

10 Things a School-Age Child with Traumatic Grief Want You to Know and How to Help

After an important person dies, children grieve in different ways. When the death was sudden or frightening, some children develop traumatic grief responses, making it hard for them to cope with their grief. Here are ways to recognize and help your child with traumatic grief.

I WANT YOU TO KNOW THAT:	YOU CAN HELP ME WHEN YOU:
1. My feelings about the death are confusing. Sometimes I feel okay, and other times I feel sad, scared, or just empty or numb. It's really hard to make the scary and sad feelings go away.	1. Talk about your feelings and encourage me to talk about mine as long as I feel comfortable.
2. Sometimes my upset feelings come out as bad behavior.	2. Help me do things to feel calm, get back to my routine, and find ways to have fun again. Are patient until I feel O.K.
3. I have trouble concentrating, paying attention, and sleeping sometimes because what happened is on my mind.	3. Understand that thoughts about what happened get stuck in my mind. Help me relax at bedtime by reading stories, listening to music, and reminding me that you keep me safe.
4. I might have physical reactions like stomach aches, headaches, feeling my heart pounding, breathing too fast.	4. Help me do things that make me feel calm, take my mind off things, or slow down my breathing.
5. Sometimes I wonder if the death was my fault.	5. Reassure me that it was not my fault.
6. I sometimes think the same thing will happen to me or other people I love.	6. Remind me about the things we do to stay safe and take care of ourselves. Help me remember all the people who take care of me.
7. I keep thinking about what happened over and over in my head.	7. Listen to what is on my mind. Tell me honestly what happened, using words I can understand. Do not let me see it on TV or other media if the story is in the news.
8. Sometimes, I don't like to think or talk about the person who died, because it's too hard. I may not tell you everything because I don't want to upset you.	8. Don't make me talk about what happened or get mad if I don't want to talk about memories of the person who died yet.
9. I don't like to go to some places or do some things that remind me of the person who died, or of how my life has changed since the person died, because I get upset.	9. Don't make me go places if it still makes me too upset or scared.
10. I have trouble remembering good things about the person because I remember other things that make me too mad, sad, or scared, and they get in the way.	10. Understand that I am still too scared and sad to think about the happy times right now. Help me to feel better.

If any of these problems get in the way of your child having fun, going to school, being with friends, or other functioning, you can help by going with your child to a mental health professional with expertise in treating traumatized children