



## HOW TO HELP GRIEVING CHILDREN VIDEO NOTE-TAKING OUTLINE

Use this outline to take notes during the video.

### **A Child's Grief**

It differs from adults'

### **Children and Grief**

Behaviors to expect at different developmental stages for children

Ages 2–5

Ages 3–7

Ages 6–9

Expect embarrassing questions

Expect insensitive questions

All ages: Fearing more loss is common

Ages 9–12

Don't compare child to a deceased sibling

Misbehaving and acting out

Respond lovingly and with correction

Expect physiological issues

### **Children Will Revisit Grief**

Expect this at significant life moments or milestones

### **Teens and Grief**

What to expect

Teenage grief symptoms:

- Feeling anger
- Poor performance in school
- Increased performance in school
- Depression
- Isolation
- Acting as if everything is all right
- Problems sleeping
- Other somatic problems or complaints

Dealing with teen behaviors



## Helping Grieving Children

They feel neglected

Enlist the aid of others

Allow your child to grieve

Encourage dialogue

- Alleviate fear
- Provide sense of control
- Give them permission to share their feelings

Listen to your children

Use age-appropriate, truthful language

Tell the truth

Communicating difficult truths to children

Tell a complete story

Correct misinformation

Helping children open up



Be available to listen

Explain how life will change

Explain the new family structure

Establish or reestablish routines

Give age-appropriate responsibilities

Teach them to depend upon God

Read Scripture together

Make a "God Can"

### **Helping Suicidal Children**

Enlist the aid of trained professional

You and your children will make it through your grief journey

Parents and caregivers: It is important to find help for yourself at GriefShare  
([www.griefshare.org](http://www.griefshare.org); click on "Find a Group")