### GRIEF 101

# WHAT IS GRIEF, HOW DOES IT IMPACT CHILDREN & FAMILIES, AND WHERE CAN WE GO FOR HELP?

Presented By:

Brooke Viens, LCSW, LADC

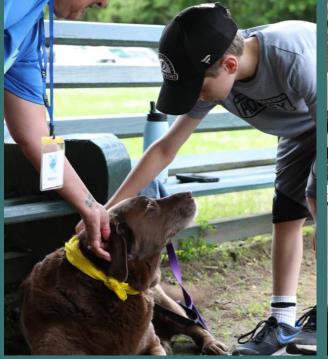
Certified Grief Educator

Program Coordinator













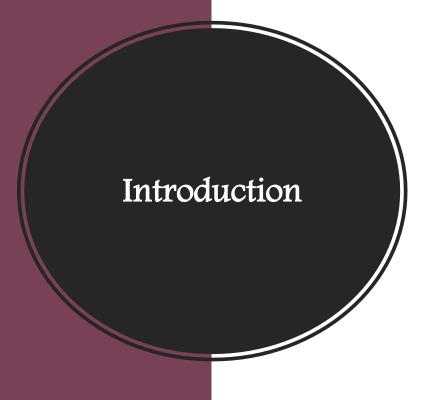
Mission: To provide hope and healing for grieving children, teens and their families, as well as training for the professionals who work with them.

# Before We Dive in

• Honor your emotions:
This can be a challenging conversation that might activate your own grief and/or painful memories. You are not alone—reach out for support!

• Please take breaks as needed:
Grab a snack, take deep breaths, doodle, watch the recording later~do whatever you need to do to care for yourself.







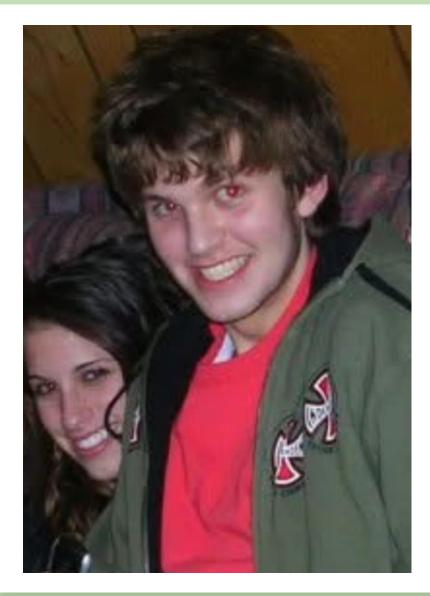
# What helps to ground you?















My Why

Jesse

# My Why

#### Mom







## Goals:



- To identify 3 signs of grief in children and teens
- To learn the 4 Concepts of Death
- \* To discuss the recommended language to use when speaking to children about death
- \* To explore how children's grief differs from adult grief
- \* To discover community resources for grieving children and families



#### Projected Statistics for Children in Connecticut



### **Connecticut Report 2025**

#### Childhood bereavement is a critical issue and an increasingly important national priority.

The Childhood Bereavement Estimation Model® (CBEM)¹ approximates rates of bereavement for U.S. youth. Results from the CBEM are updated annually using vital statistics² from the Centers for Disease Control and Prevention.\* The 2025 report reflects 2019 to 2023 data, the five most recent years available.



Connecticut children will experience the death of a parent or sibling by age 18

8.2% ~ 59K

children will be bereaved by age 18

**LOWER** than national rate of 8.9%

& MORE THAN DOUBLES

145K

youth will be bereaved by age 25

Source: Judi's House (2025). CBEM Results derived from CDC Data, 2009-2023. cbem.judishouse.org

Projected Statistics for Children in the U.S.



# **National Report 2025**

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children in the U.S. will experience the death of a parent or sibling by age 18

8.9% ~ 6.4M

children will be bereaved by age 18

& MORE THAN DOUBLES

15.5M

youth **will be** bereaved by age 25

Source: Judi's House (2025). CBEM Results derived from CDC Data, 2009-2023. cbem.judishouse.org

# What is Grief?

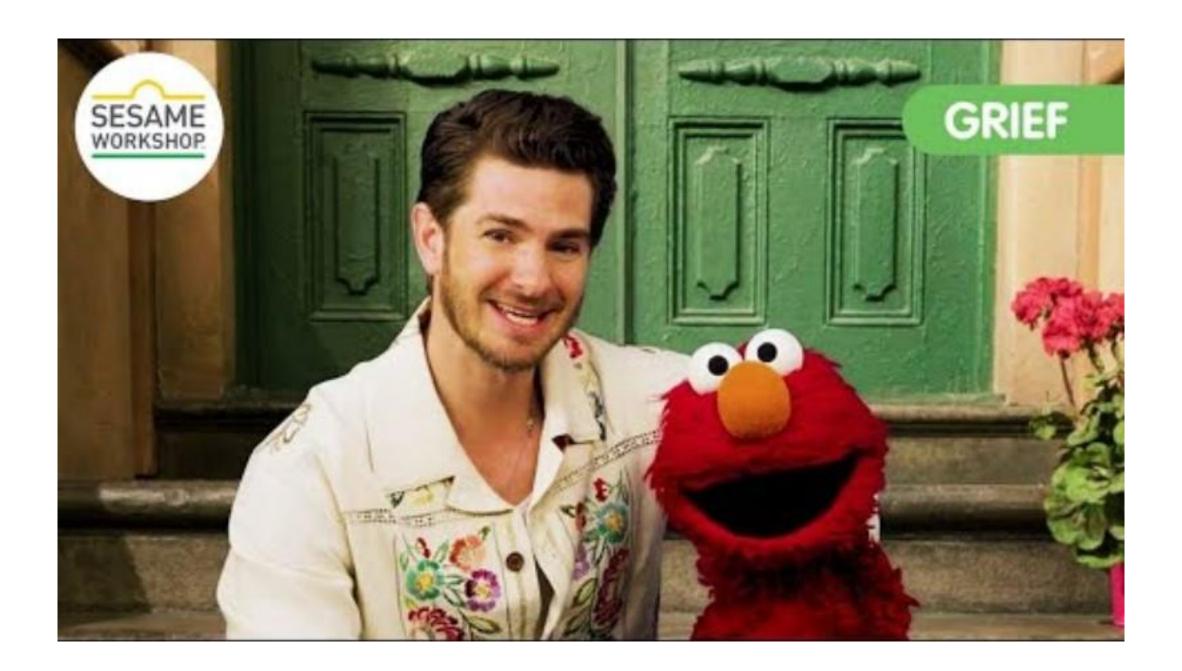
#### Grief Is:

