

# 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.



## 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.



## 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

