

# GRIEF LOOKS DIFFERENT AT EVERY AGE...



**The Jewish Board**  
Health and Human Services for All New Yorkers

## Contact Us

**Information and Referral**  
griefsupport@jbfcs.org  
212.632.4692

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



## Middles (Tweens): Ages 9-12

### COMMON GRIEF REACTIONS

- This may be a more socially sensitive time
- The youth may need to understand their new identity without the person who died
- Their desire for more independence & control will reflect in their grief
- Isolation may be a grief reaction at this age
- A fantasy that one could be with the person who died again is a common and normal grief reaction that does not necessarily mean you child wishes to die
- This age group will be impacted by their grieving caregivers, this is ok

### 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

- Honest discussion of feelings/journaling feelings
- Plan together ways to honor the memory of their loved one
- Create a memory box/book/poster
- Write a letter to the person who died
- 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

- 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