

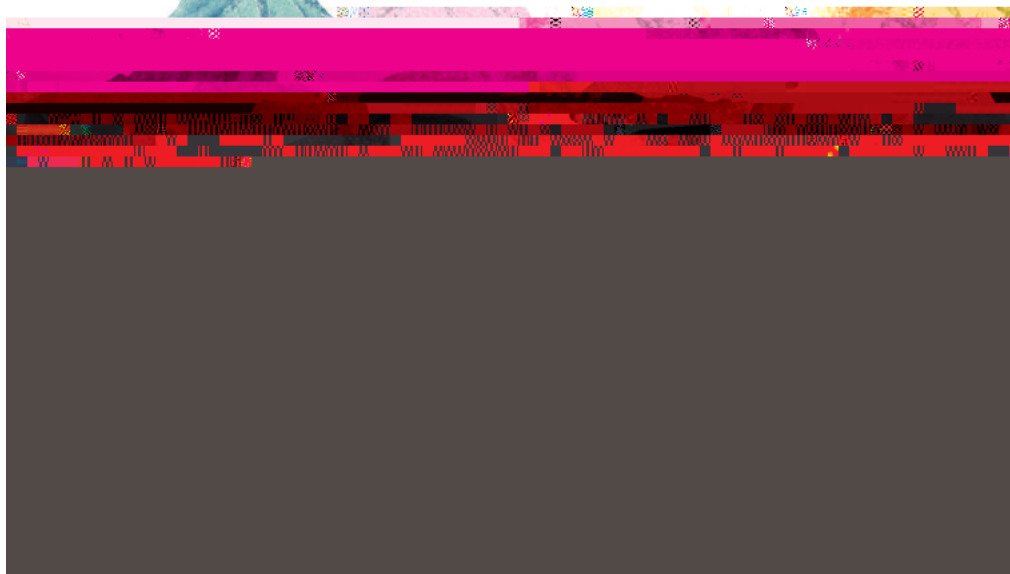


SUPPORTING GRIEVING CHILDREN

the health of families and communities



COALITION *to* SUPPORT
GRIEVING



You can help children understand what has happened.

he n e k i n g i h c h i l e n a . . h e e h o f l a e o n e . . e h e
 o . . e . . n . . i e . . h e e . e . i o n . . a c h . . e e l . i n g . l e e .
 o . . e . . m c o n f . e c h i l e n n m h e i h f o h e m o
 n e . . n . . h . h . h . . e n e . B e . . e a n g c h i l e n (e . e c i l l
 . e . c h o o l - g e c h i l e n n . h o . e i n e l e l e m e n g e .)
 n e . . n f a m j o c o n c e . . :

If children do not understand that death is permanent, they may not be able to start to grieve the loss. They may be angry that the person has chosen not to return.

Children who do not understand this concept may worry that someone who has died is cold, hungry, or in pain.

If children do not understand this, they may wonder what they did, or what the person who died did, that caused this particular person to die. This leads to guilt and shame.

When children understand the true reasons for a death, they are less likely to make up explanations that cause them to feel guilty or ashamed.



No child is too young to be affected by the death of someone close.

Even infants, even those who are too young to understand the death of someone close, can be affected by the death of someone close. They may not understand the concept of death, but they can feel the loss of a loved one. They may experience changes in their behavior, such as crying more often, or they may become more clingy. They may also experience changes in their eating and sleeping patterns. It is important to recognize these signs and provide support for the child. Even the youngest children can feel the loss of a loved one, and it is important to acknowledge their feelings and provide them with the support they need.

Invite older children and youth to talk.

Older children and youth may have more difficulty understanding the death of a loved one. They may feel confused, angry, or sad. They may also experience changes in their behavior, such as withdrawing from family and friends, or they may become more rebellious. It is important to encourage older children and youth to talk about their feelings and to provide them with the support they need. They may need help understanding the concept of death, and they may need help processing their emotions. Encourage them to talk to a trusted adult, such as a parent or teacher, about their feelings. They may also benefit from talking to a counselor or therapist. It is important to let them know that it is okay to feel sad and that it is okay to ask for help.

Children often feel guilty after a death has occurred.

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 h . en e en hen. he e i no
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 Chil en m l o feel g il

Invite children to participate in funerals and other memorial services.

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e en, he of en e en einge cl e. he mi, he o o
o i e, fien, f mil, n (o o i e) hei eligia e ice.
he o a h i o f lin he e ice. h i eing one o
hei la e one, h he eno e mi e o ee?

EXPLAIN IN SIMPLE TERMS WHAT WILL HAPPEN.

as nɪŋ ɒp o k a a

**LET YOUR CHILDREN DECIDE WHETHER
OR NOT TO ATTEND.**

FIND AN ADULT TO BE WITH EACH CHILD.

the child's needs, including leaving the service if the child wishes.

OFFER A ROLE IN THE SERVICE.

Suggest something that will comfort and not overwhelm them.

OFFER OTHER OPTIONS.



Provide support over time.

Children who lose family members often feel
shocked, sad, angry, lonely, and scared. They need
children's counselors.



HELP CHILDREN PRESERVE AND CREATE MEMORIES.

Talk to your children's teachers.

Children often have a lot of concerns going on in their lives, but they might not be able to tell you about them. They might be worried about a change in their teacher or the classroom environment. Don't wait until you find out about a problem before seeking help. It's a

Talk to your children's pediatrician or other

Chil en m e o i e a hei hel h fe e h h oca e .
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 a a o g a o e e e men c m .

Grieving can last a lifetime but should not consume a life.

Chil en ne e ge a e m jo lo... ch... he e h of clo e
f mil mem e o f ien. Chil en gie e in... ge. n a e m n
e... A e ch ne... ge in hei li e... ch... hen he g... e f om

FOR MORE INFORMATION

About the Coalition