

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



The Jewish Board
Health and Human Services for All New Yorkers

Contact Us

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



Middles (Tweens): Ages 9-12

COMMON GRIEF REACTIONS

- This age may have social vulnerability
- Youth may need to understand their new identity without the person who died
- May desire more independence & control which will reflect in their grief reactions
- Isolation may be a grief reaction at this age
- Reunification fantasies are a common and normal grief reaction that does not necessarily mean the child wishes to die
- This age group will be impacted by grieving caregivers, this is ok

APPROPRIATE WAYS TO SPEAK WITH A GRIEVING CHILD

- Label/validate whatever emotions they are having
- Remember that behavior IS communication for you and the child
- Use clear and concise, age-appropriate language
- It's okay if you don't always have the answer
- HONESTY IS THE BEST POLICY

ACTIVITIES

- Honest discussion of feelings/journaling feelings
- Plan together ways to memorialize their loved one
- Creating a memory box/book/poster
- Write a letter to the deceased
- Celebrate their loved one by eating a food that they liked, listen to music that they enjoyed or doing an activity they liked, together

THINGS TO REMEMBER

- Child and tween grief is informed by 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