- •The emotional response to loss
- •A healthy, natural, expected, and necessary reaction
- •A lifelong process it will change over time & it will come and go like waves
- •Unique and individual from person to person and from loss to loss
- "Grief is the price we pay for love."

#### Grief Is Not:

- •A one-size-fits-all experience
- •A series of orderly stages to move through—there's no finish line
- Something to "get over"





#### What is Mourning?

Mourning is the outward response to and expression of grief

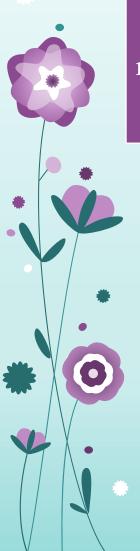
May involve religious rituals and cultural traditions

Ex: Funeral, wake, celebration of life



Source: https://psychcentral.com/health/mourning-vs-grief#how-grief-and-mourning-differ

# Types of Grief



Delayed: Grief we don't feel in the moment because it's not safe or we're in survival mode

Disenfranchised:
Death is stigmatized
& support is
ambivalent

Inconclusive: Body
has not been
found—there is still
hope

Collective and public: Grieving as a group

Cumulative: Multiple losses during a short period

Traumatic: Violent, sudden

Prolonged: Intense grief that disrupts long-tem functioning



# Anticipatory Grief: Pre-Death

Grief experienced prior to the death of a loved one

Allows individuals to prepare for the death

Often occurs when death is expected due to serious illness, chronic health issues, etc.

May include feelings of sadness, anxiety, anger, loneliness, numbness, fatigue, fear, guilt

Therapy & support groups can be helpful to process difficult feelings and gain support from others

# Anticipatory Grief: Post-Death

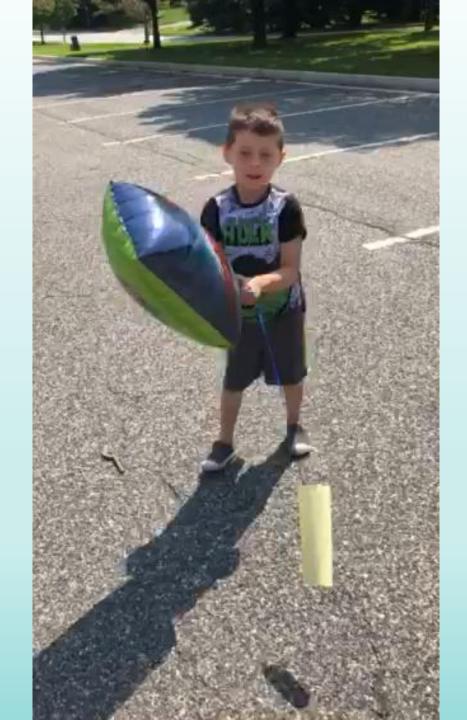
Occurs in the weeks/days leading up to a significant date/anniversary

May include feelings of sadness, anxiety, anger, loneliness, numbness, fatigue, fear, guilt, and pressure as to how to acknowledge certain events

Therapy & support groups can be helpful to process difficult feelings and gain support from others

Families can discuss ways they wish to honor their loved one on anniversaries/special days

Example of honoring a loved one their death anniversary



# The Stage Model of Grief

Elisabeth Kübler-Ross' **5 Stages of Dying Model** was later adapted into the Stages of Grief Model:

- 1) Denial
- 2) Anger
- 3) Bargaining
- 4) Depression
- 5) Acceptance
- 6) Finding Meaning (Created by David Kessler)

These stages are also NOT linear! We weave back and forth between these stages.



#### Worden's 4 Tasks of Mourning

Task 1: To accept the reality of the loss

Task 2: To process the pain of grief

Task 3: To adjust to a world without the deceased

Task 4: To find an enduring connection with the deceased in the midst of embarking on a new life

