Grief is a normal reaction for children to have to the death of someone significant to them. When you’re thinking about how to share the news with your child, what to share with them, and how to support them through the loss, it might be helpful to review these steps:

**Tell the truth**

Use **concrete** language. Share information in **small** amounts. Your child will ask you questions when they need to know more. It is okay to say, “I don’t know.” You can help them find the answer later.

**Grief is unique**

Grief is **unique** for each child. They might feel sad, angry, afraid, guilty, numb, relieved, and might feel these emotions and others all at once or at different points in time after the death.

**Grief is not a problem**

Grief is **not something to be fixed**. It is important to welcome your child’s grief and be patient with it. Grief does not follow a specific timeline, and will continue to arise throughout your child’s life.

**Listen to your child**

Meet them **where they are** and try to understand their reactions. Don’t force their reactions to match your expectations of what grieving should look like.

**Show your emotions**

You can tell them how you are feeling, and show them healthy ways to cope with these emotions. Make sure to also leave room for their reactions, even when they are different from your own.

**Honor your loved one**

Discuss with your child and find ways to honor your loved one. The pandemic is preventing some rituals. You can describe what you might have done during a different time and explain what this means to you.