

Grief comes to all families at some point, and whether it is the loss of a pet or a grandparent, we look for ways to help children through the grieving process. The following **insights from bereavement experts** may be helpful:

- Talk about and remember the person who died. Do not try to avoid grief.
- Create special ways to remember: scrapbooks, memory boxes, anniversary rituals.
- Allow children ways to say good-bye to the person who died, perhaps by writing letters or, for the young child, talking on a toy phone.
- Expect and allow all kinds of emotions, and give young children ways to express them, offering crayons, paint, clay, chalk.
- Continue to listen for signs of fear or confusion, and be ready to reassure or reiterate.
- Welcome the release of laughter.
- Be a model of good grief. Do not hide your grief from your children.
- Remember that children are more capable of putting aside grief, and their play may be a way of taking a break from it, or a way of releasing emotions.
- Respect differences in children's grieving styles. Children will respond to grief quite differently, depending on their age and personality.

We have several resources in our lending library to assist parents as they help their young children through the grieving process.

For parents:

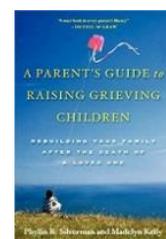
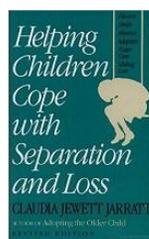
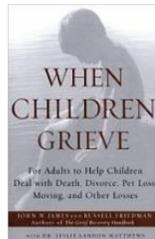
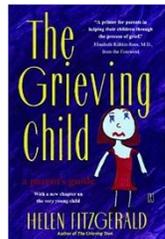
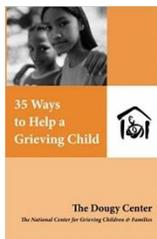
[35 Ways to Help a Grieving Child](#) (Dougy Center)

[The Grieving Child: A Parent's Guide](#) (Fitzgerald)

[When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses](#) (James, Friedman)

[Helping Children Cope with Separation and Loss](#) (Jarratt)

[A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One](#) (Silverman, Kelly)



Children's books:

Note: A family's belief system is strongly tied to how they talk about death with their children. It is especially important that you read through children's books dealing with death before sharing them with your child.

When Dinosaurs Die: A Guide to Understanding Death (Brown)

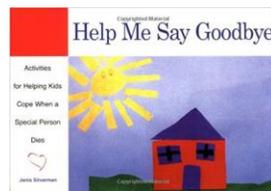
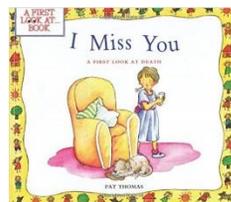
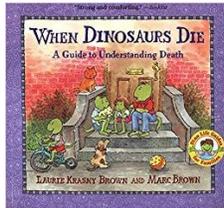
I Miss You: A First Look at Death (Thomas)

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies (Silverman)

The Goodbye Book (Parr) – a simple book for the very young

Good-Byes (Rotner) – a more general book on types of good-byes

Nana Upstairs & Nana Downstairs (De Paola) – a sensitive classic



On the death of a pet:

Saying Goodbye to Lulu (Demas)

I'll Always Love You (Wilhelm)

When a Pet Dies (Rogers) – an older book, but with Mr. Rogers' trusted sensitivity