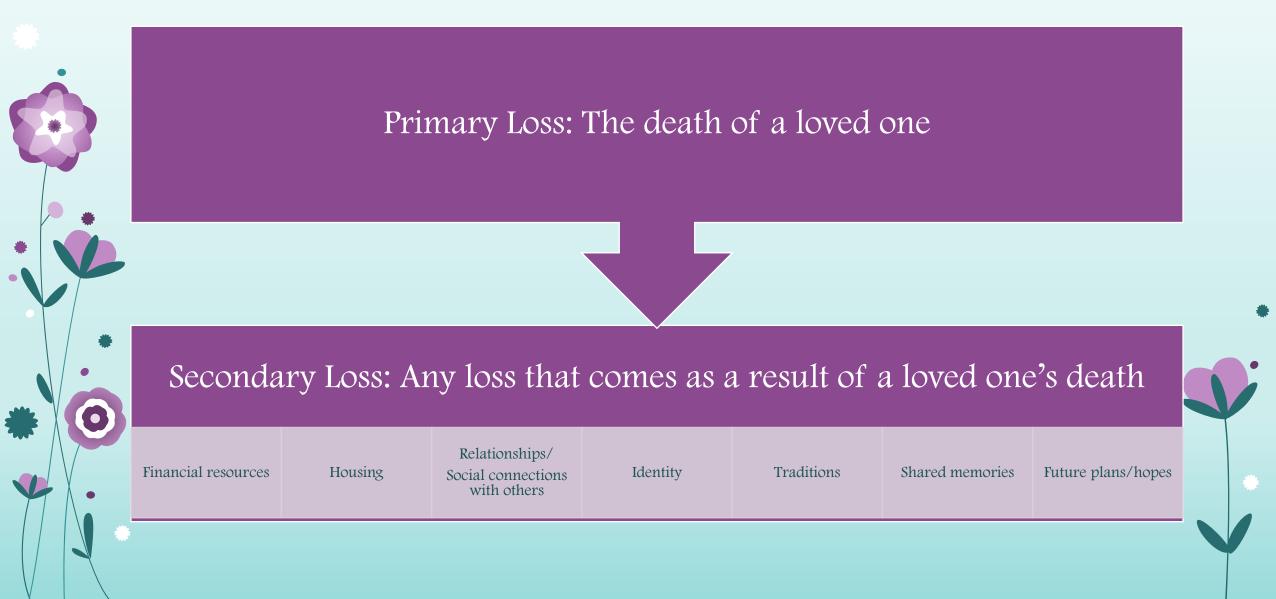
> Worden, J. W. (2009). Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner, Fourth Edition, Springer, N.Y.







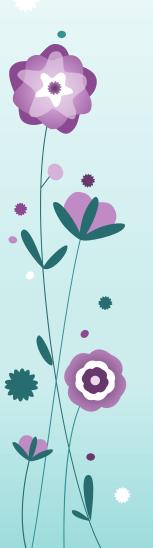
#### Primary vs. Secondary Losses



#### How does grief and loss impact families?

#### Share in the chat!

- -Bonding experience
- -Tension and division
  - -Parentified child
- -Child may hide grief
- -Child may lose trust in adults if they are not given honest information
  - -Caregiver may hide grief from child
    - -Issues in school or at work
      - -Financial losses





# What does children's grief look like?

What thoughts or images come to mind when you hear:

"GRIEVING CHILDREN"





# What happens when we don't address grief in children/teens?

- ~Low self~esteem
- -Mental health symptoms (depression, anxiety)
- ~Physical illness
- ~Academic struggles, school absenteeism
- -Risk-taking behaviors
- -Substance use
- ~Self~harm
- ~Risk of suicide

# COVE PROGRAMS

- Camp Compassion
- The Family Program
- Virtual Cove Programs
- Volunteer Program
- Webinars & Professional Development



#### **CAMP COMPASSION**

- A free, weekend-long, overnight grief camp for children ages 6-17 grieving the death of someone significant in their lives
- Kids come together to learn how to grieve in healthy ways through specialized grief activities
- Each cabin has a Lead Clinician and volunteers to assist the campers in navigating the grief process
- When: May 15~17 2026 at Club Getaway in Kent, CT
- Volunteers receive training prior to camp
- Camper and Volunteer Applications will be available mid-January at covect.org/campcompassion





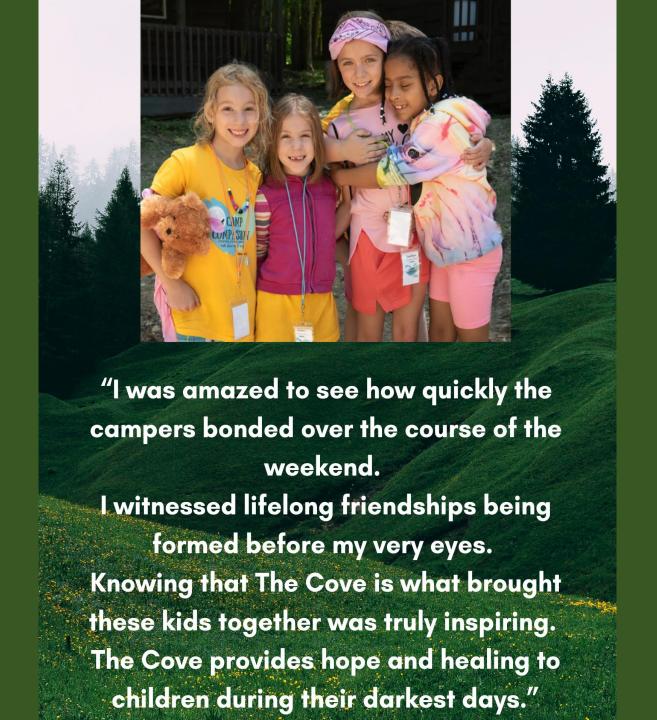




CAMP COMPASSION ALLOWS CHILDREN TO:

- Share their story in a safe and supportive environment
- Process grief in healthy ways
- Connect with peers facing similar circumstances
- Build a tool-box of adaptive coping skills
- Honor and memorialize loved ones
- Have fun!







"Camp reinforced my faith in humanity and what we can accomplish when good-hearted people get together.

Beyond that, the love from the kids will stay with me forever."

-Cove Volunteer



# Give 2023

## THE FAMILY PROGRAM

- 20-week peer-based, mutual support program
- September-June; 2 meetings per month on average
- Delivered by a licensed clinician and trained volunteer facilitators
- Children ages 5~17 who are grieving the death of a parent, daily caregiver, or sibling
- Curriculum is based on creative expression activities and projects that help children learn healthy coping strategies to process their grief and maintain a connection to their loved one
- Site locations: Meriden, Guilford, New Haven, West Hartford (waitlist), & Stonington
- 3 month waiting period following the death

# VIRTUAL COVE PROGRAMS (OPENINGS!)

- Teen Virtual Support Group
- Young Adult Virtual Support Group
- Caregivers of Grieving Children Virtual Support Group

• CT residents only



#### Volunteer Program

The Cove's programs are run on many volunteer hours!

