



GriefCare for Families
Module 5: Caregiving after a loss
Topic 3: Helping grieving children manage their emotions

Helping children deal with the highly emotional period of acute grief requires considerable time as physical presence and affection are important. There are many things you can do to support your child as they grieve such as keeping a normal routine and structure. Verbal and non-verbal soothing can also be helpful. A highly emotional child can try a parent's and caregiver's patience under ordinary circumstances. If you are grieving as well, it is even more difficult. You need to be sure you take care of yourself as well as your children. Your natural inclination as a parent and caregiver is to put your own needs on a back burner. This may be the best thing to do at certain times. However, when you are grieving, it's important to take some time to attend to your own needs. It is also important to find ways to get support for yourself and for your family. You are the most important person in your child's life, but that doesn't mean you need to do this alone.