

GRIEF AND LOSS

Grief is a deep sorrow, especially that caused by someone's death.

RESOURCES

Activities for Grieving Children

youthlight.com/sample/activities_grieving_children.pdf

Signs of Problems

aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Grief-008.aspx

How to Help a Grieving Child

doug.org/grief-resources/how-to-help-a-grieving-child/

How to Help Teenagers Grieve

doug.org/grief-resources/help-for-teens/



LEWISVILLE ISD GUIDANCE AND COUNSELING

lisd.net/counseling
@LISDcounselors1 | 972.350.4768
1565 W. Main St. | Lewisville, TX 75067

GRIEF AND LOSS



FEELING WORDS ASSOCIATED WITH GRIEF

- Confused
- Depressed
- Frustrated
- Lonely
- Withdrawn
- Miserable
- Hurt
- Angry
- Scared
- Betrayed



SIGNS OF SERIOUS PROBLEMS

Signs of children who are having serious problems with grief and loss, may show:

- an extended period of depression in which the child loses interest in daily activities and events
- inability to sleep, loss of appetite, prolonged fear of being alone
- acting much younger for an extended period
- excessively imitating the dead person
- repeated statements of wanting to join the dead person
- withdrawal from friends, or
- sharp drop in school performance or refusal to attend school

WAYS TO HELP YOUR CHILD COPE WITH GRIEF

The first thing to remember is that everyone grieves differently. You may see your child crying one minute and then playing with toys the next. This is completely normal. The mood shifts do not mean that they are done grieving or that they don't care. It is a coping mechanism to help deal with the variety of emotions they are experiencing. Give your child a safe space to express the emotions as they experience them. They need to know that you are there to help them work through whatever they are feeling. Keep your child's age in mind. Answer their questions directly without giving details that they may not be ready for. Young children may not be able to grasp the concept of "forever" and may have questions. Stick to a routine as much as possible. The comfort of predictability is helpful in a time when emotions are running high. If your child seems unusually upset or unable to cope with the loss, reach out for help. Contact your campus counselor for referrals to outside resources.