

## Tips for Parents with Grieving Children

- **Expect a range of emotions.** We all react and cope differently, especially adolescents. Be open to discuss with your children the different ranges of emotions they will be experiencing. (shock, denial, numbness, sadness, anger, guilt, mild depression etc)
- **Help your child mourn by memorializing the friend in a special way.**  
It lets your child know you really care about their feelings and many times will let the child open up more.
- **Give them plenty of space and time to mourn.** This may be in public or stay in private.
- **Be on the lookout if grades start to fall** or if they totally withdraw. This is a signal that counseling support could be needed.
- **Be supportive. Let them know you're available to talk.** In time they will come to you, but try not to force the issue.
- **Remind them of healthy ways to cope** like being active (walking, jogging, playing sports) and productive (writing/journaling, drawing, cleaning).
- **Remind them to use their resources.** Encourage your child to talk to the School Counselor, Teachers , etc if they need support.