

Fast Facts

Grief & Children

| <i>Tips to Help</i> | <i>Concerns to Watch for</i> |
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| <ul style="list-style-type: none">-Be truthful when answering questions-Answer the questions they ask (even hard ones)<ul style="list-style-type: none">-Listen without judgements-Talk about/remember the deceased loved one<ul style="list-style-type: none">-Respect difference in grieving styles-Give them choices whenever possible-Hold a memorial service/allow them to say goodbye-Allow them to have a break from dealing with the process | <ul style="list-style-type: none">-Extend period of depression (loses interest in daily activities/events)<ul style="list-style-type: none">-Acting much younger for extended periods-Excessively imitating the deceased loved one<ul style="list-style-type: none">-Repeated statements of wanting to join deceased loved one-Withdrawal from friends-Sharp drop in performance/refusal to attend school-Inability to sleep/loss of appetite, prolonged fear of being alone |

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