

KNOWING THYSELF: HELPING CHILDREN GRIEVE

Coping with a death in the family is one of the more difficult challenges that you and your children will ever undertake. Before you begin explaining death to your child, it may be very helpful to look back at your own childhood experiences with death.

Did anyone talk to you about death?

What did they tell you about death?

Do you have stories or experiences with death that you have never spoken about?

Do you remember what you were told about what happens when someone dies?

Because of their own past experiences and fears some parents think they need to protect their children from dealing with death. Most parents are fairly confused and turn to professionals to deal with death and loss; however, you can talk to your own children about death.