

HOW CAN I HELP MY CHILD WITH GRIEF AND LOSS?



Home and school are the safe places in most children's lives. Establishing routines again following a period of grief is important in maintaining that felt sense of safety.

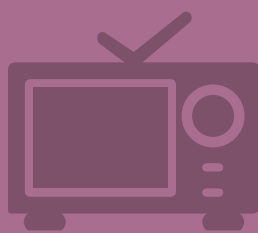


Children, and adults, all handle grief differently. There are no wrong feelings and all feelings are normal in the grief process.



Spend time together as a family. This will also help to reassure the sense of safety and support for children.

TALK OPENLY



MEDIA INFORMATION

Be open to listen to your child. Empathize and be honest with your answers to questions. Be okay with saying "I don't know," when you don't know. Be honest with your own feelings as well.

Teens and adults may want to watch media coverage of the incident, as they have a need to know. Keep this to a minimum and be sure to discuss what they saw and heard.

FEELINGS OF GUILT



Guilt is often a normal feeling with grief. It is important for your child to know that their feeling of guilt is not true though. No one, especially your child, could have prevented the event.

WHERE CAN I GET MORE HELP?

If you feel that your child needs more support that you can give them, there is support available.

- School Counsellor/School Therapist (no cost)
- FCSS (no cost)
- Alberta Mental Health (no cost; not in school)
- Private Psychologists and Counsellors (cost or partial cost often covered by benefit plans; not in school)