

WHEN YOUR CHILD IS GRIEVING



CHILDHOOD GRIEF

Grief experienced by children can manifest in different ways based on age, emotional development, relation to the loss, and previous history of loss.



WHAT TO LOOK FOR

You might notice that a young child will express grief intermittently over a long period of time, posing startling questions seemingly out of the blue.



THE SIGNS

Children who struggle to express feelings verbally may become more outwardly emotional (e.g., aggressive, easily frustrated, fearful, wary of change, etc.) and often will regress in previously-developed skills (e.g., toilet training, independent play, etc.) as they try to make sense of the loss.



INTERVENING

Interventions for childhood grief depend on the development of rapport between the counsellor and the client, and the engagement of caregivers as providers of support for the child's experience.



HOW WE CAN HELP

Techniques can vary depending on the needs of the client, often including creative storytelling, play-based exploration (e.g., use of toys, dolls, or models), education about the grief process, and development of positive coping skills.