

Kids and Loss

Children are exposed to loss, too, giving up parents, friends or pets to death, relocation or divorce.

To help them cope with loss:

DO:

- ✓ **Answer questions** - tailoring your response to the child's age and maturity.
- ✓ **Let them talk about the loss** -Don't push them, but be available if they need you.
- ✓ **Expect some behavior changes** -fear, anger, or guilt may cause children to act differently .

DON'T:

- × **Explain death as a trip or sleep** -kids may end up fearing future vacations or bedtime.
- × **Be afraid to show or share *your* grief** -This can reassure your children that their own sad feelings are O.K.
- × **Take away belongings of the lost person/ pet.** These concrete objects help children hold on to precious memories.

