

Helping Children Cope with Loss



Teku Community



Grief can look present itself in different ways



Ways of coping

It is important to note that children and adults show grief in different ways.

Some of the ways it may manifest with our children include sadness, isolation, anger or frustration. The child might experience body anxiety such as headaches, stomachaches or restlessness. The child may have questions about death and dying. This is normal. If they are sad one moment and playing the next this is also common. Children sometimes use play as a defense mechanism to cope with their emotions.

It is important that we help our child navigate and express their feelings, not suppress them.





What can we do to support our children?

1. Be patient and observant

Observe the child behaviors and what may be triggering them. Children may be too young to identify their own triggers so it is important that we pay attention to their actions. It is also important that we are patient with their behavior.

2. Presenting information

- Answer their questions in bite sizes, don't overwhelm them with information (determine what's developmentally appropriate for them to know)
- Use books or movies to offer different words and perspectives

3. Commemorate the person who has passed away

One way to do this is to share family stories in honor of the person who has passed away. Another way to do this could be to create new routines, rituals or ways to commemorate the life of the person who has died. Lastly, nurture your cultural and spiritual practices to help your family navigate loss and death



Things to keep in mind

Don't forget about yourself!

It is important to work on your own feelings and seek support. Remember you are grieving too.

If changes in your child's behavior are severe or persistent, seek help!

It is okay and sometimes necessary to seek help when needed.

If you need support to help your kids grieve, here are some places to start:

- School counselor
- Local grief counseling centers
- Local hospices may offer grief support services
- Therapists (some specialize in grief counseling)