



November is  
Children's Grief Awareness Month



## JOIN US IN ACKNOWLEDGING CHILDREN'S GRIEF AWARENESS MONTH AND CHILDREN'S GRIEF AWARENESS DAY - NOV. 20

- NACG is sharing their Flip the Script campaign. Click [HERE](#) to learn more.
- Join Grief Connection Space in sharing campaign - see below
- View Eluna's Supporting Your Family's Grief Through the Winter and Holidays Webinar. Click [HERE](#) to learn more.

## GETTING TO KNOW MORE ABOUT GRIEF ...

Grieving students are at higher risk for academic challenges, social isolation, and emotional distress — yet fewer than half report that an adult at school reached out to them after their loss” (Source: New York Life Foundation & American Federation of Teachers — “The Grieving Student: Educators’ Perspectives).

## NOVEMBER IS CHILDREN'S GRIEF AWARENESS MONTH

Practical Actions Schools Can Take This Month and Throughout the Year



- Add a slide or short blurb about Children's Grief Awareness Month to staff meetings and the school newsletter
- Share 1-page handouts with teachers: basic signs of grief by age and simple classroom strategies (predictability, check-ins, extra time for assignments). ([NASP](#))
- Partner with Grief Connection Space for a 60 minute training or lunch-and-learn for teachers about supportive language and resources. ([Grief Connection Space](#))
- Ensure students and staff know how to access crisis supports (school counselor, local grief group, or 988/crisis services). ([SAMHSA](#))
- Participate in the New York Life Foundation's Grief Sensitive School Initiative and be eligible for a \$500 grant

Sample blurb for families / staff newsletter - “November is Children's Grief Awareness Month. If your child has experienced a loss (big or small), our school counseling team is here to help. Grief can affect sleep, concentration, and schoolwork — please reach out to [counselor name/contact] if your family would like support or referrals.”

## CONVERSATIONS IN COMMUNITY

- November is Children's Grief Awareness Month and November 20<sup>th</sup> is [Children's Grief Awareness Day](#).
- November 5- NASW Chapters Conference - Grief and Trauma: Supporting Children in the Aftermath of Loss
- November 8 - Solutions for Care Conference - Understanding and Navigating Anticipatory Grief
- November 12 - Thomas Ford Memorial Library - Grief and the Winter Holidays
- November 13 - Illinois School Counselor Association Annual Conference
- November 20 - FREE Grief Support Group - Lyons Township Mental Health Commission
- November 20 - Children's Grief Awareness Day
- December 5 - West 40 - Grief in Schools
- [We offer professional development, workshops and presentations - connect with us to learn more](#)



# Children's Grief Awareness Month:

## Supporting Youth and Staff in Schools and Communities

November is Children's Grief Awareness Month, a time to honor and support the many children who experience the death of a parent or sibling. In the Illinois, 1 in 12 children will face such a loss before reaching adulthood (Judi's House, 2025). Schools play a unique role in offering support, safety, and understanding for grieving youth. Small gestures of compassion can have a profound, lasting impact.

Imagine a fourth grader named Emma. Her father died last year and she sometimes asks the same questions repeatedly or struggles to complete her homework on time. Or picture Javier, a sixth grader whose 2 year old sister died over the summer. His teachers comment that he seems irritable and his friends don't know how to respond. Across grade levels, grief looks different—high school students may question life's fairness or distance themselves from peers entirely. Recognizing these patterns helps educators and support providers respond with empathy and compassion rather than judgment.

Supporting grieving youth doesn't require specialized therapy training. Simple gestures—acknowledging loss, offering flexible deadlines, providing safe spaces, or checking in quietly—can make a profound difference. A caring adult in school or community often becomes the anchor a child needs to navigate grief.

At the same time, grief touches staff as well. Staff and support providers may find themselves reliving personal losses while supporting youth like Emma and Javier. Taking time for self-care, connecting with colleagues, or utilizing counseling resources helps prevent compassion fatigue. Remember this truth: "You can't pour from an empty cup."

We can also rely on resources from organizations like [Grief Connection Space](#), the [National Alliance for Children's Grief \(NACG\)](#), [National Center for School Crisis and Bereavement](#) and the [Coalition to Support Grieving Students](#). Reflection is key—ask yourself, "How can our school/community make grief more visible and supported this year?" By acknowledging grief, understanding developmental responses, and modeling compassion, we can create environments where youth feel seen, supported, and safe.

This November, and every month, adults have the power to make a lasting impact—one kind word, one flexible deadline, or one safe space at a time. ❤️

## Featured Grief Resources





## Social Media Ideas for Children's Grief Awareness Month

### Week 1:

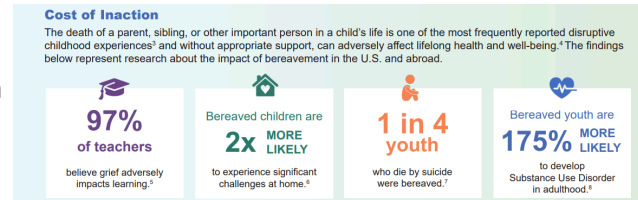
#### Post 1: Introduction

##### Call to Action (CTA):

"November is Children's Grief Awareness Month. 1 in 11 children in the U.S. will experience the death of a parent or sibling by age 18. Schools can be a safe, supportive space. 💙"

#ChildrensGriefAwareness #GriefConnectionSpace

Source: [CBEM Report](#)



#### Post 2: Educator Quote/Tip

##### CTA:

"A caring adult in the school can make all the difference."  
Grieving children need consistency, compassion, and connection.

