

Top Ten Tips from Grieving Children & Youth on How to Support Them

1

I need people to understand that kids don't "get over" grief. I will grieve the loss of my person who died throughout my life, on holidays, and special days. My grief will never completely go away but with patience and understanding from others, I can get through it.

2

I need people to talk honestly with me about what happened to my person who died.

3

I need to be included in decisions about who is told about the death and how much is shared (especially at school).

4

I need people to understand that the death of a pet is not the same as the death of a parent or sibling and to not make that comparison; even if you are trying to help.

5

need for people not to tell me that they know exactly how I feel, even if they have had a similar loss. My grief and my feelings are my own.

6

I need people not to avoid me or be afraid to ask about the person who died. I like having opportunities to remember them, and understand that sometimes I may prefer not to talk.

7

I need understanding if I want to focus on other parts of my life, like my friends, sports and extra-curricular activities, and not feel judged for taking a break from grief.

8

I need permission and acceptance for all feelings I experience in my grief, including anger and frustration.

9

I need teachers to understand that I may not be able to concentrate in class and on school work after someone important to me has died. This may last a while and come up again at times when my grief is triggered.

10

I need to be treated like a normal kid. I don't want to stick out as different from my classmates and friends.