Applications can be found on website!

Camp Compassion Volunteer

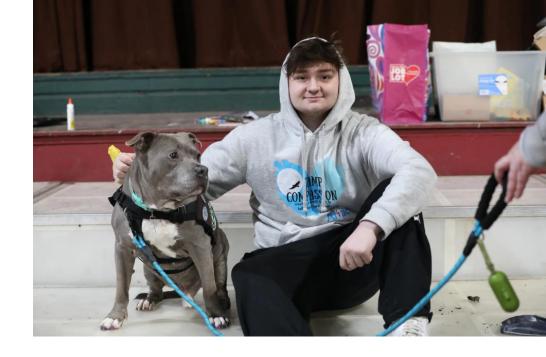
Volunteer Facilitator in the Family Program

Supply Inventory

Special Events Volunteer

Board of Directors

Outreach volunteers



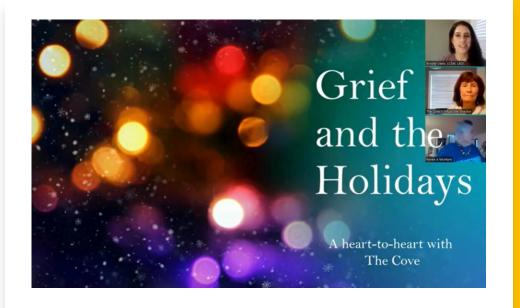


# Free Educational Webinars and Grief Resources

Follow The Cove Center for Grieving Children on social media or visit our website to learn about upcoming webinars and events

covect.org/webinars







## Upcoming Cove Fundraisers:



Annual Appeal with donation matching up to \$5,000



The Cove's Virtual Hope and Healing Auction: April 25th and April 26th



The Cove Kids' Classic Golf Tournament: June 12th

"The Cove hugged us at the saddest time in our lives and we are starting to feel able to hug back and be happy again.

They made it ok to share and feel happy memories of the loved one we lost without being so sad.



# True or False Respond in the chat!



-Adults should avoid bringing up any topic that causes a child to cry

-A happy, playful child is not a grieving child

-Children should not attend funerals

# 4 Key Concepts of Death



- 1. Death is irreversible
- 2. All life functions end completely at the time of death
- 3. Everything that is alive eventually dies
  - 4. There are physical reasons someone dies



Source: grievingstudents.org

# Key Points: Explaining Death to a Child

Use simple, concrete terms with children: "Death, Dead, Dying, Died."

Explain that dying is when the body stops working

"When a person dies, their heart doesn't beat, their lungs don't breathe, they don't move, see, eat, sleep, talk, feel pain, etc."

#### Avoid euphemisms

- "We lost him"
- She went on a long journey"
- "They were so good the angels needed them in heaven."
- "He is sleeping forever."

- Age/developmental stage
- Regressive behaviors
- Behaviors and play vs. verbal expression
- Children grieve in spurts and sometimes postpone their grief
- Children re-grieve when situational or developmental change occurs
- Some children are "afraid" to express their grief for fear of upsetting adults
- Children may reenact the death/funeral during play

Grief in children does not look like grief in adults





# Having the Conversation

# Sharing the News





- Ground yourself
- Difficult news should be shared by the child's caregiver in a familiar & comfortable environment
- Introduction: "Honey, we have some really sad news to share with you. Let's sit down together in the family room. Want to grab your teddy?"
- Provide an honest, simple explanation of the situation (this discussion will vary depending on the child's past experiences with death)

# Sharing the News





- Emphasize that it is not anyone's fault
- Follow the child's lead—if they can form the question, they are often able to receive the answer
- Prepare for lots of repetitive questions patience is key!
- Maintain the child's regular routine
- Your job is not to make your child "feel better," it is to make them feel heard.
- Adults don't have to hide their emotions from children—we can role model healthy grieving to children. It is okay to cry in front of your child
- Prepare for repetitive questions



# Grief Activators

Songs

Movies/TV Shows

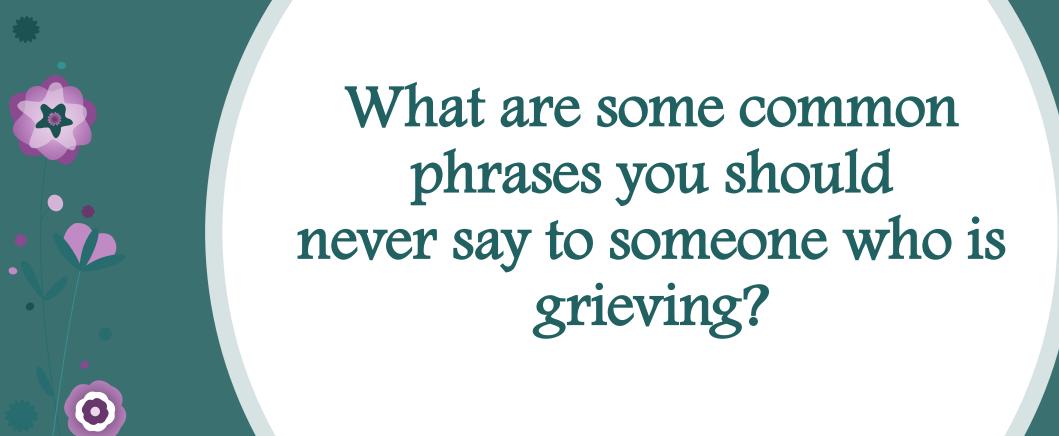
Holidays (Major holidays, Mother's Day, Father's Day)

