

WHAT CAN WE DO TO HELP KIDS?

- Provide as safe and consistent environment as you can.
- Set an atmosphere that is ok to talk about what has happened and the person who died.
- Reassure the child that he/she is loved, will be taken care of, and of the intention of the adults to keep him/her safe.
- Prepare the child for what will be happening on an everyday basis.
- Maintain the memories that make the relationship with the person who died.
- Listen to the child's questions and fears.

Over time and as the child asks...

- Provide an awareness and acknowledgement of the reality of the death.
- Explain that the person who died will not be with the family again.
- Reassure the child that the person who died did not want to leave, did not want to die.
- Reassure the child that she/he did not make the person die.
- Assist the child, gently and without fear, in learning and anticipating the 'triggers' and the emotional connectors.
- Watch for and reduce the unnecessary reminders.

Spend time with, listen to, & play with the child!