



10 Things Grieving Children Want you to Know

1. Tell us the truth.
2. Reassure us someone will be there to care for us.
3. Our grief is life-long and it will change over time.
4. We express our grief more through our play than our words.
5. We feel alone and different from the other kids at school.
6. Most of us want to talk about our loved one and hear stories of their life.
7. All children grieve differently.
8. We often blame ourselves for the death.
9. Our intense grief emotions often look like we're acting out on purpose.
10. If you're not sure what we need, you can ask us.