Birthdays

Death Anniversaries

Major School Events (games, shows, graduation, awards ceremonies)

Certain topics in classes



## Unhelpful/Harmful Statements

- 1. "At least she lived a long life, many people die young"
- 2. "He is in a better place"
- 3. "She brought this on herself"
- 4. "There is a reason for everything"
- 5. "Aren't you over him yet, he has been dead for awhile now"
- 6. "You can have another child still"
- 7. "She was such a good person- God wanted her to be with him"
- 8. "I know how you feel"
- 9. "She did what she came here to do and it was her time to go"
- 10. "Be strong"

Source: https://grief.com/10-best-worst-things-to-say-to-someone-in-grief/

### Helpful Statements

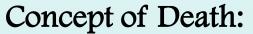
- 1. "I am so sorry for your loss."
- 2. "I wish I had the right words, just know I care."
- 3. "I don't know how you feel, but I am here to help in any way I can."
- 4. "You and your loved one will be in my thoughts and prayers."
- 5. "My favorite memory of your loved one is..."
- 6. "I am always just a phone call away."
- 7. "We all need help at times like this, I am here for you."
- 8. "I am usually up early or late, if you need anything."
- 9. Silence



#### AGES 2 TO 4

#### Developmental Stage:

- Express feelings through behavior & play vs. words
- Concrete thinkers



- Death = Reversible (as seen in cartoons)
- Ex: "My mom died? Will she be at my birthday party next month?" and "Will I die? Will you?"

#### Common Grief Reactions:

• Crying, general anxiety, interrupted sleep, clinginess, irritability, temper tantrums, re-telling the story to everyone, repetitive questions



#### AGES 2 TO 4

#### How to Help:

- Consistent routine: Increases feelings of safety and predictability
- Concrete terms: Use "death, dead, dying."
- Avoid euphemisms
- Be honest: "Your brother died. His body got very sick and stopped working. He cannot talk, breathe, feel, etc."
- Enforce rules/limits but be flexible when appropriate
- Allow for play
- Give choices to increase feelings of control



#### AGES 5 TO 8

#### Developmental Stage:

- Exploring independence
- Concrete thinkers
- Example: When a child hears "we lost grandma" the child might try to find her
- Magical thinking

#### Concept of Death:

- Death = reversible
- Children often blame themselves for the death & worry their thoughts/wishes caused the death
- Example: "I told my dad to leave me alone and then he died. I caused him to die, it's my fault."

#### Common Grief Reactions:

• Broken sleep, changes in appetite/eating patterns, worries about abandonment/safety, brief bursts of strong emotions, nightmares, regression (bed-wetting, thumb sucking), behavior changes (high/low energy, kicking/hitting) and physical complaints



#### Ages 5~8

#### How to Help:

- Use concrete terms to explain death
- Answer questions honestly
- Example "She had a heart attack. Her heart stopped beating and she died."
- Provide opportunities for creative play
- Allow for questions and open discussion about the death



#### **AGES 9 TO 12**

#### Developmental Stage:

- Forming close relationships with friends, participating in activities outside the family/home
- Elementary school children are still concrete thinkers but are starting to understand abstract concepts such as death/grief

#### Concept of Death:

- Starting to see death as permanent & thinking about how the death will impact them
- Focus on the details of the death: What happened to the person/their body
- Worry their thoughts/behaviors caused the death—guilt, blame. Ex: "If I behaved better, dad would be alive."

#### Common Grief Reactions:

- Expression of feelings through bursts of energy, often seen as misbehaving/acting out
- Utilize play and talk to recreate the event
- Worries about safety of self/others, increased concerns that something bad will happen again
- Trouble with focus and concentration; intrusive thoughts, nightmares
- Detailed questions about death and dying
- Common emotions: Sadness, relief, guilt, rage

#### **AGES 9 TO 12**

#### How to Help:

- Answer questions clearly and honestly
- Facilitate activities for expression
- Work with children to identify people/activities that help them feel supported and safe
- Be consistent with routines
- Allow for flexibility
- Provide choices when possible
- Model self-care and healthy expression of feelings
- Listen without giving advice or sharing your own story
- Refer to mental health professionals if the child expresses thoughts of suicide/self-harm



#### **AGES 13 TO 18**

#### Developmental Stage:

- Understand abstract concepts about life & death
- Increased independence
- Exploring identity, separating from the family unit
- Peer group is significant~ rely on friends for support instead of the family

#### Concept of Death:

- Understand death is permanent
- May have magical thoughts they keep to themselves
- Deeper questions around life's meaning, why bad things happen, etc.

#### Common Grief Reactions:

- Risk-Taking: Alcohol/drugs use, unsafe sex, increased recklessness to test their mortality
- Difficulty concentrating
- Increased perfectionism in school
- Difficulty sleeping, changes in appetite
- Intense emotional responses: sadness, anger, relief, anxiety, guilt, regret
- Fear about future death/traumatic experiences
- Confusion over role identity in the family. Ex: taking on adult role
- Thoughts of suicide and self-harm



#### AGES 13 TO 18

#### How to Help:

- Establish consistent routines with clear expectations
- Provide flexibility
- Be honest when answering questions—it's okay to say "I don't know the answer to that."
- Allow teen to express feelings: Do not give advice or try to change their feelings
- Provide choices
- Help connect the teen to outside supports: Teachers, coaches, therapists, other supportive adult role models, friends, support groups, after-school activities
- Model self-care and healthy expression of grief
- Ask open-ended questions. Ex: "What has this experience been like for you?"
- Connect to appropriate professional support if there are concerns around self-harm/suicide
- Re-establish a sense of safety and security



