

# Dealing with Grief and Loss

- Remember that a loss to a child or teen doesn't always have to be the death of a loved one. A loss could be related to the deployment of a loved one, a divorce, loss of a pet, illness or hospitalization of a loved one and more.
- Choose a time when you can talk with your child privately and a time when both you and your child are calm.
- When we experience a loss, we often have many different feelings all at once. Feelings of being happy, sad, angry, confused or irritated are all normal. Don't be afraid to show emotion or cry.
- Remind your child that you love them and you are there to support them, no matter what.
- Know that you don't have to make the situation "okay" or fix anything. Give your child empathy, love, a hug and understanding.
- Make sure you are practicing self-care. Self-care is giving your loved ones the best of you instead of what's left of you.

## Conversation Starters

<ul style="list-style-type: none"><li>• How can I help you right now? Do you need a hug, some one-on-one time, or for me to listen?</li></ul>	<ul style="list-style-type: none"><li>• Are you feeling mad or sad? What are you mad or sad about?</li></ul>	<ul style="list-style-type: none"><li>• Are you feeling worried? What worries or questions do you have?</li></ul>
<ul style="list-style-type: none"><li>• Do you have a happy memory that you want to share?</li></ul>		<ul style="list-style-type: none"><li>• What do you want me to know or learn about what you're feeling right now?</li></ul>