

SUPPORTING CHILDREN AND TEENS ANTICIPATORY GRIEF CHECKLIST

- Make time for an honest and open conversation (ongoing)
- Avoid euphemisms use direct language
- 6-C's (call it what it is, catch, cause, cure, care, continued conversations)
- Involve the child/teen with age-appropriate duties and revisit often
- Give choice and permission to be involved or to not be
- Address safety concerns (emotional and physical)
- Maintain routine and scheduling
- Engage in legacy-building activities
- Discuss patient changes (physical, behavioral, emotional, and social)
- Provide healthy outlets and increase coping skills
- Model identification of feelings, coping skills, and self-care
- Limit parentification of children/teens (seek adult support if needed)
- Stick to natural consequences and maintain normal disciplinary actions
- Ask the child/teen who they want to involve (school, clubs, peers etc...)
- Create a JIC Plan (just-in-case plan)
- Keep children/teens informed on medical changes (if they request it)
- Do weekly check-ins or daily if needed
- Use your resources