Considerations Around Different Types of Death



# Death by Suicide

- Language matters: Say "died by suicide" instead of "committed suicide"
- Blame, anger and fear are common
- Opportunity to provide education on mental health: Explain depression as a disease of the brain, and how suicide can be a symptom of depression
- Watch for bullying
- Honesty, honesty!
- "Suicide is when people decide they do not want their body to work anymore and they stop their body from working. They are so, so sad or so, so angry or so, so depressed that their mind becomes mixed up. They forget they can get help. There is always another way." —Linda Goldman
- Community Support: Brian's Healing Hearts

## Death by Murder

- Stigmatized death
- Changes one's worldview~ may question their religion
- Feelings: Anger, fear, powerlessness, anxiety regarding safety of self and others
- Answer questions with simple, truthful answers
- Be aware that the public/media will be privy to information, so children will learn the details eventually
- When children are not given basic information, they will fill in the blanks themselves
- Common reactions: Nightmares, unwanted visual memories if child witnessed the murder
- Allow opportunities for children to express their worries
- Encourage creative expression
  - Play: Children may re-enact the murder through their play to make sense of what happened
  - Art: Children may draw scenes from the murder to process their understanding of what happened



# Death by Overdose

- Stigmatized death
- Deceased may be "blamed"
- Support for families vary
- Children can be educated on substance use disorders: "Addiction is a disease of the brain. Just like the body can get sick, so can the brain."
- Address potential blame

# Death by Accident



- Shock and disbelief—no time to prepare
- Fear/anxiety that this could happen to self/others
- Searching for someone/something to blame~~grasping for a sense of control
- Many questions cannot be answered, leading to frustration/anxiety
- We don't always have answers—it's okay to say, "I don't know, what do you think?"



#### Death due to Medical Issue/Illness

- Children may want to understand why someone is sick
- Provide education on the illness, treatment, & side-effects.
- Person with the illness may want to answer questions/discuss their experience
- If someone is expected to die imminently, children should be informed

# Death of a Child

- Death of a child goes against nature—a parent never expects to outlive their child
- Parent(s) may initially experience a state of total shock, numbness, denial, & total disbelief
- Shatters one's core beliefs about the world
- Parent may feel they are "going crazy" due to the range and intensity of emotions
- Difficult to focus on grieving sibling's needs when pain is so intense
- Community Support: Compassionate Friends offers free support groups nation-wide

## Surviving Siblings: "The Forgotten Grievers"

- Surviving siblings are often asked by others: "How are your parents doing?" Lack of focus on sibling's grief process
- Siblings often report feeling the need to "put on a brave face" for their parents following a death
- Siblings often delay or hide their grief
- Siblings report feeling the impossible pressure to "live up to" their deceased sibling's legacy
- Siblings may try to become the "perfect child"
- Siblings may blame themself for the death and wonder if parents wish they would have died instead of their sibling
- When sibling grief is left unattended, they may begin to cope in maladaptive ways: Self-harm, substance use, high-risk behaviors

# Miscarriage and Stillbirth

- Feelings of isolation and powerlessness
- Guilt/blame
- Insensitive comments from others
- Families are increasingly sharing their stories
- Supports in the community:
  - Hope After Loss
  - First Candle



# Supports for Grieving Families



- •Individual therapy/family counseling
- •Grief Centers with peer-based support groups: The Cove, Mary's Place, Adam's House, The Den
- •Child Life Specialists: Leah Yazmer Website: www.tranquilityccls.com
- Hospice staff
- •Grief Camps: Camp Compassion, Camp Kesem (cancer), Camp Kangaroo, Experience Camps
- School counseling staff
- •Empower CT: Mentoring program and events (death of parent)
- •National Alliance for Children's Grief: nacg.org
- •Coalition to Support Grieving Students: grievingstudents.org
- •David Kessler's Tender Hearts Online Support Groups for Adults: https://www.davidkesslertraining.com/tenderhearts

How can I help someone who is grieving?





Oftentimes, the best intervention is to simply listen vs. responding





Grief must be witnessed



Ask open ended questions:

"How are you feeling today?"



Source: grievingstudents.org

### Managing Difficult Emotions at Home



### Anger Box



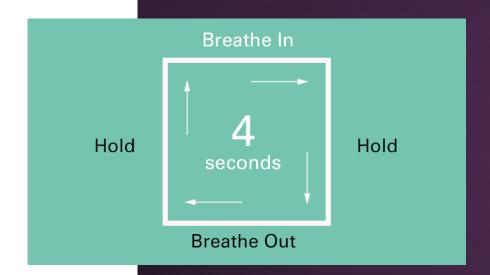


Cozy Corner



### Box/Square Breathing

- 1) Inhale through your nose for 4 seconds
- 2) Wait/pause for 4 seconds
- 3) Exhale through your mouth for 4 seconds
- 4) Wait/pause for 4 seconds
- 5) Repeat



Guided Square Breathing for Children – YouTube

### Grounding Exercises

Grounding activities help to bring the person back into the present moment when feeling overwhelmed



Source: the pragmatic parent.com

### Guided Meditation

7 - Minute Guided Beach Meditation For Kids, Preteens, Teenagers, and Classrooms - YouTube





### Maintaining Connections



- -Make artwork (placemat for holidays)
- -Plant a tree/garden
- -Create a luminary jar
- ~Say the person's name aloud and share your favorite memories
- -Attend a memorial service
- -Volunteer at a charity that was meaningful to the person
- ~Cook their favorite meal
- ~Listen to their favorite songs











