

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



The Jewish Board
Health and Human Services for All New Yorkers

Teens: Ages 13-18

COMMON GRIEF REACTIONS



- Teens may question their identity after the death, and can be confused by their vulnerability
- Teens may look to peers for validation
- To avoid “upsetting” adults, they may keep quiet and to themselves
- Isolation may be a grief reaction at this age
- Reunification fantasies are a common and normal reaction that does not mean they wish to die
- Teens can be impacted by new responsibilities
- May remain numb in order to keep functioning as usual
- Can be tired or restless, have difficulty concentrating, or express somatic complaints

Contact Us

Information and Referral
griefsupport@jbfcs.org
212.632.4692

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



APPROPRIATE WAYS TO SPEAK WITH A GRIEVING CHILD

- Offer non-judgmental comfort and support
- Answer big questions with honesty
- Use active listening more than speaking
- Refrain from saying “I know how you feel” or statements with “at least”
- Provide space for self-reflection, and also check-in



ACTIVITIES



- Journal feelings
- Plan together ways to memorialize their loved one
- Create a memory box/book/poster
- Write a letter to the deceased
- Celebrate their loved one by eating a food that they liked, listening to music they enjoyed, or doing an activity they liked together

THINGS TO REMEMBER

- Adolescent grief is informed by culture, religion and race
- Maintain curiosity about the child’s experience in grief
- There are no “5 Stages”; grief is a non-linear process
- Grief and grieving changes over time, “re-grieving” can happen at important times if the loss was an early one

