

## Ten Things Grieving Children Want You to Know

- 1 Grieving children want to be told the truth.
- 2 Grieving children want to be reassured that there will always be someone to take care of them.
- 3 Grieving children want you to know that their grief is long lasting.
- 4 Children often cope with grief and loss through play.
- 5 Grieving children want you to know that they will always miss the person who died.
- 6 Often grieving children want to share their story and talk about the person who died.
- 7 Every child grieves differently.
- 8 Grieving children often feel guilty.
- 9 I might be acting out, what I'm really feeling is intense emotions of grief.
- 10 If you're not sure what a grieving child wants, just ask them!

*from* National Alliance for Grieving Children