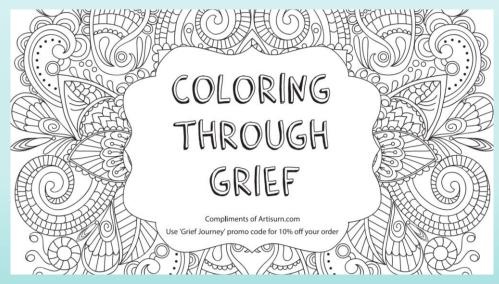
### Luminary/Memory Jar

- Materials Needed: Clear Plastic Jar/Mason Jar with a lid, glue, scissors, magazines, stickers, sharpies, colorful gems, glitter, LED tealight flameless candle & a wallet~sized photo of deceased loved one
- Instructions: Child will decorate their jar in honor of their loved on. Ask the child about their loved one's interests, hobbies, and favorite things (hobbies, sports, fashion, music, food, animals). The colorful gems, candle, and photo go inside of the jar. Child can display their luminary at home and light it whenever they want to honor or feel connected to their loved one

### Grief Coloring Book

- Children and adults of all ages can benefit from coloring when feelings overwhelmed
- Coloring can help to bring the person back into the present moment
- Free Grief Coloring Book (download pdf)



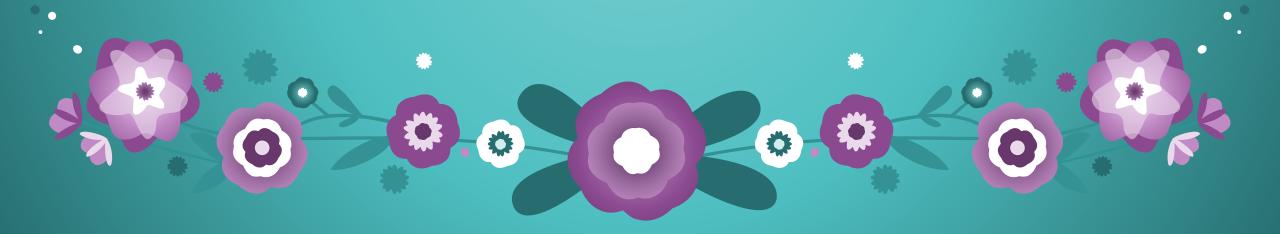




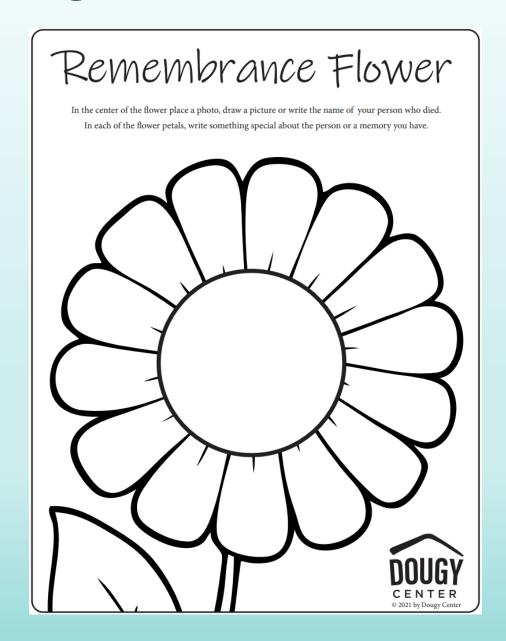
Source: https://www.artisurn.com/

## Grief Resources & Activities for All Ages

https://www.dougy.org/resources



### Sample Activity for Grieving Children



## Sample Activity for Grieving Children

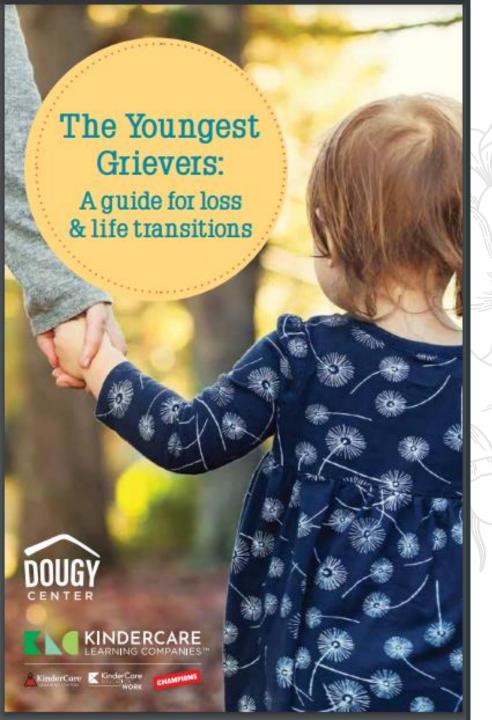
### FINISH THE SENTENCES



When you're grieving, sometimes it helps to write it out. Finish these sentences with whatever comes to mind. There are no right or wrong answers — and no one is going to judge your spelling!

When	(my person) died, I felt	
Today my grief fe	eels	
Since my person	died, my family	
If I could talk to	my person one more ti	me, I would say
I wish my person	could tell me	
After my person	died, school	
When other peop	ole talk about COVID	
Something I liked	d to do with my person	was
I'd like to forget.	••	
If I could ask the	m anything	
After you finish t	he sentences, think abo	out what you want to do with this piece of paper.
I'd like to:		
	it with someone you talk to?)	Put it someplace safe so I can look at it again.  Rip it into tiny shreds.
Crumple it	up and recycle it.	(Make sure the garbage or recycle bin is close by!)





