



## A Guide for Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses

### PRACTICAL ADVICE THAT CAN HELP CHILDREN NAVIGATE THEIR EMOTIONS DURING CHALLENGING TIMES

- **Listen with your heart, not your head.** Allow all emotions to be expressed, without judgment, criticism, or analysis.
- **Recognize that grief is emotional, not intellectual.** Avoid the trap of asking your child what is wrong, for he or she will automatically say, “Nothing.”
- **Adults – Go first.** Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.
- **Remember that every child is unique and each has a unique relationship to the loss event.**
- **Be patient.** Don’t force your child to talk.
- **Never Say “Don’t feel sad” or “Don’t feel scared.”** Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

YOU ARE NOT ALONE, TOGETHER, WE CAN CREATE A NURTURING  
AND EMPOWERING ENVIRONMENT FOR CHILDREN TO THRIVE.



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