

Talking to Your Child About Grief

Kenia Gonzalez, Registered Associate CSW

November 18, 2021

Take care of you

Exercise and eat well. It may be difficult but, try to stick to your normal routine. It is also helpful to reach out to others for support.

Be Honest with your child

Talk to your child about the tragic event in a simple manner. Be direct, honest and share information in an age appropriate manner

Listen

Listen to your child and allow them to tell their story about what happened. Allow them to ask questions and try to answer them the best you can.

Acknowledge your child's grief

Recognize that your child is grieving. Allow children to grieve in their own way. Try to make sure you are not imposing your feeling and emotions on your children. Allow them to express their grief.

Share

Share a childhood story about your own life. Share about times when you were afraid, sad or angry. Share how you faced the situation and what you learned.

Be Creative

Allow them to express their feeling through a creative outlook such as drawing, writing, arts and crafts, music or games.

Maintain clear expectation

Keep rules and boundaries, children might use their pain as an excuse for inappropriate behaviors. By maintaining clear expectation, you teach them accountability for their choices no matter how they feel.

Reassure your child

Remind your child that they are loved and that you are there for them.

Create rituals and new family traditions

Rituals can give your family tangible ways to acknowledge your grief and honor the memory of those who have died.

Be patient

Be patient, grief is difficult and can be a long process. Be patient with your child and yourself.