

## 35 Ways to Help a Grieving Child Information for Families

1. Listen
2. Listen some more
3. Be honest – never lie to a child
4. Answer the questions they ask – even the hard ones
5. Give the child choices wherever possible
6. Encourage consistency and routines
7. Talk about and remember the person who has died
8. Make a child's world safe for grieving
9. Expect and allow all kinds of emotions
10. Forget about the grief stages
11. Respect different grieving styles
12. Get out the crayons, pencils, paints....
13. Run, jump and play! (Or find other ways to release energy and emotions)
14. Be a model of good grief
15. Hug with permission
16. Practice patience
17. Support children even when they are in a bad mood
18. Expect some children to act younger than their age
19. Expect some children to become little adults
20. Encourage children to eat right and drink lots of water
21. Understand that sleep and bedtimes maybe hard
22. Talk to the school
23. Resist being over protective
24. Do not force children to talk
25. Take a break
26. Remember playing is grieving
27. Seek additional advice if needed
28. Attend to the physical aspects of grief
29. Help children to know that they are not alone in their grief
30. Understand that grief looks different at different ages
31. Set limits and rules and enforce them
32. Remember special days that impact on the child
33. Be available for the child when they need you
34. Take care of yourself and do your own grieving
35. Plan family times together