

HOW CLINICIANS CAN HELP CHILDREN WITH GRIEF AT EVERY AGE...



The Jewish Board
Health and Human Services for All New Yorkers

Early Childhood: Birth to 5 years

Contact Us

Information and Referral
griefsupport@jbfcs.org
212.632.4692

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



COMMON GRIEF REACTIONS

- Child will respond to family's reactions
- Understand that changes will happen as child gains more language (going from pre-verbal to verbal)
- Pre-verbal reactions may be expressed in the body
- Repetitive questions and behaviors are common



APPROPRIATE WAYS TO SPEAK WITH A GRIEVING CHILD

- Label emotions as the child gains more language (i.e. I feel sad, I'm glad)
- Think of the little one's behavior as communication
- Be honest, and use child-friendly language
- Younger children may believe that loss is somehow their fault, let them know it is not
- It's okay if you don't always have the answer



ACTIVITIES

- Parent/child dyad activities
- Reading age-appropriate books about loss
- Feelings identification, such as matching feelings words with an action
- Model healthy expression of emotions



THINGS TO REMEMBER

- Children's grief is informed by one's culture, religion, and race
- Maintain a level of curiosity with the child's experience in grief
- There are no "5 Stages"; grief is a non-linear process
- Grief and grieving changes over time

