaringMatters.org)

This tip sheet provides general educational information, but you should not substitute the information for professional advice. Permission to copy and distribute this document is hereby granted provided that this notice is retained on all copies, that copies are not altered, and that "Tips for Supporting a Child When Someone Far Away Dies", a property of CaringMatters, Inc., is credited as the source. This tip sheet was funded by a grant from the New York Life Foundation. It was produced by CaringMatters, Inc., in partnership with the City of Rockville, EveryMind, Family Services, Inc., and the YMCA Youth and Family Services.