

# GRIEF LOOKS DIFFERENT 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
- Before your child can talk, their grief may be expressed in the body
- Changes will happen as child gains more language
- Questions and behaviors may be repeated



### APPROPRIATE WAYS TO SPEAK WITH YOUR CHILD

- Label emotions as your child gains more language (i.e. I feel sad, I'm glad)
- Think of your 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

- Plan activities you and your child can do together
- Read books about loss that match child's age
- Describe a range of feelings with words and actions
- Expressing a range of emotions is healthy for you and your child



### 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

