



NCES
U.S. DEPARTMENT OF EDUCATION

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

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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. **Be honest with your child.** It is important to be honest with your child about the death of their loved one. Do not try to hide the truth from them, as this can be confusing and hurtful.

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