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

- How can I help you right now? Do you need a hug, some one-on-one time, or for me to listen?

- Are you feeling mad or sad? What are you mad or sad about?

- Are you feeling worried? What worries or questions do you have?

- Do you have a happy memory that you want to share?

- What do you want me to know or learn about what you’re feeling right now?