



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 often more intense than the parent's. This is because the child's sense of loss is often more immediate and more personal. The child's sense of loss is often more immediate and more personal. The child's sense of loss is often more immediate and more personal.

### Helping Children

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1. **Be honest about the loss.** Children need to know the truth about the loss. They need to know that the loss is real and that it is not something that can be forgotten or ignored.
2. **Be patient.** Children's grief is often more intense than the parent's. It may take time for the child to accept the loss and to move forward.
3. **Be supportive.** Children need to know that they are not alone. They need to know that there are people who care about them and who are willing to listen to their feelings.
4. **Be consistent.** Children need to know that their lives will continue to be stable and predictable. They need to know that their parents will continue to love and care for them.

### Helping Parents

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1. **Be honest about the loss.** Parents need to know the truth about the loss. They need to know that the loss is real and that it is not something that can be forgotten or ignored.
2. **Be patient.** Parents' grief is often more intense than the child's. It may take time for the parent to accept the loss and to move forward.
3. **Be supportive.** Parents need to know that they are not alone. They need to know that there are people who care about them and who are willing to listen to their feelings.
4. **Be consistent.** Parents need to know that their lives will continue to be stable and predictable. They need to know that their children will continue to love and care for them.