

Online Support for Children and Teens Suffering Loss

It hurts when a grandparent, a parent, a sister or brother, a friend, or even a pet dies. We all hurt regardless of age, and no two of us grieve exactly the same, but there is much in common. A child's grief may be confusing. They often naturally deal with grief in brief interludes interspersed among periods of avoidance and other coping methods. And unfortunately children are often the forgotten grievers. Support from others makes a big difference, particularly for children and teens, but how do you talk with children and what do you say when they are suffering.

The following six websites offer excellent online resources for support in helping a grieving child. There is a brief description of what you will find at each. The order of this list is strictly alphabetical.

ONE: The American Academy of Pediatrics

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/After-a-Loved-One-Dies-English.pdf>

A 42 page easy to read PDF file.

After a Loved One Dies— How Children grieve and how parents and other adults can support them.

TWO: The Dougy Center

<https://www.dougy.org/grief-resources/how-to-help-a-grieving-child/>

Seven lessons adapted from the book *35 Ways to Help a Grieving Child* and how to order a copy of the book.

THREE: The Grief Recover Method

<https://www.griefrecoverymethod.com/blog/2017/02/children-and-grief>

A five page article addressing how we can really help children as they deal with sad events.

FOUR: Mental Health America

<http://www.mentalhealthamerica.net/conditions/helping-children-cope-loss>

Two pages in three lists with insight on helping children cope with loss.

- Signs of Grieving in Children and Adolescents
- Helping Children and Adolescents Grieve
- Resources

FIVE: Supporting the Grieving Child and Family

<http://pediatrics.aappublications.org/content/138/3/e20162147>

An inclusive 14 page pdf covering topics such as areas of support, initiating conversation, children's developmental understanding of death, grief triggers, and complicated mourning and indications for referral.

SIX? What's Your Grief

<https://whatsyourgrief.com/smart-parents-guide-to-grieving-children/>

This is an amazingly extensive resource site on the topic of grief. The given web address takes you into the section focused on children.

On the topic of children and grief this site offers too many valuable articles to mention them all, but here is a glimpse of just four.

- **Childhood Grief: The Influence of Age On Understanding**
- **Going Back to School After a Death: 9 Tips**
- **What's Your Question: Should Children Attend Funerals?**
- **Talking to Kids About Death and Grief: 10 Comprehensive Tips**

You may also want to read this article: **Parenting While Grieving**

There is also a section, **64 Children's Books About Death and Grief** describing each book and links for purchase.