

Children Grief Awareness Day

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What is Grief?

Grief is the natural emotional response resulting from a significant loss-especially the death of a loved one. Everyone handles grief in different ways for example, some individuals may cry, laugh, work excessively, or feel numb. The grieving process takes time and healing happens gradually. Talking about grief does not always come naturally and is often a difficult topic to discuss. When it comes to children, the topic becomes even harder.

Why is it important to talk about grief?

It is important to talk about grief especially with children who have experienced the death of someone important to them. By doing so, children may vocalize if they are struggling. It is important to seek help from a mental health professional if the grief becomes too painful and leads to anxiety or depression.

Resources

Community Hospice Grief Support Service
4368 Spyres Way
Modesto, CA 95356
209.578-6300

Jessicas House
1225 W. Christoffersen Pkwy,
Turlock, CA 95382
209.250.5395

References

<https://www.childrensgriefawarenessday.org/cgad2/about/index.shtml>
<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>
<https://grief.com/the-five-stages-of-grief/>