### Free Guide from The Dougy Center



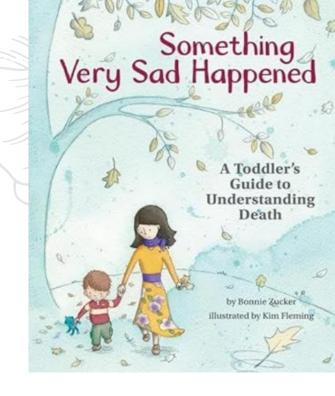
https://www.dougy.org/assets/uploads/The-Youngest-Grievers\_Book.pdf

## Books About: Explaining Death & Grief



## Something Very Sad Happened:

https://www.yout ube.com/watch?v =zHaspeyGYFQ

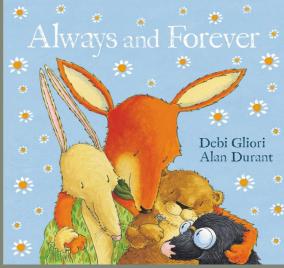


## The Invisible String:

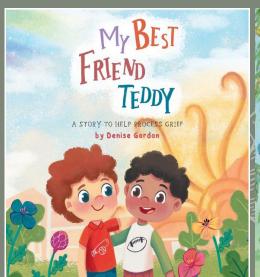
https://www.yout ube.com/watch?v =WlUxXexjhYI

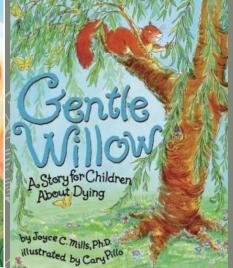






## Books About: Death of a Friend





 $\underline{\text{Ages } 2-5}$ 

\*Missing My Best Friend by Norma Thorstad Knapp

\*Always and Forever by Alan Durant:

Read Aloud: <a href="https://www.youtube.com/watch?v=e7Ku9wGCMuQ">https://www.youtube.com/watch?v=e7Ku9wGCMuQ</a>

Ages 5-7

\*My Best Friend Teddy by Denise Gordon

\*Chester Raccoon and the Acorn Full of Memories by Audrey Penn

\*Gentle Willow by Joyce C. Mills

\*When Dinosaurs Die: A Guide to Understanding Death by Laurie Krasny
Brown

 $\underline{\text{Ages } 7 - 12}$ 

\*When Someone Dies: A Children's Mindful How~To Guide on Grief and Loss by Andrea Dorn\*\*

\*Why Do I Feel So Sad?: A Grief Book for Children by Tracy Lambert~Prater LPC

Source: <a href="https://elunanetwork.org/resources/grieving-the-loss-of-a-friend-books-for-youth">https://elunanetwork.org/resources/grieving-the-loss-of-a-friend-books-for-youth</a>

## Short Videos about Death/Grief for Young Children

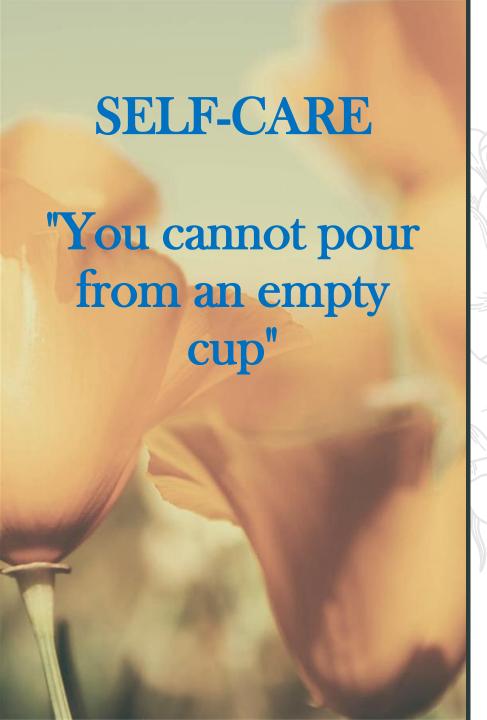


Sesame Street~ When Uncle Jack Died: https://www.youtube.com/watch?v=daxasrg9UNM

Sesame Street~ Grieving Through Play: https://www.youtube.com/watch?v=1uJKo2LZNNw

Sesame Street~ Remembering Loved Ones: https://www.youtube.com/watch?v=WJOkVINT7vY

Sesame Street~ Grieving When Seasons Change: https://www.youtube.com/watch?v=ebskHcfPU9k



- Physical:
  - Exercise
  - Proper nutrition/hydration
  - Sleep hygiene (avoid screens 2 hours before bedtime)
  - Deep breathing
  - Avoid or limit drinking/substance use in high-stress times



- Social:
  - Surround yourself with supportive people
  - Set healthy boundaries
  - Volunteer for a meaningful cause
- Emotional:
  - Seek therapy/counseling as needed
  - Journal
  - Meditation/grounding techniques when feeling overwhelmed

### Take-Home Messages



- All living beings grieve—grief is GOOD
- There is no right or wrong way to grieve
- Children need concrete, simple, and honest explanations of death
- Children express their grief differently from adults & according to their age/developmental stage
- Our job is to witness a person's grief, not to try to "fix" it
- Self-care must remain a priority
- Hope and healing exists through community support



-JULIE HÉBERT

# UPCOMING FREE GRIEF 102 WEBINAR!



WORKING WITH AND SUPPORTING GRIEVING CHILDREN & FAMILIES: INTERVENTIONS AND RESOURCES FOR PROFESSIONALS

With Brooke Viens, LCSW, LADC, Program Coordinator, The Cove Center for Grieving Children

#### **FEBRUARY 12, 2026**

2:00 PM - 3:30 PM

ON ZOOM

Approved for 1.5 Contact Hours through the CT Certification Board

Visit ctclearinghouse.org/registration

OR SCAN TO REGISTER



#### **LEARNING OBJECTIVES**

- Learn three new interventions to support grieving children and families.
- Identify three resources that serve grieving children.
- Discuss three selfcare strategies for professionals.







### A HUGE THANK YOU!



### Clearinghouse

a program of the Connecticut Center for Prevention, Wellness and Recovery

### Contact The Cove:

Email: info@covect.org

