

SIGNS OF A GRIEVING CHILD



LET'S TALK ABOUT: GRIEF

HAVING TROUBLE UNDERSTANDING GRIEF WITH YOUR CHILD?
HERE ARE SOME WAYS TO IDENTIFY AND UNDERSTAND A
GRIEVING CHILD.

POINTS TO REMEMBER

CHILDREN GRIEVE INTERMITTENTLY.
FOLLOW CHILDREN WHERE THEY LEAD
YOU. ALLOW THEM TO TELL THEIR
STORY, ON THEIR TERMS.

IN ALL AGED CHILDREN A DAILY
ROUTINE IS ESSENTIAL. TRY TO KEEP A
CHILD'S SCHEDULE THE SAME. IF
POSSIBLE, LET YOUR CHILD KNOW IF
CHANGE IS APPROACHING.
COMMUNICATE TO HELP RESTORE
TRUST. REMEMBER, THE GRIEVING
PROCESS IS NOT LINEAR.

DECREASE IN ACTIVITY LEVEL.

DECREASE IN APPETITE.

INCREASE IN

IRRITABILITY/CHANGE IN

PERSONALITY.

SLEEPLESSNESS.

SIGNS OF GRIEVING
INFANT/PRE-VERBAL
TODDLERS

SIGNS OF GRIEVING TODDLERS, PRESCHOOL, AND SCHOOL AGE CHILDREN

DECREASE OR INCREASE IN APPETITE.
SEVERE INCREASE IN ACTIVITY LEVEL.
SEVERE DECREASE IN SOCIAL
ACTIVITIES.
HYPER VIGILANCE.
DREAMS AND NIGHTMARES.
SLEEPLESSNESS.
BREAK DOWN IN COMMUNICATIONS.

GRIEVING CHILDREN &
YOUNG PEOPLE NEED:
INFORMATION ABOUT WHAT IS/HAS
HAPPENED. OPPORTUNITIES TO
COMMUNICATE THEIR FEELINGS.
SUPPORT DURING SPECIAL TIMES.
OPPORTUNITIES TO REMEMBER/TALK
ABOUT THE PERSON.