

What Children & Teens Need to Hear When Grieving



When a child or teen is grieving, your words can make a world of difference. Here's what they need to hear from the adults around them:

IT'S OKAY TO FEEL WHATEVER YOU'RE FEELING

Grief isn't just sadness; it can be anger, confusion, guilt, fear, or even numbness. Let them know all feelings are normal and valid, and there's no "right" way to grieve.

THIS ISN'T YOUR FAULT

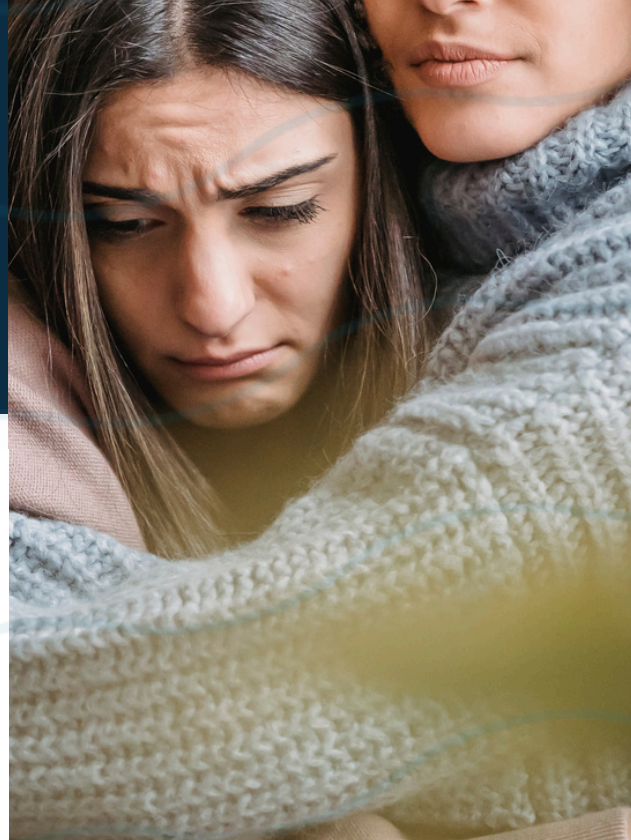
Children and teens often internalize events, sometimes believing they are to blame for a loss. Reassure them repeatedly that they are not responsible for what happened.

I'M HERE FOR YOU, NO MATTER WHAT

Offer consistent, unconditional support. This means being present to listen without judgment, offering comfort, and letting them know you'll walk through this with them, even when they push you away.

IT'S OKAY TO TALK ABOUT THEM, AND IT'S OKAY NOT TO

Give them permission to share memories and talk about the person they lost, but also respect their need for quiet or space. Follow their lead and let them know you're open to either.



WE'LL GET THROUGH THIS TOGETHER, AND THINGS WILL FEEL DIFFERENT AGAIN

Provide hope without minimizing their pain. Acknowledge that things are hard right now, but gently reassure them that with time and support, the intensity of their grief will shift, and they will find ways to cope and remember.