#SupportGrievingStudents #EducatorsMatter

#GriefConnectionSpace



### Week 2:

#### Post 3: Age-Specific Grief Reactions

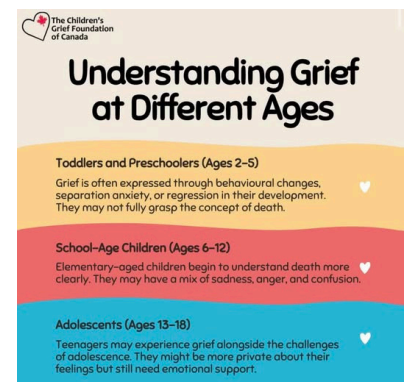
##### CTA:

- Grief looks different at every age and stage
- Early Elem: Questions, regression
- Upper Elem: Guilt, worry
- Middle School: Mood swings, peer sensitivity
- High School: Withdrawal, existential questions

Support looks different too. #GriefInSchools #ChildrensGriefAwareness

#GriefConnectionSpace

Visual: <https://childrensgrieffoundation.org/>



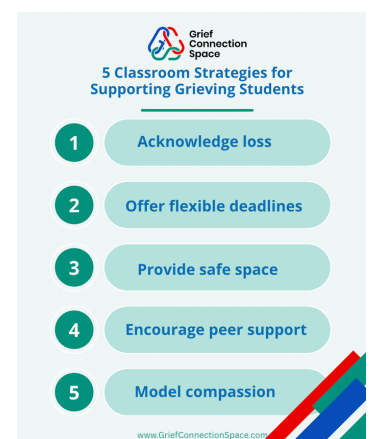
#### Post 4: Classroom Strategies

##### CTA:

5 Classroom Strategies for Supporting Grieving Students:

1. Acknowledge loss
2. Offer flexible deadlines
3. Provide safe space
4. Encourage peer support
5. Model compassion

#GriefSensitiveSchools #EducatorsMatter #GriefConnectionSpace





**Grief  
Connection  
Space**

## Week 3:

### Post 5: Teacher/Staff Self-Care Tip

CTA: "Grief touches staff too. Supporting students can be emotionally heavy. Take time for yourself and seek peer or counseling support. 💙"

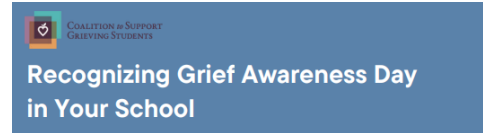
#EducatorWellness #ChildrensGriefAwareness"



### Post 6: Flip the Script

CTA: Visit NACG for the 2025 Graphics for this social media campaign - <https://nacg.org/flipthescript/>

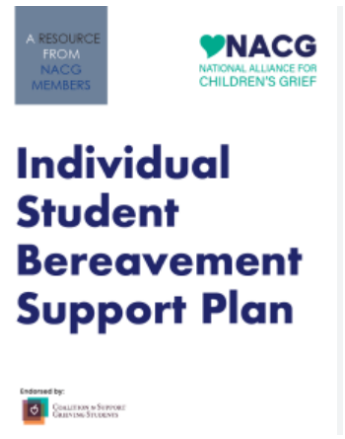
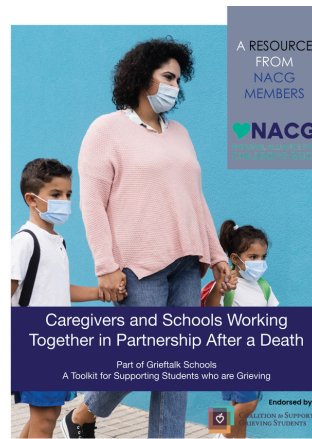
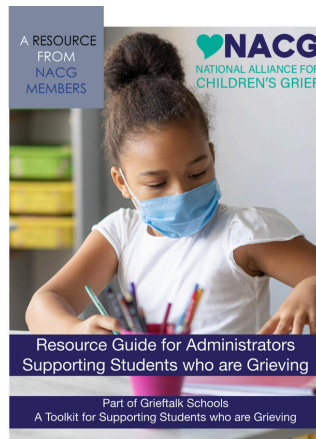
Share information on Children's Grief Awareness Day from the National Center for School Crisis and Bereavement - <https://grievingstudents.org/wp-content/uploads/2016/05/Recognizing-Grief-Awareness-Day-in-Your-School-9172025.pdf>



## Week 4:

### Post 7: Resources for Schools from NACG

Choose one or more to highlight



### Post 8: Grief Resources

CTA:  
#ChildrensGriefAwareness

#GriefConnectionSpace #GriefResources

#GriefPartners

### Featured Grief Resources



**Grief  
Connection  
Space**



**NATIONAL CENTER  
FOR SCHOOL CRISIS  
AND BEREAVEMENT**



**COALITION to SUPPORT  
GRIEVING STUDENTS**

[www.griefconnectionspspace.com](http://www.griefconnectionspspace.com)



# Free Grief Support Group



at the Township of Lyons  
6404 Joliet Rd, Countryside

## 2025 Dates

October 16, November 20, December 18  
(Third Thursday of the month)

Time: 6:15pm-7:30pm

Hosted and Sponsored by:



Scan to  
register:



Facilitated by:



**Grief  
Connection  
Space**

Registration link also found at:  
[lyonstownshipil.gov/grief-support-group/](http://lyonstownshipil.gov/grief-support-group/)  
Note: For adults 18+

**The Free Grief Support Group will continue to meet on the  
Third Thursday of the Month through May 2026!**

[www.griefconnections.space.com](http://www.griefconnections.space.com)