

SUPPORTING CHILDREN AND TEENS DURING GRIEF CHECKLIST

- Make time for honest and open conversation (ongoing)
- Avoid euphemisms use direct language (dead and died)
- 3 L's (Look, Listen, and Learn) for how your child/teen is grieving
- Teach children and teens about grief and coping skills
- Model grief work and how to cope or talk about grief & who died
- Address safety concerns (emotional and physical)
- Maintain routine, scheduling, structure, and discipline
- Learn their grief style and meet them where they are at
- Ask them who should know at their school or in their community
- Provide them with choices as much as possible
- Get a medical check-up (clean bill of health) for them and yourself
- Limit parentification of children/teens (seek adult support if needed)
- Allow for occasional grief days where they can check-out
- Include them in planning for special days (holidays, anniversaries, etc.)
- Monitor for changes in behavior (frequency, intensity, & duration)
- Connect them with peer-based support (grief group or camp)
- Allow PLAYING. This is their language and they will grieve through play
- Use your resources

