

Supporting Your Grieving Child

Supporting children and youth after a loss is important. Here are some tips to support your conversations.

Be Honest

Although the clear, direct and simple truth may be difficult, it is far better than unclear, indirect messaging.



Listen

Listen nonjudgmentally to your child's experience. There is no right way to feel. Don't push your expectations around grieving onto your child.



Normalize & Validate

There are a wide range of responses to grief. Normalize and validate their feelings – whatever they may be



Share your Feelings

Sharing your feelings will tell your child that they are not alone. By maintaining an authentic, warm, welcoming environment you are setting the stage for a safe space to share and feel together.



Prepare

Have age appropriate conversations about family traditions and/or rituals. It will help your child to know what is going to happen, what to expect, etc.



Worried?

If you become worried about your child you can:

- speak to your family doctor
- contact local supports
- use local crisis numbers
- call 9-1-1 if emergency



Connect

Where possible bring others together to connect around the loss. This helps both you as a parent and your child. It's okay to need some extra help.

