

## **TALKING TO CHILDREN ABOUT GRIEF**

- Model calm and control for the child.
- Tell the child the truth.
- Limit the amount of information to the main facts. (Children will only take in the amount they can handle.)
- Limit the amount of exposure to television.
- Define new words they may be hearing:
  - Example: “terrorist” or “retaliation”
- Reassure the child of his/her safety at home and at school.
- Provide constructive outlets for expression:
  - play – very young children can act out their feelings
  - drawing
  - writing – cards, letters, poems, stories
  - discussion
  - community/school project – collecting food, money, clothing for rescuers & victims; sending cards & letters to rescuers & victims
- Maintain daily routines.
- Spend time with the child.
- Allow the child to comfort you.
- Be a good listener.

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