



Dealing with Grief Parent Tips

Losing a loved one, a grandparent, parent, friend, or pet, is difficult for everyone. While we cannot protect our children from the pain of grief and loss, we can help children cope by providing love, security, and compassion. When telling children about the death of a loved one, be honest. Use simple language and answer questions with short explanations. Try to be calm, even though you're grieving too. Encourage all family members to express their feeling.

Tips for Dealing with Grief and Loss

- Often a grandparent is the first experience children have with death. Explain most people die when they are old, not young, to calm fears that they may die next.
- Keep the children's routine consistent, to the best of your ability, including school, bedtime, and mealtime.
- Allow your children to play as play is an appropriate outlet for children's grief.
- Regression (accidents, bed wetting, thumb sucking, sleep issues) is common.
- If your children are attending the funeral service, prepare children for what they will experience. Have a trusted adult available to take the children from the service if they are agitated.
- Maintain family traditions, especially if the death occurs close to a holiday. Consistency and tradition are healing.
- Notify the staff at your children's school for support and compassion. Children may express their grief in uncharacteristic behaviors.
- If the family pet was euthanized, avoid using "put to sleep" as children may fear bedtime.

Within the context of faith, we have the gift of knowing death is not the end. In heaven, there's no disease or sadness. Jesus provides a forever place for us where we will see our loved ones again. The books on the resource list will assist you in comforting your children and pointing them to the truth of the Bible.

Recommended Resources

Heaven for Kids by Randy Alcorn

Tell Me About Heaven by Randy Alcorn

What Happened When We Die by Carolyn Nystrom

Someday Heaven by Larry Libby

Heaven is for Real for Kids by Colton Burpo

After the Funeral by Jane Loretta Winsch

God Gave Us Heaven by Lisa Town Bergren & Laura J. Bryant

God is Always Good by Tama Fortner

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