



NCES
U.S. DEPARTMENT OF EDUCATION

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

This booklet provides information about grief and bereavement for parents of children who have died. It offers suggestions for helping children cope with their grief and provides information about bereavement services and support groups.

Understanding Grief

Grief is a natural response to the loss of someone or something that is important to you. It is a process that helps you adjust to the change. Grief is not a disease and it does not last forever. It is a process that helps you adjust to the change.

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Helping Children Cope

There are many ways to help children cope with their grief. Some of the ways are listed below.

1. Encourage children to express their feelings.
2. Provide children with information about the death.
3. Encourage children to participate in funeral services.