

SUPPORTING GRIEF DURING THE HOLIDAYS.



Give children space to talk-Kids will talk openly about people who've died if we create the space for them to do that. When we encourage kids to share their memories, it helps cement their connection to the person who's no longer here. Ask children how they would like to remember the person who has died and how they would like to honor them this holiday season.



Turn an absence into a presence-The sadness we may feel in the holiday season reminds us that we're longing for a connection. So, one way that families can process these feelings is to look for creative ways to stay connected to those we have lost. You can share holiday traditions, favorite foods and memories together.

Children grieve differently than adults. Supporting children involves two key actions. Firstly, they require the comforting presence of a caring adult. Secondly, they benefit from observing how to self-regulate, helping them recognize that intense emotions are normal and manageable.



Gather your village to help-Recognize that everyone may respond to grief in various ways. This is an opportune moment to seek assistance from friends, neighbors, or extended family. Children benefit from having at least one adult who grants them the permission and space to talk about their feelings.

