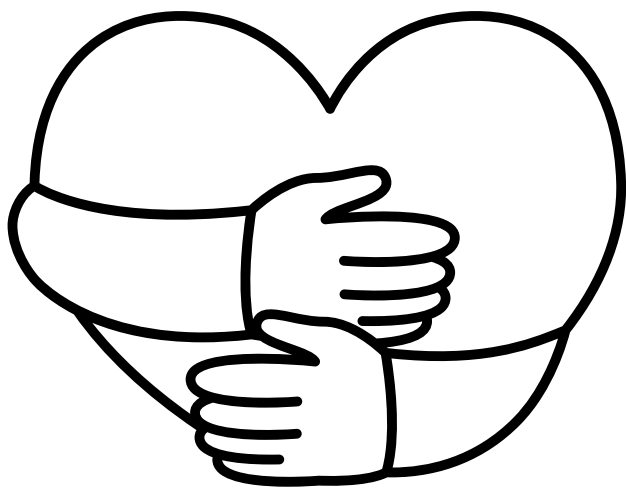


# Grief In Young Children

Children can experience many types of loss. Death of a loved one, being placed in foster care or adoption, losing contact with a parent due to divorce, or losing an adult relationship such as a teacher are losses that can trigger grief in children. The range of reactions and emotions to loss vary greatly from child to child--from protest to crying. They may not understand the long term consequences of what has happened. So, it's important for adults to support children with processing their emotions and grieving.

## How can you support a child who is grieving?

Give child sense of being take care of. Use physical closeness to provide a sense of being taken care of



01

Talk through what has happened. Give facts about the loss that can contribute to a more complete understanding of the situation



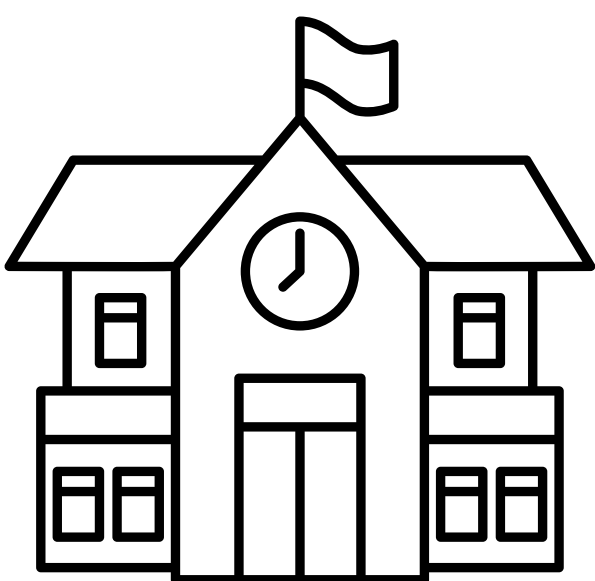
02

Encourage child to express their feelings and allow them to ask questions. Help child find personal meaning of loss



03

Continue to reinforce a consistent routine at home and school



04

Emphasize openness and honesty



05

Caregivers should ask for help with their own grief whether that's seeking support from their social network or seeking professional help.



06



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