



GOOD GRIEF
SUPPORT PROGRAMS

Helping Your Child Through Grief

DO GRIEVE with your child. Let your child know that you are grieving too and that grief is a normal response to loss. However, remind yourself that this is not a time to lean on your child or expect your child to lead you through the grief process.

DO INCLUDE your child in plans and activities with loved ones.

DO ANSWER questions honestly and directly. Try to avoid euphemisms which might confuse the child. Try to use correct medical terms as much as you can.

DO LISTEN to your child's verbal and non-verbal messages. Children often speak to us most clearly through their play, illnesses and other behaviors.

DO ADDRESS the three most common concerns your child might be facing:

- ♡ Does he or she not remember me?
- ♡ Will this eventually happen to me?
- ♡ Who will take care of me now?

DO REMEMBER your loved one during birthdays, anniversaries, holidays and other special times. Include your loved one in these activities.

DO KEEP in mind the developmental needs of your child. Young children understand the concept of loss very differently from older children. You may need to revisit these issues with your child as they age.

DO COMMUNICATE with your child's school about your family's loss. Let the guidance office know of any changes including counseling.

DO BE HONEST with your child. Children often overhear conversations from others that may lead them to learning withheld information. They may often sense when adults are not being honest.

DO ALLOW TIME for your child to grieve. Grief in children may be unpredictable or delayed. Like adults, grieving children have good and bad days. Grief symptoms may reappear years after the loss.

DO RESPECT your child's ability to experience feelings. Avoid changing the subject to a happier one when the child expresses unpleasant thoughts or feelings.



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Learn more about Treasure Coast Hospice Grief Support

772-403-4530 | griefinfo@treasurehealth.org | www.TreasureHealth.org