



Tides™



A Support Program for
Grieving Children, Teens, and
The People Who Love Them.

*what children and teens need to hear
from adults when they are grieving*

Below are the responses we have heard from children and teens when asked “What they need from adults when they are going through a difficult time...”

Middle Schoolers' Responses

- Please listen and do not talk.
- Show sympathy.
- Show me you are on my side.
- Just hold me.
- Give me time alone.
- Believe in my stories.
- Stop asking if I am okay.
- Let me take a nap.
- Play with my hair.
- Don't be afraid to mention _____'s name. It helps me to remember.
- Let me listen to my music LOUD.
- Look at pictures with me.
- Let me have friends over.
- Let me spend time with my siblings.
- Ask me how my day went.
- Give me a hug.
- Get me a stuffed animal to hold onto.
- Respect that I don't always want to talk. I will talk when I am ready.
- Take me out to dinner.
- Help me with homework if I need it.
- Bake with me.
- Read with me.
- Listen. Listen. Listen.
- Let the house be quiet.

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High Schoolers' Responses

Let me be.

Don't expect for me to be in a great mood all the time.

Stop saying "it is good to see you here..."

I don't want to be the parent all the time. Give me space to still be a kid.

Don't tell me to get over it.

Don't be so quick to respond. Listen to what I say.

Don't treat me differently than you did before, but realize that I am not the same person.

Please stop drinking.

Get off the phone!