GRIEF LOOKS DIFFERENT AT EVERY AGE...

The Jewish Board

Health and Human Services for All New York

Littles: Ages 5-8



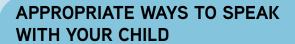
Information and Referral griefsupport@jbfcs.org 212.632.4692

Loss & Bereavement Program Referral Form https://forms.office.com/r/KairvStjbJ



COMMON GRIEF REACTIONS

- Young children grieve in short spurts
- Younger children don't always understand death is final (5-7 yrs)
- It is ok for your child to look to your/family's reactions to grief
- May talk about pains in their body (more visits to the nurse), or trouble sleeping
- May wish to stay busy and/or do things that the person who died wanted them to do in order to make them proud



- Name whatever emotions they're having without judgement
- Behavior IS communication for you and your child
- Use clear and simple language
- It's okay if you don't always have the answer
- HONESTY IS THE BEST POLICY





ACTIVITIES

- Draw—feelings, a memory, or a wish
- Create a memory box/book/poster
- Read books together and answer questions
- Celebrate your loved one by eating a food that they liked, listening to music that they enjoyed or doing an activity they liked, together

THINGS TO REMEMBER

- Children's grief is based on one's culture, religion, and race
- Maintain a level of curiosity with your child's experience in grief
- There are no set stages; grief doesn't happen in any special order
- Grief and grieving changes over time
- Reach out to a professional if you or your child needs support

