A PAUSE, A PRACTICE, A NEXT STEP

Supporting a Grieving Child

A guide for parents and caregivers.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Use clear, gentle words

Say the person died and their body stopped working. Avoid confusing phrases like “went to sleep.” Answer questions without graphic details.

01 / Notice and reflect

What does this child understand?

02 / Notice and reflect

Which routine offers comfort?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact a pediatrician or child mental health professional for lasting sleep, school, behavior, or trauma concerns. Take self-harm talk seriously and seek immediate support.

Read more: NCTSN · Grief information for parents and caregivers

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.