

The Children's Room

Center for Grieving Children and Teenagers, Inc.

How you can help support someone who is grieving

1. Let the person know you're willing to listen non-judgmentally.
2. Remember there are no magic words – letting the person know you care is huge.
3. Offer practical support: shopping, errands, cooking, etc.
4. Share memories you may have of the person who died.
5. Support the person in exploring other available supports: friends, faith community, a support group, therapist/counselor.
6. Grief is not a linear process. Help plan for particularly trying times/dates (e.g. anniversaries/ birthdays/holidays) which can re-trigger the feelings of loss.
7. Remember that some things may trigger our loss that we can't plan for.
8. Don't be afraid to have a good time or laugh together!
9. Be patient. Remember that grief has no timeline. Avoid saying things like, "You should be getting on with your life."
10. Share things that have been helpful to you in trying times; avoid trite consolations like "Time heals all wounds," "At least they didn't suffer," or "I know just how you feel."
11. Help create rituals.
12. Support the person in attending to their own physical and emotional well being.
13. Just be there.

Caring support for grieving children, teenagers, and their families.

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www.childrensroom.org