

# How to Talk to Children About Grief

Grief is a big emotion, and children need gentle support to understand and cope with loss. Here are some helpful ways to talk with children who are grieving:

## 1. Use Clear and Simple Language

Avoid confusing phrases. Instead of 'passed away,' say 'died' if age-appropriate.

## 2. Be Honest and Reassuring

Answer their questions truthfully. Let them know it's okay to be sad or confused.

## 3. Listen More Than You Speak

Give children space to share memories, feelings, or ask questions.

## 4. Offer Comfort Without Pushing

Let them feel their emotions without rushing them to feel 'better.'

## 5. Keep Routines When Possible

Familiar activities can provide a sense of stability during hard times.

## 6. Use Books and Activities

Grief boards, memory jars, and journals help children process emotions creatively.

***Every child grieves differently. Be patient, loving, and ready to walk alongside them.***