



NCES  
U.S. DEPARTMENT OF EDUCATION

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

When a child loses a loved one, the child's grief is a natural response. It is important for parents to understand that their child's grief is a process, not an event. The child's grief will change over time, and it is important for parents to be patient and supportive.

### Helping Children

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1. **Be patient and supportive.** Your child's grief is a process, not an event. It will change over time, and it is important for you to be patient and supportive.
2. **Encourage your child to express their feelings.** Your child may not be able to express their feelings in words, but they may be able to express them in other ways, such as through art or music.
3. **Encourage your child to spend time with their loved one.** If your child is able to visit their loved one, encourage them to do so. This can help them to feel closer to their loved one and to process their grief.

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