



NCES  
U.S. DEPARTMENT OF EDUCATION

## Helping Children Cope With Loss: Grief and Care Tips for Bereaved Parents

When a child dies, parents often experience a range of emotions, from shock and denial to anger and depression. The process of grieving is a natural response to the loss of a loved one, and it is important to understand that there is no "right" way to grieve. Each person's experience is unique, and it is important to seek support and help when needed.

### Understanding Grief

Grief is a natural response to the loss of a loved one. It is a process that involves a range of emotions, from shock and denial to anger and depression. The process of grieving is a natural response to the loss of a loved one, and it is important to understand that there is no "right" way to grieve. Each person's experience is unique, and it is important to seek support and help when needed.

1. **Recognize that grief is a process.** Grief is not a single event, but a process that unfolds over time. It is important to understand that there is no "right" way to grieve, and that everyone's experience is unique.
2. **Seek support.** Grief can be a lonely experience, and it is important to seek support from family, friends, and professionals. Support groups can be particularly helpful, as they provide a safe space for people to share their experiences and feelings.
3. **Take care of yourself.** Grief can take a toll on your physical and mental health. It is important to take care of yourself by eating well, exercising, and getting enough sleep. If you are struggling, consider seeking professional help.
4. **Remember that healing is possible.** While grief can be a long and difficult process, it is important to remember that healing is possible. Over time, the pain of loss may lessen, and you may be able to find meaning and purpose in your life again.

### Helping Children Cope

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1. **Be honest.** Children need to know the truth about what has happened. It is important to be honest with them, and to answer their questions as best you can. Avoid using euphemisms or "white lies," as these can be confusing and hurtful.
2. **Provide support.** Children need to know that they are not alone, and that they can talk to you about their feelings. Provide a safe space for them to express their emotions, and offer comfort and reassurance as needed.
3. **Encourage expression.** Children may find it helpful to express their feelings through art, writing, or other creative outlets. Encourage them to do so, and provide materials and support as needed.