

# GRIEF LOOKS DIFFERENT AT EVERY AGE...



The Jewish Board  
Health and Human Services for All New Yorkers

## Littles: Ages 5-8



### 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

### APPROPRIATE WAYS TO SPEAK WITH YOUR CHILD

- 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



## Contact Us

### Information and Referral

[griefsupport@jbfcs.org](mailto:griefsupport@jbfcs.org)  
212.632.4692

### Loss & Bereavement Program Referral Form

<https://forms.office.com/r/KairvStjbj>

