

Good Reminders



- Listen with your heart, not your head.
- Allow your child to express all emotions without judgment, criticism, or analysis.
- Recognize that grief is emotional, not intellectual. Avoid the trap of asking your child what is wrong, because he or she will automatically say “nothing.”
- You are the Adult—Go first. Tell the truth about your own grief. Don’t be afraid to say ‘I remember feeling sad when...’ but don’t try to compare your loss to theirs.
- Remember that each of child is unique and each has a unique relationship to the loss event.
- Be patient. Don’t force them to talk.
- Never say “Don’t feel sad” or “Don’t feel scared.” Sadness and fear are normal feelings following loss of any kind.

On behalf of the children, thank you for your courage and willingness to participate in this program, and to want to learn how to help the children/youth in your lives learn new and more effective ways to deal with the losses and griefs in their lives!